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> **Update:** Supported independent living (SIL) supports can only be delivered by providers that are registered or have applied to register before 1 October 2026.
>
> Your plan and NDIS funding won't change. We'll help you understand your options if your provider hasn't registered.
>
> You don't need to make any changes if you organise or employ your own support workers.
>
> Learn more about changes to SIL provider registration.

What supported independent living (SIL) is

Supported independent living (SIL) is funding for a support worker to help or supervise you 24 hours a day, 7 days a week.

You may share a support worker or have an individual support worker, depending on how much help you need. The support worker will help or supervise day-to-day tasks within your home.

Your SIL provider must be registered to deliver SIL supports.

What supported independent living (SIL) is for

SIL may be suitable if you need a support worker to:

- stay with you 24 hours a day, including overnight
- help you with daily activities for at least 8 of those hours
- give you some level of help or supervision for the other hours.

Support workers can help with daily tasks like:

- personal care, showering and getting dressed

- eating and cooking meals
- household tasks, like cleaning.

Focused on building your skills and independence

SIL is designed to help you live as independently as possible while building your skills.

> **Tip: What's the difference between SIL and SDA?**
>
> Specialist disability accommodation (SDA) is the housing itself. They are homes built for people with very high support needs. It doesn't cover the supports from support workers within the home. SIL is funding for support workers to help you. Some people have both SDA and SIL in their plans. Learn more in the guide to your NDIS home and living options.

What supported independent living (SIL) is like

Your SIL funding depends on your disability support needs. SIL may be funded as one-to-one support in limited situations. There may be other home and living supports that suit your needs better if you:

- live alone and SIL funding doesn't meet your disability support needs
- live with people who aren't NDIS participants
- want to manage your own supports. We call this a self-directed arrangement.

> **Tip: Is SIL right for you?**
>
> Learn more about how to ask for home and living supports.

It can't be used for day-to-day expenses

SIL can't be used for things like rent or other day-to-day expenses like groceries. It's important your NDIS funds are spent in line with the NDIS supports list.

Your support coordinator can help you find providers

You may have funding for a support coordinator if you have SIL funding in your NDIS plan.

A support coordinator can help you find providers so you can live safely in your home.

You can also look for providers using our provider finder.

Our Guideline

Download the SIL guideline:

- Supported independent living (PDF 282KB)
- Supported independent living (DOCX 95KB)

Related information

Guide to your NDIS home and living options

What is specialist disability accommodation (SDA)

What is a my NDIS contact

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