



**My  
Supports**



# Individualised Living Options

Are you looking to live more independently?  
An Individualised Living Option might be for you!

## What is an Individualised Living Option (ILO)?

An Individualised Living Option means living with a host or housemate while receiving the necessary supports, skill & capacity builders, to enable you to live as independently as possible.

## How is it different from other Living Options?

An ILO differs from a group home or placement because it gives you control over *how, where and with whom* you want to live. An Individual Living Option is not the home itself but rather the arrangement including all the necessary supports that are needed to create a working living arrangement.

Every ILO arrangement is individualised, and person centred. Just like people, no two are the same. Individual Living Options are completely customisable to ensure you are well supported in your arrangement and to help you achieve your goals.

*Choose how you want to live,  
where you want to live, and with  
whom you want to live with*

## An Individualised Living option might be for you if:

- You are 18 or older and thinking about your home and living options.
- You need help at home for at least 6 hours a day.
- You want to put in time and effort building your skills and creating your future home.
- You don't need 24 hour rostered supports or registered nursing care as part of your daily supports.

*ILOs are completely  
customisable because just like  
people, no two are the same.*



## What does the process look like?

The ILO process exists out of 4 steps:

### 1. NDIS Forms

First, you will have to fill out the relevant NDIS forms to start the ILO process. We will assist you in evaluating whether an ILO is relevant to your situation and help you submit a Home and Living Supporting Evidence Form.

### 2. Exploration & Design

This phase explores the further details of how you want to live. Think about your day-to-day. Do you want to live with a housemate or be supported by a Host? What kind of supports do you need?

### 3. Submitting a final proposal

Putting in place your choice of ILO partners and support workers. Meet and greets with potential hosts or housemates. My Supports can provide the core supports that are needed to support the arrangement, including supervision.

### 4. Implementation

You start your ILO arrangement! My Supports can provide supervision through our Neighbourhood Team Leader (NTL). They will conduct monthly monitoring of your living arrangement to make sure both parties are happy and to make changes to the arrangement whenever needed.



# Explore who you want to live with!

In an Individualised Living Option, you can choose to live with:

- **Housemate**

Live in your own home, or a shared rental premises, with other people who are not related to you. Housemates can offer a variety of supports or simply provide companionship in exchange for some form of reimbursement.

- **Host Family**

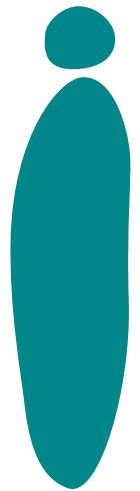
A host or host family is a person or family who is not related to you but provide a safe and welcoming home providing an agreed level of support in return for a reimbursement.

My Supports provides support for Hosts and Housemates through a dedicated Neighbourhood Team Leader. We work with all parties to agree a mutually beneficial agreement, assist in setting up the arrangement and ongoing mentoring and support to all parties.


## About My Supports

My Supports is a national provider of NDIS supports, including support coordination, daily life, community participation, capacity, and skill building. We also offer the support to live in-community for all abilities, including people with complex and high needs.

My Supports is a pioneer in the various living arrangements and was part of the initial ILO trials of the NDIS. Since then, we've set up a dedicated ILO team with lots of experience who can assist you through the process of setting up your own Individualised Living Arrangement.



## Contact us!

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