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# FlexiRest

## Flexible Respite Program

**Supporting people in NSW with progressive neurological disorders, their families and carers**

FlexiRest funds a range of services that can offer respite either in-home or out-of-home that cannot be met by existing community and respite services.

Respite, as defined here, is the provision of planned, short-term and time-limited breaks for families and other unpaid carers of people with muscular dystrophy, motor neurone disease and multiple sclerosis and to provide a positive experience for the person with the neurological condition. FlexiRest aims to be flexible and responsive to individual needs.

### **Examples include but are not limited to:**

- Respite provided in home for a limited period
- Short breaks that support family members to spend time together
- Peer support/age appropriate respite involving leisure and recreation activities with people of similar age with like interests
- Transport support to access respite services
- Vacation care and before and after school care where schools provide integrated services that employ support staff to help children with disabilities

### **Eligibility:**

- You must live in NSW
- Be registered with MD NSW, MND NSW or MS Australia ACT/NSW/VIC
- Have a demonstrated need that cannot be met by existing community and respite services

Applications are assessed and completed by a staff member of your organisation.

This initiative operates with funding from the Department of Ageing, Disability and Home Care (DADHC) and is run by a Consortium consisting of Muscular Dystrophy NSW, Motor Neurone Disease Association of NSW and MS Australia ACT/NSW/VIC.

### **For more information**

Please contact your organisation on the following telephone numbers for available respite options:

Muscular Dystrophy  
NSW  
MD NSW  
**1800 635 109**

Motor Neurone  
Disease Association  
of NSW  
MND NSW  
**1800 777 175**

Multiple Sclerosis  
Australia  
ACT/NSW/VIC  
**1800 042 138**

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