

WRITING A CARER STATEMENT

A Carer Statement is a one-page document which talks about your daily life and the support you provide to an NDIS recipient. It helps the NDIS to understand what your caring role involves so that they can create a plan to meet the participant's needs and support you to care for them.

Example Carer Statements are available on [the Carers Australia website](#).

Difference between a carer and a support worker

It is important to understand the difference between a carer and a support worker. A carer provides necessary unfunded support and care. A support worker is a paid worker. Carers help with daily tasks and living and provide emotional, social and financial support. A carer or the person they care for may want to engage a support worker for extra assistance.

You can tell the NDIS about:

- The impact of caring on you
- Your family situation: Are you caring for multiple people? Does someone else help you? Are you a sole carer?
- Your own health issues, disability or age, if you choose to share this information.

Some types of information you should include are:

- The caring responsibilities and supports you provide on a regular basis
- The impact of your caring responsibilities on your health, mental health, social connections, finances and employment.
- What supports you currently receive and how you would be impacted if they stopped
- How new supports could improve your situation

Some tips to ensure your statement is read:

- Keep it to one page
- Email a copy to your planner and bring one with you for your meeting
- Ask the planner to place it on top of other evidence documents