

# Branching Out

Respite Farm Stay for  
autistic young adults aged  
18 to 25 years.

Supporting carers.  
Empowering young  
adults.

## Autism Specific

A meaningful break for young adults in a calming farm environment.

Our Respite Farm Stay offers autistic young adults aged 18 to 25 years a supportive and enjoyable short-term stay in a fun and social farm environment with their peers.

While carers take a well-deserved break, participants enjoy purposeful activities that build confidence, independence, and joy.

### Why Choose Branching Out?

Our professional, autism-trained support workers use a person-centred approach. Support is tailored specifically for autistic young adults. Our 100 acre farm provides a calm, natural environment - great for sensory regulation. Participants are offered choice and flexibility within safe, structured routines. Carers and parents receive a genuine break.



# More information

Our goal is to create a space where young adults can grow, explore, and thrive - while carers enjoy peace of mind and time to recharge.



## What to expect

- Engage in creative and recreational activities and explore new hobbies.
- Practice daily living skills in a supportive environment.
- Build independence and self-determination.
- Make choices, set goals, and explore personal interests.
- Learn routines and strategies for managing challenges.
- Nature walks, gardening, and sensory-friendly outdoor experiences.
- Small group outings to local community spaces.
- Opportunities for social connection and meaningful participation.
- Supported downtime in quiet, low-arousal spaces.
- Games, crafts, cooking and movement activities.

"The respite at MASS came at the perfect time for our family. As a young adult, our son was ready to experience more independence, and the consistent routines and dedicated support staff have been exactly what he needs. It has also given us, as a family, the opportunity to rest, recharge, and reset after always being on call."

*Parent of 22-year old man*

## NDIS Funding Options

Our Respite Farm Stays are NDIS-friendly and flexible. Depending on a participant's plan and circumstances, supports may be funded through:

- *Short Term Respite*
- *Core Supports - Assistance with Daily Living*
- *Core Supports in conjunction with Capacity Building supports (Improved Daily Living)*

We work collaboratively with families, support coordinators, and plan managers to determine the most appropriate support and funding option prior to confirming a booking. All inclusions and costs are outlined clearly in advance.

**A break that benefits everyone.**  
**To apply, visit [autismmansfield.org.au](http://autismmansfield.org.au)**

