



Supported Independent Living



If you need support to live independently, **Supported Independent Living (SIL)** can help you live the life you choose - with the right level of support, in a home that feels safe, comfortable and truly yours.

What is Supported Independent Living?

Supported Independent Living is an NDIS funded service that provides daily support to people with disability who need regular or ongoing support to live as independently as possible.

Support is shaped around **you** – your goals, your routines and the way you want to live.

Support looks different for everyone. Depending on what you need, SIL may include help with:

- Daily living tasks such as personal hygiene, shopping, dressing, cooking and household activities
- Building life skills and establishing routines that support independence
- Health, wellbeing and medication support
- Getting out in community, attending appointments, shopping and socialising
- High-needs support for complex medical needs or challenging behaviours

Support can be available during the day, overnight, or 24/7 - and can change as your needs and goals change.

A home that supports independence.

Your home should feel like home.

SIL homes are designed to support comfort, safety and independence. Here, you can feel relaxed and included.

Some homes are **Specialist Disability Accommodation (SDA)**, which means they include physical design features to support people with higher physical or functional needs. These features may help with mobility, accessibility or safety — making everyday life easier and more comfortable.

Brad's Story



About 5 years ago, I had an accident which changed my life, leaving me non-verbal and with a brain injury. After the recovery process I lived at home by myself, supported by Support Workers.

I was lonely, not reaching my goals and having a really difficult time. After connecting with Ability Options SIL and SDA services I was able to rebuild my life. I worked with physiotherapists to improve my strength and communication, allowing me to start doing the things I love again.

Now, I am learning to steer and control my wheelchair myself and get out in the community with my Support Workers so I can meet people my age and make new friends.

Getting started

Most commonly, to access SIL or SDA services you need an NDIS plan with SIL and SDA funding.

- Supported Independent Living is funded under Core Supports – Assistance with Daily Life
- Specialist Disability Accommodation is funded as a Capital Support

Applying for SIL/SDA can take up to 12 months, so if you don't have these funding streams, it is a good idea to start engaging with your Local Area Coordinator and Support Coordinator.

In some cases, supported accommodation services can also be accessed through other types of funding such as Disability Support for Older Australians (DSOA) and Lifetime Care and Support (LTCS).

About Ability Options

Supporting people living with disability is at the heart of everything we do.

We understand that the best support is co-designed with you, which is why we work closely to understand your goals, help you to transition into supported accommodation and empower you to live the life you choose.

Our skilled staff can support you with daily living and more complex care needs, all underpinned by exceptional quality assurance management.

As a Registered NDIS Provider and recognised sector leader in disability and accommodation services, we deliver high-quality supports you can trust.



Scan the QR code or visit

<https://abilityoptions.org.au/disability-services/accommodation-and-supported-living/accommodation/supported-living/accommodation/>

Life's better with Options

1300 422 454 abilityoptions.org.au

