# **Transcript – What is anIndividualised Living Options (ILO)?**

What is an Individualised Living Option?

An Individualised Living Option, or ILO is a support to help you work out how you want to live, where you want to live and who you want to live with.

There are lots of choices with ILO. You could share your home with friends, housemates, or you could live in a home of a host family.

An ILO has two stages. The first stage will help you decide where and how you want to live. What supports you need to live the way that best suits you and who will provide those supports.

The second stage will help you get set up in your chosen living arrangement with the supports you need.

An important part of building your ILO supports is working out who your primary supports are and what supplementary supports you might need.

Primary supports could be your host family or housemates. Supplementary supports can be paid or unpaid and might be a neighbour, mentor, your family or a drop in support worker.

Whatever home and supports you choose ILO supports help you to live the way that suits you.

You might want to add ILO supports to your NDIS plan if:

- you're 18 or older

- you're thinking about your home and living options

- you need help at home for at least 6 hours a day

- you can put time and effort into building your skills and creating your future home

- your family and friends might be part of your ILO supports

- you don't need 24 hour rostered supports from one or more support workers

- you don't need registered nursing care as part of your daily supports

For more information about ILOs please visit: [www.ndis.gov.au/ILO](http://www.ndis.gov.au/ILO)

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