

# A guide to writing your Carers Statement for the NDIS



Here is some information that may assist you when writing your carer's statement. The following are designed to use as prompts to consider what responsibilities you take on in your day to day caring role.

## How do I help the person I care for each morning?

Waking up?

Do they know to set an alarm?

Do they know how to do this activity without instruction?

Getting dressed?

Do they manage with buttons or zips? Are they able to tie their shoelaces?

Bathroom, showering and toileting tasks?

Grooming, including brushing teeth or shaving?

Making Breakfast?

Are they able to prepare their own breakfast, and understand good nutrition?

Making the bed?

As a carer do you help to complete any of these tasks listed?

Providing care is often a full time role and getting through the morning routine is only the first step of the day. The person you care for may require assistance with other activities such as household tasks or outings outside the home such as grocery shopping.



## Preparing for the day

Food preparation?

Medications?

Do they understand needing to take medications at routine times i.e. twice a day even if they are the same medications i.e. morning and night.

Do they need a change of clothing with them?

Do they need to take sensory comforts, or special items with them?

Is there anything else that must be done before proceeding with the day?

Are there any routines that must be followed so the person you care for feels safe, and is certain a task has been done, for example; locking doors and windows – checking this has been completed in a particular order or number of times before being sure the task has been completed.

The following prompts may occur at any stage of the day, when writing your letter, if anything that is not mentioned on this list comes to mind, please include it as you see fit. Usually when engaging in activities outside of the home the following may occur.

Do you provide assistance with any of the following for the person you care for?

## Emotional regulation assistance

Do you assist in managing emotions, including anxiety, panic, hyperactivity, fascination with peculiar interests i.e. blood?

Do you assist in managing changes in routine?

Do you aid in avoiding or reducing physical self harm due to emotional consequence?

Do you aid in preventing harm to others as a result of emotional outbursts?

## Communication assistance

Do you assist with talking to strangers or services?

Do you assist by providing interpretation to others on behalf of the person you care for?

Do you assist, guide, arrange or invest time into socialising with others for the benefit of the person you are caring for?

Do they socialise without assistance?

If the person you care for relies on you for social interaction what does this mean for other relationships in their lives?

## Relationship assistance

Are they missing out on creating relationships?

Are your relationships being impacted by your caring role?

Do you advocate for the person you are taking care of?

Would they be unable to do this themselves?

Are they vulnerable to being taken advantage of by others? Whether this be emotional by persuasion or omitting details or other.

Do you provide any physical assistance in any areas that do not include dressing or toileting as discussed above?

## Transport and mobility assistance

Do you provide assistance to be mobile in the home or in the community?

Does the person you care for use a cane or a walker to help them get around? Do they lean on things such as furniture to help them to walk?

Are they able to catch public transport or navigate doing so?

Do you provide transport to or from things such as appointments?

## Financial management

Do you assist in managing finances?

Do you take care of ensuring bills are paid on time?  
Do they know how to bank?

Do they know to await change when it is required?  
Are they capable of simple math relating to how much things will cost?

Do you provide assistance with any of these tasks?



# HOW YOU CARE



## Self management

Self management may include; making and keeping appointments, managing finances, food shopping and ensuring they have access and can get groceries.

Do you assist with any of these tasks?

Do they struggle with carrying heavy items such as milk?

Does the person you care for understand what health implications their conditions have?

Do they understand treatment options and consequences of decisions?

Do you take care of making, keeping or cancelling appointments with people providing a service, including healthcare professionals?

## Learning new things

Do you assist the person you are caring for to learn new things? Do they need reminding? How often? Would they be able to learn to get to a new place for example by themselves?

What limitations impact learning and memory?

Are they able to memorise things or do they need steps and instructions written down?

## Night time assistance

Finally, we come to consider night-time assistance.

Are there any tasks you assist with at night-time? Does bedding need changing throughout the night because of accidents?



## What impact does your caring role have on you?

Mentally and physically?

Are you able to continue in your caring role?

Do you have goals or responsibilities that you are not tending to because of your caring role?

Does the person you are providing care for have any goals that they would like to achieve but you are unable to assist them in achieving?

If you were not around to help the person you are caring for, what would they not be able to do without your assistance?

What would happen if you were no longer around?

Would they know what to do or who to contact for help?

You should now have an excellent letter created for you to submit to the NDIS. When writing your letter consider using language such as 'can not' or 'requires help with' for things you assist with or things the person you care for might be unable to do.

Do you aid or ensure the safety of the person you care for with any sleep issues?

Issues with sleep may include insomnia, nightmares or wandering.

Are there any other night-time or sleep issues you assist with?

At this stage of writing, you will have addressed day to day tasks and situations you and the person you care for may encounter. Next, consider the situations the following questions pose. Future planning should be a large part of applying to the NDIS to ensure that regardless of your own situation, the person you care for will have assistance where required. Consider the following questions and responses to include in your carer's statement.

If you would like some assistance with navigating the NDIS system please freecall **1800 422 737**



Connecting carers  to support services