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## **When is a Carer Statement Required for a NDIS Application?**

### **What is a Carer Statement**

A Carer Statement (also known as an Impact Statement) is a letter written by someone who provides care and support to an individual with a disability.

Carer Statements are not mandatory for a NDIS application. However, they provide a clear, practical picture of how the individual's disability and limitations affect their life and the lives of those currently providing unpaid care and support. The Statement highlights the daily challenges faced by the individual and their carer(s).

### **Who Can Provide a Carer Statement**

A Carer Statement is written by anyone who supports and cares for a person with a disability, including family members, friends or service providers.

### **How to Write a Carer Statement**

The NDIS does not provide a specific format or template for writing a Carer Statement. A Carer Statement can be:

- an informal letter or
- a more structured statement.

When writing a Carer Statement, it is important to provide the NDIS with a full understanding of the current supports in place and by whom, and those needed:

- Describe the toughest days of providing care, as this demonstrates the maximum level of care the person needs.
- Be honest – there is no such thing as too much detail. Remember, writing a Carer Statement can feel uncomfortable, especially when it involves discussing personal struggles. Your

responsibility when writing the Statement is to provide a clear picture of the impacts of caring for a loved one.

· Include everything – consider the entire day, from the moment your loved one wakes up to when they go to bed.

Use a checklist to ensure you do not miss any important details. This can assist you to reflect on the types of care and support you provide and ensure you consider all aspects of the individual's needs.

### **What a Carer Statement should include**

Your Carer Statement should include a description of:

- *What are* the person's disability and limitations.
- *How* these limitations affect the person's daily life and ability to live independently and freely participate in community.
- *Your personal situation*, including any other individuals who depend on you.
- *The support you provide* beyond what would typically be expected for someone of the same age as the person you are caring for.
- *The impact* of your caregiving responsibilities on your own needs and goals, such as:
  - family, work, study, travel, social life, and
  - health.
- *Your ability to continue* in the caregiving role in the future.
- *The type of additional supports* that would enable you to continue to provide some level of care.
- *Other unpaid or informal supporters* involved in the person's care.

Sometimes it may be helpful to structure your Carer Statement using the **eight NDIS Capacity Building Support categories**. These are designed to assist the individual build independence and achieve goals:

· Daily Living

- Home
- Health and Well-being
- Lifelong Learning
- Work (paid or voluntary)

- Social and Community Participation
- Relationships
- Choice and Control

If you use this approach, for each category you should discuss:

- The types of supports required,
- The frequency of the support provided, and the recommended frequency for each support,
- The associated costs,
- Any emotional impact that result from not getting these, and
- The outcome achieved as a result of the support being provided.

### **Considering the Functional Capacities used by NDIS when writing your Carer Statement**

The NDIS assesses applications against a set of functional capacity criteria to determine the level of limitations of the disability on the applicant's life – and therefore the level of support they require. It is important to consider these as you write your Carer Statement.

To receive supports from NDIS, applicant's permanent impairment needs to substantially reduce their functional capacity or ability to undertake activities in one of the following areas:

- Communicating – how you speak, write, or use sign language and gestures, to express yourself compared to other people your age; how well you understand people, and how others understand you.
- Socialising – how you make and keep friends, or interact with the community, or how a young child plays with other children; your behaviour, and how you cope with feelings and emotions in social situations.
- Learning – how you learn, understand and remember new things, and practice and use new skills.
- Mobility, or moving around – how easily you move around your home and community, and how you get in and out of bed or a chair; how you get out and about and use your arms or legs.
- Self-care – personal care, hygiene, grooming, eating and drinking, and health; how you get dressed, shower or bathe, eat or go to the toilet.
- Self-management (if older than 6) – how you organise your life; how you plan, make decisions, and look after yourself. This might include day-to-day tasks at home, how you

solve problems, or manage your money. We consider your mental or cognitive ability to manage your life, not your physical ability to do these tasks.

**Relevant WWW links** (current as of 29/03/2025)

- Sample Carers statement, [click here for a sample carers statement](#)
- Carers check list – [click here for Carers Check list](#)
- NDIS information regarding - functional capacity criteria – [click here for further information](#)