

# Supported Independent Living

If you want to live more independently, it's time to consider Supported Independent Living (SIL). Transitioning to independent living is an exciting step, and our SIL team are here to help you achieve your goals.



Supported Independent Living is an NDIS support, helping you to receive assistance for everyday tasks if you live in shared housing with other people, or on your own.

You can receive support from us with everyday tasks like:

- Personal care, including showering or dressing
- Cooking
- Going to and from appointments
- Staying in touch with people who are important to you
- Getting involved with the community

- Medication and mealtime
- Cleaning and laundry
- Taking up a hobby

Our disability support staff offer a person-centred approach to develop support plans focusing on your needs and goals.

## I'm ready to apply for SIL

Applying for SIL is an extensive process, which needs to be approved by the NDIS. We'd be happy to talk you through it — so give us a call on 1800 164 632 or email [hello@minda.asn.au](mailto:hello@minda.asn.au)

Alternatively, head on over to [mindainc.com.au](http://mindainc.com.au), where we have guides explaining the application process, and how to have SIL included in your NDIS plan.

