



**Imagine  
what's  
possible**

**Your guide  
to Supported  
Independent Living**

**NDVR**  
Endeavour  
Foundation



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## What is Supported Independent Living?

Supported Independent Living (SIL) is the name of the National Disability Insurance Scheme (NDIS) funding that provides supports to people with disability to help them live as independently as possible.

SIL funding is typically for people who need 24/7 support. It exists to cover the cost of the support staff in your home.

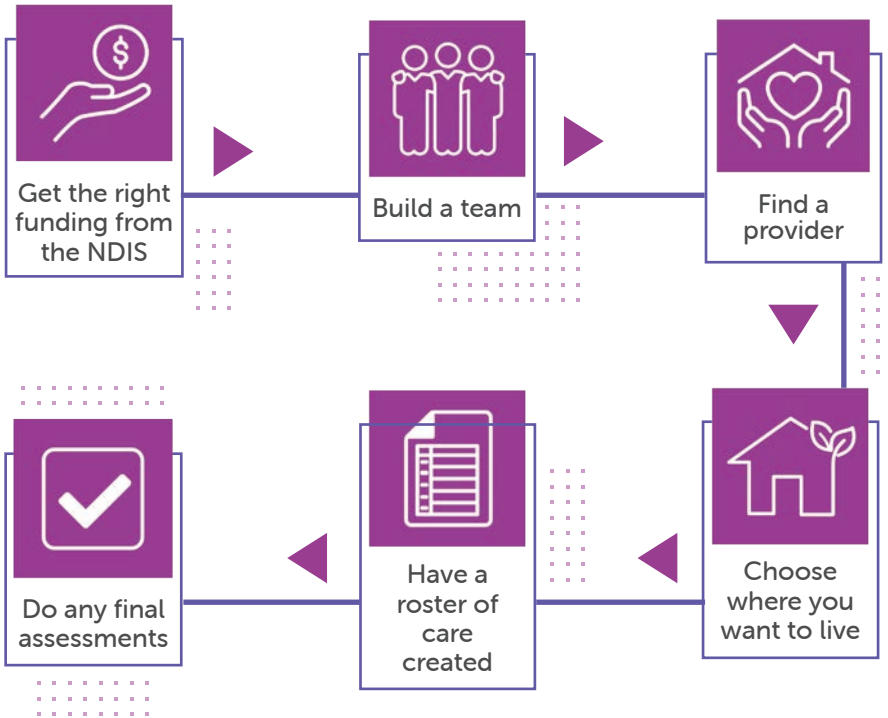
There is a lot of confusion about SIL funding because it works a bit differently to other parts of the NDIS.

It's worth noting that SIL funding can be very complex. Often, the best way to work out what it means for you is to talk to someone directly. If you have any questions about it, we encourage you to get in touch with us.



## The steps you will likely take on your SIL journey

When you start your independent living journey, you will most likely go through the following steps:



## What's the difference between Supported Independent Living and Specialist Disability Accommodation?

This can be a bit confusing – especially because they both sound similar.

SIL is the funding for support services.

Specialist Disability Accommodation (SDA) is the houses in which services are delivered.

It's worth noting that a provider can offer both services at the same location.

### A SIL provider:

Will manage the supports themselves. Essentially this means that SIL providers arrange the workers that support people in the house with daily living tasks. Generally, this is done with a focus on developing your skills so you can live as independently as possible.

### An SDA provider:

Will look after the house itself – as in the physical structure, similar to a landlord or property management agency. SDA funding is generally only approved when someone has very high needs or ‘extreme functional impairment’. It’s designed to make sure people don’t have to pay more for their home because of their disability. It’s important to note only a very small percentage of NDIS participants will get SDA funding in their plan.

Here’s what that generally looks like broken down:

| SIL provider  | SDA provider  |
|---|---|
| <ul style="list-style-type: none"><li>• Provides support in the house</li><li>• Helps the residents organise household tasks like preparing food, cleaning, etc.</li><li>• Manages the staff that work in the house</li><li>• Addresses any complaints about the support providers</li><li>• Screens workers for the house</li><li>• Can help with community access outside of the home</li></ul> | <ul style="list-style-type: none"><li>• Builds or owns the SDA home</li><li>• Is who you pay your rent to</li><li>• Fixes and maintains the house</li><li>• Address damages</li></ul> |

## How do I get SIL funding?

Like all supports funded by the NDIS, to get funding it must be deemed reasonable and necessary by your NDIS planner.

When you go into your planning meeting, you will need to explain to your planner why SIL funding is reasonable and necessary for your circumstances.



Our top tips are:

### **Be prepared**

We have found that the more you prepare, the better your needs are understood, which means you have a greater chance of getting your ideal funding package.

### **Be clear**

One of the most important things to remember going into your planning meeting is the NDIS planner does not know you. They will only know what you tell them. If your need for support is urgent, you will need to explain this to your planner.

If you'd like more tips on how to ace your NDIS planning meeting – make sure you check out our blog on this topic at our website [endeavour.com.au](http://endeavour.com.au).



## What are the levels of SIL funding?

SIL funding is divided into three levels depending on the amount of support required, and the number of people living in the shared setting. The three levels available are\*:

**Lower need** – provides supervision of living arrangements and is not usually provided 24/7.

**Standard need** – provides 24/7 support including active assistance and/or supervision of most daily tasks, and includes overnight sleepovers.

**Complex need** – provides highly frequent assistance to the individual with managing challenging behaviours that require intensive positive behaviour support, continual active assistance with all daily tasks, active management of complex medical needs and active support 24/7 including overnight.

\*For full descriptions of these levels, please consult the NDIS Price Guide.

## How does SIL funding work?

SIL happens in your home – usually in a home you share with other people with disability.

The funding for SIL works a little differently to most NDIS funding.

### How most NDIS funding works

- You receive your NDIS plan with dollar amounts assigned to the various categories.
- You decide which service providers you want to go with.
- You sign-on to receive supports.

### How SIL funding works

- You get funding for SIL in your plan, but it doesn't have an exact dollar amount assigned.
- You will work with your Support Coordinator and speak to all of the relevant people (for example, Occupational Therapist).
- They will determine your level of support required.
- You will work with your Support Coordinator to find a suitable house.
- Your SIL provider will provide a quote for all people living in the house.
- You receive your NDIS plan with dollar amounts assigned to the various categories.
- You decide which service providers you want to go with.
- You sign-on to receive supports.

It's funded individually and the supports can be shared among everyone in the house.

A provider will create a quote for each individual in the house and identify what their 'typical week' looks like.

It's important to note the NDIS will cover the reasonable and necessary costs of SIL, and you will never be out of pocket for SIL supports.



## Get support in a home of your choice

Individualised Support is all about you – your goals, interests, and lifestyle. We work with you to develop your individualised support plan to ensure you achieve the goals that matter most to you.

With a focus on your individual goals, Endeavour Foundation provides access to support that meets your circumstances and expectations.

In-Home Support allows you to develop daily living skills. Daily living skills or life skills are the kinds of skills that help you do everyday things, and often help you become more independent.

The types of daily living skills you might need help with are different from person to person, just like how everyone's needs, goals and abilities are different.

### In-Home Support clients choose support for:

- Meal preparation
- Completing general household tasks
- Daily living activities, such as managing money
- Social connection
- Supports as negotiated with you.

In-Home support is essentially SIL support in your own home. You can live in your own home, rented home or government housing.



## Who can help me?

You aren't expected to navigate this all alone.

You will have a team of people to help you with this change. Here are some of the key people you'll encounter on your SIL journey:

### Your Support Coordinator

Nearly everyone who receives SIL funding also gets ample Support Coordinator funding. Your Support Coordinator will help you through every step of the process. They are there to talk about your options, find solutions, help you get organised and more. You will be spending a lot of time with your Support Coordinator, so it's really important that you get along.

### Your family

Moving out of home is a big deal! It's something that often involves the whole family. It can be a big adjustment for people, so it's good to have everyone on the same page.

### Your supports

There's more to moving out of home than what's involved in the NDIS. You will want to make sure you are emotionally, physically and mentally ready, too. This can involve learning new skills, building confidence and getting ready for change. Whether you have paid or informal supports, chances are you will all be working towards the same goals and you will want them on your team.

### Healthcare professionals

To make sure you get the right supports for you and your needs, you're probably going to have to attend a lot of appointments and consultations. The most common one is an Occupational Therapist.



## How long is the process?

There is a lot that needs to fall into place for a home to be right for someone.

### The ratio needs to be right

In your assessment, the Occupational Therapist (OT) will determine the support worker to housemate ratio. That can be anywhere from 1:1\* or 1:7. In most instances, everyone in the house will need to have similar ratios to be compatible.

### An Occupational Therapist needs to make recommendations

The OT will do an assessment to understand your requirements in a living arrangement. They will make recommendations for support and if needed, alterations to the home.

The OT assessment will form part of the SIL application and is something you will most likely work with your Support Coordinator to obtain.

Already have a Functional Capacity Assessment or relevant OT Assessment that demonstrates your current needs? This can be used to start your process if it is less than 18 months old.

### You need to be compatible with the other housemates

Like with any house, you will need to be compatible with the people who you are living with. You wouldn't move into a house where you don't get along with the housemates and under the NDIS, it's no different.

\*In very rare instances, people may be approved for two support workers per resident if the NDIS deems it reasonable and necessary.

## Frequently asked questions

### What does the NDIS pay for, and what do I personally pay for?

This is a great question, and it has a relatively simple answer.

Would someone without disability be expected to pay for it? If so, chances are that it won't be covered under the NDIS. The NDIS is designed to make sure people don't have to pay more for their home because of their disability. In most instances, you will pay for rent and board, just as someone without disability would be expected to pay for these costs out of their own money.

### What is covered by Endeavour Foundation Rent and Board?

This table shows what typical living costs are included in "Rent and Board".

#### Included in Rent and Board

- Rent
- Household groceries
- Bills (including internet)
- Basic kitchen appliances
- Furniture in shared spaces
- Shared devices (like a TV)

#### Not included in Rent and Board

- Independent activities outside of the house
- Medications/medicated or specialised groceries
- Personal subscriptions (like Netflix)
- Specialised kitchen appliances
- Personal devices

### What do you mean by 24/7 support?

If you choose to live in an Endeavour Foundation home, you will get 24/7 support. This means there is the option to always have someone in the house to help you out if you need. We want you to feel safe and supported.

Some people hear 24/7 support and imagine staff in your space the whole time but this is not the case at all. The staff are there when you need them, but are very aware of giving you privacy and independence.

## **How does it work for meals and cooking?**

This is something that differs from house to house. This is because different houses have different preferences. The decision on how this works is up to the housemates.

Most housemates choose to plan meals, shop, cook and eat together. Sometimes they like to make a roster and sometimes it's a whole group effort. Dietary requirements and allergies are always factored in. While support is always readily available, it's the housemates that get to make these decisions, not the support staff.

Of course, if someone in the house prefers to do their own shopping and cooking, that is perfectly fine and the house will most likely be able to cater to this.

## **How does it work with household group activities?**

We get this question a lot! It depends on whether the whole house is doing the activity or not.

### **If the whole house is doing the activity:**

Then the support costs for that activity would theoretically be covered under SIL funding.

### **If everyone isn't doing the activity:**

If some people in the house want to do an activity, but others don't, the activity most likely won't be covered under SIL funding. This is because the SIL supports are primarily based in the home, so if any housemates stay in the home when the activity takes place, the support staff member would need to remain there.

That's not to say the housemates can't still do the activity. It would just mean they would have to use some of their other NDIS funding for community access.

## Can I still use my own support worker?

Absolutely! Here's how that works.

### **If the support worker is NOT being paid from your SIL funding:**

You can use any support worker you like. This is often the case for things like community participation. The support worker does not need to be an Endeavour Foundation employee, even if the support is taking place inside the house.

### **If the support worker is being paid from your SIL funding:**

It will be an Endeavour Foundation employee supporting you.

## What are the housemates like?

We don't put any identifying information online to protect privacy, but we can chat to you in general terms if there's a particular house you have your eye on.

We make sure you have plenty of opportunities to meet the housemates before you move in. Getting along with your housemates is such an important part of living independently, and we always make sure the house dynamics work for everyone who lives there.

## What is an Individualised Living Option (ILO)?

Individualised Living Option supports are an alternative to SIL. Like SIL, ILO is not the home itself; it is the supports you receive to help you live as independently as possible.

ILO is a support package that will help you work out how you want to live, where you want to live, and who you want to live with. With ILO, you can share your home with your friends or housemates. You also have the option to live on your own with the support you need.

It is important to note that SIL and ILO supports can't be funded together at the same time.



## For more information



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