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SUPPORTED INDEPENDENT LIVING (SIL)

How we can help

We understand how important a home where you feel safe, cared for and able to express yourself is for your positive wellbeing. We take the time to understand who you are as a person, which includes your interests, what you hope for your future and what support you might need to achieve your goals.

Our Supported Independent Living (SIL) Program offers shared housing for adults with psychosocial disabilities and/or mental health conditions. We aim to create an environment that will feel like your home, and which encourages you to live independently.

You will have support 24 hours a day 7 days a week. The type of support will vary depending on what you need and when you need it but can include help with cooking meals and daily tasks or supporting you to access the community.



The service given by ICLA [is] both life giving and life affirming. Its supportive environment enables me to maintain the activities that give my life meaning including going to church, connecting with my family. Having the care of staff relieves me [of the] many burdens which could become too difficult for me in everyday life. I find the staff competent, approachable and friendly.

SIL Resident

How it works?

- Do you live with a psychosocial disability or mental health condition, are aged between 18 and 64 and are eligible or have approval for NDIS SIL funding? If so, we are happy to talk to you about potentially moving to one of our SIL homes.
- Each house has a House Leader who, together with the support staff, will work with you (and your housemates) to create a positive home environment. There is a staff member at each house 24/7. Sometimes during the day there may be more staff in the house depending on what is needed.
- We consider the dynamics in each house when we look at moving you in to ensure that you will have a positive experience, and that you are well supported with the transition.
- Our team will work with you and the other housemates to create meal plans for the week and a weekly plan of activities that you want to do, both at home and when you are out.

The benefits for you

- We provide a safe place to live that will be your home, as well as the support you need to help you maintain your independence in and out of the house.
- You have an opportunity to live with other people and develop friendships, companionship, and experience peer support.
- You get access to personalised support on your recovery journey. This includes being able to talk to the team at the house, who understands different mental health conditions, getting support from your housemates, who are also on a recovery journey, as well as practical support, like getting to appointments.

Cost of services

There is a fortnightly service fee component to cover food, rent and utilities, as well as NDIS funding for the support staff that will work with you. You will need to have or be eligible to get SIL funding from the NDIS in your NDIS plan to be able to stay with us in our SIL homes. We will work with the NDIS to calculate how much SIL funding you will need to support you. We do this by completing a thorough assessment of your needs and developing a Roster of Care to match.

To find out more about our vacancies or make an enquiry

www.icla.org.au

[02 9281 3338](tel:0292813338)