



# Young Carers and the NDIS

## A checklist for young carers

Before your family member has their NDIS planning meeting, set up a time to talk with your family and go through this checklist, so you are all prepared for the meeting. You are an important part of your family member's life, it is essential you attend the meeting and are included.

It is sometimes hard to remember everything you do to help your family member, so don't forget to bring this checklist with you.

List everything you do for your family member, including the big things and the little things you do to help them. Some ideas have been listed to help you think about all the things you do:

- Do you help them put their shoes on in the morning?
- Do you make them breakfast so mum/dad can get them dressed?
- Do you put the bins out for them?
- Do you help them use the phone or read a letter?
- Do you fold their clothes for them?

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How often you do these things:

- Every day
- Some days
- Every now and then

There are times where you can't help your family member, is there someone else who can?

- Yes
- No

If there is someone else who can help? Write down who these people are.

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Are there things you can't do sometimes because you are too busy helping your family member?

- Yes
- No

List some of the things you can't do and sometimes wish you could do if you weren't busy helping your family member.

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Have you ever missed school or been late to school because you were helping your family member?

- Yes
- No

Have you ever skipped doing your homework because you were too busy helping your family member?

- Yes
- No

How often have you skipped doing your homework?

- All the time
- Sometimes
- Every now and then

Have you ever had to miss doing things with your friends or doing something you enjoy (like playing sport, watching a movie, etc.) because you have been too busy helping your family member?

- Yes
- No

If you had the time, what would you like to do that you can't do now?

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Is there anything you do for your family member that someone else could do? Some ideas have been listed below to help you:

- Could someone else help them brush their teeth twice a week so you have a little extra time to finish your homework in the morning?
- Could someone else go with them to the shops on the weekends so you can do something with your friends?
- Could someone else cook them dinner twice a week so you can go to netball training?



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If you could do one thing that you cannot do now, what would it be?

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Overall, I am feeling (circle):



**Don't forget to bring this with you for the NDIS planning meeting so you don't forget all your answers.**



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”.

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.

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.*



## Unpacking NDIS language for young carers

When supporting a family member or friend with their NDIS plan there might be lots of new words, terms and processes you aren't completely sure about. In this guide we aim to support you to better understand the NDIS within your caring role.

### **Decision making:**

People with disability are presumed to have capacity to make decisions that affect their own lives. In cases where the person requires additional support around their plan and day to day decision making, they may require a nominee.

A nominee can be requested by the participant to assist them in managing their plan, organising support workers, and liaising with the NDIS. There are a few types of nominees.

#### Plan nominee:

- Engage support workers, therapies, and sign service agreements for the participant.
- Attend planning meetings and include the participant in conversations and decisions that affect them.
- Ensure the plan is working for the participant and that services are in place.
- Where required, be an advocate for the participant.

#### Payment nominee:

- Payment nominee's can be a sub function of the plan nominee and is appointed to manage the funded supports on behalf of the participant.
- A payment nominee can be a different person from the plan nominee but doesn't need to be.

#### Correspondence nominee:

- Unable to make decisions on behalf of the participant like a plan nominee can.
- Able to request information from the NDIS about the participants plan and included in communications from the NDIS about the participant.

## **Who can help me understand the NDIS plan?**

There are a range of services and supports in place to assist the person with disability and their nominee in activating and understanding the plan.

Local Area Coordinator's at the NDIS not only build the plan, they also are involved with assisting around understanding all aspects of the plan and building your skills to get services in place.

If you are unsure at any point the participants NDIS contact is at the top of their plan to contact at your convenience.

In some instances, there may be other funded assistances within the plan like a Support Coordinator or a Plan Manager.

**Support Coordinators** are funded cases managers to help line up services for the person with the disability.

**Plan Managers** are accountants that are funded in the plan to assist with the payment of invoices.

## **Activating the plan and getting supports in place:**

NDIS plans have three budgets to purchase services with:

**Core supports:** Flexible funding to support the participant to access their community and live independently within their homes.

**Capacity building supports:** Skills building supports from support work to therapy to build the persons ability to access their community, explore employment and live independently.

**Capital supports:** Funds to purchase assistive technology, vehicle modifications and home modifications to eliminate barriers that are a direct impact of the persons disability.

- As a nominee you can sign service agreements with the participant around their supports.
- You can find providers for NDIS services on the provider finder website, or you can ask the Local Area Coordinator for a list of services local to you.
- You can link an NDIS plan to your My Gov account to keep track of the funding in real time.