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# SIL Transition Checklist

## Your Step-by-Step Guide to Moving Into Supported Independent Living

Prepared by Your Story Community Supports

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Moving into a Supported Independent Living (SIL) home is a big step — and it's completely normal to feel a mix of excitement and nerves. This checklist is here to make sure nothing gets missed, so you and your family can focus on what matters: settling in and feeling at home.

Work through each section at your own pace. Tick things off as you go, and don't hesitate to ask your support coordinator or our team if you need help with any step.

### Before You Start

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- Confirm your NDIS plan includes SIL funding (Core Supports — Assistance with Daily Life)
- Check if your plan includes Specialist Disability Accommodation (SDA) funding, if needed
- Speak with your support coordinator about your SIL goals and preferences
- Identify what matters most to you in a home (location, housemates, routines, pets, cultural needs)

### Choosing a Provider

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- Research SIL providers in your preferred area

#### Ask providers about:

- Staff qualifications and training
- How they support your individual goals
- What a typical day looks like
- How they handle emergencies and crisis situations
- Whether they can support your specific disability needs
- Housemate compatibility and how they manage shared living
- Visit the home in person if possible
- Meet some of the support staff
- Ask about trial stays or transition support
- Check the provider is NDIS-registered



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## Getting Your Funding Right

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- Confirm your SIL quote has been submitted to the NDIA
- Ensure your support coordinator has provided all required documentation
- Understand what your funding covers (support hours, overnight assistance, community access)
- Know what costs are your responsibility (rent, food, personal items, utilities)
- Set up a plan for managing your personal budget

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## Preparing to Move

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- Create a list of personal belongings you want to bring
- Arrange furniture — check with your provider what's already in the home
- Organise transport for moving day
- Pack medications and ensure your new team has an up-to-date medication list

### Prepare important documents:

- NDIS plan
- Medicare card
- Health care card
- GP and specialist details
- Emergency contact list
- Any behaviour support plans or health management plans
- Let your current support team know your moving date
- Arrange mail redirection

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## Moving In

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- Meet your housemates (if applicable)
- Meet your support team and house leader
- Walk through the home — know where everything is
- Go over house routines and expectations together
- Share your preferences: meals, wake-up times, activities, quiet time
- Set up your room the way you like it
- Confirm your weekly schedule (support hours, community activities, appointments)



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## First Two Weeks

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- Check in with your support team about how you're settling in
- Attend any welcome or orientation sessions
- Start building your routine — it's okay to adjust as you go
- Connect with your support coordinator if anything needs changing
- Let your family know how to visit and stay involved
- Celebrate — you've taken a huge step toward independence

## Helpful Contacts

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Who	Contact
Your Story Community Supports	1300 023 194
NDIS	1800 800 110
Your Support Coordinator	-----
Your GP	-----
Emergency	000

## A Note from Our Team

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Moving into SIL is one of the most meaningful steps a person can take toward living life on their own terms. At Your Story Community Supports, we've helped over 90 participants make this transition — and we know that every person's journey is different.

There's no rush. Take it one step at a time. We're here for every part of it.