



**NDIS Quality  
and Safeguards  
Commission**

# Supported Independent Living (SIL)

**New rules for good and safe support**

**Easy Read**

May 2026



**EASY READS**



NDIS Quality  
and Safeguards  
Commission

The NDIS Quality and Safeguards Commission wrote this fact sheet. We will say **NDIS Commission** for short.

When we say **we** it means the NDIS Commission.

When we say **you** it means the participant.



**EASY READS**

We wrote this Easy Read way for participants, families and carers.

This document explains new rules for **Supported Independent Living**. We will say **SIL** for short.



This Easy Read fact sheet is a **summary** of SIL Practice Standards.

A summary shows the most important ideas.



You can find the longer document on our website.

# Bold

# Not Bold

We wrote some important words in **bold**.

This means the letters are thicker and darker.



You can ask for help to read this document.

You can ask

- A friend
- A family member
- A support person.



This document has 5 main parts.

You can choose to read these 1 at a time.

# What is Supported Independent Living (SIL)?



**Supported Independent Living** is help with everyday tasks in your home so you can

- be independent
- learn new skills.

We call this **SIL**.



People use SIL for different things like

- cooking
- having a shower
- going to see family or friends.



Most people who get SIL support live with housemates who also have SIL support.



If a provider gives you SIL support they must

- be registered with the NDIS Commission
- follow **NDIS Practice Standards**.



NDIS Practice Standards are rules about how providers should

- support you
- support your rights and choices
- keep you safe.



These rules help keep you safe.

# New rules for Supported Independent Living



We made **4 new rules** for SIL providers.

We call this **SIL Practice Standards**.



The new rules say your SIL provider must

- help you make decisions about your everyday life



- help you feel safe



- give you good and safe support



- give you a **tenancy and home support agreement**.



A tenancy and home support agreement is about rules in your home.

It is an agreement between you and your SIL provider.



It should tell you information about

- who you live with
- how you will get support
- how much your supports cost
- how you can make changes to your supports
- who can help you use your rights
- what to do if there is a problem
- other rules about living in your home.



# Your right to make decisions



You have a right to make your own decisions.



You can make decisions

- by yourself
- with support.



Some decisions are small. For example

- what you eat
- what you wear.



Some decisions are big. For example

- where you live
- who you live with.



Some people need help or support to make a decision.

We call this **Supported Decision Making**.



The new rules say your SIL provider must help you make decisions about

- what you want to do
- how you do things
- what supports you need
- who supports you
- who you live with.



This helps you make an **informed decision**.



An informed decision means you understand your choices and what they mean.



Your SIL provider must

- give clear information



- listen to what you need and want



- have workers who can support you to make a decision.

## Your right to feel safe at home



You have a right to feel safe at home.

When you are safe you can



- make your own choices
- have good relationships with family and friends
- feel respected
- feel comfortable
- trust you get help when you need it.



The new rules say your SIL provider must

- help you feel safe
- make sure everyone living together is safe
- check supports are working well
- fix problems quickly.





This is called **safeguarding**.

Safeguarding means keeping you safe from harm.



Workers must

- know the early signs of abuse and harm
- know what to do if you are unsafe
- help you when you need it
- focus on your needs and choices
- work with other people to keep you safe
- report problems.



## Your right to good support



You should always get good and safe supports at home.



Workers giving you support should respect

- who you are
- your rights
- your home.



The new rules say your SIL provider must

- give you the support you need and want
- help you make decisions
- train workers
- know what to do in an emergency.



## Your rights about your home



If you rent your home you are a **tenant**.

A tenant is someone who pays rent to live in a home.



A **landlord** is the person who owns the home.

Your SIL provider may also be your landlord.

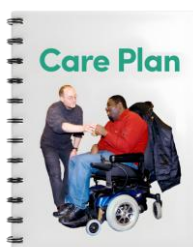


Your SIL provider must give you a **tenancy agreement** and a **home support agreement**.



These agreements explain

- where you live
- who you live with
- what support you get
- how much it costs
- how to change your supports
- what to do if there is a problem.



Your provider must



- help you understand the agreement
- follow the agreement
- give you a safe home to live
- respect your choices.

You have the right to

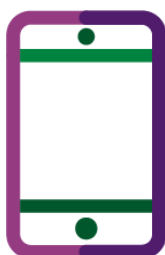


- make decisions about your home
- feel safe and secure
- not be pressured
- not lose your home because of support issues.

## More information



You can contact the NDIS Commission for more information about the new rules for Supported Independent Living.



- You can call us on  
1800 035 544



- You can email us at  
[contactcentre@ndiscommission.gov.au](mailto:contactcentre@ndiscommission.gov.au)



- You can send us a letter to  
NDIS Quality and Safeguards Commission  
PO Box 210  
Penrith NSW 2751



- You can go to our website at  
[www.ndiscommission.gov.au](http://www.ndiscommission.gov.au)



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