**Writing an impact statement for NDIS – Template**

*Date*

*To Whom It May Concern,*

This paragraph describes who you are, what your relationship is to the person you care for and how long you have been providing this care.

**Functional Capacity**

This section is the most confronting to write. It should include as much detail as possible about the things the participant CANNOT do and the level of support you provide to them in order for them to complete these tasks. Use to following headings to cover the 6 domains of functional capacity.

**Mobility and motor skills -** Getting around the home and the community

**Learning -** Ability to learn basic tasks

**Communication** **-** Ability to see other people’s point of view and ability to express their own thoughts, feelings and needs

**Self-care -** Hygiene including showering/bathing, toileting, eating

**Social interaction -** Ability to access the community and act within community acceptable standards, ability to obtain and maintain friendships, ability to attend social activities

**Self-management –** Ability to engage in self-directed activities, ability to complete age appropriate activities on their own

**Current support**

This is a brief description of the current formal support you do have, what is working well and anything that is not working (including lack of frequency affecting progress).

**Informal support**

Particularly where there is a LACK of informal support.

**Personal statement**

The impact that providing this level of care is having on you as an individual. It can help to use the following 4 areas as headings:

**Social impact** – Are you able to maintain friendships? Can you connect with support networks?

**Mental impact –** What do you spend most of your time thinking about? How does this impact your quality of life?

**Emotional impact –** Describe your emotional state on a challenging day.

**Economic impact** - your ability to work, financial pressure on the family unit

**Conclusion**

This highlights your concerns for the future, if you feel you are able/not able to sustain your current level of caring, and what you feel will happen if you do not receive support to care for your loved one.