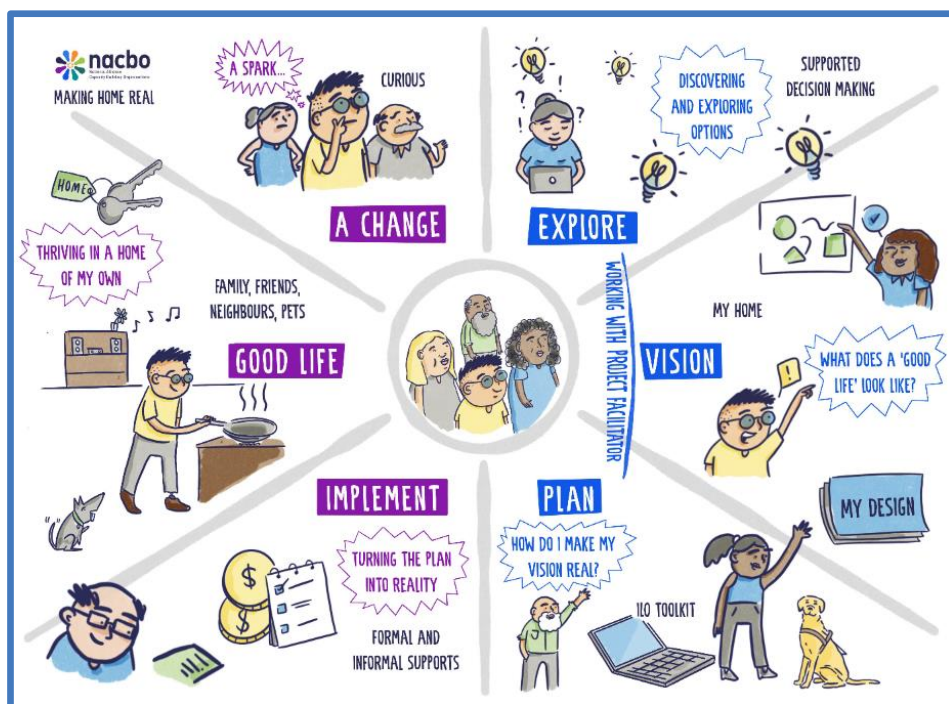


“I didn’t know this was possible”.

**“Making Home Real” -
The Individualised Living Options (ILO) journey.**



Plain English Version

This document was produced by the National Alliance of Capacity Building Organisations (NACBO), under a Department of Social Services grant funded project.

About this guide:

Who's it For: This guide is for people with disability who are wanting to move out of home, their families, and anyone who supports them.

What's it For: Imagine it as a map or guide. It helps you understand the journey and steps involved in figuring out the best way of creating home or an Individualised Living Option (ILO).

What's Inside: This guide shows you the steps from the beginning steps to setting up a living situation or arrangement that's just right for you or your loved one with a disability.

Why It Matters: Setting up an individualised living option (ILO) can make a big difference in a person with disability's life. Many new learnings and opportunities for connection and inclusion come from living in a home of one's own, in the community you choose. ILOs offer an alternative to living in group homes. This guide helps make the journey easier to understand.

How It Helps: This guide can help you think about how to make a home that's just right for you or someone with a disability, exactly how you or they like it. It's like having a helpful guide along the way.

Some words you'll come across in this guide:

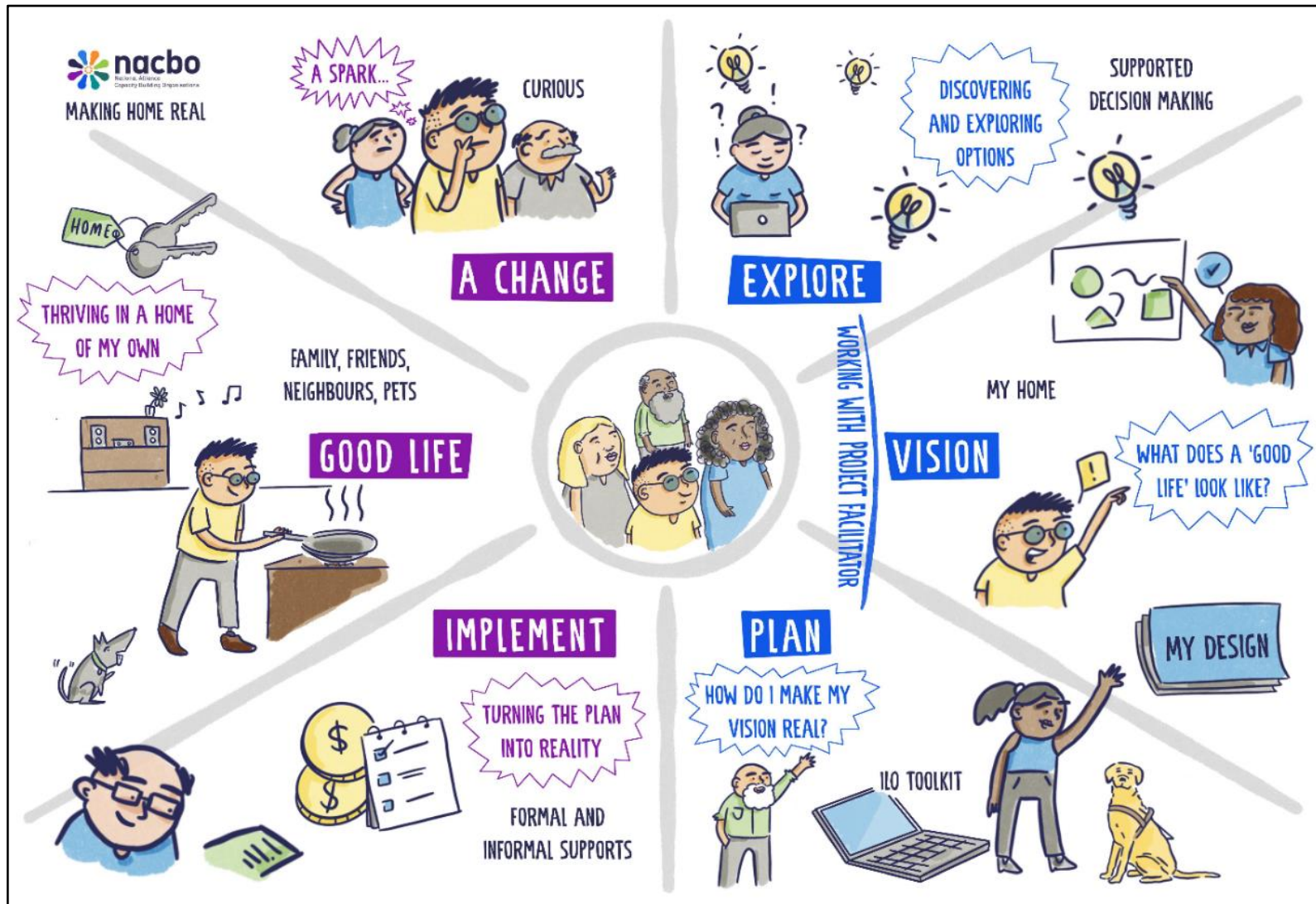
- **Individualised Living:** means creating a home and living situation that is individual and tailored to meet the unique strengths, choices, and support needs of a person with disability to live a typical life – a life like all people.
- **Individualised Living Options (NDIS ILO):** is a yearly NDIS-funded support package that assists people with disability to explore and create their own unique living situation – living in a home of their choice, how and where they want. NDIS ILO is not the house itself but the personalised supports available for the person to live in a home of their own choosing, be it a private rental, social housing, or a home they own.
- **Informal / Natural supports:** these are freely given supports that come from our relationships with family, friends, colleagues, neighbours, and other people in our community. These connections provide us with belonging, friendships, emotional support, safety, help learning new skills, problem-solving, happiness in our everyday life, and many other things. We all need informal/natural supports in our life!
- **Formal supports:** these are paid supports, which are provided by service providers and professionals, and generally funded through NDIS plans.
- **NACBO (National Alliance of Capacity Building Organisations):** a national network of values-based nonprofit capacity building organisations, who believe that all people with disability are valued citizens with the right to contribute socially and economically, just like all people.

There are two visuals you'll see in this guide (below):

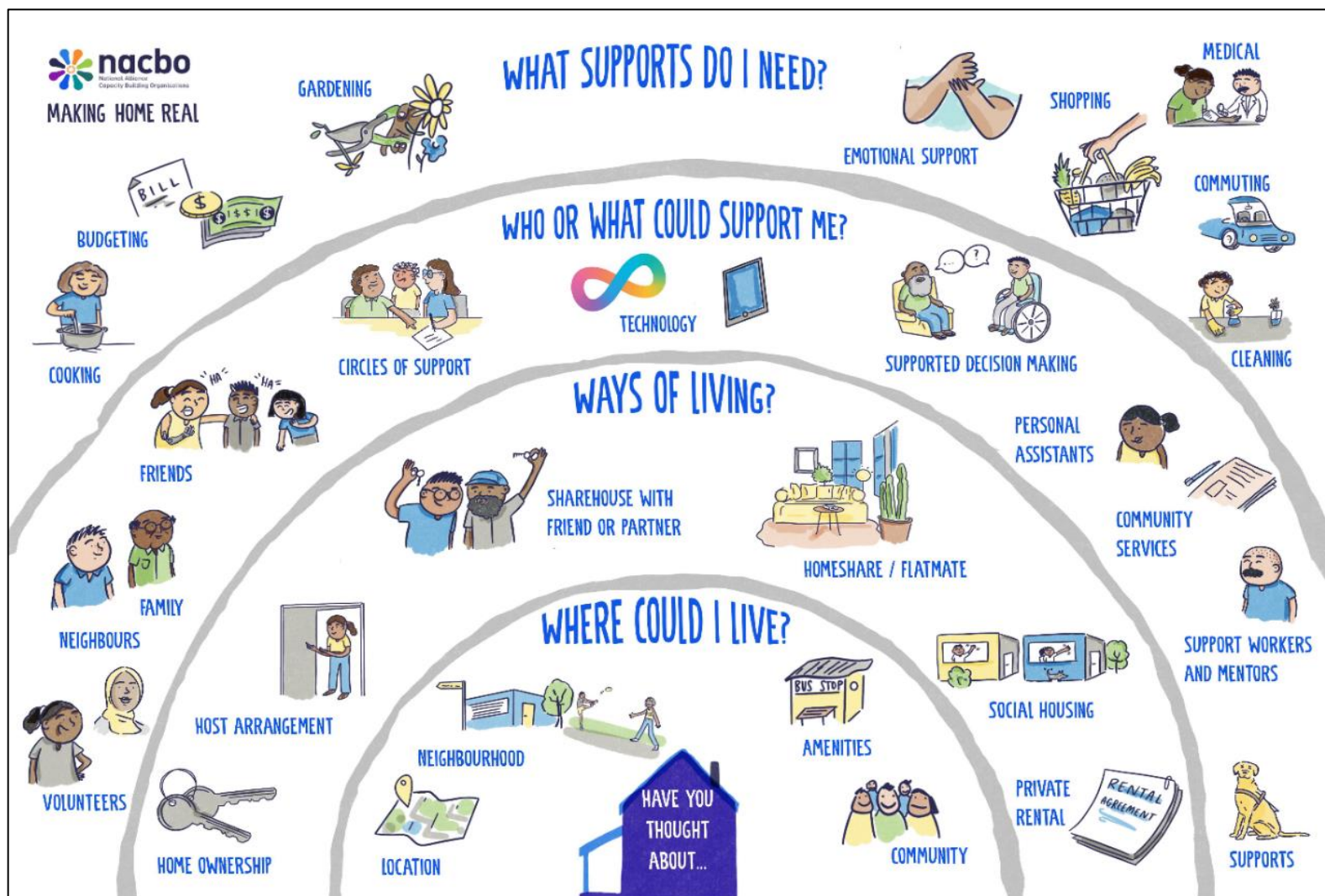
- **Visual 1 – “The ILO Map – guiding you through the journey of setting up an ILO”.** This visual shows you the general stages involved in setting up your unique living situation or ILO. Each stage needs time and effort and this visual can give you some idea about the direction you are heading towards as you work on exploring, developing, and setting up your ILO.
- **Visual 2 – “Have you thought about....?” - Conversation Prompts for ILO planning”.** A Conversation Prompts sheet, with some of the important things to think about while planning your move into a home of your own.

You can use this Conversation Prompts sheet at any stage, though its most helpful after some careful exploration about what makes a Good Life for you, who you are, what you love and what your needs are. There are many things to think about, and this Prompts sheet has some discussion starting points as your planning begins.

Visual 1 – “The ILO Map – guiding you through the journey of setting up an ILO”.



“Visual 2 – “Have you thought about....?” - Conversation Prompts for ILO planning”.



Introduction:

Moving out of home can be a big life change! Have you heard about Individualised Living Options (ILO)? Or individualised living? Or living in a home of your own?

These terms refer to creating a home and living situation which is unique to you or your loved one with disability. ILO is all about the person with a disability moving into and living in a home of their choosing, with the people they choose to live with, in their preferred location, and with individualised supports.

ILO can offer an alternative to group home living. What's great about ILO is that you can make it fit your needs and wants, and you don't necessarily need funding to get started. If you do need funding to live in an ILO, there may be funding available through the NDIS.

The “Making Home Real” Project (also known as the “My Home My Design – Making ILO Real” Project) has created the two visuals above, along with some general information to help you navigate the ILO journey. From figuring out where to begin, to having important conversations and developing your vision, designing your ideal living situation, to settling into your new home and thriving, we've got you covered!

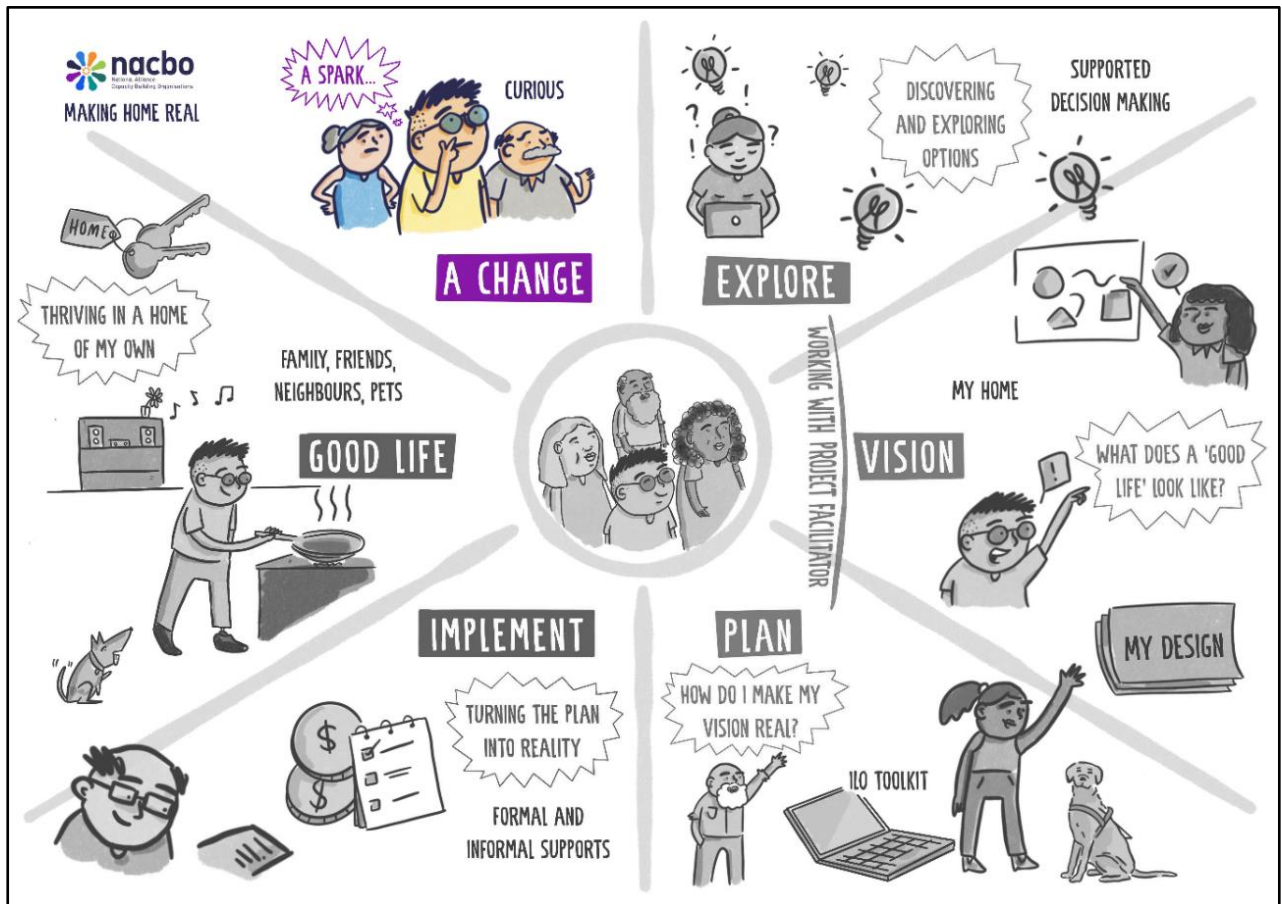
These visuals are just a starting point, and there are many other things to consider along the way as you plan your ILO. There are organisations available to talk to about this journey and you'll find that information throughout this guide.

Your ILO journey is one-of-a-kind, just like you!

Let's get started and explore how to make your dream of individualised living (or ILO) a reality.

Stage 1 – A Change

Thinking about a home of my own...

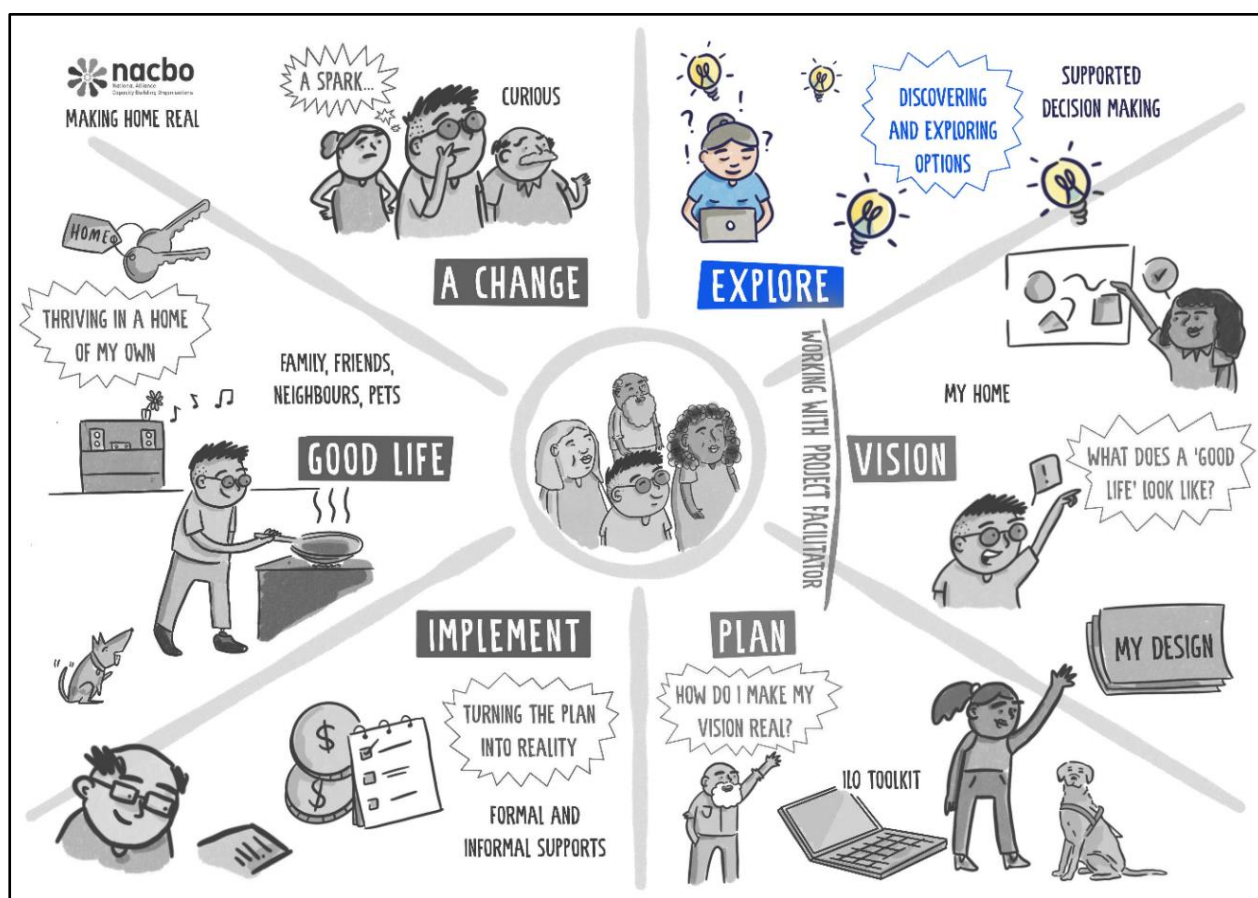


Sometimes, you start thinking about moving out of your family home and living on your own. Maybe you've seen your siblings or friends do it, and it's got you curious. You talk to your family and friends about it, feeling both excited and a bit nervous. There are so many questions swirling around in your head – like, where can I find more information about living on my own? who can help me figure this out? How do I even start?

You and your family search online and find two helpful websites: **My Home My Way** (www.myhomemyway.com.au/) and **The ILO Toolkit** (www.ilotoolkit.com.au/).

Stage 2 – EXPLORE.

Checking out different ideas and options...



My Home My Way (www.myhomemyway.com.au/) and the **ILO Toolkit** (www.ilotoolkit.com.au/) list links to and examples of how other people have been supported to live in their own homes, or what different living arrangements can look like – in home shares, living with a flatmate, or host arrangements for example.

By now you may have many questions, you and your family may choose to contact your local NACBO member, who are able to connect you with local peers and NDIS supports.

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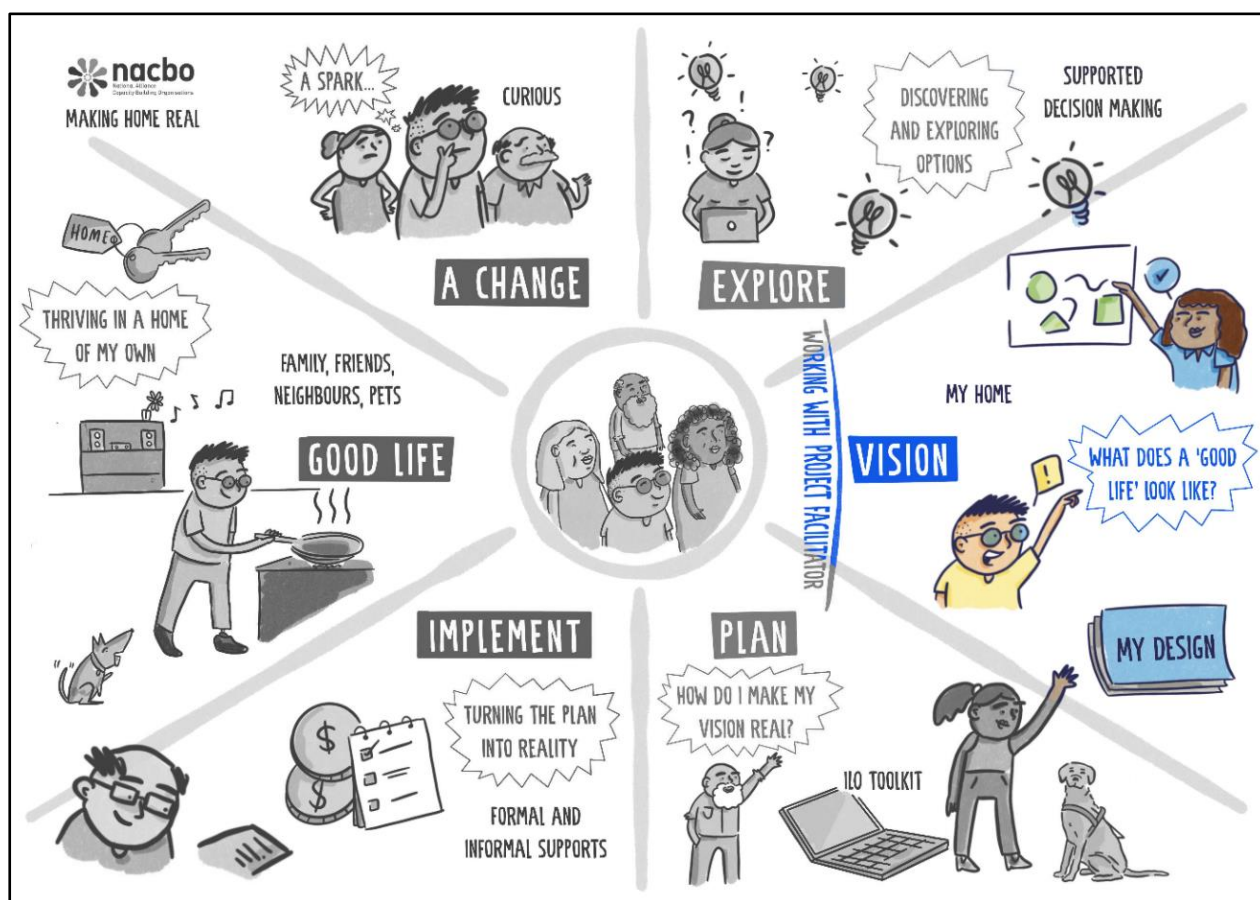
info@belongingmatters.org

	03 9739 8333
 <p>Community Resource Unit Ltd.</p>	<p>Queensland Community resources Unit (CRU) www.cru.org.au cru@cru.org.au 07 3844 2211</p>
	<p>Western Australia Empowered Connections www.empoweredconnections.org.au info@empoweredconnections.org.au www.valuedlives.org.au info@valuedlives.org.au 08 9274 7760</p>
 	<p>New South Wales Family Advocacy & Resourcing Inclusive Communities (RIC) www.family-advocacy.com communications@family-advocacy.com 1800 620 588</p>
	<p>ACT Imagine More www.imaginemore.org.au info@imaginemore.org.au 0491 645 816</p>
 <p>Purple Orange</p>	<p>South Australia Purple Orange www.purpleorange.org.au admin@purpleorange.org.au 08 8373 8388</p>

You may also have started thinking about NDIS funding, looked through the ILO Toolkit (www.ilotollkit.com.au) and started talking with your family and formal supports about adding a Home and Living goal into your NDIS plan.

Stage 3 – VISION.

Dreaming up my ideal life – what does it look like?



Now that you've gathered more information and ideas, it's time to create your vision for your Good Life including your living situation!

Think of your vision as painting a picture of your ideal life. It helps you work out what is important to you to have a Good Life and possibilities. Your vision can then guide your planning and decision-making, as well as help you stay focused on your ideal life as your life changes over time.

Creating your vision takes time and involves many discussions with your family, friends, and any other supporters you want to include.

In these conversations you can think about what makes a Good Life for you. Think about your strengths, unique gifts, interests, what makes you happy, and what you dislike.

Think about home – how and where would you like to live? What about the community you'd like to live in? Who are your friends, important relationships and people who care about you? Are there activities you might enjoy in your local community that you would like to try? What valued roles would you like to take on?

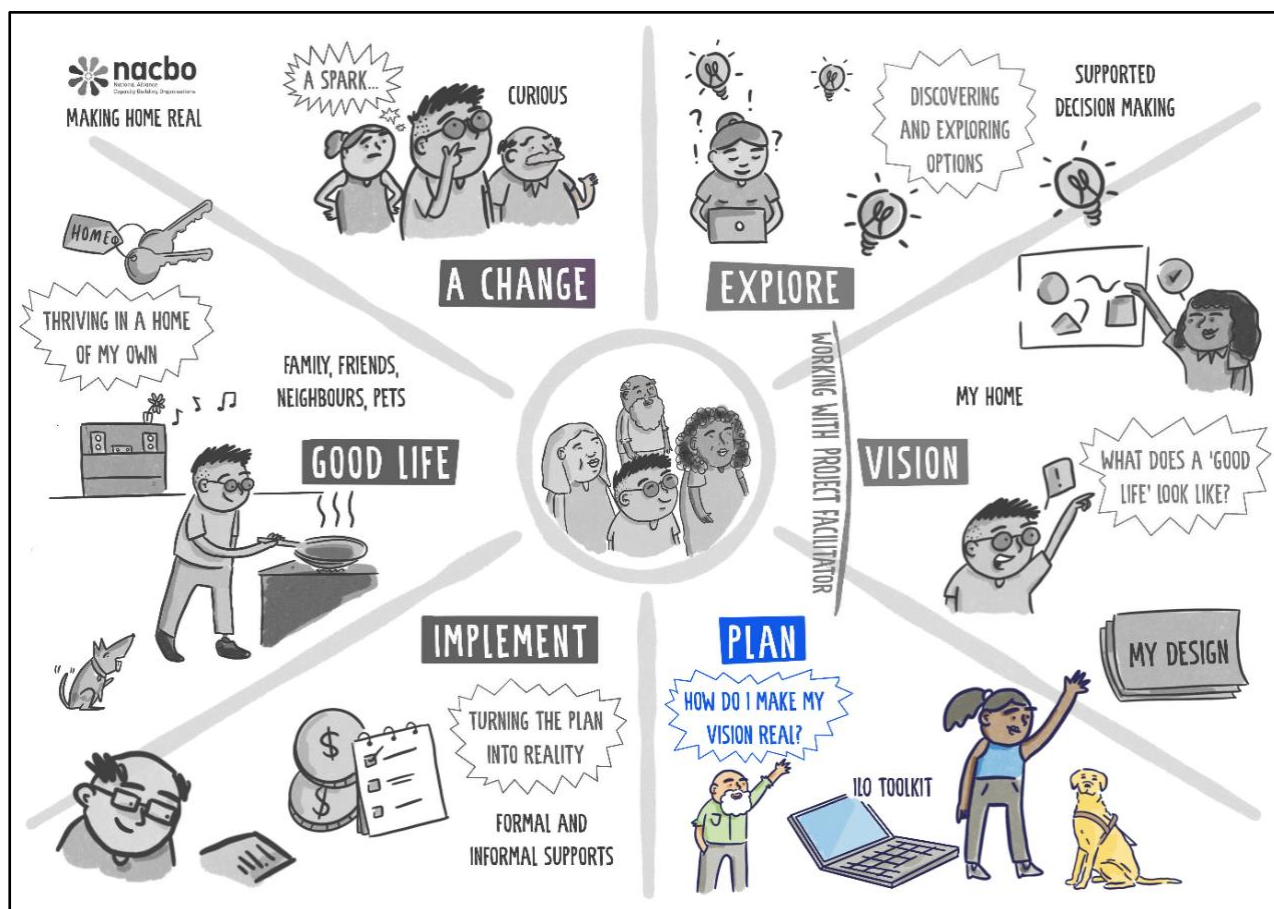
What would you like to learn? Would you like to be working or volunteering? You will also think about the supports you need to make decisions about your life, and supports you need to live safely – financially and physically for example.

You can write your vision down, record it, or even draw it out – whatever feels right for you. Take your time with it, dream big, and don't hesitate to lean on your loved ones, friends, or support circles for help and ideas.

You can find more information and ideas in the Bringing The Good Life to Life website (www.thegoodlife.cru.org.au/mobilehome/), the My Home My Way website (www.myhomemyway.com.au/), and the ILO Toolkit (www.ilotoolkit.com.au/).

Stage 4 – PLAN.

Getting Ready – How to Make My Vision Real?!



Now that you have a vision in mind, it's time to turn it into a plan! You, along with your family, friends, and formal supporters can work together to figure out how to make your vision a reality. This stage takes careful exploration and lots of time.

What steps do you need to take to make your vision of living in a home of your own? First things first, you'll need to understand yourself well – your strengths, preferences and dislikes, supports for making decisions, and any skills you might want to work on over time.

Are there any valued roles can you take on while still at home and as you prepare to move into a home of your own? Safety is important too – what helps keep you safe, and what can you

learn that will help you feel safe? Are there any legal matters that must be sorted? When do you want to move out? What supports do you need to move out?

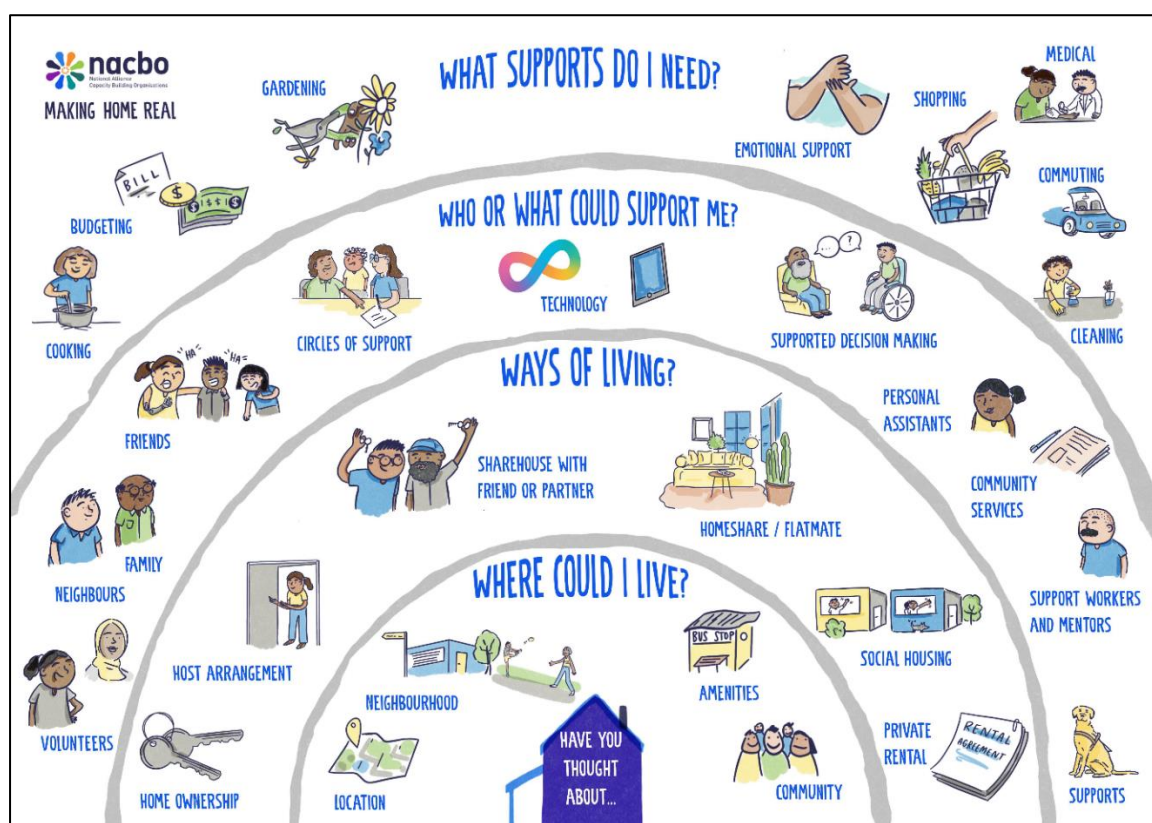
You'll think about where and how you'd like to live - what does that look like – is it a private rental? Or with a flatmate for example. You'll also think about what specific qualities you're looking for in the people who will be supporting you. Your plan will include all kinds of support – from your family and friends, neighbours, and possibly some formal supports.

NACBO's My Home My Way Guidebook has information and exercises to help you plan -

<https://www.myhomemyway.com.au/guidebookworkbook>.

You can use the Conversation Prompts sheet in this guide to think about some of your preferences and support options as you work your plan.

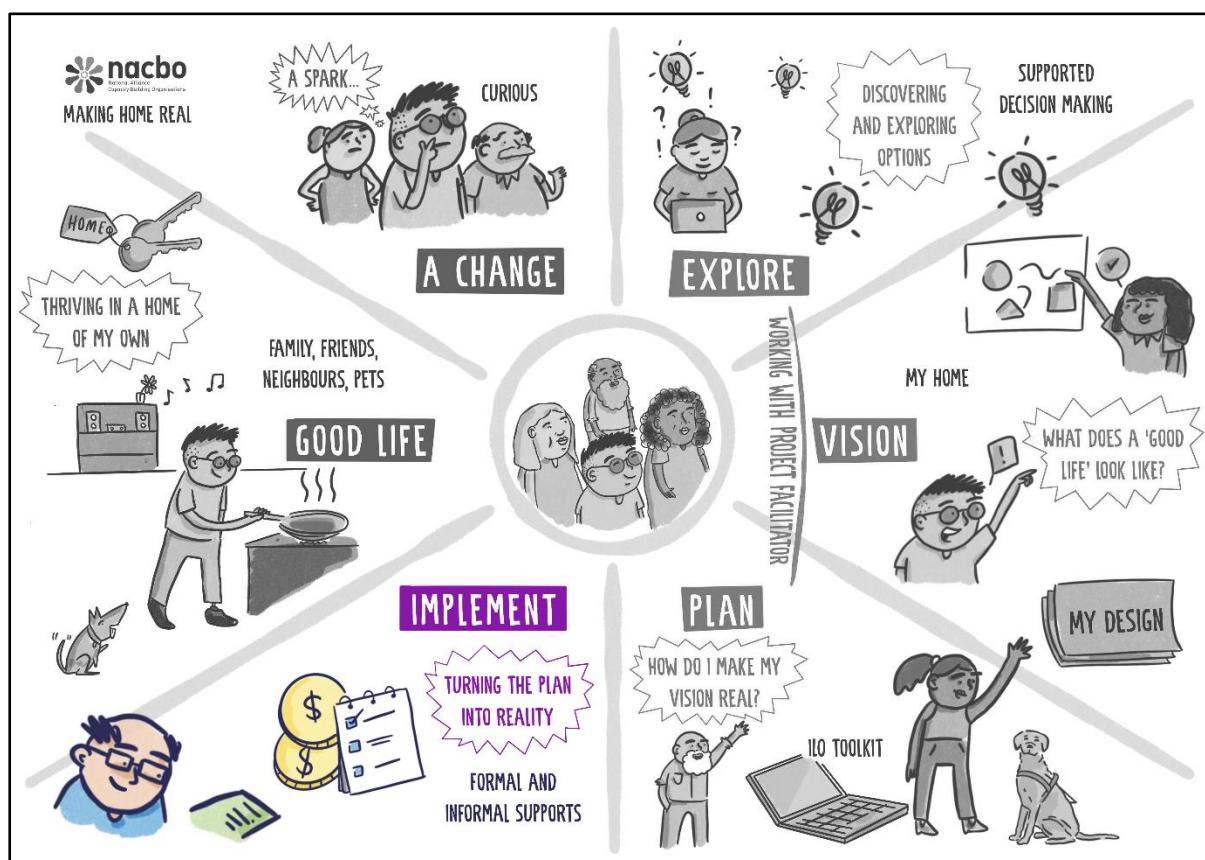
Visual 2 - “Have You Thought About...?” Conversation Prompts for ILO planning”:



If you are thinking about NDIS funding, you can ask your family, friends, and formal supports for help. Tools like the ILO Toolkit's Resources page (<https://www.iloolkit.com.au/resources/>) has checklists and information to help you, or your formal supports to fill out the NDIS Home & Living forms.

Stage 5 – IMPLEMENT.

Making It Happen – Putting My Plan into Action!



You're working hard to bring your plan to life!

Your family, friends can help you put your plan in place. You may also have NDIS funding and formal supports that can help you to coordinate services and support networks. It may take some time to find the supports you want, and you may need to spend time sorting these out.

You may already have a home of your own to live in or may need to find suitable accommodation such as a private rental or

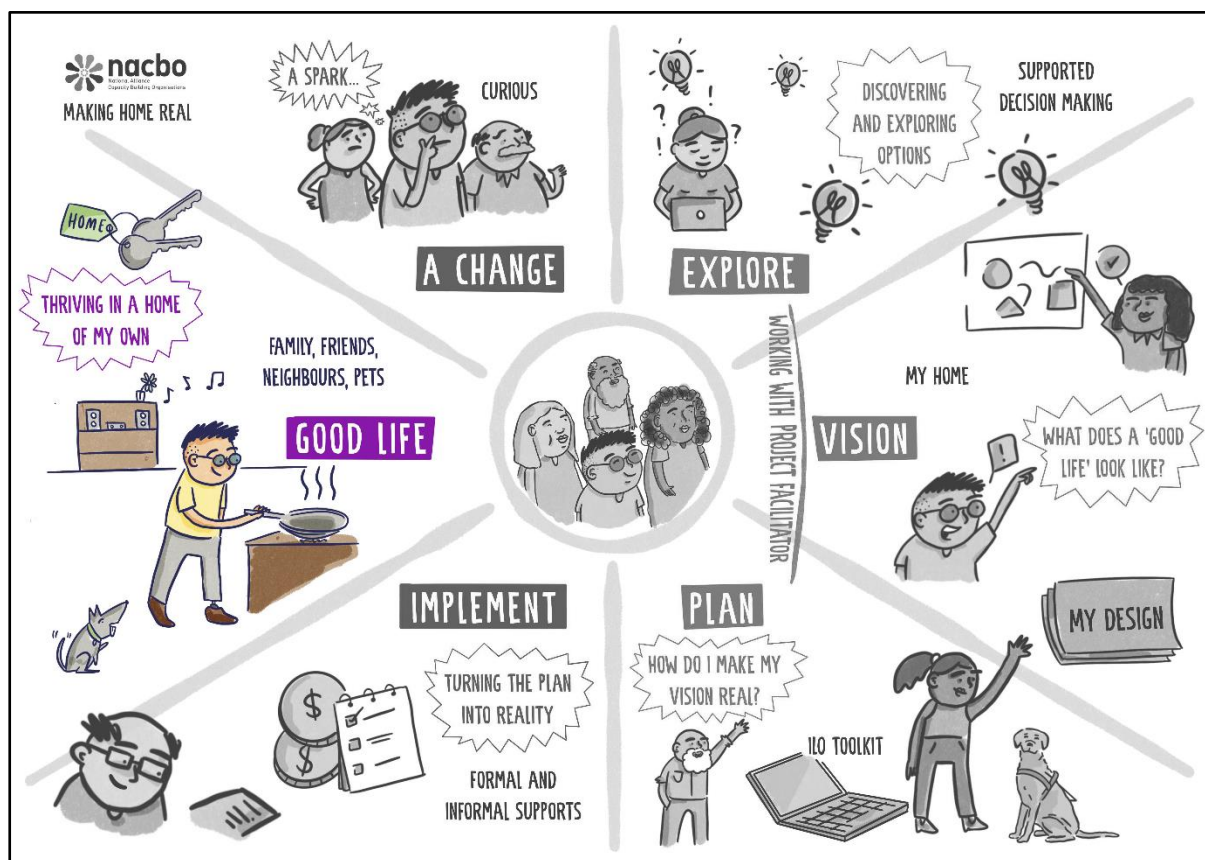
social housing. You might spend some time trying out different options. In the meantime, you can be working with your supports to build on your independence skills at home.

As you prepare to move into your own home, think about what this move could look like for you. Will you be sharing with a flatmate - do you need to advertise for a flatmate? What routines would you like to have in place? Would you like to start by spending some time in the house during the day? Or having a sleepover a couple of times a week, for a few weeks before moving in permanently? Do you need to buy furniture you like and help setting it up? Would you like to meet your neighbours, visit the local shops a few times, and start to build connections in your local community? Think about what you can do and need to make this move and settling into your new home easier for you.

Moving from living in your family home (or another place you may be living in) to your own home takes time and is different for everyone! Over time, your informal and formal supports will help you make sure that everything is on track and ready for you to settle into your new home.

Stage 6 - Good Life.

Living the Good Life in My Own Home!



You've moved into a home of your own, and it feels amazing!

You are growing and learning with the new opportunities that come with living in a home of your own.

You are spending time making your home as you like it, and it's a welcoming place. Your family and friends love to visit you and you enjoy hosting and sharing times together.

You spend time exploring your community and have started participating in social activities and visiting your favourite local spots. You've had opportunities to meet your neighbours. They've asked you to collect their mail while they are away on holidays, and they've also brought over a delicious meal to share together.

You have a team of family, friends, neighbours, and formal supports that can help you work out any problems along the

way and make any changes that you would like, at any time and as life changes.

You are thriving! With careful planning and support, time, and effort, you have been able to personalise your Individualised Living Option (ILO) to suit your life choices, needs and preferences, and so have made a home of your own unique to you!

If you would like more information about Individualised Living, ILO and the Making Home Real Project please visit the following:

	https://www.myhomemyway.com.au/
	https://www.ilotoolkit.com.au/

NACBO Organisations

	<p>Victoria / Tasmania Belonging Matters www.belongingmatters.org info@belongingmatters.org 03 9739 8333</p>
	<p>Queensland Community resources Unit (CRU) www.cru.org.au cru@cru.org.au 07 3844 2211</p>
	<p>Western Australia / NT Empowered Connections www.empoweredconnections.org.au info@empoweredconnections.org.au www.valuedlives.org.au info@valuedlives.org.au 08 9274 7760</p>

 	<p>New South Wales Family Advocacy & Resourcing Inclusive Communities (RIC) www.family-advocacy.com communications@family-advocacy.com 1800 620 588</p>
	<p>ACT Imagine More www.imaginemore.org.au info@imaginemore.org.au 0491 645 816</p>
	<p>South Australia Purple Orange www.purpleorange.org.au admin@purpleorange.org.au 08 8373 8388</p>