



Video: What information did you collect when applying for the NDIS?

Simone:

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At the moment I've been in contact with my GP and she filled in the access

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request form and then I didn't feel that was enough evidence and so then I've

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asked for her to supply a supporting letter and and I've also done the same

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thing with my psychiatrist.

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I will also be providing my own supporting letter to give my story as well.

Janet:

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And if you've got any reports or assessments or anything,

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over the years, include them all.

Debbie:

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My supporting evidence was a letter from

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my psychiatrist and she she had a daughter with a disability so she was

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really able to work with me to think how we might word things in that document to

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get the most support that I could.

Tina:

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But if it's not feeling like a conversation

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about your life then listen to that that's probably a good sign that it's,

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well, not a conversation about your life and let them know that you'd like to

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have a conversation about what's working and not working for you in your life.

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Yeah, take it back down to a real level.

The voice of family and carers can help support an NDIS application

Janet:

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So we've got a carer statement and Mental Health Australia and you can get

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this on their website has a checklist for carers and I'd recommend people fill

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that in, it's a really good, and put in as much information and background as you

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can, and I think that's really important so that they can assess, and then they

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know what the carer, you know, what the carer does and the

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impact that has on the carer and the family, not just, you know, it's the whole family.

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So it's really important to let them have the big picture.

Cathy:

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Not all people with the NDIS, the workers at the NDIS, have experience in mental health and I

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think until you really experience this yourself, you can't comprehend what, what

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your life is like caring for somebody, the burdens that it places on you,

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what you have to give up from your own life, the isolation you can you can suffer.

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So I think it would be very beneficial, it's a good opportunity for you to express

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the impact it's having on your life.