



**NDIS Quality
and Safeguards
Commission**

Supported Independent Living (SIL)

New rules for good and safe support

Easy Read

August 2026





The NDIS Quality and Safeguards Commission wrote this fact sheet.

We will say **NDIS Commission** for short.



This guide tells you about new rules for **Supported Independent Living**.



Supported Independent Living means you get support to live in your home.

We call this **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 SIL Practice Standards on our website at www.ndiscommission.gov.au/rules-and-standards/ndis-practice-standards/sil



You can ask for help to read this document.



You could 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 support with everyday tasks in your home so you can be independent and 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 other people who also get 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

- support you



- support your rights and choices

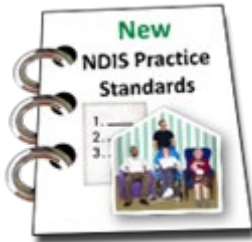


- keep you safe.



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.



It should also tell you

- 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 like

- what you eat



- what you wear.



Some decisions are big like

- where you live



- who you live with.



Some people need 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



- 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.

You also understand what could happen.



Your SIL provider must

- give you 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.



The new rules say your SIL provider must

- help you feel safe
- make sure everyone living together is safe
- check your supports are working well for you





- fix problems quickly.



When you are safe you can

- make your own choices



- have good relationships with family and friends



- feel comfortable and respected



- trust you can get help when you need it.



Workers must know the early signs of harm and **abuse**.



Abuse is when someone treats you badly.



Abuse can be **physical** or **emotional**.



Physical abuse is when someone hurts your body.



Emotional abuse is when someone treats you in a way that upsets you or hurts your feelings.



Workers must

- know what to do if you are unsafe



- focus on your needs and choices



- report problems to the NDIS Commission.

Your right to good support



You should always get good and safe supports at home.



Workers who give 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**.



A **tenancy agreement** tells you

- where you live



- who you live with



- how much it costs.



A **home support agreement** tells you

- what support you get



- 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 in



- respect your choices.



You have the right to

- make decisions about your home



- feel safe



- not be pushed to make a decision



- not lose your home because of your support needs.

More information



NDIS Quality
and Safeguards
Commission

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



You can

- Call us on 1800 035 544



- Email us at

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



- Facebook page at

www.facebook.com/NDISCommission



The NDIS Commission made this Easy Read information.

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