



Is Supported Independent Living Right for Me?

A Guide for Participants and Families

Prepared by Your Story Community Supports

Supported Independent Living (SIL) is one of the biggest decisions a person with a disability — and their family — can make. It's exciting, it's nerve-wracking, and it's completely normal to have a hundred questions.

This guide helps you understand what SIL actually looks like, who it's for, and how to figure out if it's the right fit for you.

What Is SIL?

SIL stands for **Supported Independent Living**. It means living in a shared home with other people who have disabilities, with support workers available to help you with daily tasks.

The key word is *independent*. SIL isn't a facility or an institution. It's your home. You have your own room, your own belongings, and your own routine. The support is there to help you live as independently as possible — not to take over your life.

What Does a Typical Day Look Like?

Every person's day is different, because SIL is built around *your* goals and preferences. But here's a general idea:

Morning

- Wake up at a time that works for you
- Support worker helps with personal care if needed (showering, dressing)
- Breakfast — you might cook with support, or independently

Daytime

- Community activities (shopping, social groups, appointments)
- Therapy sessions or skill-building programs
- Relaxing at home — watching TV, gardening, spending time in your room
- Some participants attend day programs or work

Evening

- Dinner — often cooked together as a household
- Leisure time (music, games, hobbies)



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- Support with evening routine and medication

Overnight

- Some homes have active overnight support (a staff member awake all night)
- Others have sleepover support (a staff member on-site who can help if needed)
- This depends on the needs of the people in the home

Who Is SIL For?

SIL might be right for you if:

- You need regular support with daily living tasks (personal care, meals, household tasks)
- You want to live more independently but aren't ready to live completely on your own
- You'd benefit from having support workers available throughout the day (and sometimes overnight)
- You enjoy living with others or are open to shared living
- Your NDIS plan includes (or could include) SIL funding

SIL supports people with a wide range of disabilities, including:

- Intellectual disabilities
- Psychosocial disabilities (e.g., schizophrenia, psychosis)
- Physical disabilities requiring high support
- Alzheimer's and other cognitive conditions
- Complex and high-intensity care needs

Who Might SIL Not Be For?

SIL isn't the only option, and it's not right for everyone:

- If you need only a few hours of support per week, **in-home support** might be a better fit
- If you want to live completely alone, **Individual Living Options (ILO)** could work
- If you need short-term help while your carer takes a break, **respite care** is designed for that
- If you need 24/7 medical care, a **nursing facility** might be more appropriate

There's no wrong answer — it's about finding what works for you.



What About Housemates?

Living with others is a big part of SIL. Most SIL homes have 2–5 residents. Here’s what to know:

- **Compatibility matters** — good providers match housemates based on personality, routines, and support needs
- **You have a say** — you can visit the home, meet potential housemates, and decide if it feels right
- **Boundaries are respected** — your room is your private space, and house rules are agreed on together
- **Conflict is managed** — support workers are trained to help with any issues that come up

At Your Story, we carefully consider housemate compatibility and involve you in the process.

How Much Does It Cost?

SIL support is funded by the NDIS — you don’t pay for the support workers out of your own pocket. However, you are responsible for:

You Pay	NDIS Pays
Rent (usually around 25% of your Disability Support Pension + Commonwealth Rent Assistance)	Support worker hours
Food and groceries	Overnight support
Personal items	Community access support
Utilities (shared)	Personal care assistance

If the home is also an SDA (Specialist Disability Accommodation) property, the NDIS may cover some or all of the housing cost — but this requires separate SDA funding in your plan.

How Do I Get SIL Funding?

1. Talk to your **support coordinator** about your interest in SIL
2. Your support coordinator will help gather evidence of your support needs
3. A **SIL quote** is prepared by the provider (this details the hours and type of support you need)
4. The quote is submitted to the **NDIA** for approval
5. Once approved, your plan is updated with SIL funding
6. You choose a provider and a home — and start your transition



This process can take several weeks to a few months, so it's good to start early.

Questions to Ask Yourself

Before making a decision, sit with these questions:

- Am I ready to live away from my family home?
- What does independence mean to me?
- What kind of support do I need every day?
- Am I comfortable living with other people?
- What's most important to me in a home? (Location? Privacy? Activities? Staff?)
- What are my goals for the next 12 months?

There's no rush. Take your time. Talk to people you trust.

What Makes Your Story Different?

At Your Story Community Supports, we believe SIL should feel like home — not like a service.

- **Person-centred:** Your support plan is built around your goals, not a one-size-fits-all model
- **Experienced:** We support 90 participants across multiple homes in NSW and Queensland
- **Qualified team:** Our staff complete 40 onboarding modules before working with participants, plus monthly ongoing training
- **No waiting list:** We open new sites based on demand, so you won't be left waiting
- **Transition support:** We help with everything — from furniture to transport to meeting your new team

Next Steps

If you're interested in exploring SIL:

- **Talk to your support coordinator** — they can help you understand your options
- **Contact us** — we're happy to answer questions, show you our homes, and talk through the process
- **Download our SIL Transition Checklist** — a step-by-step guide to preparing for the move



Helpful Contacts

Who	Contact
Your Story Community Supports	www.yourstorycommunitysupports.com
NDIS	1800 800 110

Your story. Your way.