



For Whānau and Caregivers

Respite/Manaaki Care

Supporting safe,
stable, loving care

**A resource to support whānau and
caregivers to explore respite/manaaki care**



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TAMARIKI**
Ministry for Children

What is respite/manaaki care?

Respite/manaaki care is a variety of things that can offer support to you as a caregiver but also something that can help tamariki connect to their whānau, culture, and community.

This type of manaaki care can take different forms, depending on the circumstances. It may involve tamariki spending time with other whānau members or other caregivers. This could support you to have time to do other things or to take a break – or it might involve you and te tamaiti doing something different together.

Respite/manaaki care can be planned or unplanned. It is most effective when it is planned and provided by trusted adults known to tamariki and their caregivers.

Respite/manaaki care can also engage tamariki in social, cultural and recreational activities and increases peer relationships. This way it's not just about time away – it's about building a village around tamariki.



Why respite/manaaki care matters

- Supports tamariki connection to other trusted adults, gives them opportunities to do new activities, and provides a break from their day-to-day routines
- Helps caregivers recharge and continue providing loving care
- Strengthens tamariki connections with family, whānau, hapū, iwi, and community
- Supports cultural identity and belonging

What's available

- Up to 20 days respite per year (doesn't affect foster care allowance)
- If further respite days are required, this can be identified in your Caregiver Support Plan
- Iwi and community providers
- Natural networks (extended whānau, neighbours, community members)
- Respite camps, holiday programmes
- Outings, babysitting, weekend stays, or help with daily routines



Respite/manaaki care can look like:

- Aunties taking tamariki to sport or cultural events
- Whānau helping with evening routines
- Tamariki spending time with grandparents or cousins
- Contact visits with parents or wider whānau

How to plan for respite/manaaki care

- Who within whānau, family or community of te tamaiti or your whānau, family or community could help provide care sometimes, and how can they help (e.g. take te tamaiti to training once per week or have tamaiti over for a Saturday night)?
- What would support look like for you when things get busy or tiring?
- Are there ways we can help you build a village around the tamariki you are caring for?
- Talk to your caregiver social worker and/or the social worker for te tamati

Cultural considerations



Respite/Manaaki care can support and deepen cultural knowledge and practices. Think about what this means for individual tamariki and caregivers.



What to do next



Once you have thought about what respite/manaaki care could look like for you, talk to your caregiver social worker who will help you build this into the plan for care for te tamaiti or tamariki.



This might involve some steps, such as assessments and approvals, being done to help put the respite/manaaki care in place.



Your caregiver social worker and the social worker for te tamaiti should also talk to you and te tamaiti you care for about this regularly as part of usual planning and review meetings.



Helpful links



Financial support for tamariki and rangatahi – practice.orangatamariki.govt.nz



Respite care: how to access support – practice.orangatamariki.govt.nz



Caregiver support – practice.orangatamariki.govt.nz



Respite Care – Caring Families (caringfamilies.org.nz)



Babysitting and overnight stays – practice.orangatamariki.govt.nz





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