

# MEDIA RELEASE



17 October 2018

## Support for carers to access respite through the NDIS needs to be transparent

Carers Australia has today [released a Position Paper in relation to access to services under the NDIS which will allow carers to take a break from caring.](#)

"The affordability of the NDIS depends on the capacity and willingness of family and friend carers to continue to provide substantial unpaid care," said Ara Cresswell, CEO of Carers Australia.

"These carers, even those who care for someone getting a package of supports under the NDIS, often get tired, stressed and sick.

"When carers burn out, or fear they will burn out, they need a rest to recharge their batteries," said Ms Cresswell.

"However, respite for carers is not a named service under the NDIS, despite the fact carers often lose their access to other sources of respite support when the person they care for enters into the NDIS.

"Savvy carers who understand NDIS language and processes can, with some effort, get the opportunity to take a break by identifying services in the participants' package which would have this effect.

"Less well informed carers who do not understand NDIS language are likely to use the word 'respite', only to be told by NDIS planners that this is not available. They don't understand why. It is the term they are familiar with."

Recent discussions with the NDIA indicate that they understand the continuing need to support carers and will put in train measures to ensure they are not deprived of the support they need on the basis of the language they use.