



NDIS CARER STATEMENT TEMPLATE



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Overview

Purpose of this Statement Template

The NDIS Carer Statement is designed to inform a Representative from the NDIA (National Disability Insurance Agency) about the nature of the care that is given by a carer for their loved one (s). It forms part of the application for an NDIS support package.

This NDIS Carer Statement Template was developed by mental health carers (Peter Heggie and others) based on their experience accessing and participating in the NDIS.

It was developed as a tool to assist consumers, families and carers to understand the terminology used in the NDIS. It is not a compulsory document to complete to access the NDIS, but is rather a way to aid carers and consumers in identifying their care and support needs so that they are able to most effectively communicate their needs to the NDIS.

They hope this document will help others receive the support they need to support their caring role and ensure the person they care for receives an appropriate support package under the NDIS.

There are two ways that this document may be used:

- The carer prepares this document if they are making the NDIS application on their loved one's behalf.

OR

- The loved one is making their own application and they seek the carer statement to support the request.

The application form to access NDIS has eight categories of support:

1. Daily Living
2. Home
3. Health and Well-being
4. Lifelong Learning
5. Work
6. Social and Community Participation
7. Relationships
8. Choice and Control

Formal definitions of the categories are in the appendix.

For each NDIS support category, the carer is invited to consider:

- the level of support they provide
- the time(s) of day the support is provided, number of times, number of hours and
- the days of the week that support is provided.

It may assist the carer to commence preparation of this form by keeping a diary that document all that they do including the following (see Appendix 3):

- What was done by you to give support
- The day/time you gave the support was given
- The length of time your support was required
- Any resources that you used e.g. – money, materials, time, information, computer/phone, text / email, letter, transport, however NDIA won't necessarily fund all items.



Carer Statement Items

Daily Living

This is 'assistance with daily personal activities'. An example may include 'Encourage person to get out of bed and sit in the sun' or 'Help person to organise clothes in bedroom'. The carer activities in this category is 'assisting with and/or supervising personal tasks of daily life to enable the participant to live as autonomously as possible'.

Home

This activity is 'assistance with household tasks'. An example may include: 'Work with person to clean and tidy kitchen' or 'Helped person with laundry, washing and ironing'. This is what you do, as a carer, to enable the loved one to maintain their home environment. This may involve undertaking essential household tasks that the participant is not able to undertake.

Health & Well-being

This category is about improved health and well-being.

For the carer these will be the activities undertaken to support and maintain well-being of loved one such as :

- personal care (washing / dressing),
- cooking,
- cleaning,
- medication supervision (making sure it is taken, ensure medication supply, monitor medication unintentional



Carer Statement Items

effects),

- maintain or increase physical mobility physical wellbeing activities promote and encourage physical well-being (through GP visits, specialist),
- encourage mental health well-being (referrals, psychological/psychiatric/allied health, self-care),
- assist with and provide for exercise opportunities,
- assist with diet, food and special health diets.

For mental health carers this will include emotional and social supports, conflict resolution, problem solving, motivation etc.

Lifelong Learning

This area of need is about 'Improved Learning'.

For the carer this may describe the actions undertaken to assist your loved one to commence, re-start, continue in and complete any education and learning activities at whatever level they are engaged in.

Since mental health is disruptive of education at any level the carer may have some duties to assist with access.



Carer Statement Items

Work

NDIS sees this area of need as being about 'finding and keeping a job'.

For the carer there may be many activities they undertake that assist their loved one in finding or keeping employment.

Social and Community Participation

For NDIS this category is 'participation in skills based learning to develop independence in accessing community'.

Carers assist their loved ones in this category then they assist them to take part in community participation activities.

This could include assisting access to social activities, camps, classes and vacation activities. This can extend to assisting to establishing arrangements in the community, mentoring or peer support and individual skill development.

Carers carry out many activities of this nature. Here the carer can answer the question 'what do I do to assist "X" with social and community participation'?



Carer Statement Items

Relationships

NDIS provides this category because it 'supports provision of specialised assessment where the participant may have complex or unclear needs or requires long term and/or intensive supports to address behaviours of concern'. Relationships can be an area of complex need and many issues, especially mental health, can make the experience of quality relationships difficult to achieve.

A carer may have to assist in addressing relationship needs with and on behalf of their loved ones. Perhaps the carer may wish to answer this question 'what things am I called on to do the help "X" seek out, start, develop and maintain relationships'?

The range of relationships needs maybe wide.

Choice and Control

NDIS sees this as being about 'improved life choices'.

The applied areas of NDIS activity in this area are planning and plan management and assisting to find a financial intermediary (to assist with financial plan management).

As carers 'choice and control' can be much wider than this in the lives of the ones we care for.

As carers we may have elements of assisting with choice and control in some areas of our loved ones life. We may have elements of control (with the person's agreement) over accommodation, finances, money management and bill payments.



Carer Statement Items

Do you provide emotional support? What is the type of care? How long do you spend providing this care? How often do you provide it?

Do you provide advocacy and representation for your loved one? What is the type of care? How long do you spend providing this care? How often do you provide it?

Advocacy is what we do when we act to ensure that someone else gets the services that they need and their right fulfilled. Advocacy can be done on behalf of the person or with them as well (preferably with the person).

What is the type of care? How long do you spend providing this care? How often do you provide it?



Appendix 1: NDIS Care Domains

These NDIS Care Domains are taken from the document "[NDIS Price Guide VIC/NSW/QLD/TAS – Valid from 1 July 2016](#)", National Disability Insurance Agency, Version release date: 11 July 2016.

There are 8 Outcome Domains ('Domains') in the framework. These domains help participants think about goals in different life areas and assist planners to explore where supports in these areas already exist and where further supports are required.

The Domains are a guide also to the carer as they consider their role and the ways in which they interact and assist the one(s) they care for.

1. Daily Living ([refer to pg 17](#))
2. Home ([refer to pg 19](#))
3. Health and Well-being ([refer to pg 40](#))
4. Lifelong Learning ([refer to pg 41](#))
5. Work ([refer to pg 39](#))
6. Social and Community Participation ([refer to pg 38](#))
7. Relationships ([refer to pg 40](#))
8. Choice and Control. ([refer to pg 41](#))

The expansions of the domains below are here to assist the carer as they consider the nature of the caring role and as they begin to document the carer work for the purposes of assisting a potential NDIS application for assistance.

Each of the eight (8) domains below may have some level of impact on the carer role in terms of :

- the level of support provided,
- the time(s) of day the support is provided and
- the days of the week that support is provided.



Appendix 2: NDIS Language Guide

Advance directive	An advance directive is a document prepared by a mental health consumer to be read and used in case of a mental health crisis. Typically advance directives contain special information outlining a person's unique circumstance, personal preferences regarding treatment choices and information about practical life management arrangements. An advance directive outlines the steps that must be taken to provide optimal support and care for a person with a mental illness during a time of crisis in order to limit or prevent the damage from that crisis.
Emergency Care Plan	An Emergency Care Plan is a document that provides instructions and guidance to allow someone else to step in and provide the care which you would normally provide. An Emergency Care Plan can give you reassurance that if anything should happen to you, the person you care for will still receive the support they need.
Individual Funded Package (IFP)	Eligible NDIS participants receive an individualised plan which outlines the supports which will be funded by the NDIS . This is called an individual funded package.
Mental Health Carer	Someone who provides unpaid care and support to a family member or friend with a mental illness or mental health condition . A carer may or may not live with the person they support, and may not be identified by the individual with a mental illness to be their carer.
Mental Health Condition	Describes the broad range of features that characterise a mental illness whether diagnosed or not.
Mental Health Consumer	A person with a lived experience of mental illness or a mental health condition . Also referred to as a consumer.
Mental Illness	Diagnosable illness that significantly interferes with an individual's cognitive, emotional and/or social ability.
NDIA	National Disability Insurance Agency. The NDIA is in charge of running the NDIS.
NDIS	National Disability Insurance Scheme.
Participant	An individual who is an eligible participant in the National Disability Insurance Scheme.
Psychosocial Disability	An internationally recognised term used to describe the experience of people with impairments and participation restrictions related to mental health conditions. These impairments can include a loss of ability to function, think clearly, experience full physical health, and manage the social and emotional
Respite	A short break from the caring role that may include replacement care in the home, activities outside the home for the person receiving care, or replacement



Useful Resources

Carers NSW

If you would like support and information on the NDIS over the phone, call Carers NSW on **1800 242 636**. For further information on the NDIS view their NDIS webpage by visiting <https://www.carersnsw.org.au/NDIS>

- **NDIS Updates e-Newsletter**

Visit <https://www.carersnsw.org.au/page/769> to sign up to Carers NSW monthly e-newsletter to receive updates on the NDIS. You can also view past newsletters from previous months.

One Door Mental Health

One Door are able to help you find out if you are eligible for the NDIS and help you through the application process. If your application is approved, One Door can provide you with a whole range of services under the Scheme. Call **1800 843 539** or visit <https://www.onedoor.org.au/ndis>

Mental Health Carers NSW

If you like help over the phone in finding out what mental health services are available in your local area, please call **1300 554 660**. If you have any questions about how to fill out this form email arafmi.admin@arafmi.org

National Disability Insurance Scheme

The NDIS will provide information, referral and linkage to ensure families and carers are able to access supports in the community to assist them in their role. To learn more call **1800 800 110** or visit: <https://www.ndis.gov.au/families-carers.html>

Lifeline

Lifeline provide 24/7 crisis support and suicide prevention services. Call **13 11 14** or chat to someone online at www.lifeline.org.au

Mental Health Line

The Mental Health Line is a single number, state-wide 24 hour mental health telephone access service. Anyone with a mental health issue can use the Mental Health Line to speak with a mental health professional and be directed to the right care for them. Call **1800 011 511**.

Links to Information on the NDIS

- Completing the access process for the NDIS - https://ndis.gov.au/html/sites/default/files/Completing_the_access_process_for_the_NDIS_Tips_for_communicating_about_..pdf
- Family Support : What the NDIS will fund - <https://www.ndis.gov.au/families-carers/family-supports.html>
- NDIS Operational Guidelines: Pg. 70, Section 78 Nominees - <https://www.ndis.gov.au/document/part-5-national-disability-insur.html>
- Mainstream Interface: Mental Health Factsheet - <https://www.ndis.gov.au/medias/documents/h48/hcb/8800552026142/Factsheet-MainstreamInterfaces-Mental-Health.pdf>
- Choice and Control: What you need to know about managing your funding Factsheet - <https://www.ndis.gov.au/medias/documents/hce/h5b/8799507939358/Factsheet-Choice-and-Control-A4-v0.5.pdf>

