

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

Alternatively, head on over to mindainc.com.au, where we have guides explaining the application process, and how to have SIL included in your NDIS plan.



Supported Independent Living (SIL) 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.

mindainc.com.au



Supported Independent Living



Supported Independent Living (SIL) 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.



Perhaps you live in a private rental, or with your family, or even at one of Minda's houses – transitioning to independent living is an exciting step, and our SIL team are here to support you to achieve your goals. If you're thinking about moving out of home, our SIL team can also help you with this!

You can receive support from us with everyday tasks like:

- Cleaning and laundry
- Cooking
- Personal care such as showering or dressing
- Going to and from appointments
- Staying in touch with people who are important to you
- Getting involved within the community
- Medication and mealtime support
- Taking up a hobby

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

What are the levels of SIL funding?

SIL funding is divided into three levels, depending on the level of support required. They include:

- Lower needs – includes supervision of living arrangements and is not usually 24/7
- Standard needs – includes assistance and supervision of most daily tasks and overnight sleepovers with Support Workers. 24/7 support.
- Complex needs – includes

managing challenging behaviours that require positive behaviour support and assistance with daily tasks. 24/7 active support including overnight stays.

How to apply for SIL:

Firstly, to be eligible, you must have Exploring Housing Options (EHO) stated in your NDIS plan. If you don't have EHO in your plan, contact the NDIS on 1800 800 110.

What is an EHO Housing plan?

An EHO Housing Plan is a document prepared by your EHO Support Coordinator, to help the NDIS understand your housing needs. It covers:

- You, your goals and hopes for the future
- Your work, hobbies and community involvement
- Your housing history, current housing arrangements and your search for housing
- Your disability and support needs and your assessed housing
- A life transition, which explains the supports you'll need to successfully move into your new housing
- A Skill Development Plan which will explain the steps you'll take

to get ready for living more independently



How do I sign up?

We look forward to welcoming you to our Lifestyle Supports at Minda! If you're wanting to join one of our MyPath programs, please contact our Senior Practitioner, Mellanie Patfull on (08) 7077 1113 or mellanie.patfull@minda.asn.au.

To sign up to our mentoring program or to find out more about ISS, please contact

