



Your Guide to Supported Independent Living (SIL) with Cerebral Palsy Alliance

Supporting your independence by focusing on what home means to you.



Cerebral Palsy
ALLIANCE



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Introduction

Supported Independent Living (SIL) is one of the most complex and important supports funded through the National Disability Insurance Scheme (NDIS).

For those who require Supported Independent Living, this type of living arrangement can provide the right balance of support, independence, safety and choice.

At Cerebral Palsy Alliance (CPA), we believe that everyone deserves the opportunity to live in a home that feels safe, supportive, and empowering.

This guide is designed to help you:

- Understand what SIL is
- Explore the steps for applying for SIL funding
- Understand what to expect when moving into a SIL home
- Discover how CPA can support you to live life your way

Whether you're a participant, family member, or support coordinator, this guide will help you feel confident about the SIL process and what to expect with CPA.

What is Supported Independent Living (SIL)?

Supported Independent Living (SIL) is a type of NDIS-funded support that helps people with disability live as independently as possible while receiving assistance with daily activities.

At CPA, SIL supports are designed around your goals, preferences, and needs. We have dedicated full time House Managers who are responsible for each home. Every home has our highly trained Disability Support Practitioners who can help with things like:

-  24/7 support to assist residents achieve their goals
-  Personal care (showering, dressing, or grooming)
-  Cooking and meal preparation
-  Cleaning and home maintenance
-  Medication management
-  Building independence and daily living skills
-  Community access and social participation

SIL is most commonly delivered in a shared home, though individual arrangements are possible in some circumstances. The SIL provider is the person or organisation who employs the support workers that help you live as independently as possible at home.

We are the SIL provider in all CPA homes.

SIL is funded under the NDIS Core Supports – Assistance with Daily Living category.



What SIL Does and Does Not Cover

SIL covers:

-  Support workers and supervision
-  Assistance with daily activities across the week which includes weekends
-  Assistance with coordinating your weekly schedule, meals and day-to-day routine
-  Skill development

SIL does not cover:

-  Rent or mortgage
-  Utilities (electricity, water, gas)
-  Groceries and personal expenses
-  Internet or entertainment services

It's important to remember that **SIL is support, not housing.**



Supported Independent Living (SIL) and Specialist Disability Accommodation (SDA)

SIL and SDA are often discussed together but serve different purposes.



SIL:

- Funds support staff
- Focuses on how support is provided
- Paid through Core Supports

SDA:

- Funds the physical building
- Designed for people with extreme functional impairment or very high support needs
- Paid through a separate SDA budget

A participant may receive:

- SIL only
- SDA only
- Both SIL and SDA

CPA supports participants across both SIL and SDA pathways, including combined arrangements.

While CPA is the SIL provider in all our homes, the homes where vacancies are listed on our website are owned and/or managed by a number of independent SDA providers.



Who is Eligible for SIL?

The NDIS determines eligibility for SIL based on your support needs and living situation.

You may be eligible if you:

- Need 24-hour or daily support to manage personal care and daily activities
- Require shared support with other participants
- Are working towards increasing your independence and skills
- Have functional assessments that show SIL is reasonable and necessary for you

Strong evidence is essential for SIL approval. The NDIS will consider:

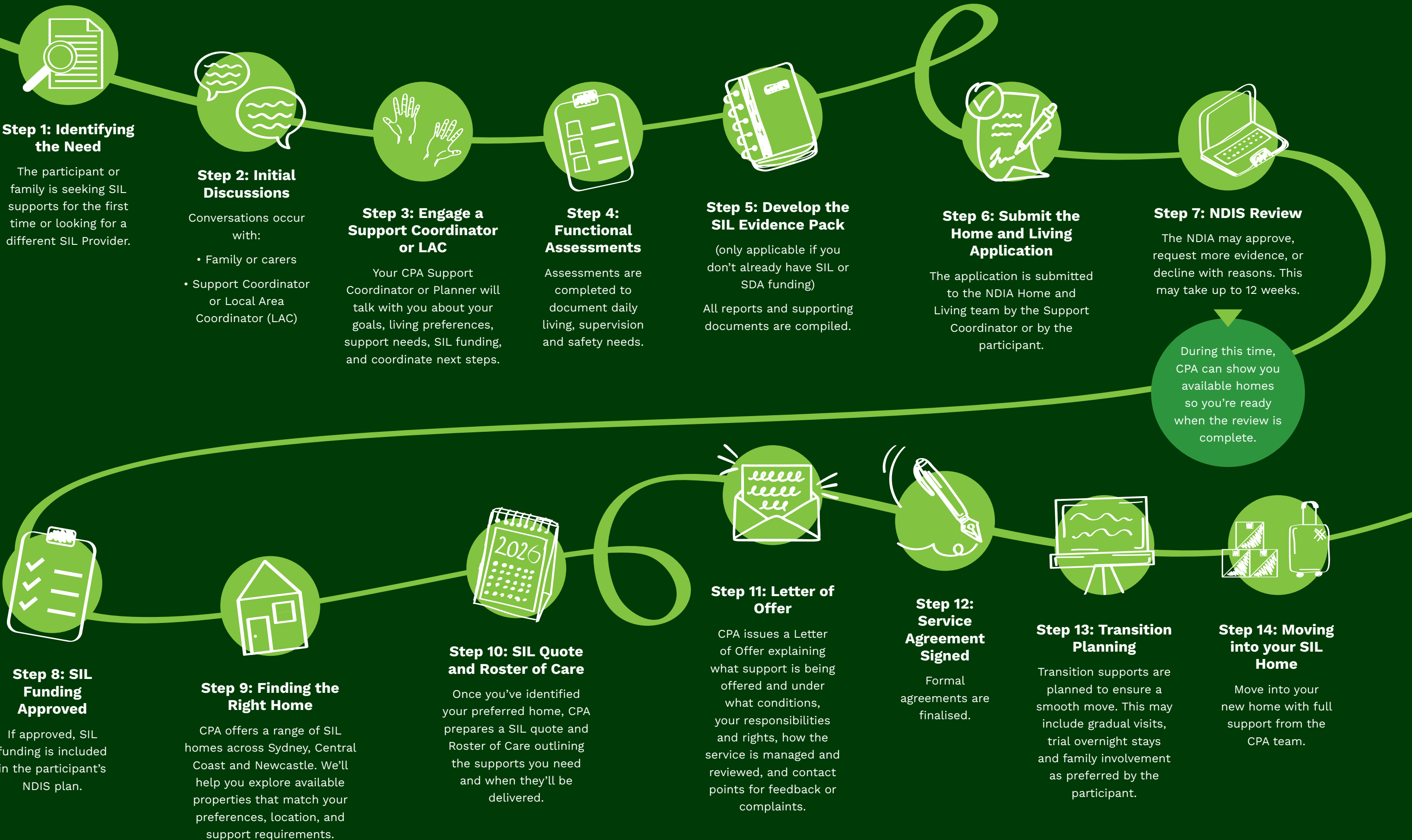
- Occupational Therapy and other professional assessments
- Reports outlining your daily support needs
- Your current living arrangements
- Risks if support is not provided
- Participant housing and independence goals

CPA clinicians and support teams can assist with assessment reports and recommendations based on your individual needs for home and living.



The SIL Process with CPA

At Cerebral Palsy Alliance, we guide you through the entire SIL journey – from exploring your options to moving into your new home.



Life in a CPA SIL Home

We understand that everyone’s support needs are different, so we create a living environment that feels like home, not a facility.

What you can expect:



Personalised support: care plans designed around your needs, routines, and goals.



Skilled and compassionate staff: our disability support practitioners are trained in complex care, communication, and person-centred practice.



Live and design your life as you wish: decision-making about household routines, meals, and activities.



Community connection: support to access employment, education, and social opportunities.

Depending on your needs, you might live:

In a shared home with other participants and 24/7 staff support.



In an independent unit with daily or drop-in supports.





Our goal is simple: to help you live the life you choose, with the right level of support every step of the way.

Getting Started

Supported Independent Living with CPA isn’t just about support – it’s about belonging, empowerment, and growth. We’re here to help you live the life you choose, in a home that feels truly yours.

Contact Cerebral Palsy Alliance today to speak with our team about future planning and supported living options:

 **Phone:** 1300 888 378

 **Enquiry form:**



Helpful links:

• **Cerebral Palsy Alliance SIL Services:**



• **National Disability Insurance Scheme (NDIS):**
<https://www.ndis.gov.au/>





Cerebral Palsy ALLIANCE

Contact Us Today

 1300 888 378

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