

Leap in! ebook series



Supported Independent Living:

Achieving your goal to live independently.

Leap in!



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Supported Independent Living is designed to give people with a disability a place they can call home while getting the supports they need to live a full life.

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Introduction.

Is one of your goals to move out of the family home? Would you like to be more independent in your own home?

Supported Independent Living (SIL) can help you get there. Supported Independent Living is designed to give people with a disability a place they can call home while getting the supports they need to live a full life.

There are many components to Supported Independent Living, so the Leap in! Crew has created this ebook to explain how SIL works and to answer some frequently asked questions.



What is Supported Independent Living?

Supported Independent Living is a package of NDIS supports designed to help a person with a disability live as independently as possible in a shared living arrangement. There are also other NDIS options that may be available to support you to live more independently at home.

The NDIS indicates that SIL is best suited to people who need "significant assistance everyday". It may be ideal for you if you require significant person-to-person support to live independently.

SIL can include all the supports you need to be independent and learn skills in a home environment. This might include personal care, assistance with daily tasks or help to get around.

The amount of SIL funding included in an NDIS Plan depends on the level of support you need to live independently in a home shared with other NDIS participants.

Housing options can include:

- A rental property
- Your own home or a home your family has purchased for you to live in
- Government or community housing
- Specialist Disability Accommodation (SDA)
- Provider managed accommodation.

Benefits of Supported Independent Living.

- A feeling of freedom and independence
- More choice and control
- Share supports with other people
- Not having to live with your family
- Share other costs such as rent and electricity
- Learn new skills
- Live with or close to friends and family members.



Supports covered by SIL funding.

SIL pays for support workers to provide all the person-to-person supports you need to live independently and access the community. If you think of all the personal assistance you require to complete everyday activities in a 24-hour period, they're the things likely to be covered by SIL.

What SIL covers:

- Personal care such as getting into or out of bed, showering or getting dressed
- Meal preparation and cooking
- Assistance with household tasks such as cleaning and laundry
- Support with grocery shopping
- Help getting to community activities or learning to travel independently
- Tasks associated with running a household such as paying bills
- Medication management
- Help to build independence in the home by learning new skills
- Support for managing challenging behaviours
- 24/7 and overnight care.

What SIL does not cover:

- Rent or mortgage payments
- Utilities such as electricity, phone or internet
- Food and groceries
- Household supplies that are not related to a disability such as cleaning and gardening supplies
- Home repairs or maintenance
- Day-to-day living expenses such as taxi fares and toiletries.

Items covered by other NDIS budgets such as transport, consumables and assistive technology cannot be purchased with SIL funding.



SIL and the NDIS.

Supported Independent Living funds supports within your home. It may also fund supports to help you access the community.

- Most people who get SIL funds live in shared living arrangements with other NDIS participants
- You may be able to get SIL if you live alone but there may be other personal care supports that better meet your needs.

SIL is referred to as *Assistance with Daily Living* in the NDIS *Core supports* budget. SIL is a *stated support* which means the funds have been set aside for a specific purpose and cannot be used for any other purpose.

Once a SIL package is approved, the NDIS participant is unable to use any other NDIS budgets to pay for items covered by SIL. For this reason, it's very important that your SIL application includes all the supports you need.

How much funding is approved for a person-specific SIL arrangement is based on several factors including the number of people in the shared living arrangement, and the time of day and day of week on which the support is delivered. Prices also differ for high intensity supports. Check out the latest NDIS Price Guide and Support Catalogue for details.

The NDIS is moving to set price limits for SIL supports which will replace the current quoting and negotiation process. Existing plans containing agreed SIL quotes will continue until the end of their 12 month term, at which point the new price limits will apply.

About SIL funding.

Supported Independent Living is designed to allow multiple people to share resources. SIL funding is allocated according to three different levels of need.

- 1. Lower needs:** Where the participant requires regular supervision of living arrangements.
- 2. Standard needs:** Where more active, 24-hour assistance is required.
- 3. Higher needs:** Where continual, complex active assistance is required.



Getting SIL in your NDIS Plan.

The NDIS will only approve an SIL funding package for you if SIL supports are considered **reasonable and necessary** for your individual needs. You must also be aged 18 or over to be eligible.

Some of the things that the [NDIS considers](#) when deciding if SIL is right for you are:

- Your needs and circumstances
- Your age (you must be over 18 to receive SIL supports)
- Goals and preferences
- Your independence, living skills and capacity building needs
- If modifications to your home or assistive technology may increase your independence and safety
- Relevant information, reports and assessments by health professionals and your other providers
- If, due to your disability, you need significant person-to-person supports
- Other home or living arrangements that might suit you
- Value for money.

The process for obtaining SIL funding is quite complex which is why it should be considered a long-term goal.

Before starting the process, it can be helpful to make a list of all the supports you need – from when you wake up to when you go to sleep.



The process for getting SIL.

1. NDIS Plan meeting.

During your NDIS Plan meeting, you will work with your planner or local area coordinator (LAC) to identify your goals. If one of your goals is to live more independently, your LAC or planner will help identify the right supports for you.

2. SIL supports.

The planner will determine whether SIL supports may be reasonable and necessary to achieve your goals. They will consider evidence submitted and the help you need in your daily life. If SIL supports are not right for you, they may identify other supports that will help you achieve your goals to become more independent.

3. A Roster of Care (RoC) is developed.

A Roster of Care is like a timetable showing how supports will be shared across each member of the household over a typical week. It includes the number of hours and support workers each person will have each day, in 30 minute blocks. The Roster of Care can only be approved by the NDIA after you have signed a form to say you agree with it.

4. Roster of Care is assessed.

The NDIA will consider what reasonable and necessary support funding is appropriate based on your Roster of Care. They will check for changes to previous Rosters of Care, identify any errors and ensure costs do not exceed limits set by the NDIS Price Guide.

5. SIL budget is released.

Once the Roster of Care and your NDIS Plan are approved, the SIL budget is released into your plan and your SIL provider can claim funds for supports they provide.

Note: If circumstances change, such as a person leaving the household, a new Roster of Care may be required.

You can find out more about the process and access NDIS resources [here](#).



Finding a house.

Finding the right place to live can be one of the trickiest aspects of obtaining SIL funding. Your support coordinator or a shared accommodation provider may be able to help find the right home for you.

Some shared accommodation providers offer a variety of home types including houses, units and villas. They can also help match you with housemates who have similar interests.

Be mindful that there is a wait list for SIL-suitable shared accommodation in some areas. However, many providers have new homes under construction which will be available in the future.

SIL in your own home.

If you are a home owner, or have a private rental you share with other NDIS participants, you may be able to obtain SIL in your own home.

Either you or a support worker can take care of developing and submitting a Roster of Care to the NDIS and hiring additional support workers to meet your SIL needs.

If you live in your own home, there may be other personal care supports that are more suited to your needs such as Individualised Living Options (ILO). ILO funding helps you to design a personalised living situation in your chosen residence, either on your own or with other people.



The NDIS does not generally fund housing costs like buying or renting a home. It also does not cover crisis accommodation. A small proportion of NDIS participants with high needs may be eligible for Specialist Disability Accommodation.



Service Agreements with SIL providers.

A Service Agreement is a simple, written document that explains your responsibilities and the responsibilities of a service provider. Service providers are people or businesses that provide services to you such as a company that offers Supported Independent Living services.

While you are not required to have a Service Agreement with your SIL provider, it ensures you have everything in writing. Service Agreements are between you and the provider and do not involve the NDIS.

Why is a Service Agreement important?

1. It helps to ensure you get the right supports
2. It helps you and your SIL provider agree on how services will be delivered
3. Your responsibilities are clear (eg. how to cancel an appointment)
4. It describes how to change or end the agreement
5. It contains contact details of a person to talk to if there's a problem
6. It sets out how much services cost and how they will be paid for.

Service Agreements can include the following information:

- The services and supports that will be provided
- How much the services and supports will cost
- When, where and how you would like the services to be provided
- How long you need the supports for
- When your Service Agreement will be reviewed
- The provider's cancellation policy
- Everyone's responsibilities under the agreement.

Your Service Agreement should refer to your SIL Roster of Care. Templates are available to ensure all the important information is covered.



Frequently asked questions.

How do SIL providers get paid?

SIL funding is paid weekly or fortnightly so support workers can be paid regularly.

- If you are plan managed, a plan manager like Leap in! receives and pays invoices from the SIL provider on your behalf
- If you self manage, you will pay the SIL provider directly
- If you are Agency managed, the NDIA pays providers on your behalf.

What is the difference between SIL and SDA (Specialist Disability Accommodation)?

Specialist Disability Accommodation (SDA) is housing designed for people with extreme functional impairment or high care needs. SDA is only available to a very small proportion of NDIS participants.

SIL does not provide or fund housing. Instead, it funds supports that make it possible for a person with a disability to live more independently in shared arrangements. SIL is more broadly available and supports NDIS participants who live in different types of homes.

It is possible to receive funding for both SIL and SDA.

Can I find a property myself? What about a standard rental property?

A standard rental property may be eligible for SIL funding provided it meets certain criteria. There is usually a preference for properties that offer a long-term lease, which can be difficult to obtain in the mainstream rental market.

What are SIL ratios and how do they work?

SIL Rosters of Care include a supporter to housemate ratio. This is the number of housemates per support worker for each item of support. For example, some supports may be provided individually (one support worker for you). That ratio would be 1:1.

Other supports might be shared with another person. For example, a support worker helping three people in the home prepare meals. That ratio would be 1:3.



I'm not ready for SIL yet but I want to live independently in the future. How can I prepare?

SIL is most likely to be included in an NDIS Plan where the person has a goal to live independently and needs significant assistance everyday.

You may like to start setting smaller goals related to building independence and developing your skills in self-care, cooking or household chores. Your NDIS *Capacity Building* budget can support these goals.

What happens if one person moves out of a shared home with SIL funding?

The NDIA will review and make a decision about any changes to the SIL arrangement through the *change of circumstances* process. A new housemate may need to be found.

What supports are available if I am unable to get SIL funding?

If you do not need significant personal supports such as 24/7 assistance, there may be other NDIS funding that better suits your needs. This may include Individualised Living Options ([see page 8](#)) or personal care supports (such as support workers to help with daily tasks like showering) funded through Assistance with Daily Living.

You may also be able to access help around the home if you are not able to do certain tasks because of your disability, like cleaning, lawn mowing and yard maintenance.

The NDIS may also fund home modifications such as installation of ramps, safety rails or assistive technology that can help you become more independent at home.

Can I get help to move in?

Yes! Within the NDIS *Capacity Building* budget, there is a support category called *Improved Living Arrangements*. This can be used to find a support worker to help you make all the necessary arrangements such as getting power and the internet connected and organising a moving truck if not covered by the SIL provider.



How Leap in! can help.

Leap in! is a plan manager dedicated to helping people with a disability live the life they want to lead and make the most of their NDIS funding.

A plan manager is a bit like a personal bookkeeper who takes care of all the paperwork and helps you manage your NDIS budget.

Anyone can have plan management included in their NDIS Plan. You just have to ask for it and the NDIS adds extra money into your budget to cover the cost of plan management.

When it comes to SIL, Leap in! can:

- Provide guidance on preparing for SIL
- Support you to set your NDIS goals in preparation for living independently
- Put you in touch with SIL providers
- Help you manage your SIL budget
- Pay provider invoices on your behalf (with your approval).

An added advantage of choosing plan management is that you don't have to use registered providers. You can use unregistered providers for all your NDIS supports including SIL, giving you more freedom and flexibility. It also means you can put together your own SIL package or work with a SIL specialist. The choice is up to you.

Get in touch with the Leap in! Crew today on **1300 05 78 78**, email crew@leapin.com.au or chat to us on our [website](#).

Helpful resources and stories.

[NDIS Supported Independent Living](#)

[How much SIL support will you get?](#)

[Steph's left home and enjoying her own life](#)

[Christopher proves he is capable of living his own life](#)

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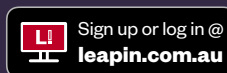
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