



Writing a Carer Statement



A Carer Statement is one of the most important documents you provide as part of your child's NDIS planning.

What is a Carer Statement?

This is a one-page statement about your daily life and the informal support you provide to your child with disability. It should describe your role 'above and beyond' parenting a child without disability.

It gives you an opportunity to explain:

- The overall impact on YOU as a parent and carer.
- Your family situation: Do you have other children in the family? Who else helps care for your child? Are you a single parent? Are you caring for anyone else?
- Your own health issues and/or disability, if you choose to share this information.

Why should I write one?

It's important that the NDIS understands what your caring role involves so that your child's plan not only meets their needs, but also supports your ongoing caring role. The Carer Statement can inform the support in your child's NDIS Plan that 'sustains your capacity to care'. This is what the NDIS calls respite.

What information should I include?

Think about including:

- All the caring responsibilities and supports you provide for your child 24/7.
- A clear description of how this ongoing care affects you physically, emotionally, socially and financially, including your capacity to find or keep employment.
- The supports your child and family currently receive and what would happen if they weren't there.

Ask someone who knows you and your child well to read your Carer Statement to make sure everything you do is included.

How can I make sure the NDIS reads my Carer Statement?

Keep your statement to one page. Email a copy to the planner before your planning meeting and take a copy with you. Ask the planner to place your Carer Statement on top of all evidence documents.