



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?



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.

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.



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?

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?



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

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.