

Providing supporting evidence

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To access NDIS funding you will need to provide evidence of psychosocial disability, as well as the functional impact that living with a mental health condition has on your life. Hear from some NDIS participants and carers on their advice for someone applying for the NDIS

The evidence you will need to provide must be recent and could be in the form of existing information that you already have, like letters, assessments or other reports from a health professional, support provider or family.

If you do not have recent existing evidence you will need to have an assessment completed. An occupational therapist, psychologist or social worker can help with this. Under a government initiative called Better Access you can get a number of sessions that are covered by a Medicare rebate. For more information check out the [Department of Health's Better Access webpage](#). You also have the option of going to your local GP or other medical professional like a psychiatrist. The evidence needs to provide details on:

- The mental health condition/ psychosocial disability you are living with
- Any treatments you are receiving for this
- How long the mental health condition/psychosocial disability will last , and
- How it impacts on your daily life.

Some of the forms of evidence you might provide include

If you do not have any recent evidence, or your evidence does not provide enough detail, you may be asked to complete a Supporting Evidence Form.

This form will ask for your basic personal details and then has a section that needs to be completed by a health professional. They will provide details on impairments you live with and the supports you need. If you have completed any formal assessments for psychosocial disability you may need to submit the report as well. You can also attach information from other people like a current support worker or family member.

Sample Supporting Evidence Form

You can [explore one of your reimagine.today peer's sample Supporting Evidence Form here](#). This is how a medical professional could describe Mohammad's functional impairments and what supports he needs for these impairments. This provides an example of how a GP or other health professional could describe a person with a psychosocial disability's support needs.

The National Disability Insurance Agency may not ask you for support letters but they are a very good tool you can use to support your application. If someone in your life supports you in your life they have the option to submit a Carer Statement. They can do this as a written letter or they can request an interview to provide a verbal statement.

A Carer Statement can help to provide a better understanding of how your mental health condition can impact on your ability to participate in everyday activities as well as explain the impact on them.

There is no formal guideline or template to develop this statement but it could include information about:

- the carer's own needs and goals and the impact the caring role has on this
- how the caring role affects them and whether they can keep providing care long term
- if they are able and willing to keep caring for you in the same way into the future
- other informal supports you have, such as family or friends
- any other information that would be important for the National Disability Insurance Agency to know when assessing the supports you require.

For more information, a carer's checklist and some sample Carer Statements check out Carers Australia's information at www.carersaustralia.com.au

Sample Carer Statement

You can also [view a sample Carer Statement here](#), as written from your reimagine.today peer Gillian's perspective. You can use this as a template to write your own Carer's Statement.

If you have people other than your carer who provide support to you they might be willing to write a letter of support. This can include your family/friends, current support workers, and other health workers that provide you with treatment and care.

Sample letter of support

You can [view a letter of support for one of your Reimagine peer's Bob here](#). This has been written by his Support Facilitator from Partners in Recovery. This has been written in a way that describes the functional impacts of his psychosocial disability, and covers all information that is required by the Access Request Form. The letter describes Bob's treatment history, recommended supports for the functional impact of his psychosocial disability and also provides some information on his goals.

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