
Providing Supporting Evidence

Step 4 - Providing Supporting Evidence

To access NDIS funding you need to provide evidence that you live with a psychosocial disability and what impact it has on your life.

Hear from some NDIS participants and carers for their advice on applying for the NDIS:

A transcript of this video is here: [Transcript-Advice](#)

Evidence you provide must be recent (**less than one year old**) and might include things you already have like letters, assessments or other reports from health professionals, family or support providers.

If you do not have recent evidence, you will need to get a new assessment. An occupational therapist, psychologist or social worker can help with this. Under the government initiative 'Better Access' you can get some sessions covered by Medicare. For more information check the Department of Health's [Better Access webpage](#). You can also ask for help from your GP or other medical professional, e.g. a psychiatrist.

The evidence must include details about:

- 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 (remember that to meet the access requirements it needs to be likely that the condition will be permanent)
- How it impacts on your daily life.

Some evidence you might provide:

Supporting Evidence Form

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

This form includes basic personal details and a section to be completed by a health professional. The health professional will provide details about the impairments you live with and the supports you need. If you have completed any formal assessments for psychosocial disability you may submit these results too. You can also attach information from other people like a family member or support worker.

WORKBOOK TIP

Sample Supporting Evidence Form

See a sample [Supporting Evidence Form](#) from your reimagine.today peer Mohammad.

This shows how a GP or other health professional might describe someone's experience of functional impairment and the supports they need.

Carer Statement

The NDIA won't always ask for supporting letters but these can help strengthen your application. If someone in your life (a family member, friend or neighbour) supports you, they can submit a Carer Statement. This can be a written letter, or they can request an interview.

A Carer Statement can help show how your mental health condition impacts your ability to participate in everyday activities.

There is no formal guideline or template to develop a Carer's Statement, but it might include information about:

- your mental health condition and how it impacts your day to day functioning
- what you need support with, and what your carer does to support you
- your carer's own needs and goals, and how the caring role affects them
- whether they can keep caring for you in the same way into the future
- what other informal supports you have, such as family or friends
- any other important information for the NDIA to know when assessing which supports you might require.

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

WORKBOOK TIP

Sample Carer Statement

See a [Sample Carers Statement](#) here, from your reimagine.today peer Gillian.

You can use this as a template for your own Carer's Statement.

Other letters of support

Other people who support you may write a letter of support. This may include your family or friends, current support workers, and other health workers.

WORKBOOK TIP

Sample Letter of Support

Find a sample [Letter of Support](#) here from your reimagine.today peer Bob. This was written by Bob's Support Facilitator from Partners in Recovery. It describes: the functional impacts of Bob's psychosocial disability, Bob's treatment history, recommended supports, information about Bob's goals, and other information required in the Access Request Form.