

4. NDIS checklist for carers in NSW

This checklist is for the 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. The NDIS will change the way most disability support works. It is very important that carers of people with disability understand and prepare for the NDIS.

- See the fact sheet [What is the NDIS?](#) for more information.

About the checklist

We encourage all carers who provide regular support to a person with disability to fill out this checklist. It will help carers think through the support they provide. Talking about the support carers provide is an important part of the NDIS **planning meeting**.

Carers should fill out this checklist well before the planning meeting. Carers who are invited to the planning meeting can take it with them to refer to in their **carer statement**. Carers who are not invited to the planning meeting can talk through it with person they care for.

- See the fact sheet [Where do carers fit in the NDIS?](#) for more information.

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?](#) and work through the other steps recommended in that fact sheet.

People with disability and their carers should also fill out the [NDIS planning workbook](#) and either [Template: Participant Statement – Adult](#) or [Template: Participant Statement - Child](#). Both of these are available on the NDIS website: www.ndis.gov.au.

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

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

- 1. Write down all the things you do to support the person you care for** (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 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 could affect the support you provide in the next 12 months? (For example, your own 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 to the person you care for? (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 person you care for 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 and other fact sheets for carers on the NDIS page of the Carers NSW website: www.carersnsw.org.au/ndis.

For more information on the NDIS and how it works, call the NDIA on 1800 800 110 or visit the NDIS website, www.ndis.gov.au. 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 in the planning meeting for carers to talk about the support they provide.

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

NSW – New South Wales, a state of Australia.

individual support plan – a document that lists a participant's goals, what services and supports they have already and what funded supports they need.

participant – a person with disability who has an individual support plan and funded supports from the NDIS.

planning meeting – a conversation where a planner, a participant and any other person supporting the participant work on putting together an individual support plan for the participant.

Carer Diary

	What I do	How often I do it	How long it takes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

	What I do	How often I do it	How long it takes
Monthly			
Quarterly			
Yearly			