

Pathways Respite



Planned, crisis and enhanced respite services

Respite is about having a break - whether it's a planned break from home, part of a transition from hospital or a way of preventing increasing distress or an admission to hospital. Respite is about giving people a chance to 'recharge the batteries' and focus on their wellness.

Respite is most beneficial when it's restful, so all of Pathways respite accommodation is relaxing and comfortable. Our respite is provided from community based houses that are situated in private, quiet areas and there's often the opportunity for therapeutic treatments such as aromatherapy and relaxation.



Types of respite

Pathways offers several types of respite:

- Planned Respite – from time to time people need a break from their home. Pathways provides the opportunity to take planned time out to recharge and help get back to everyday living.
- Crisis Respite – many people will experience unexpected situations or trauma in their lives that is distressing and difficult to manage, others may have times when their mental illness becomes more difficult to manage. In times like this many of us can find ourselves needing extra support to find perspective, recharge and get back on track. Pathways can provide urgent support to people in their own homes or in our respite houses.
- Enhanced Respite – increasingly people using mental health services want to explore community-based alternatives to a hospital admission. This particular model of respite is very similar to crisis respite however it allows for longer stays with staff from a wider range of professional backgrounds.



How long do people stay in respite?

The length of time a person stays is flexible and is discussed with each individual. Usually when respite is a planned break people want to stay for a week or two, others will stay for a short time of about three days.



How do people access Pathways respite?

Respite is usually arranged through the District Health Board's mental health teams. This might be through a clinical worker or through a Crisis Intervention Team.

Contact us

For more information feel free to contact us on 09 261 3401, email contactus@pathways.co.nz or visit our website www.pathways.co.nz

