

# Your guide to Supported Independent Living

Easy Read version



This guide is by Mercy Community. When you see the word **we**, it means Mercy Community.

This is about Supported Independent Living. When you see the word **SIL**, we are referring to Supported Independent Living.

## What is Supported Independent Living?



SIL is a living arrangement where support workers assist you with daily tasks.

You might live with other housemates or sometimes on your own.

Your support workers might assist you with:

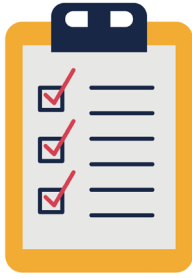
- Your morning and evening routines.
- Getting dressed and ready for the day.
- Cooking, banking and grocery shopping.
- Household chores.

## SIL can help you to:



- Be **independent** at home.

Being independent means doing things by yourself.



- Do day-to-day tasks like cooking, showering, shopping and booking appointments.



- Find a support worker that works with you to reach your goals.



- Go to medical appointments and support you with medications.

## What does SIL pay for?



SIL pays for a support worker to assist you with daily tasks, sleepover support and building skills.



SIL does not pay for other living costs such as rent, groceries, transport or other bills.

## Is SIL right for me?

SIL might be a good option for you if you:



- Need assistance with day-to-day tasks.
- Need someone to work with you when cooking or cleaning to keep you on task and safe.
- Want to live independently.
- Want to live in your own home or with house mates.
- Are over the age of 18.

## How can I get SIL?

1. Decide if living independently is a goal for you.
2. If it is, tell your NDIA Planner to include this in your next plan.
3. They will talk with you about SIL to find out if you are eligible.

# What will we do to help you?

We will make sure you are able to:



- Have a say in choosing your housemates and making decisions about your home.



- Interview and choose the support team that you want to work with.



- Build connections to your community and do activities that are meaningful to you.



- Be at the centre of every decision— it's your life, and you tell us how you want to live it.