



Supported Independent Living

All you need
to know



Why choose Melba

At Melba, we're here to celebrate your individuality and support you to do what you want. **You lead all decisions about your support.**

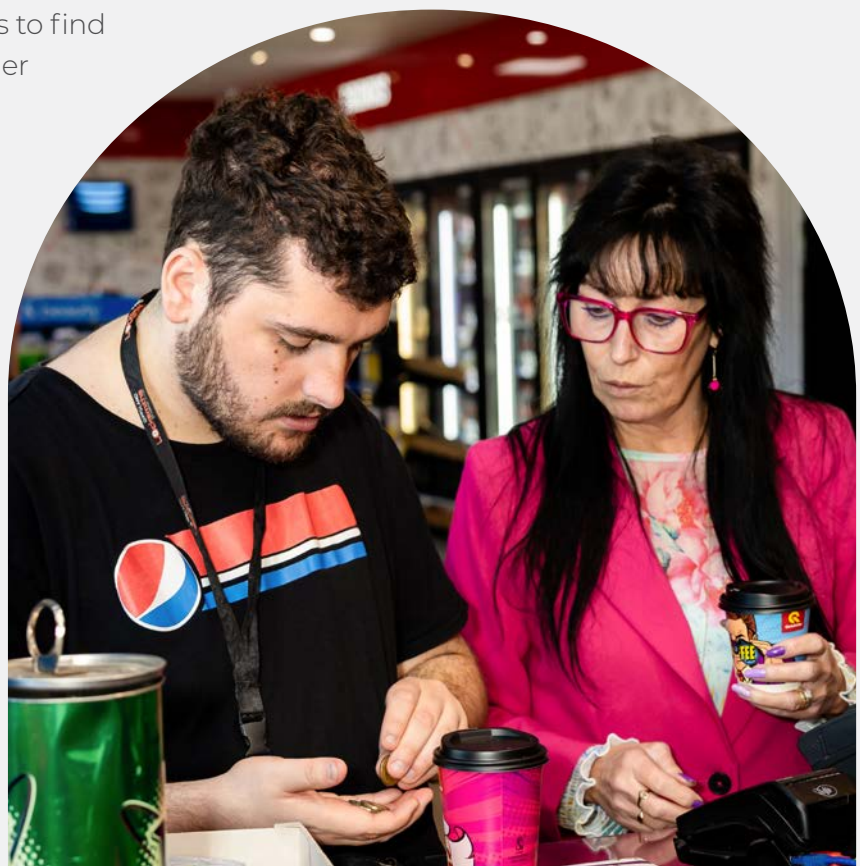
We do things a little differently and we call it **The Melba Way**. The Melba Way is how we support people to live a fabulous life. It recognises that every person is unique, so support is individualised, responsive, and shaped one person at a time. Our approach is led by the person, not the system.

Integrity matters to us. We show this through our strong commitment to human rights, being an NDIS registered provider, having a Child Safety Action Plan, and maintaining strong risk and compliance processes.

For over 50 years, Melba has stood beside Victorians with complex support needs, leading the way in specialist support grounded in choice, dignity and human rights. With Melba, complexity never overshadows individuality. We understand that complex needs require more than standard support – they demand specialist expertise, innovation, coordinated support and a deep understanding of intersecting challenges.

Our experience spans multiple physical, intellectual and sensory disabilities, complex health management, societal challenges, behaviours of protest, and newly acquired disabilities such as brain or spinal injuries.

We continually push boundaries to find solutions others may not consider possible. We find innovative approaches to complex support and have expertise in securing appropriate housing, ensuring people with complex needs are supported to live their lives, their way.



Live your life, your way

If a good life begins at home, a fabulous life begins with Melba!

We know that independence looks different for everyone, and we do it your way.

Where, how and who you live with matters. We're here to work with you to find your home and make it truly yours.

At Melba, we believe you should live your life your way – proudly, joyously, creatively and adventurously. That includes:

- > where you live
- > who you live with
- > how you live each day.

Having a home that suits your needs and style makes you feel comfortable, independent and connected.

Making it simple

There are a lot of new terms and so many acronyms, it can get confusing, SIL, SDA, ISA...we know! This is why we have an expert team of housing specialists ready to explain your options in clear, everyday language. It's important that you understand what each type of support is and what it means for your life – not just your plan.

We work alongside you, your family and your support network to explore what will suit you now and what might suit you into the future. We listen first, and answer questions so you can make choices with confidence.



Less time figuring out acronyms and support options means more time to focus on what really matters: **living your life, your way.**

What is Supported Independent Living?

Supported Independent Living (SIL) is NDIS funding for **24/7 or rostered support** at home. SIL funds supports like:

- > personal care (showering, dressing)
- > cooking and cleaning
- > medication management.

SIL with Melba puts you in control, offering flexible supports tailored to your needs. Choose the right balance of independence and support, and live life your way – with freedom, confidence and peace of mind.

Melba provides SIL in a range of housing options, from shared living with 24/7 rosters to regular support in your own home.

Access to our complex health team is part of our SIL supports. This “wraparound” approach places you at the centre of a support system that includes Melba, your family and healthcare providers.

If you require support that’s more flexible and less structured, an Individualised Support Arrangement may be the right fit. Our ISA experts can guide you through your options. To learn more, go to Page 7.

***24/7 or rostered support may include:**

- > significant support during the day
- > overnight support
- > support all day and night.

Who can get SIL funding?

You may be eligible if you:

- > are 18 or older
- > have a permanent disability and need 24/7 or rostered support* to live by yourself or with others
- > need support with everyday things like personal care, medication or household tasks
- > have supporting documentation from an occupational therapist, psychologist, or other health professional explaining how your disability affects your daily life
- > have NDIS goals that SIL can help you reach, like building skills, independence, and community access.

How to apply for Supported Independent Living

1

Talk to your key support (support coordinator, local area coordinator or NDIS planner) about what daily living and independence at home looks like for you.

2

Gather documents that explain how your disability affects your daily life and the day to day support you need. These may include:

- > Behaviour Support Plan (if relevant)
- > Occupational Therapist Functional Capacity Assessment
- > reports or letters explaining your disability related needs
- > examples of daily tasks you require support with
- > carer impact statement (if relevant).

3

Submit your application and supporting documents to the NDIS.

This may also include a *Change of situation* request if your needs have changed. See also *Change in circumstances* on NDIS website.

Important: All documentation **must** have been completed in the past 12 months. Please make sure all information is consistent.



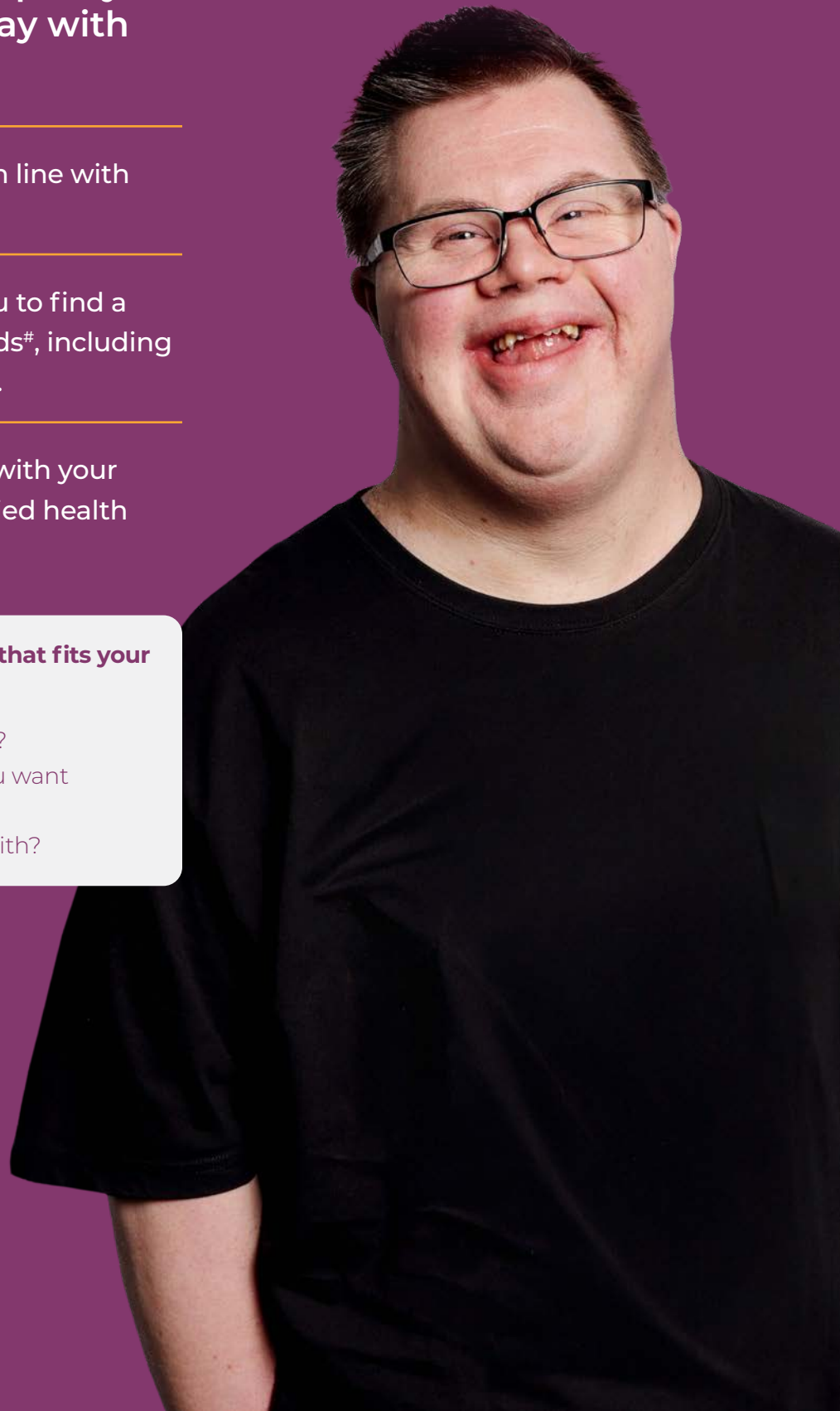
How Melba supports you in your journey

Melba is here to support you every step of the way with things such as:

- > Exploring your options in line with your NDIS plan.
- > Working closely with you to find a house that fits your needs[#], including who you might live with.
- > Coordinating meetings with your support network and allied health professionals.

At Melba, finding a house that fits your needs includes things like:

- > Where do you want to live?
- > What type of house do you want to live in?
- > Who do you want to live with?



Individualised Support Arrangements



Individualised Support Arrangements (ISA) are flexible one to one supports shaped around your needs, lifestyle and choices – you decide when, where and how support happens and who supports you.

SIL provides more **structured, ongoing support** with everyday tasks such as personal care, cooking and daily living skills, often in shared housing and sometimes with 24/7 assistance.

ISA or SIL?

Both support people to live more independently, but in different ways. ISA offers maximum choice and flexibility, while SIL provides consistent, structured support for daily life.

What is Specialist Disability Accommodation?

Specialist Disability Accommodation (SDA) is **about the house, not the supports**. SDA is NDIS funding for purpose built housing designed to meet the needs of people with complex support needs or physical disability.

It covers the design and accessibility features of the building itself, but not daily supports, utilities or rent. Supports are funded separately through Supported Independent Living (SIL). Melba partners with registered developers and providers to deliver a range of SDA housing leading to better living environments and better lives.

Melba has a range of SDA housing styles from apartments and townhouses to standalone and shared houses.

There are four SDA categories

Improved liveability

Improved liveability houses are designed for people with sensory, intellectual or cognitive disability who need calm, easy to navigate spaces. These houses may include features like good lighting, clear lines of sight, and sound insulation to reduce sensory overload.

Robust

Robust houses are designed for people who use behaviours of protest and need a safe environment to feel secure and supported. These homes are built with durable materials and features, such as reinforced walls, impact resistant windows, and quiet breakout spaces.

Fully accessible

Fully accessible houses are for people who use wheelchairs, mobility scooters or other aids each day. These houses tend to include wide doorways, step-free entry, accessible bathrooms, and open layouts that make it easier to move around freely and live independently.

High physical support

High physical support houses provide the highest level of accessibility. For people with very high physical support needs, they often include specialised items, such as ceiling hoists, backup power supply for essential equipment, height adjustable benches, and advanced home automation systems.

SDA eligibility

To qualify for SDA funding from the NDIS, you must:

- > have high support needs and/or complex disability
- > Demonstrate how SDA will help you develop your skills and achieve your NDIS goals.

Need more information?

Let us work with you find the right house. Call **1300 696 352** to speak with our friendly housing specialists.

Scan QR code to view latest properties on our website.



There's more to Melba than housing

We also offer:



Respite:

We are a child safe organisation with separate options across Victoria for adults and children aged over seven. Like everything at Melba, there is no one size fits all approach to our respite – it looks different for everyone, from a relaxing weekend to a week full of activities tailored to you.



Day programs:

Arthur Creative (Ballarat and Lilydale) – unleash your creativity through artist-led workshops like studio art, photography and drama.

Community Connections (Lilydale) – full of fun experiences and a place to learn new things in a group setting with programs like DanceFit, gardening, barista classes and swimming.

Breaking Ground (Mount Martha) – enjoy a slower pace as you spend time creating and exploring nature and spend time with like minded people.





Leisure and recreation:

From day trips to Bendigo, a weekend in Brisbane or a few weeks in Barcelona, our popular program provides tailored, fee-for-service options for you to plan and set off on your next adventure.



Intimacy and connection:

We believe everyone has the right to safe, respectful and meaningful connections – and we’re actively creating opportunities to support that. We run a range of free workshops to help you and your support network feel more confident talking about friendships, relationships and intimacy workshops are tailored to specific audiences such as people we support or parents.



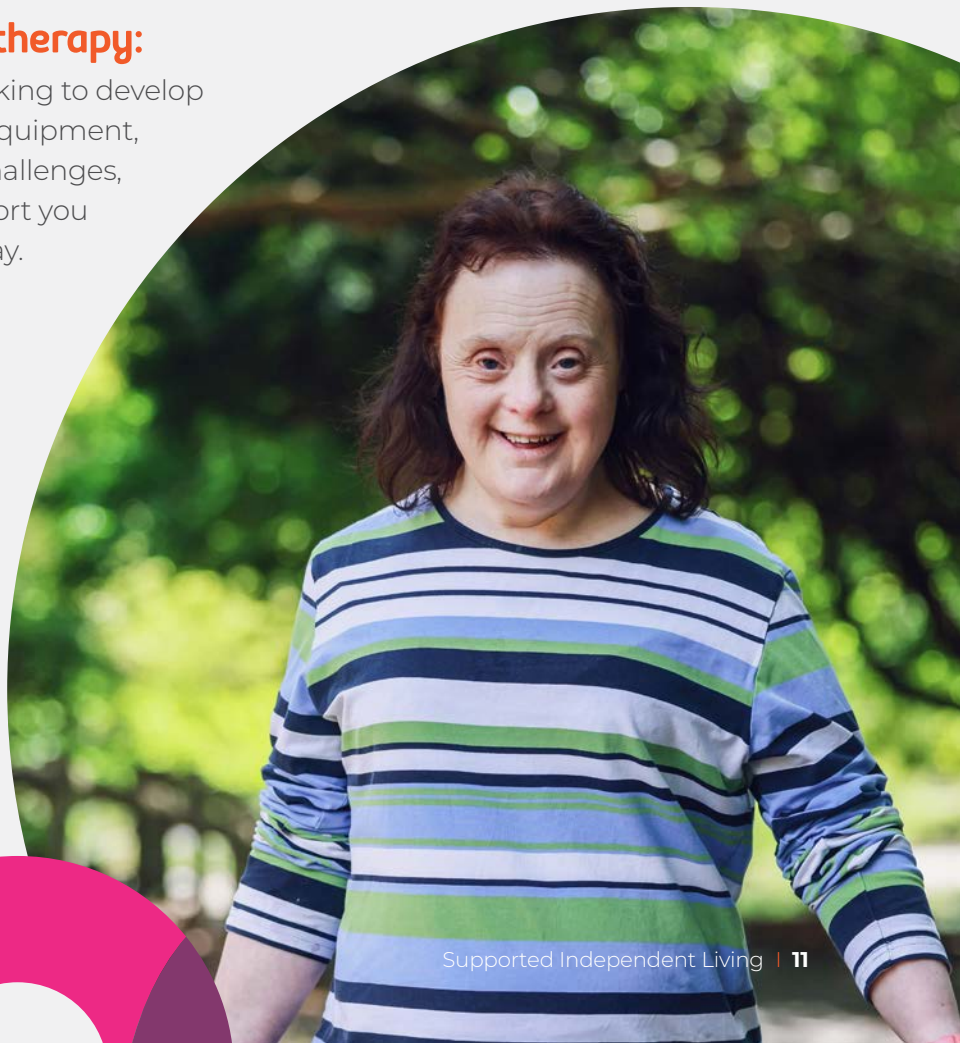
Positive Behaviour Support:

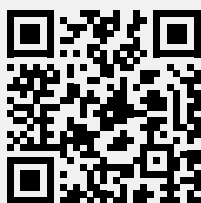
We work closely with you to understand what you’re wanting to communicate. Our approach is trauma-informed, human rights and evidence-based, creative, flexible and brings real and lasting changes.



Occupational therapy:

Whether you’re looking to develop new skills, access equipment, or tackle specific challenges, we’re ready to support you every step of the way.





Visit our website
to find out more

For more information

- 1300 696 352
- engagement@melbasupport.com.au
- melbasupport.com.au

