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| **Name** |  |

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| **I am a support to** |  | **Age** |  |

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| **Share a brief history of the experiences of supporting your family member with mental health issues** |
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| **Organisations previously engaged for assistance** |
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Please add an additional sheet if more space is needed. If no supports have been available, please also note this.

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| **Further comments** |
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**For assistance completing this form please contact Tandem on 1800 314 325.**

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| **Timeline** |
| Please note key challenges over the past 3-5 years, or historic information about your family experience of seeking support over time. If preferred, outline on a separate whole page and attach. |
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| **Tasks I assist with as a family member / carer** | **Further details about support provided** | **Hours per week** |
| Organisation of personal affairs, scheduling, arranging appointments |  |  |
| Cleaning / yard work |  |  |
| Personal care |  |  |
| Transport |  |  |
| Social skills and communication: supporting in meetings and in the community |  |  |
| Meal preparation |  |  |
| Financial assistance |  |  |
| Emotional support |  |  |
| Conversation / company /social activities |  |  |

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| **Have you had access to short term accommodation (respite) in the past? How often / what kind? How did this support you in your caring role?** |
| Did it provide opportunities for new experiences for your family member? For example, camping, group programs, or a new environment for them, and did it increase opportunity to practice skills of independence? |
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| **Do you have any health needs of your own? Does this role make you feel isolated?** |
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| **Is there anything further you would like to share with a planner about your family experience and your hopes for support within the NDIS for your family member?** |
| Consider supports that have been helpful to your family member, regular appointments, and activities they would like to undertake in their week. List these below. |
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