Carevo

NDIS Carer Statement Participant Workbook

Down Syndrome NSW
27 October 2026

Use this workbook to record your own observations and start a statement. Keep it private. You can write about one routine, or use a fictional workshop example. You do not need to share your draft with the group.

What matters to the person

Strengths, interests, relationships, communication preferences and goals. Include the person's own words or preferred way of communicating where possible.

One routine to explore

Choose an activity that helps show the person's disability-related support needs.

Your next step

By _____ I will _____

Practical information only. No wording guarantees NDIS funding. A carer statement supports the participant's voice and sits beside relevant evidence.

Your five minute draft

What matters to the person

What disability related support is needed

What unpaid help happens now and how often

What impact or risk follows

What formal support function would help

What participant outcome would it enable

Check for one number or honest range, one observable example and one participant outcome.

Care diary

Record a typical period, including variation. This seven-day format is a workshop tool, not an official evidence requirement. Copy the page if needed. State whether times are recorded or estimated, and avoid adding overlapping minutes twice.

Period covered _____ Recorded or estimated _____

Day and time	Task and help provided	Minutes and frequency	Effect	Risk

Patterns and variation

What repeats? What is unpredictable? Distinguish active care from being available.

Statement template

Participant name _____ Statement date _____

Your name and relationship _____

Period described _____

About the person

What matters to them, their strengths and preferences, and their voice.

Support needed and unpaid help now

Describe a task, the assistance, frequency and duration. Explain the relevant disability-related need.

Impact and sustainability

What happens without the help? What can the informal support network continue to provide?

Statement template continued

Support sought and participant outcome

Describe the support function and the outcome it would help the person achieve.

Changes and supporting evidence

What changed, when, and which records help explain it? Distinguish observed effects from anticipated effects.

Accuracy check

- The account includes the participant's voice or preferences
- Examples and estimates reflect the period described
- Paid and unpaid support are distinct
- Differences between records have an explanation
- The statement connects need, current help, impact, support and outcome

Signature _____ Date _____

Evidence and next steps

Use the checklist to organise relevant information. It is not a requirement to obtain every item.

Evidence	Have	Need or next step
Participant's words or communication		
Signed and dated statement		
Care diary		
Timeline of significant changes		
Current roster and support gaps		
Relevant professional reports		
Education or day-program records		
Progress or incident records		
Plan use and barriers, with context		

Before sharing the statement

- Keep a dated copy
- Check the actual process and current evidence requirements
- Share through the appropriate channel
- Update the statement when circumstances change

Official resources

Plan reassessment

Preparing for reassessment

Review of a decision

Funding criteria

Guidance checked 11 September 2026. Check current NDIS information before acting.