Possability

Free guide

Supported Independent Living

Welcome

Thank you for downloading our guide to Supported Independent Living through the NDIS. This guide includes the steps you need to take, the information you need to gather, and explains some of the different housing options. There's also an important section on Functional Capacity Assessments including what they are, why you need one and who can do one.

Looking for a new place to live?

Here's a handy checklist to get your information together before you make an enquiry.

Please make sure you have your:

- ☐ NDIS Plan and NDIS Number
- ☐ Supported Independent Living (SIL) funding – called Home and Living

  OR Core funding for Assistance with Daily Life
- ☐ Functional Capacity Assessment (FCA) from your Occupational Therapist (OT)
- ☐ If you have a nominee, guardian or public advocate, please make sure you have their information handy when you make an enquiry.

Ready to go? Check out our homes across Australia.

Click here

Supported Independent Living (SIL)

What is Supported Independent Living?

Supported Independent Living (SIL) is help funded by the NDIS under the Home and Living category.

- It's for people who need support at home to stay safe and live as independently as they can.
- Most of the time, it means living in a shared house with others who also need support.
- But you can also get SIL in your own home.
- SIL includes support whenever you are in the home, even while you're sleeping.

What does SIL funding pay for?

It pays for the help you receive from a support worker. Things like support or supervision with daily tasks, including taking care of yourself, preparing meals, getting ready for the day etc.

The funding cannot be used for everyday expenses like groceries, bills, rent etc.

Specialist Disability Accommodation (SDA)

What is Specialist Disability Accommodation?

Specialist Disability Accommodation (SDA) means the actual homes built for people with high support needs.

- These homes are designed for people who have very high support needs including safety.
- SDA homes include special features like wide doorways, accessible bathrooms and kitchens.

What does SDA funding pay for?

SDA funding includes the cost of the purpose-built accessible home or building you live in.

It cannot be used for everyday expenses like bills and rent.

Your NDIS Plan & NDIS Number

You will need a copy of your NDIS Plan and your NDIS Number - if you don't have this available, you can find it on the My Place Portal.

Click here to visit the myplace portal | NDIS

Get the right funding in your NDIS Plan

You will need Home and Living funding in your Plan, to be eligible for Supported Independent Living. If you don't have this funding in your plan, you can request a 'Change of Circumstances' through the NDIA.

Click here to visit home and living supports | NDIS

Guardians and Nominees

If you have a Guardian, nominee, public advocate, or you act as one on behalf of someone with a disability, you have:

- duties to the participant
- duties to the NDIS, under the NDIS Act.

Find out more below

Click here for guardians and nominees information | NDIS

Functional Capacity Assessment (FCA)

To be eligible for SIL, you **must** have Functional Capacity Assessment (FCA).
An Occupational Therapist can do this assessment for you.

What do Occupational Therapists (OTs) do?

Occupational Therapists help people with disability do everyday activities—things they want to do, need to do, or are expected to do. This includes personal care, household tasks, and community activities.

What is a Functional Capacity Assessment (FCA)?

An FCA is an assessment used by the NDIS (through the NDIA) to understand:

- How a person functions day-to-day
- What support they need
- How much funding is required

It helps determine funding for things like:

- Support workers
- Transport
- Consumables
- Allied health services (OT, physio, speech, psychology, exercise physiology, etc.)

What does an OT look at during an FCA?

The OT assesses how independently a person can:

- Shower, dress, toilet, and feed themselves
- Move around safely
- Complete household tasks
- Participate in community and leisure activities

The goal is to understand what the person can do on their own and where they need help.

How does the OT gather information?

The OT uses:

- Standardised assessments
- Observations
- Conversations with the person and their support network

They may speak with:

- The person with disability
- Family or guardians
- Support workers
- GP and other allied health professionals

This only happens with the person's permission.

What's included in the FCA report?

The report covers:

- NDIS goals
- Diagnosis and medical background
- Social history and support network
- Living situation
- Functional abilities (physical, mobility, psychological)
- How the person manages daily activities
- Community and leisure participation

The OT then recommends:

- How many hours of support are needed
- What types of supports are required
- Any equipment, consumables, or allied health services

Every FCA is personalised because everyone's needs are different.

Why is an FCA needed for Home and Living funding?

To receive Supported Independent Living (SIL) or Specialist Disability Accommodation (SDA), the NDIS needs clear evidence of:

- A person's functional capacity
- Their daily support needs

SIL is usually for people who need high levels of support (often 8+ hours per day plus overnight support).

The FCA ensures the NDIS provides the right amount of funding.

How do I arrange an FCA?

You can:

- Speak with your Support Coordinator or Local Area Coordinator (LAC)
- Search for a registered Occupational Therapist in your area

Click here to find occupational therapists

- Visit the NDIS website for fact sheets and evidence requirements

Click here for booklets and factsheets | NDIS

Make Our Home
Your Home Too!

Ready to make our home your home too?

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