

# Supported Independent Living



## What is SIL?

Supported Independent Living (SIL) provides 24/7 support with daily tasks in your home to help you live as independently as possible, with a focus on building your skills. SIL also supports you to maintain your hobbies or interests or explore new experiences. For example, you'll be supported to meet new people, attend entertainment venues and events, engage in education activities, enjoy holidays or short trips, and even explore career or volunteering opportunities.

## Finding the perfect home

We believe in finding a home that suits each individual's needs and requirements, and ensuring that new housemates are a good match.

That's why we:

- Get to know you, understand what's important to you, and identify the type of support you need;
- Take you on a tour of your potential new home;
- Introduce you to the people you might be living with.

Once you're happy with a home and all parties involved are agreeable, we prepare you for the move and create a plan that works for everyone. Our approach ensures a smooth transition to your new SIL home.

## Moving into your home

As with any move, there are many things to think about. Our team wants to make sure that your move is an enjoyable experience, so we make sure the process is tailored to your needs.

We will ask you:

- What kind of Lifestyle Attendants (support workers) you are looking for;
- What skills and shared interests you'd like them to have;
- What they need to know so you can build an independent lifestyle.

## By you, for you

Over thirty years ago, a group of people living with disability realised that no one was better equipped to choose the kind of support they needed than themselves. Honing their knowledge and skills, together they became architects and builders of their own individualised disability services.

Today, Enhanced Lifestyles remains a member-governed not-for-profit, our Board predominantly comprised of people who use our services. By designing support services based on lived experience, we deliver the services people want to live life the way they choose.

Once you've moved into your new home, your team will get to know you and listen carefully to what you want. This helps us to build your support services around your individual lifestyle and needs.

To make sure everything is running smoothly, we'll review, discuss, and check in with you and your support networks regularly and rest assured, our team are fully trained in:

- Complex health management;
- Medication administration and management;
- Mealtime management.



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**ENHANCED**  
**Lifestyles**

**By you, for you.**