



# Residential aged care

## Options for younger people

Easy Read version



**ndis**

[ndis.gov.au](http://ndis.gov.au)

# How to use this guide



The National Disability Insurance Agency (NDIA) wrote this guide. When you see the word ‘we’, it means the NDIA.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.

## Bold

## Not bold



We explain what these words mean.

There is a list of these words on page 31.



This Easy Read guide is a summary of a page on our website.



You can find this page on our website.

[www.ndis.gov.au/participants/home-and-living/living-and-moving-out-residential-aged-care](http://www.ndis.gov.au/participants/home-and-living/living-and-moving-out-residential-aged-care)



You can ask for help to read this guide.

A friend, family member or support person may be able to help you.

# What's in this guide?

What is the Younger People in Residential Aged Care Strategy?	4
What is this guide about?	7
Moving out of residential aged care	9
Home and living options	11
Home support options	18
What happens next?	22
How long does it take to move out?	24
What happens if you want to stay?	27
More information	29
Word list	31

# What is the Younger People in Residential Aged Care Strategy?



**Residential aged care** is where older Australians live when they can't live in their home anymore.



A **strategy** is a plan for how to make goals happen.



The Australian Government wrote the Younger People in Residential Aged Care (YPIRAC) strategy. In this guide, we call it 'the Strategy'.

The Strategy is about younger people under the age of 65 who:



- live in residential aged care



- might go into residential aged care.



The Strategy explains how some younger people might need to live in residential aged care.

But this doesn't happen very often.



The Strategy also explains how younger people should not need to live in residential aged care if they don't have to.

The Strategy talks about what will happen over the next 5 years to make sure younger people:



- get the care and support they need



- live in homes that are right for their age.

The Strategy also talks about how everyone will work together to support younger people who:

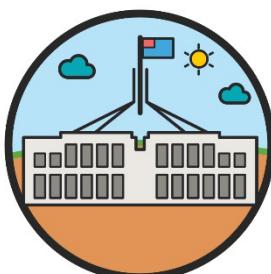


- live in residential aged care



- are at risk of moving into residential aged care.

When we say everyone, we mean:



- the Australian Government



- us – the NDIA.

# What is this guide about?



We want to make sure there are no people under the age of 65 years old living in residential aged care unless they need to.



**Participants** are people with disability who take part in the NDIS.

We want to support participants to work out:



- what home and living options they have



- their home and living goals.



We will still give **funding** to participants who choose to stay in residential aged care.



Funding is the money from your plan that pays for the supports and services you need.

This guide explains:



- how to move out of residential aged care



- what home and living options there are



- which home supports we might pay for



- what happens next.

# Moving out of residential aged care

If you want to move out of residential aged care, you can talk to:



- your **support coordinator** – someone who helps you plan and use your supports



- your **NDIA planner** – someone who makes new NDIS plans.



- a disability **advocate** – someone who:
  - supports you
  - helps you have your say
  - gives you information and advice.



Your support coordinator and NDIA planner can tell you about home and living options you might have.

They can help you work out what:



- support you need



- your home and living options are.



Your support person can also help you do this.



It can take time to find the right option for you.

But we are here to help you.



You can find more information about residential aged care on our website.

[www.ndis.gov.au/participants/home-and-living/  
living-and-moving-out-residential-aged-care](http://www.ndis.gov.au/participants/home-and-living/living-and-moving-out-residential-aged-care)

# Home and living options

If you choose to move out of residential aged care, we want to support you to choose:



- where you live



- who you live with



- who supports you.

We explain home and living options that might work for you on the following pages.

## Paying for a home yourself



There are 2 home and living options for participants who pay for their own home.

You might choose to:



- buy a home



- pay **rent**.



Rent is the money you pay to live in a home someone else owns.

You can find private homes in ads:



- in a newspaper



- online.

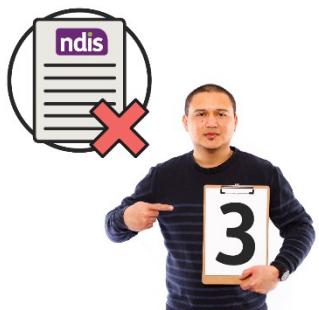


You might choose to live with someone else so you can share the costs.

For example, you might ask a friend to live with you.

Or you might move in with a family member.

## Support that isn't part of the NDIS



There are 3 other options for home and living that aren't part of the NDIS.

We explain them on the following pages.

## Public housing



State and territory governments in Australia manage public housing.



It's for people who need support to pay the rent.



When someone doesn't earn a lot of money, public housing is a good option over a long period of time.



Usually, the rent is about 25% of the money you earn each week.

## Community housing



Lots of organisations manage community housing.



Community housing is a good option over a long period of time for people who can't move into a private home.



When you live in community housing, you pay rent to the organisation that owns it.



Sometimes, you might share your home with other people.

You might have your own bedroom, but you might share the kitchen and bathroom.



Usually the rent is about 25% of the money you earn each week.

## Buying a home with someone else



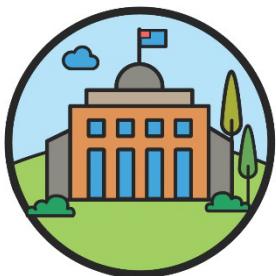
You might choose to buy a home with other people.

For example, a partner or family member.

When you buy a home with other people, you might be able to get support from:



- state and territory governments



- local governments.

## NDIS support



You might need to move into  
**Specialist Disability Accommodation (SDA).**



SDA is an NDIS support.

It's housing for participants who need extra support most of the time.



When someone lives in SDA, they might have a disability that affects how they:

- move
- communicate
- do things on their own.



An SDA suits the needs of the people who live there.



It might:



- be built a different way
- have different supports.

# Home support options



You might also be able to get NDIS supports in your home.

There are 3 types of supports we might pay for.

## Supported Independent Living



**Supported Independent Living (SIL)** is help with day-to-day tasks around your home so you can:

- do things for yourself
- learn new skills.

SIL pays for a support person to help you with day-to-day tasks, such as:



- personal care, like showering and getting dressed



- eating and cooking meals.

SIL also includes services for:



- overnight support

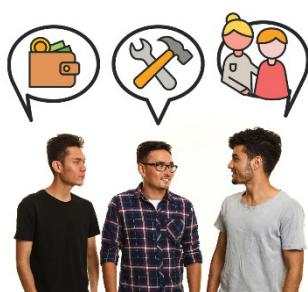


- transport to help you get around, like going to an appointment.

## Individualised Living Options



**Individualised Living Options (ILO)** is a way of setting up the support you need at home.



The support each person gets from ILO is different.



You might use ILO supports to decide:



- how you want to live



- where you want to live



- who you want to live with.



ILO doesn't include the house you live in.



Some people who have ILO live with someone else.

But they don't live with family.



They might live with a:

- host – someone who runs your home
- housemate.

## Personal care supports



Personal care supports are a way for someone to help you with day-to-day tasks such as:

- personal care, like showering and getting dressed
- eating and cooking meals.



This is a different type of support to SIL.

For more information about personal care supports, you can talk to your:



- support coordinator



- NDIA planner.

## What happens next?

If you decide you want to move out of residential aged care, you should talk to your:



- support coordinator



- NDIA planner.

They will give you information about what:



- types of supports you will need to live in your new home



- home and living options can support your needs.

This information will help you choose:



- where you want to live



- how you want to live.



You can take your time to choose what home and living option is best for you.

We will still give you funding for supports and services you need.

# How long does it take to move out?



The time it takes to move out of residential aged care is different for everyone.



Different things can affect how long it takes.

We need to check:



- where you want to live



- if there is a home that is ready for you to move into.

To make sure you can live on your own with the supports you need, someone might need to:



- build a home for you to live in



- make changes to it.

When it's time to move to your new home, we also want to make sure you have the supports you need to:



- learn new skills



- build your capacity.

Your capacity is:



- your ability to do something



- the skills you have



- knowing the right people who can help you.



We will let you know how your home and living option is going.

# What happens if you want to stay?



We will still give you funding if you choose to stay in your residential aged care home.



Your support coordinator or NDIA planner will check in with you.



They will help you look for different home and living options.



This doesn't mean you have to leave.

It just means you find out about different options that might work for you.



They will also support you to give us information.

This will help us check:



- what you looked at



- you looked at all of your options to meet your needs.

## More information

For more information about this guide please contact us.



[www.ndis.gov.au](http://www.ndis.gov.au)



**1800 800 110**



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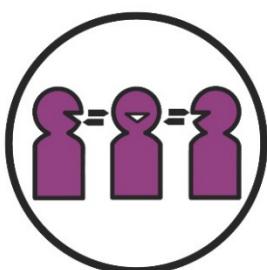
## Support to talk to us



You can talk to us online using our webchat feature at the top of our website.

[www.ndis.gov.au](http://www.ndis.gov.au)

If you speak a language other than English, you can call:



Translating and Interpreting Service (TIS)

**131 450**

If you have a speech or hearing impairment, you can call:



TTY

**1800 555 677**



Speak and Listen

**1800 555 727**



National Relay Service

**133 677**

[www.relayservice.gov.au](http://www.relayservice.gov.au)

# Word list

This list explains what the **bold** words in this document mean.



## Funding

Funding is the money from your plan that pays for the supports and services you need.



## Individualised Living Options (ILO)

ILO is a way of setting up the support you want at home.



## NDIA planner

An NDIA planner is someone who makes new NDIS plans.



## Participants

Participants are people with disability who take part in the NDIS.



## Rent

Rent is the money you pay to live in a home someone else owns.



## Residential aged care

Residential aged care is where older Australians live when they can't live in their home anymore.



## Specialist Disability Accommodation (SDA)

SDA is an NDIS support.

It's housing for participants who need extra support most of the time.



## Strategy

A strategy is a plan for how to make goals happen.



## Support coordinator

A support coordinator is someone who helps you plan and use your supports.



## Supported Independent Living (SIL)

SIL is help with day-to-day tasks around your home so you can:

- do things for yourself
- learn new skills.



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