

Respite Care for QBN



Yvonne Cuschieri House in Queanbeyan will be the first purpose-built non-clinical respite care facility in Australia for people aged 18-60.

UNSW's evaluation shows YCH fills an urgent need in the community. It will reduce the burden on the health system, give carers a much-needed break and address carers' psycho-social needs.

Queanbeyan is home to about 4500 unpaid carers

There is an acute lack of fit-for-purpose respite services for people aged 18-60*

89% of carers have not used respite services*

50% of carers suffer from high psychological distress**

Respite is an essential service. It reduces burnout, psychological & physical distress, social isolation, anxiety & depression.



Respite improves outcomes for carers' mental health, quality of life, family functioning & socio-emotional wellbeing, and provides dignity for those navigating chronic and/or life-limiting illness



Non-clinical respite can relieve 50% of the overall cost burden from public hospital admissions, ambulance costs, and cost as little as 10% of the cost of an emergency department visit^{oo}



Informal care in Australia is worth about \$78 billion**

