

# How to prepare an NDIS application

## Carer Impact Statement example

I would like to draw your attention to my son Jacob.

Jacob has a diagnosis of impairment. I am writing to provide you with information about my experiences as Jacob's parent, with the view of broadening your understanding of his life.

Due to Jacob's disability, he is unable to live independently and lives permanently in the downstairs self-contained area of my house. This area allows Jacob to have some privacy and semi-independence however he requires assistance to complete most daily living tasks.

I am financially responsible for Jacob's accommodation and any maintenance and Jacob's living situation is sustainable in the short to medium term.

Jacob requires assistance with personal care and requires regular prompting with activities including showering, combing hair, shaving, dressing, and brushing his teeth. Jacob is currently taking xxx medications and has to be prompted to take his medication as prescribed. Jacob frequently ceases taking medication if not monitored because he finds it too hard to fill the prescription.

Jacob is able to complete some basic food preparation however I have to keep a daily check on his eating habits to ensure that he is eating nutritionally balanced meals. Jacob requires my assistance to plan meals and complete grocery shopping.

Due to Jacob's impairment, he requires daily emotional support and assistance to deal with escalating behaviour. If Jacob becomes distressed I am required to reassure and calm him. I work very hard to assist in managing Jacob's environment to avoid triggers for stress. On a daily basis, I work to motivate and assist Jacob to reframe his thoughts in a positive manner to prevent him from harming himself or others.

Jacob experiences severe anxiety and does not socialise with others despite many years of support and encouragement. Jacob does not have any hobbies or interests and is socially very isolated which provides no opportunities to make and maintain friendships. Jacob is totally dependent on me for all social interactions and I would like him to have the opportunity to pursue interests with people of his own age, with similar interests with a view to forming lasting friendships.

Jacob is unable to manage his finances without the assistance of another person. I am the nominee on his bank account and I pay any bills on Jacob's behalf. Jacob is unable to complete paperwork and cannot schedule or attend appointments without my support. I transport Jacob to and from all appointments and also attend all appointments as I am required to advocate and represent Jacob in all matters.

Caring for Jacob can be physically and mentally challenging depending on the day for me, and this can also be emotionally draining.

I fear that my continued care for Jacob given my age, medical history and circumstances, and the burden of caring full time for another person takes a personal toll on me. Caring for Jacob often prevents me from looking after myself, undertaking all of the domestic duties such as shopping and cleaning, or attending my own medical appointments. I am often isolated from other family and friends or social activities. I estimate that at least 8 hours per day is spent providing varying levels of support to Jacob which in the long term may not be sustainable.

Please understand that Jacob is an important part of my life and I love him dearly, however, I am very fatigued and feel that it is essential that Jacob transitions to the NDIS in the hope to introduce some independence and support for him to access the community and gain independence.

More importantly, I want to ensure that Jacob has safeguards in place should I no longer be able to care for him in the future.

If you have any queries in relation to the information in this letter, I can be contacted on 0400 000 000.