



STA/STR - Respite

A guide for NDIS Participants and Providers.

Respite is planned, short term support for maintaining informal caring relationships. It is generally capped at 28 days a year, for use up to two weeks at a time.

This is general guidance only, based on the [Operational Guidelines](#), published October 2025. The NDIA makes the final funding decisions on a case-by-case basis.

Do the following apply?	Eligible?	Explanatory Notes
Participant lives alone - no informal supports	✗	<i>Respite is for those that have substantial daily informal supports (at least 6 hours a day)</i>
Participant has SIL or ILO	✗	<i>NDIS will not duplicate existing supports</i>
> 18hrs paid support daily	✗	<i>Respite is for those that have substantial daily informal supports (at least 6 hours a day)</i>
< 6hrs of informal supports a day	✗	<i>Respite is for those that have substantial daily informal supports (at least 6 hours a day)</i>
Going with an informal support	✗	<i>Respite is only to provide informal supports a break from their caring role</i>
Is STR going to be used for:		
Crisis accommodation	✗	<i>Use mainstream support services</i>
While Home Mods are completed	✗	<i>Enquire about Medium Term Accommodation (MTA)</i>
While waiting to move to SDA	✗	<i>Enquire about Medium Term Accommodation (MTA)</i>
Holiday, visit family or friends	✗	<i>Not respite. Usual direct supports can be claimed</i>
Work, study, or conference	✗	<i>Not respite. Usual direct supports can be claimed</i>
Medical appointment or surgery	✗	<i>Contact state government for assistance</i>

If none of the above apply to your situation then you **might be eligible** to use respite if you meet **at least one** of the following criteria:

- ✓ Receive high intensity supports
- ✓ Have intensive or complex behaviour support
- ✓ Need specialist behavioural intervention support
- ✓ Live where alternate in-home supports aren't widely available
- ✓ Your informal support's wellbeing and capacity is at risk.
- ✓ Your informal supports have additional caring responsibilities





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What is Allowed?	Group centre	Solo setting	Explanatory Notes
Accommodation Types			
Participant's home	✗	✓	Only claim direct support costs
Respite centre	✓	✓	Dedicated facility with shared supports
Hotel, motel, rental	✓	✓	Don't claim rental of family or friend's property
Cruise, train, bus tour	✗	✗	Only stationary accommodation allowed
Interstate	✗	✗	Exception if remote or on a state border
Overseas	✗	✗	Travel outside of Australia is not funded
Claim from STR funding as an adjusted daily rate			
Direct support hours	✓	✓	Claim reasonable and necessary supports. The price limit is for 24 hours of active support. Adjust price for fewer supports or sleepover
Accom for participant	✓	✓	Standard accommodation away from home
Accom for worker	✗	✓	Only when necessary (e.g: can't use local supports)
Food for participant	✓	✗	Only in group centre; not restaurant or cafe meals
Other supports that can be claimed separately to STR daily rate			
Transport during respite	✓	✓	Transport support may be claimed from Core as per general rules
Therapy	✓	✓	Therapy can be claimed from Capacity Building
Travel to/from respite	✓	✓	Transport support may be claimed from Core as per general rules
Cannot be claimed from NDIS funding			
Airfares, cruises, tours	✗	✗	Participant pays
Food for worker	✗	✗	Provider pays for worker meal allowance
Restaurants or cafes	✗	✗	Participant pays
Activities for participant	✗	✗	Participant or provider pays
Activities for worker	✗	✗	Use companion card; participant or provider pays
Entertainment	✗	✗	Participant pays for concerts, sports events, theme parks etc
Spending money	✗	✗	Participant does not receive money or gift cards
Other expenses	✗	✗	Participant pays for day to day living expenses, groceries, souvenirs etc

