

Time Away & Support When You Need it

Short-Term Respite (STR) can provide meaningful experiences, greater independence, & valuable support for the whole family



- + Respite Accommodation
- + Home Stay Arrangements
- + Mobility & Transfer
- + Daily Living Activities Support
- + Personal Care Support
- + Community Access

Rest & Recharge to Be Your Best

Caring relationships work best when everyone has the opportunity to recharge.

Short-Term Respite (STR) gives NDIS participants the chance to enjoy a short break from their usual routine while continuing to receive the support they need.

At the same time, family members & carers can take time for themselves, knowing their loved one is receiving quality support in a safe & welcoming environment.

Whether it's a weekend stay, a few nights away, or regular planned breaks throughout the year, the team at QLSS can assist with Short-Term Respite options tailored for your specific needs.

Is STR The Same as STA?

Yes! The NDIS often refers to this support as Short-Term Accommodation (STA), however many participants, families & service providers continue to use the term respite because it clearly reflects the purpose of the support.

STR or STA is simply an NDIS-funded support that provides temporary accommodation & disability support away from a participant's usual living arrangement.



Registered
NDIS Provider

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Who is STA For?

STR is commonly used by participants who receive significant support from family members, carers, or other unpaid supports on a daily basis.

It may be suitable if:

- You live with family members or carers.
- You rely on ongoing support from informal supports each day.
- Your carers need regular opportunities to rest & recharge.
- You would benefit from developing independence & confidence away from your usual environment.
- You are looking to build social connections & participate in new activities.

What Does STR include?

Respite Accommodation

Settings include: Supported respite accommodation, Shared accommodation with other participants, or Individual accommodation.

Home Stay Arrangements

STR can also take place in participant's own home, where appropriate supports are provided while carers take a break.

Mobility & Transfer

Support with transfers from bed to chair, from wheelchair to vehicle, or from one location to another.

Assistance With Daily Living Activities

Cooking & meal preparation, cleaning & home maintenance, budgeting for groceries, & managing expenses.

Personal Care Support

Bathing & toileting, dressing & grooming, health monitoring & medication management.

Community Access

Social outings & recreation, group activities, work, education & peer support.

Benefits For Participants

Short-Term Respite can provide opportunities to:

- Build confidence & independence
- Learn & practise everyday living skills
- Develop social connections
- Try new activities & experiences
- Enjoy a change of environment & daily routine
- Increase community participation

Benefits For Families & Carers

Respite can help carers to:

- Take a well-deserved break
- Focus on their own health & wellbeing
- Attend family, work or personal commitments
- Reduce the risk of burnout
- Sustain long-term caring relationships

QLSS, Putting You First

If you are seeking Short Term Respite & would like to learn more, the QLSS team is here to help.

We understand that the right support will depend on the person's individual needs, preferences, and goals.

We can discuss your situation, explain how STR works, & help you understand the options available through your NDIS plan.

Contact the team at QLSS today to learn more about STR & housing transition supports.

Email: hello@qlss.com.au

Phone: 07 4426 1812



By combining in-home & community supports, participants enjoy choice, independence, & spontaneous engagement, achieving strong outcomes for people with psychosocial disabilities, trauma histories, & CALD backgrounds.

Australia-wide Registered & Accredited NDIS Provider

QLSS is a fully registered NDIS Provider in all states & territories of Australia.

We deliver high-impact, person-centred disability supports grounded in ethical practice, cultural responsiveness, & human rights advocacy.

As a trusted leader in Supported Independent Living (SIL), Community Access Support (CAS), & Support Coordination, QLSS empowers participants to live with independence, dignity, & meaningful community connection.

QLSS's Integrated SIL + CAS model provides flexible, real-time support that reflects everyday life.



Did You Know: We Also Offer Support Coordination?

At QLSS, our experienced Support Coordinators take the time to understand your individual goals, priorities, & circumstances.

We provide personalised guidance to help you understand your plan, identify suitable service providers, & connect with supports that align with your needs & aspirations.

Whether your goals involve increasing independence, accessing community activities, improving wellbeing, finding employment opportunities, or exploring housing options, we are here to support you every step of the way.

QLSS offers all levels of Support Coordination, including:

Level 1: Support Connection,
Level 2: Coordination of Supports,
Level 3: Specialist Support Coordination.

At QLSS, we believe Support Coordination is about more than managing services - it's about helping you take control of your NDIS journey, make informed choices, & achieve the goals that matter most to you.



Registered
NDIS Provider



NDIS Practice Standards
Quality Certified Organisation

Locations: All States & Territories of Australia.
Enquire Today for More Information.

Learn More: www.qlss.com.au

Contact Us: hello@qlss.com.au

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