



**My
Supports**



ILO Housemate Information

Do you want to share a home for a person with a disability? Learn more about becoming a housemate!

Share a Home with a Person with a Disability

- Are you looking for a place to live or a roommate?
- Do you have the patience and kindness to support a person with a disability to live independently?
- Want to change a life forever? Want to “give something back”?

What is an ILO?

An **Individualised Living Option** (ILO) is a funded arrangement under the NDIS, supporting a person with a disability to live in the community.



Be an ILO Housemate

An ILO Housemate shares a home for a person with a disability and provides companionship and some supports depending on the individual.

You won't be on your own. Although every ILO is different, but usually involves some or all of:

- Constant support from a My Supports team leader; we will check in with you monthly and we're on-call for you when you need us.
- “Breaks” or respite – a few weeks a year and/or a weekend every few weeks where the person with a disability lives at a secondary home.
- Where required – training in the things you will need to know.
- Rent/board payments.
- A regular NDIS-funded payment partially compensating you for your time (but it's not a “wage”).

About ILOs

An Individualised Living Option (ILO) is an NDIS financial support that lets a participant (a person with a disability) choose the home that they want to live in and set up supports that best suit them. There are lots of choices with ILO, with the ability for a participant to choose to live in a host arrangement or share their own home with friends or housemates (this brochure),

An ILO arrangement includes continued support provided by friends and family. An ILO support package is designed in collaboration with the participant to provide the safety, stability and flexibility they need.

The funding allows the NDIS participant to explore and design the supports required and to have those supports put in place.

Arrangements

Every ILO is different. An ILO will include some or all of the following elements:

The Housemate Arrangement

In a “Housemate” ILO, the person with a disability will let you live with them in their home. Aims may include providing and supporting:

- a sense of home and belonging
- connection with others
- a safe and supportive lifestyle

It is a contemporary support arrangement where an adult participant shares a home with a non related person that the participant has chosen. The Housemate provides disability related support, household assistance, emotional support and a safe environment for an agreed level of payment from the participant, funded through their NDIS plan.

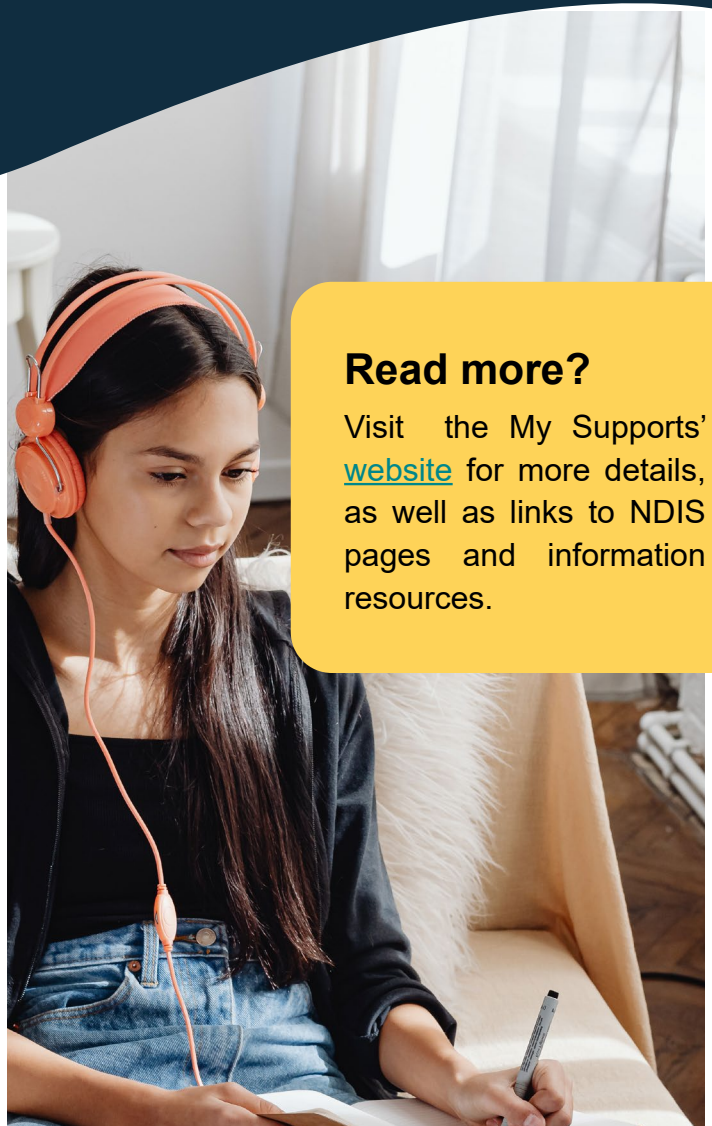
Housemate arrangements are person-centred and focused on supporting people with a disability to live their life in the way they want.

ILO Monitoring (and Support!)

The implementing ILO provider (in this case, My Supports) is responsible for monitoring the ILO implementation including providing support to both the ILO Housemate and the participant.

As a Housemate, you will have strong support from a local My Supports Team Leader. We will check in with you regularly – around monthly (more often at first and/or based on your needs).

The Team Leader is also responsible for making adjustments where needed to the ILO plan and participant supports.



Read more?

Visit the My Supports' [website](#) for more details, as well as links to NDIS pages and information resources.

You're not Alone!

If you become an ILO Housemate you will have the support of a local My Supports Team Leader every step of the way.

Host Payments

Most arrangements are designed so that Housemates receive compensation, determined by the support they provide. The amount is based on the individual needs of the participant and takes account of the overall funding in their plan. The payment is not designed to be an hourly or full-time wage but a financial compensation in the form of subsidies depending on the participant's needs.

NDIS ILO payments do not cover the participant's rent or everyday costs like food, electricity and internet. These costs may be paid for separately from other participant support payments (most Housemate arrangements also involve a rent or board payment).

Respite

Over the life of a housemate arrangement, an active housemate may go on holidays, need a break, become unwell, or the participant may wish to visit family or friends that live in other places, regularly or irregularly. In these cases, a Respite Host can become involved.

Respite Hosts undergo a rigorous selection process and matching criteria, but only share their homes and their lives for short periods of time.

As an alternative to a Respite Host, the participant and Host might consider a care facility, or having support workers stay in the home to provide care while the Host is unavailable.

Daily Activities/Supports in the Community

Many ILO Participants will also have funding that helps them participate in community, whether it's regular weekly activities like a craft group, participation in education or employment, assistance to go shopping or to participate in a community activity.

Want to be a Respite Host?

If you're not quite sure you're ready to be a full-time housemate, you might also consider being a respite host. Find out more on our [website](#) or [call](#) us.



I'm Interested ... What's the Process?

With My Supports there are four steps to becoming an ILO Housemate.



Step 1: Information

Step 1 is all about you learning about what it means to be an ILO Housemate and you're well into that because you're reading this brochure. You can also:

- Follow links in this brochure to My Supports' [website](#), to read more about ILOs (and you can find links there to NDIS information too)
- [Contact](#) My Supports if you want to speak with us and ask questions.

Step 2: Complete an ILO Housemate Application

If you'd like to proceed, complete an application. You can find the form on My Supports' [website](#).

This is not yet a 100% commitment (you can change your mind later), but when you complete it you are indicating that you have a strong interest, and you'll be asked to provide a range of information that we can use to determine whether you may be suitable.

Step 3: We Match you with a Person with a Disability

If/when we have a person with a disability looking for a housemate in your area that we think might be a match, we will contact you and provide you with information about the person. This step may take a long time if we don't have a match in your area.

Once we've matched you, If you're happy to take the next step we'll then arrange a meeting (we'll be there too!). Both parties must be happy with the match for the ILO to proceed.

Step 4: Onboarding

When everyone's ready to proceed, we'll need to complete a range of checks (for example, an NDIS worker screening check) and we will provide you with an ILO Housemate contract. We may also need to arrange some training for you – for example, safe handling of medications. Most of our training can be completed online.

When these steps are done, we're ready for you to move in and the ILO commences! We'll check in with you regularly in your first few weeks, and then about monthly once everyone's settled in.

Who is My Supports?

My Supports was founded in 2015 by people with a disability and families. The founders – Jim Cairns, Rex Baker and Terry Mader – saw the NDIS as an opportunity for people with a disability to play a greater role in designing and delivering services, believing this leads to better, more innovative services due to the experiences and insights people with the lived experience can bring.

Terry and Jim are in wheelchairs following motorcycle accidents at a young age. Rex was the principal carer for his mother who had MS. Together with volunteers and supporters, My Supports was created by, and for, people with a disability. Our innovative approach has resonated with thousands of NDIS participants.

Today My Supports operates in five states and nearly 70 local Neighbourhood Teams. We provide assistance with daily living, support coordination and accommodation support services.

My Supports is one of the leading providers and supporters of Individualised Living Options across Australia. We currently provide services in New South Wales, Queensland, South Australia, Victoria and Western Australia

Visit our [ILO page](#) for more details, as well as links to NDIS pages and information resources.

Contact us!



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