



Short Term Respite

New NDIS Guidelines – Easy Read

What Has Changed



The NDIA has new rules for **Short Term Respite**.

It replaces what used to be called **Short Term Accommodation (STA)**.

It sounds like just a new name, but it's more than that.

The purpose of this support has changed.

What Short Term Respite Is For



Short Term Respite is to give your **family, friends, or unpaid carers** a break.

It helps them rest so they can keep supporting you.

It is not for you to learn skills or have a holiday.

How Long You Can Use It



You can use Short Term Respite for:

- **Up to 14 days at a time**, and
- **Up to 28 days each year**

What Is Included



You can stay:

- In a **respite centre**
- A **hotel or short-stay rental**
- Or in **your own home** with support

It can include:

- Help with personal care, meals or cleaning
- Support to go to community or social activities

What Is Not Included



Short Term Respite cannot pay for:

- Holidays, cruises, or tours
- Flights or travel for you or your support worker
- Meals, transport, or activity costs (these are everyday living costs)
- Accommodation or travel for your family or support workers on holidays

For Children Under 18



Short Term Respite is only for children in **special cases** —

like when their care needs are very high and parents need a break.

Who Cannot Use It



You can't use Short Term Respite if you:

- Live alone and don't have unpaid supports
- Live in Supported Independent Living (SIL)
- Have Individualised Living Option (ILO) funding

Not-So-Good News



Short Term Respite is now **only** about helping carers.

It cannot be used for **learning new skills** or **building independence**.

This makes things **less flexible** and limits choice.

In Summary

Short Term Respite:

- Helps unpaid carers take a break

- Gives you more choice of where to stay
- But limits how you can build skills and independence

It's clearer — but less flexible.

And it could make it harder for people with disability to have real **choice, control, and freedom.**