

Moving Out of Home Planning Guide





Contents

Introduction	3
What is Supported Independent Living (SIL)?	4
SIL is Support – Not Housing	5
When Families Start Thinking About SIL	5
Why Future Planning Matters	6
Questions to Start Thinking About	7
Building Independence While Living at Home	8
Understanding SIL Eligibility & Providing Evidence	9
The SIL Process – At a Glance	10
How CPA can Support Your Family	11
Need Support or Want to Start a Conversation?	12

Introduction

If you have a child or adult with disability and they are living at home, you may already be thinking about what their future independence could look like – even if moving out is still a long way off or you are not sure just yet.

This guide is designed to help families:

- Understand what Supported Independent Living (SIL) is
- Think about future support needs
- Begin planning in a gradual, flexible way
- Make informed decisions when the time is right

There is **no expectation to act now.**
Planning early simply gives families more choice later.



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 over a 24-hour period.

SIL support can include:

-  Personal care and hygiene
-  Meal preparation and eating support
-  Help with routines and daily structure
-  Medication assistance
-  Behaviour support and supervision
-  Overnight or active night support

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.



SIL is Support – Not Housing

It's important to understand that SIL:

- Pays for support staff, not the home itself
- Does not cover rent, utilities or groceries
- Can be delivered in different housing types

Some people who receive SIL may also be eligible for **Specialist Disability Accommodation (SDA)**, which funds the physical building. Others may live in private rentals or family-owned homes.

When Families Start Thinking About SIL

Families often begin thinking about SIL when:

- Their child is entering adolescence
- Support needs are increasing
- Parents or carers are ageing
- Independence skills are emerging
- There are concerns about long-term care

Thinking about SIL early **does not mean** your loved one needs to move out now. It simply helps families prepare.



Why Future Planning Matters

Early planning can:

- Reduce stress during major transitions
- Help your child build skills gradually
- Ensure the right supports are in place when needed
- Avoid rushed decisions during crises
- Support family wellbeing

Future planning is about **options**, not timelines.



Questions to Start Thinking About

You don't need answers yet – these are conversation starters.

- What daily supports does my child need now?
- How might these needs change over time?
- What skills could be developed at home?
- Would shared living suit my child in the future?
- What support will our family be able to provide long-term?

CPA encourages families to revisit these questions regularly as circumstances change.



Building Independence While Living at Home

While your child is living at home, you can support future independence by:

- Encouraging participation in daily routines
- Supporting choice-making and communication
- Developing self-care and life skills
- Introducing external supports gradually
- Exploring community participation opportunities

Small steps now can make transitions easier later.



Understanding SIL Eligibility & Providing Evidence

SIL is considered by the NDIS when:

- A person needs frequent or ongoing daily support
- Support is required overnight
- There are safety or supervision risks
- Supports cannot be delivered through short visits

Eligibility is based on functional need, not diagnosis.



When families are ready to explore SIL, evidence may include:

- Occupational Therapy functional assessments
- Behaviour or psychology reports
- Medical or health reports (if required)
- Risk and supervision assessments
- Clear goals around independence and housing

CPA clinicians and support teams can assist families with assessments and planning when appropriate.



The SIL Process – At a Glance

When the time is right, the SIL pathway typically includes:



This process can take time, which is why early planning is helpful.



How CPA can Support Your Family

Cerebral Palsy Alliance can support families with:

- Early conversations about future living options
- Skill-building and independence development
- Assessments and evidence preparation
- SIL and SDA services
- Transition planning when the time comes

Our approach is family-centred, flexible and focused on long-term wellbeing.



Need Support or Want to Start a Conversation?

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



Phone: 1300 888 378

Enquiry form:



Cerebral Palsy Alliance

SIL Services:



Contact Us Today



1300 888 378



ask@cerebralpalsy.org.au



cerebralpalsy.org.au



Cerebral Palsy
ALLIANCE