



# Level *up*

independent living

Support to do the things *you* want to do.

## Supported Independent Living

Finding your home.



This book tells you about **Supported Independent Living** or SIL.



SIL is a NDIS support.



Supported Independent Living (SIL) helps you with tasks in and outside your home so you can:

- Be Independent
- Learn new skills



SIL allows you to live in your own home OR in a home with house mates.



SIL supports you with day-to-day tasks, such as:

- Personal care (e.g showering, getting dressed)
- Eating and cooking meals



SIL is for NDIS participants who need daily support with most tasks throughout the day and night.



SIL funding doesn't include things like:

- Rent
- Groceries

# How our SIL Staff Help



Our SIL homes have **staff** that support you.  
Staff are people who work for LevelUp Independent Living.



## **SIL Supports help you to:**

Do the things you want to do

*and*



Get out and about into the community

*and*



Be more **independent**

(Being **independent** means you can do things on your own or with less help)

## **Our SIL Staff help you find a home.**



- Houses
- Apartments
- Villas

# SIL Housing & Housemates



Our SIL houses are comfortable and safe.



A **housemate** is a person you live with.

Our staff try to match you with people you will get along with.

To help you get a like-minded house mate tell us:



What you like

*and*



What you don't like



in a **housemate**

# SIL Staff Support



Chores



cooking



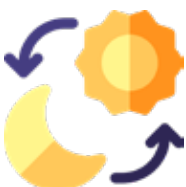
personal care



going to appointments



Learning new hobbies and skills



These support workers come at different times of day:

- visiting in the morning
- visiting in the afternoon
- staying overnight

# Choice and Control



You choose what activities you want to do each day



You have a say what happens in your house.



If you live with housemates, you will make decisions together.

## Contact Our Team



Contact us for more information about LevelUp Independent Living and our SIL support.



**Visit our website:**

[www.levelupil.com.au](http://www.levelupil.com.au)



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