

# "Carer Statement and Checklist"



## WHAT IS A CARER STATEMENT?

If you are considering an ILO for someone you support, it is important to provide the NDIS with **evidence** of that person's ongoing support needs, and why an ILO is the best outcome for that person.

A Carer is someone who provides necessary unpaid care and support, in the life of a person with disability. A 'Carer Statement' assists the NDIS to understand your role in the person's life, and how an appropriately funded NDIS plan can support your ongoing role and relationship with that person. A 'Carer Checklist' can help you to identify and clearly state the different ways in which a person with disability is supported.

The NDIS will rarely ask for a 'Carer Statement', however it can be a useful way to clearly describe the capacity and sustainability of the current informal/unpaid support network.


Writing a 'Carer Statement' can be very difficult, it's hard to talk about any challenges you may be experiencing while supporting someone you care for. A 'Carer Statement' can be a helpful way to provide this information in a non-verbal format, to ease the emotional impact of describing this in a planning meeting, and ensuring nothing is missed and that you don't have to continually re-tell your story.

## WHEN IS IT USEFUL?

The 'Carer Statement' and 'Carer Checklist' should be submitted alongside both the 'Home and Living Supporting Evidence Form' and the 'ILO Service Proposal'. You don't have to re-write it unless something has changed.

The information in both of these documents can be helpful in completing the following:

 ['Home and Living Supporting Evidence Form'](#)  
*Questions - 6.4, 6.7, 6.8*

 ['ILO Service Proposal'](#)  
*Questions - 1.3, 1.4, 1.6*





## THINGS TO INCLUDE IN A CARER STATEMENT

- Description of the persons disability and how it impacts their day-to-day functioning
- The support you provide, outside of what would ordinarily be expected for a person of the same age
- Your ability and willingness for the role to continue in the same way into the future
- The impact of the caring role on your own needs and goals (your ability to work, study, travel, social life, health).
- Your family situation and other people who are dependent on you
- Your own health and disability impacts
- How additional supports will sustain your capacity to be involved in the individuals life
- Details of any other unpaid/informal supporters in the persons life


## HANDY LINKS

Examples of 'Carer Statements' :

[Sample Carers Statement 1](#) 

[Sample Carers Statement 2](#) 

[Sample Carers Statement 3](#) 

 [Carers Checklist](#) (template) - developed by *Carers Australia*

 [Mental Health Carers Checklist](#) (template) - developed by *Carers Australia and Mental Health Australia*

