



NDIS Short-Term Accommodation (STA) Respite Care in Sydney

Take a break with confidence in a safe, welcoming home designed for comfort, growth, and real connection.

Better Now Disability Services offers trusted **STA respite care in Sydney**, giving NDIS participants a supported short stay away from home. Every visit is tailored to personal goals — from daily living support to social and community activities — while families and carers get time to recharge.

WHAT IS STA + FUNDING

What Is Short-Term Accommodation (STA)?

Short-Term Accommodation (STA), formerly known as respite, is NDIS-funded temporary accommodation under **Core Supports**. It provides a short stay away from home in a structured, supportive environment.

Why STA matters:

- ▶ Encourages *independence and daily living skills*
- ▶ Gives participants a safe way to *try new routines*
- ▶ Builds confidence, social skills, and community access
- ▶ Offers carers and families *short-term relief*

Why STA matters:

- ▶ Funded through *Core Supports – Assistance with Daily Living*
- ▶ Most plans allow *up to 28 days per year* (can be split into weekends or short stays)
- ▶ No separate STA line item usually required
- ▶ Some extras (travel, personal outings, 1:1 activities) may be funded separately

See if you qualify for STA in Sydney — call us anytime.



OUR APPROACH + WHO STA IS FOR

Our Approach to STA Respite Care

At Better Now, STA is more than accommodation. Every stay is designed to support wellbeing and growth.

Each STA experience is:

- ✓ Tailored to your goals
- ✓ Supported by qualified professionals
- ✓ Built on Respect, Understanding, and Professionalism
- ✓ Focused on confidence, inclusion, and independence

Who STA Is For

STA is ideal for NDIS participants who:

- ✓ Are under 65 years
- ✓ Need a short break from their usual home
- ✓ Want a supported, safe change of environment
- ✓ Benefit from aged-care-style respite support
- ✓ Want to build skills or try new experiences

Our team helps confirm eligibility and guides you through funding access.



WHAT'S INCLUDED + YOUR HOUSING PATHWAY (SIL NOTE)

What's Included in Your STA Stay

All stays can include:

- ▶ Fully furnished, accessible accommodation
- ▶ Daily living supports matched to your plan
- ▶ Nutritious meals + activity planning
- ▶ Goal-based programs (cooking, routines, community access)
- ▶ 24/7 support available where approved
- ▶ A welcoming environment that feels like home

STA for Carer Respite

STA gives families peace of mind while they rest. Your loved one is:

- ▶ Safe and cared for
- ▶ Supported by trained staff
- ▶ Engaged in meaningful activities
- ▶ Building independence in a positive setting

Start Your Housing Journey (SIL / SDA / MTA pathway)

Better Now supports participants to explore accommodation options and plan their next step.

Simple pathway:

- 1 **Identify housing goals** in your plan
- 2 **Check eligibility** with your coordinator/planner
- 3 **Gather reports** if needed (OT / hospital / SC evidence)
- 4 **Explore suitable homes** with tours and clear info
- 5 **Move in confidently** with supports aligned



CONTACT + STA LOCATIONS

Get Started With STA Respite Care in Sydney



0433 916 727



info@betternowdisabilityservices.com.au



193 Lakemba Street, Lakemba NSW 2195



Mon–Fri: 8am–5pm

Fast start steps:

- 1 *Call Better Now to discuss your needs and dates*
- 2 *We match you to the right home and support level*
- 3 *Your coordinator/planner confirms STA funding*
- 4 *Booking locked in — you're ready to stay*



STA Locations Across Sydney

Better Now provides STA respite care through select accessible homes across Sydney.

Locations vary based on vacancy and suitability, and we prioritise proximity to transport, healthcare, and community hubs.

Our accommodation footprint includes homes across:

- ▶ South–West Sydney corridor (e.g., Campbelltown/Liverpool region)
- ▶ Western Sydney / Nepean corridor
- ▶ Parramatta / Inner–West zone
- ▶ Lakemba base and nearby accessible hubs

Call 0433 916 727 to check today's STA vacancies and book a tour.