

4. NDIS checklist for carers in NSW

This checklist is for family members and friends (**carers**) who provide regular support to people with disability living in New South Wales (**NSW**).

Words in **bold** are explained at the end of the document.

What is the NDIS?

The National Disability Insurance Scheme (**NDIS**) is a new system of disability support that is being introduced across Australia. It is very important that carers of people with disability understand and prepare for the NDIS.

- For more information, read the fact sheet [What is the NDIS?](#) at www.carersnsw.org.au/NDIS or call 1800 242 636 for a printed copy.

About the checklist

We encourage all carers who provide regular support to an NDIS **participant** to fill out this checklist before the participant's **planning session**. It will help carers think through the support they provide. The support carers provide will be included in the participant's **plan**.

If you are the parent of a participant under the age of 18, or if you care for an adult who gives you permission to come to the planning session, you can take your completed checklist with you to help you make your **carer statement**. You can also give the planner your completed checklist, or a written carer statement.

- For more information, read the fact sheet [Where do carers fit in the NDIS?](#) at www.carersnsw.org.au/NDIS or call 1800 242 636 for a printed copy.

Using the checklist

This checklist should not be used on its own. Carers should first read the fact sheet [How can I prepare for the NDIS?](#) available at www.carersnsw.org.au/NDIS and work through the other steps it recommends. You can call 1800 242 636 for a printed copy. The official paperwork the **NDIA** posts to you will also need to be filled out before the planning session.

If you need help filling out this form, ask a family member, friend or service provider.

Tick **✓** a circle to answer Yes or No. For some questions you need to write more in a box.

- 1. Write down all the things you do to support the participant** (For example, bathing, transport, communication, emotional support).

*You may also find it helpful to write a diary of the support you provide. You can use the **Carer Diary tool** on the last page of this checklist.*

- 2. Overall, are you happy with the support you provide?**

- Yes - Go to Question 3.
- No – Explain your answer in the box below:

3. Is there anything you would like to change about the support you provide?

Yes – Explain your answer in the box below:

No – Go to Question 4.

4. Does the support you provide cause you any problems? (For example, with your health, emotional wellbeing or finances)

Yes – Explain your answer in the box below:

No – Go to Question 5.

5. Is there anything you want to do but you can't because of the support you provide?
(For example, work, study, spending time with other family members)

Yes – Explain your answer in the box below:

No – Go to Question 6.

6. Can you think of anything that is likely to affect the support you provide in the next 12 months? (For example, an emergency with your health, changes at work, family issues)

Yes – Explain your answer in the box below:

No – Go to Question 7.

7. Can you continue to provide the same amount of support in the future?

Yes – Go to Question 8.

No – Explain your answer in the box below:

8. Can you think of anything that would help you continue to provide support? (For example, training, counselling, a short break)

Yes – Explain your answer in the box below:

No – Go to Question 9.

9. Do you get any support as a carer? (For example, a carer support group, counselling, respite)

Yes – Explain your answer in the box below:

No – Go to Question 10.

10. Are you happy with the support you get as a carer?

Yes – Go to Question 11.

No – Explain your answer in the box below:

11. Is there any other support you need as a carer?

Yes – Explain your answer in the box below:

No – Go to Question 12.

12. Does the participant want, or need, your help to access the NDIS?

Yes – Explain your answer in the box below:

No

Where can I find out more?

You can find this fact sheet and other NDIS information for carers on the Carers NSW website: www.carersnsw.org.au/ndis or call 1800 242 636 for printed copies.

For more information on the NDIS in NSW and how it works, visit www.ndis.nsw.gov.au or www.ndis.gov.au or call 1800 800 110. To speak to someone about the NDIS in a different language call the Translating and Interpretation Service (TIS) on 131 450.

What does that word mean?

carers – family members or friends who provide support to a person with disability.

carer statement – an opportunity for carers to talk about the support they provide. Carers can give this to the planner in writing if they want.

NDIA – the National Disability Insurance Agency, an agency set up and funded by the Australian Government to run the NDIS.

NDIS – the National Disability Insurance Scheme, a new system of disability support that is being introduced across Australia.

participant – a person with disability who can get a NDIS plan and funded supports.

plan – a document that lists what services and supports a participant has already, what their goals are, what supports they need and what funded supports they will get.

planner – the person from the NDIA who works with a participant to create their plan.

planning session – a meeting where the planner, the participant and any other person the participant chooses talk about creating the participant's plan.

Carer Diary

Things I do every week:

	What I do	What is involved	When / how often	How long it takes
<i>Example</i>	<i>Help Sam to have a shower</i>	<i>Lifting, supervising</i>	<i>Every morning</i>	<i>30 minutes</i>
Mondays				
Tuesdays				
Wednesdays				
Thursdays				
Fridays				
Saturdays				
Sundays				

Things I do less often:

	What I do	What is involved	How long it takes
<i>Example</i>	<i>Take Sam to see the specialist</i>	<i>Driving to hospital, supervising</i>	<i>4 hours total</i>
Monthly			
Quarterly			
Yearly			