

From Worry to Action

Getting Started with Independent Living

Who am I



Mable is an online platform where people looking for disability or aged care support connect with local independent support workers.



**A complex journey to
independent living**

Audience reflection

What do you think are the challenges for Participants and families/carers?

Separating personal vision from NDIS funding

- A powerful step is identifying what 'home' means outside of funding buckets.
- **Unravel** current circumstances
- **Identify** choices available
- **Map** a way forward

Common fears and barriers

- Concerns about safety often stop people from moving forward
- Fear of inadequate support, isolation, or risks

What ifs

What If	What could lessen the chance of this happening	If this did happen, what would we do?	How could funding help
Keira gets locked out			
The housemate suddenly leaves			
There's a fire			

“We need 24/7 support”

- Unpack what’s behind that statement
- Not unpacking support needs leads to assumptions:
 - That the person must live with others with disabilities.
 - That they can never be alone.
 - That they must share all support with others.

Areas to explore

- What tasks can you do?
- What tasks require person-to-person support?
- How much support is required?
- How close does the support need to be?
- Who might be able to provide that support?
- How could technology or capacity building support help?

Audience reflection

What makes for a great clinical role in this area?

Mable Home and Living Consultants

The NDIS Home and Living journey can be overwhelming so let's get started together.

homeandliving@mable.com.au



**QR code for
enquiries**



Final thoughts - from worry to action

- Vision comes first
- Fear is valid, but it can be planned for
- 24/7 support needs unpacking
 - often, there are creative ways to meet needs.

'Just In case' slides

Re-thinking 24/7 support

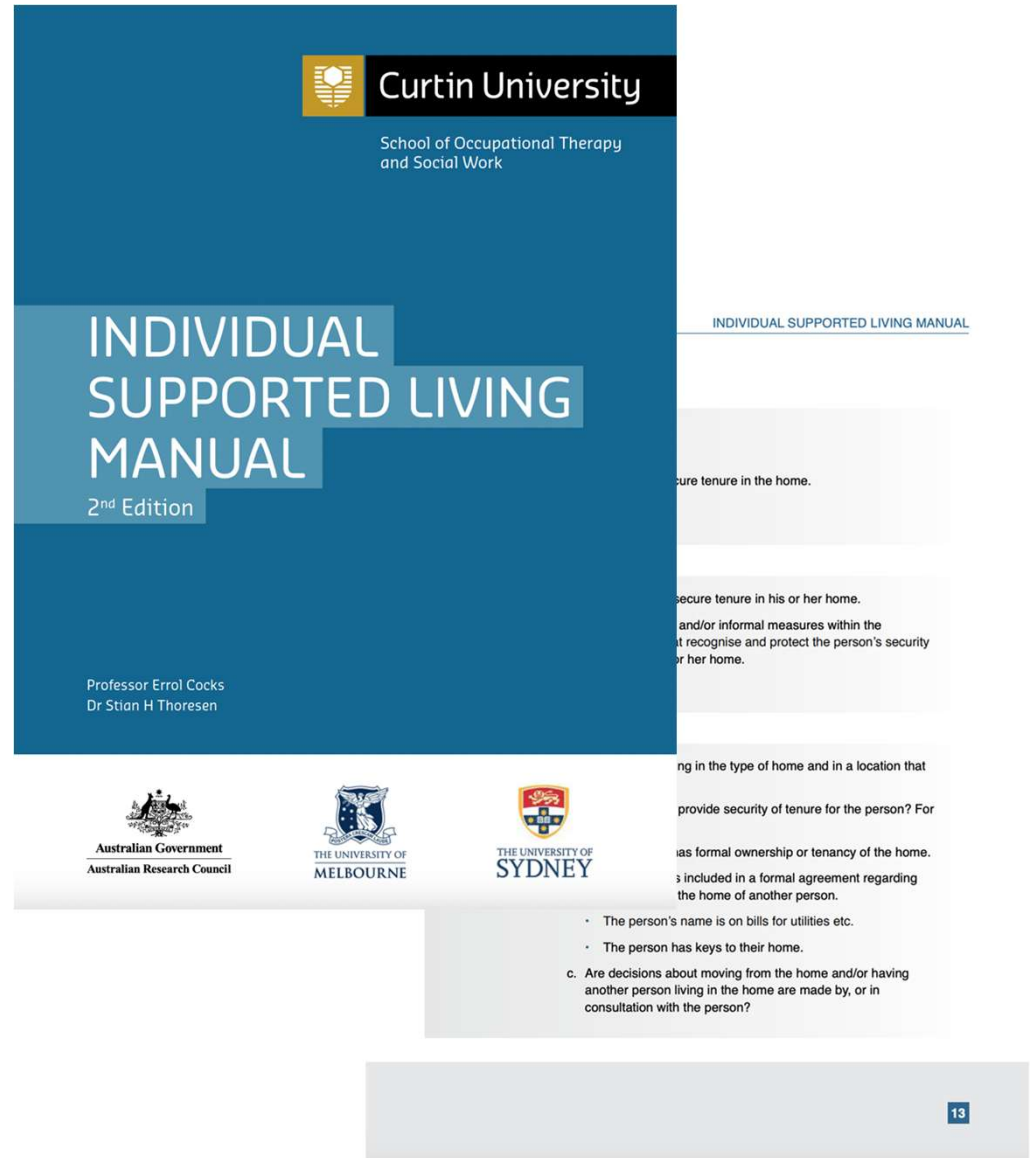
- New goals for greater independence and skills needed
- Home features for greater independence
- Assistive technology
- Sensory environment
- Supporting communication & decision making
- Building relationships
- Developing new hobbies
- Training supporters

Why we need great clinicians

- Analyse the dynamics around why people have their labels
- Understand cues of distress
- In order create support strategies that reduce or eliminate the use of restrictive practices
- Identify the conditions that are needed for successful participation at home and community

What does good look like

Check out research from Curtin University in Western Australia
Individual Supported Living Manual



What does good look like

It's my home - I belong

Ownership or tenure is as close to person as we can make it.

I have freedom but also expectation to do normal things people do in their home

It's shaped by me

How supports look are designed with me

Doesn't impose - group people or live alone

Personalised look at risks and safeguards

Choice and flexibility

I can change my supports without losing housing

I can change my housing without losing my support

Life outside home grows too

My identity balloons

My wellbeing improves

My lifestyle grows richer

The kind of 'people help' to live in the house:

Supported Independent Living (SIL)

Individualised Living Options (ILO)

Core - Assistance with Daily Life

