

WHERE DISABILITY IS DIFFERENT

WHAT'S IN A NAME?

SHORT TERM ACCOMMODATION

The NDIS has returned to the familiar term **Short Term Accommodation (STA)** following feedback from the community after trialling the name *Short Term Respite (STR)*.

MORE THAN A STAY

Whether it's a weekend away, meeting new people, trying new activities or simply enjoying a different routine, STA offers more than just time away from home. Providing people living with disability the opportunity to build confidence, strengthen independence, develop friendships and enjoy new experiences while continuing to receive the support they need.

YOUR WAY

No two STA experiences look the same, especially at Cara. For some people, STA is an opportunity to join community outings, explore new interests or spend time socialising. For others, it's a chance to enjoy a change of scenery, develop everyday skills or simply do something different.

STA funding is typically available for up to 28 days per year and can often be used flexibly. Some people choose a longer stay, while others prefer shorter stays throughout the year. The key is ensuring the funding is used in line with your NDIS plan and lasts for the duration of your funding period.

SUPPORTING FAMILIES

STA can also play an important role for families and carers, providing time to rest, recharge or focus on other commitments, knowing their loved one is being supported in a safe and welcoming environment.

LASTING BENEFITS

At Cara, we've seen firsthand the impact a short stay can have. New friendships are formed, confidence grows and people often return home with new experiences, greater independence and plenty of memories to share.

Sometimes, all it takes is a short stay to discover something new about yourself.

INTERESTED IN SHORT TERM ACCOMMODATION?

Discover how Cara's STA services can support you or someone you care about.

**LEARN MORE & EXPLORE OUR
LOCATIONS: [CARA STA](#)** 

CONTACT:

P: 8243 5000

E: welcome@cara.org.au

W: cara.org.au

