

Carers Australia Carer Checklist



[Carers Australia](#) is the national peak body representing Australia's carers, advocating on behalf of Australia's carers to influence policies and services at a national level. It works collaboratively with partners and its member organisations, the Network of state and territory Carers Associations, to deliver a range of essential national carer services.

In regards to the National Disability Insurance Scheme (NDIS), it is common for carers to feel confused, nervous and a bit overwhelmed by how to help the person they care for to prepare for this new scheme. Carers Australia has developed the *Carer Checklist* to assist unpaid carers to describe the support they provide during NDIS assessment and planning meetings.

The questions throughout the *Carer Checklist* prompt carers to think about what they need to tell the National Disability Insurance Agency (NDIA) in their initial planning meeting. It is not compulsory, but will help the NDIA to understand the carer's role, so that the support package allocated best meets the needs of the person with a disability and supports the carer's role. The *Carer Checklist* covers the following areas:

The Caring Context

- Additional caring responsibilities
- Other supports
- Culture and religion

The Caring Role

- Personal care
- Mobility
- Meal preparation, eating and drinking
- Safety
- Domestic life
- Providing emotional support and behaviour management
- Health and treatment
- Communication and social participation
- Advocacy and representation
- Coordination of services and supports
- Employment education and training
- Time spent on all caring activities

The Impact of Caring on You

- Physical & mental health
- Financial
- Time
- Employment and education

Services & Support

- Continuing care
- Accessing services & supports
- Caring needs
- Emergencies/alternative arrangements

Additional Information

The *Carer's Checklist* can be accessed at <http://www.carersaustralia.com.au/ndis-and-carers/support-for-families-and-carers/>