How do I write a Carer Impact Statement?

A Carer Statement (sometimes referred to as an Impact Statement) is a letter written by someone who cares for or is supporting a person living with Parkinson's. It describes in depth how Parkinson's symptoms impact their life and the lives of those around them and is submitted as part of your NDIS application to help strengthen your application.

Writing a carer statement can often feel uncomfortable because you are talking about the struggles you and your partner have, but it will give the NDIS a complete overview of what supports are needed and the appropriate level of funding. Don't hold back, describe your/their worst day and the realities of care-giving.

Remember you are not complaining or asking for too much – you are simply letting them know how PD affects you and your loved ones' daily life. It should include:

- their symptoms and how they impact day-to-day functioning
- what they need support from you with
- your own needs and goals as a carer
- how the caring role affects you
- whether you can keep caring for them in the same way into the future
- what other informal supports they have, such as family, church or friends
- any other important information for the NDIA to know when assessing which supports they might require.
- as well as the emotional impact that can sometimes occur.

The 8 NDIS categories are:

- Daily Living
- Home
- Health and Well-being
- Lifelong Learning
- Work
- Social and Community Participation
- Relationships
- Choice and Control

IMPORTANT: 'Functional Capacity' is how the NDIS measures eligibility, so you should refer to the applicant's 'functional capacity' when describing how their life is affected in these areas by their disability.

Here is a resource on what functional capacity is under the NDIS.

Again, there is no right way or wrong way to write a carer statement but you should describe your worst day so that you communicate the maximum amount of support provided.

Examples of a sample Carer / Impact Statement

Here are a few examples of carer/impact statements:

- Impact-Statement
- Final-Sample-Carers-Statement
- Carers Australia: Sample Carer Statement from Claire
- Carers Australia: Sample Carer Statement from John
- Our example letter is on the next page.

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To whom it may concern,

I am writing to share my experiences as a carer for my husband, who is living with young onset Parkinson's. This condition affects every aspect of his life, and by extension, our shared life together. While I am deeply committed to his care, I feel it's important to outline the impact his condition and my role as a carer have on our daily lives and relationship.

Parkinson's affects my husband in a variety of ways. He experiences stiffness, tremors, and slow movements (bradykinesia), which make everyday tasks challenging. Toileting is becoming increasingly difficult and continence issues like urinary urgency and constipation are affecting his self-esteem.

He also struggles with fatigue, sleep disturbances, and involuntary movements during the night, which often result in broken sleep for both of us. In addition, he faces significant emotional challenges, including anxiety, mood swings, and apathy, which can affect his motivation and overall outlook on life.

As his wife and carer, I assist with personal care tasks such as dressing and shaving, and I provide support with all the shopping, cooking and household chores. I also manage his medications and medical appointments, ensuring he understands advice and that recommendations are followed, as he finds it increasingly difficult to retain and act on complex information when he is overwhelmed. Since he can no longer drive safely, I handle all transportation to and from these appointments and other activities.

While I embrace my role as his carer, balancing this with other aspects of my life is a significant challenge. I work full-time to maintain our financial stability, but this leaves little time to focus on my own wellbeing or relationships outside of caregiving. Sleep disturbances caused by his condition often leave me exhausted, and I am concerned about the long-term effects on my own physical and mental health.

Our relationship has also been affected. I want to maintain a loving partnership between us as husband and wife, but the growing demands of caregiving often make it difficult to sustain the emotional and romantic connection we once enjoyed. I strive to ensure we still share meaningful moments together, but it is hard to keep the spark alive when so much of my time is spent addressing practical needs.

Despite these challenges, I continue to prioritise his care and support his independence as much as possible. However, I know that without additional resources and support, the strain on both of us will only increase. Access to NDIS support would make a meaningful difference, enabling us to navigate his condition with greater dignity and allowing me to better balance my responsibilities as a carer, partner, and person.

Thank you for considering this statement as part of our application for support.

Sincerely,
[Your Name]

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