



Government of **Western Australia**
Department of **Communities**



How can the NDIS support young carers? Siblings/children of NDIS participants

Each NDIS participant will have their own plan that fits their goals, personal circumstances and disability needs.

The NDIS consider young carers as - "Informal supports"

Is your brother/sister, helping you to live an "ordinary life"?

Informal Supports

Your brother/sister may be helping you with dressing, washing showering, eating, giving you your medication, picking you up and dropping you off for activities, doctors and hospital appointments.

Are they supporting you when you are feeling down?

Is all this "reasonable" and "necessary"?

"Reasonable means something that is fair"

"Necessary means something that you must have"

The NDIS planner/LAC will ask if you. Can you do these things without help?

Planning, Review session

During your NDIS planning or review session it is important to include your brother/sister so that they are also supported.

The wording is very important when including your brother/sister in your plan and the planner/LAC should help you with this.

NDIS and Siblings: The words

Planning, Review Session

It is important to include your brother/sister in your plan.

The wording you use is **very important** when including your brother or sister in your plan and the planner/LAC should help you with this.

Wording you could use:

“When I need help, I like the help to come from my brother or sister.”

“I feel more comfortable with my brother or sister helping me instead of a stranger.”

“My brother or sister knows how to help me the best and they are always around when I need their help”.

Please note

These are only suggestions for you to think about with your family.

Your planner/LAC will work hard to get the best possible outcome that works for you and your personal circumstances.

This project is a NDIS Information, Linkages and Capacity Building (ILC) initiative.



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How can the NDIS support young carers? Siblings/children of NDIS participants

Each NDIS participant will have their own plan that fits their goals, personal circumstances and disability needs.

The NDIS consider young carers as - "Informal supports".

Are you supporting your brother/sister or other family member to live an "ordinary life"?

Informal Supports

You may be helping your brother/sister with dressing, washing, showering, eating, giving them their medication, picking them up and dropping them off for activities, doctors and hospital appointments. Are you supporting them when they are feeling down?

Is all this "reasonable" and "necessary"?

"Reasonable means something that is fair"

"Necessary means something that they must have"

The NDIS planner/LAC will ask your brother/sister if they can do these things without your help.

Planning, Review session

During the NDIS planning or review session it is important to include how you help your brother/sister so that you are also supported.

The wording is very important when including you in your brother/sister's plan and the planner should help you with this.

NDIS and Siblings: The words

Planning, Review Session

It is important to include you in your brother/sister, family members plan.

The wording to use is **very important** when being included in your brother/sisters plan and the planner/LAC should help you with this.

Wording that could be used:

“When I need help, I like the help to come from my brother or sister.”

“I feel more comfortable with my brother or sister helping me instead of a stranger.”

“My brother or sister know how to help me the best and they are always around when I need their help”.

Please note

These are only suggestions for you to think about with your family.

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Young Carers and the NDIS: checklist

Things to do before your brother sister or family member's planning meeting:

1. Set up a time to talk with your family (bring a pen and paper to write some things down so you don't forget in the meeting):
 - List everything you do for your sibling, family member (do you help them put their school uniform on? Do you help them wash their hair? Do you make them breakfast in the morning?) other things?
 - Do you do these things every day, some days or every now and then?
 - If you don't help your brother sister or family member, is there someone else in the family who does?
 - What can't you do sometimes because you are too busy helping your brother sister or family member?
 - Do you ever miss school or are late to school because you are helping your brother sister or family member?

Make sure you bring all these answers with you to the planning meeting so you don't forget.

- Are you sometimes too busy helping your brother, sister or family member that you can't do your homework?
- Do you sometimes miss out on playing sport or doing things with your friends because you have to help your brother sister or family member?
- What things would you like to do that you can't do now?
- Are there some things you do for your brother sister or family member that someone else could do- e.g. could someone else help them get out of bed sometimes?)
- If I could do one thing I can't do now what would it would be?

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Make sure you bring all these answers with you to the planning meeting so you don't forget.