

Supported Independent Living

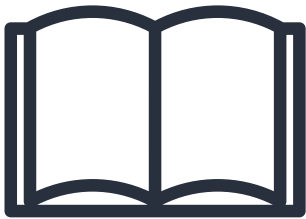


Easy English

About this book



You can ask someone to help you with this book.



Some words are [blue](#) in this guide.
To find out what this word means, go to page 7

What is Supported Independent Living?



Supported independent living is when you:

- Live by yourself, or
- With others
 - like your friends or family, and
- Are **supported** because you have a disability



You can get support all day, and all night if you need it.



Minda can work with you to get the support you need.

You can get supports to help you with:



- Shopping



- Cleaning



- Taking medication



- Showering

You can get supports to help you with:



- Cooking meals



- Make friends



- Learn a skill like:
 - pottery
 - painting

- And more!

Next steps



To get support you must have an NDIS plan.



Minda can help you with this.



Contact Minda to find out more.

Contact us

You can contact Minda by:



Phone: 1800 164 632



Email: hello@minda.asn.au

What do these words mean?

Support to help someone or to give assistance



mindainc.com.au

12-16 King George Avenue
North Brighton 5048