



Your toolkit for moving out of aged care

It's your home and your choice. You can choose a home that suits your individual needs and lifestyle.

This toolkit will help you explore your options and give you information about the process to move out of residential aged care.

Chapter 1

Explore housing options



Chapter 2

Understand the basics of moving



Chapter 3

Find the right home for you



Chapter 4

Move out and settle in



Chapter 5

Ongoing support



Directory

Links to additional resources



Information toolkit chapters

This toolkit includes five chapters of information, helpful tips, stories and guides.

As you move through the chapters, you will notice that the information becomes more detailed. So, Chapter 1 includes brief information, while Chapter 4 has more detail.

Chapter 1 – Explore housing options

This chapter provides a brief overview of the benefits and challenges of moving out. It also explains the different housing and support options available.



Chapter 2 – Understand the basics of moving

This chapter has information about housing and support options. It also covers possible costs and timing considerations.



Chapter 3 – Find the right home for you

This chapter includes detailed information to help you find a home that meets your needs and lifestyle.



Chapter 4 – Move out and settle in

This chapter has detailed information about applying for funding, securing a home and preparing to move.



Chapter 5 – Ongoing support

This chapter provides information about managing your needs after you move out.





How this toolkit was made

Everyone deserves the chance to find the right home for their lifestyle.

Australia's aged care system is not really set up to support younger people under 65 years of age, unless in exceptional circumstances. Exceptional circumstances include if you

- are an Aboriginal or Torres Strait Islander person aged 50 or over
- are aged 50 to 64 years and are homeless or at risk of homelessness
- you have no other accommodation and support options to meet your care needs

Alternative housing options have changed a lot over the last 20 years. There are more options now than before.

That is why the Australian government has set a goal: by 1 January 2025, no one under the age of 65 should be living in aged care, unless there are exceptional circumstances.

This toolkit will help you as well as your family, carers and nominees learn more about moving out of aged care.

To make this toolkit, we worked closely with younger people who used to live in aged care or are still living in aged care. Younger people and families told us they wanted one easy-to-access place that included useful information – so we created this toolkit!

There is a lot of useful information already available. So, we have included links to help you easily find this information as well.

This is your journey. This toolkit is here to give you the confidence and knowledge to make choices that work best for you. You will find helpful tips, stories, and simple guides throughout to support you along the way.

Hi there, I'm Tully.
You'll see me pop up to
explain **key terms** ♂ (look
out for this symbol ♂ after a
word), share ideas and related
content through **this** toolkit.



Key roles and terms

This toolkit may include some words you have not seen before. Below is a list of the terms used in this document and what they mean. This information comes from the NDIS and the Summer Foundation (an advocacy organisation). You can also find more information by visiting the below resources:

[Words you need to know as a tenant](#) (p. 17-18) – Summer Foundation

[Word list](#) (p. 31-32) – NDIS

[Glossary](#) – NDIS

- **Assistive technology:** Assistive technology is equipment or devices that can help you do things that might be difficult because of your disability.
- **Capacity building funding:** The NDIS may give capacity building funding to help participants find housing that supports their independence.
- **Funding:** Funding provided to you to get the supports you need and help you work towards your goals..
- **Home modifications:** Home modifications are changes to a home to help you move around safely and make everyday tasks easier.
- **Individualised living options (ILO):** ILO is a way of setting up the support you want at home.
- **Landlord:** The landlord is the owner of the rented property.
- **Lease:** The lease is an agreement signed by the tenant and property manager about how long the tenant will live in the property.
- **NDIS goal:** Your NDIS goal is something you have stated you want to pursue with help from the NDIS.
- **NDIS planner:** An NDIS planner is someone who makes new NDIS plans.
- **Participants:** Participants are people with a disability who take part in the NDIS.
- **Rent:** Rent is the amount of money paid by the tenant to the landlord to live at the property.
- **Residential aged care:** Residential aged care is where older Australians live when they can not live in their home anymore.
- **Specialist disability accommodation (SDA):** SDA is an NDIS support. It is housing for participants who need extra support most of the time.
- **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 that you can do things for yourself and learn new skills.
- **Support network:** A support network is the group of people who help you in your daily life. They work together to support your needs and goals.
- **Tenant:** The tenant is the person who has signed a lease to rent and live at the property.



Acknowledgements

Thank you to everyone who helped develop this toolkit.

We want to especially thank the younger people who currently or previously lived in residential aged care, as well as their families, carers and nominees for sharing their time, stories and ideas with us. Your feedback helped us understand what information would be most useful to empower younger people in taking steps to move out of aged care. Your input on the toolkit design made it more practical and better suited to your needs.

We also want to thank the support coordinators who spoke with us. Your knowledge and experiences helped us better understand the information needed to support younger people moving out of residential aged care.

A big thank you to the Summer Foundation for their valuable input. Your deep understanding of the needs of younger people in residential aged care played an important role in refining the toolkit.

Finally, we want to recognise the many organisations that have already created great resources for younger people. Our goal was to avoid creating lots of new content, but rather bring together the helpful information that is already available. We hope this toolkit makes it easier for younger people to find and use those resources.

The Australian Government acknowledges Aboriginal and Torres Strait Islander peoples throughout Australia and their continuing connection to land, water, culture and community. We pay our respects to the Elders both past and present.

This toolkit is for you



This toolkit is for younger people under the age of 65 with a range of disabilities and health conditions. It is made for people with physical, cognitive, intellectual and psychosocial disabilities. It is also for people who are NDIS participants and those who are not. It is designed for people currently living in aged care, but can also be helpful to people who are moving from one type of accommodation (such as Specialist disability accommodation (SDA)) to another.



How to use this toolkit

This toolkit has been designed to be simple and easy to use.

Chapters

There are five chapters in this toolkit. Each chapter includes fact sheets, guides and tools. The chapters follow the process of the journey to move out of aged care.

For example, Chapter 1 provides brief information for when you are first thinking about moving out of aged care. Chapter 5 includes information on things you might encounter after you move out of aged care.

The information becomes more detailed as you move through the chapters. Each chapter provides specific information for where you are in your journey.

Fact sheets, guides and activities

Each fact sheet shows the topic and how much detail is included at the top of the page.

There is also a short line under **'On this page you will find,'** that gives you a quick idea of what information is on each page.

Each fact sheet or guide in this toolkit has links to more information. The **'Related Toolkit Content'** section will link you to other useful fact sheets in the toolkit, and the **'Helpful Resources'** section will take you to information outside of the toolkit. Many fact sheets or guides have a **'Supporting a loved one?'** box with helpful tips for family members, carers, nominees and friends supporting someone through this process.

There are also activity sheets throughout the toolkit. You can complete these activities on your own or with the support of your support coordinator or someone else in your support network.



Navigating through the toolkit

You can easily move between chapters in two ways:

1. From the [homepage](#), just click on any chapter to go straight there.
2. If you're already in a chapter, use the **tabs** on the right side of the page to switch to another chapter.

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Chapter 1

Explore housing options

Chapter 1 contents

- a. Benefits of moving out
- b. Challenges of moving out
- c. Discover housing and support options
- d. Costs and timelines for moving out
- e. Activity: Think about your ideal living situation



Chapter 1

Explore housing options

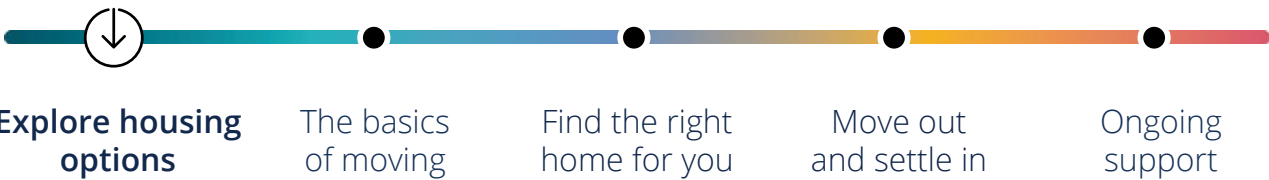
Topic Benefits of moving out

Level of detail Overview
● ○ ○

a. Benefits of moving out

Stage in the decision-making process

You are here



This chapter provides an overview of the benefits and challenges of moving out. It also explores the different housing and support options available.

On this page you will find:

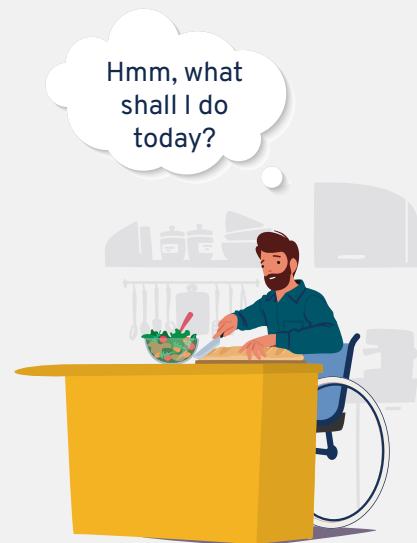
- the benefits of moving out of residential aged care

Why should you move out of aged care?

Choice

You can choose where you want to live. This could be the suburb or town that you live in, or it could be the type of building. You could choose to live in a house with a garden or an apartment. And you can choose to live by yourself or with other people. You might even choose to live with a pet. Your individual needs and availability of housing will inform your choices.

Whatever you choose, you will still be supported and cared for.



Support just for you

In your new home, you can set up supports that are just right for you.

You can get support with things like:

- getting dressed
- taking your medication
- having your dressings changed
- organising and cooking meals
- joining activities that interest you

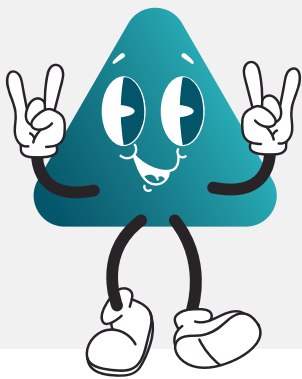


More independence

In your own home, you are free to make more choices about your daily life. You choose when to wake up, when to go to bed, what you eat, when you shower and what to do with your day.

Being part of the community

You can connect with your local community to meet other people and follow your interests. You can join a club, attend social activities and use nearby services.



Related toolkit content

Visit the '[Challenges of moving out](#)' page to learn more about the challenges of leaving aged care.



Sam's story

This story is inspired by the experiences shared by younger people with disability through published resources. This story has been created to help you think about how your life could look after moving out of aged care.

When Sam moved out of aged care, he was excited to finally make choices about his daily routine. Sam moved into aged care in his 30s because of a neurological condition. In aged care, he was used to set mealtimes and schedules. But now, living in his own private rental with Supported independent living (SIL), Sam has more freedom to decide how his day goes.

Sam appreciates being able to be in control of his own life. He likes staying up late to watch his favourite TV shows. He is able to choose his own bedtime and wake up he wants to. He also enjoys making breakfast and now he eats when he is hungry, not at a set time.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources online:

- [Independent living: Are you ready to start your journey?](#) – Housing Hub & Mable
- [Living more independently](#) – Summer Foundation

Chapter 1

Explore housing options

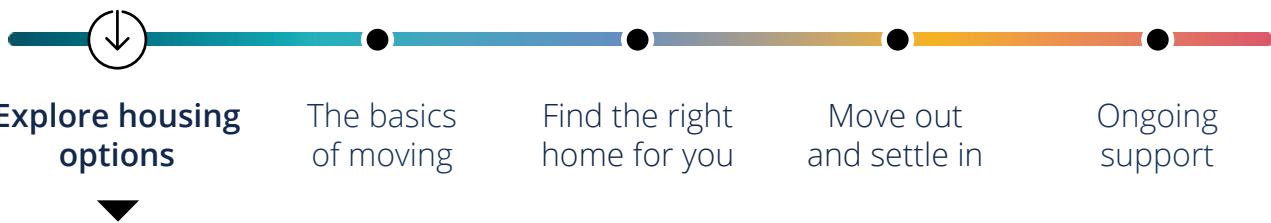
Topic Challenges of moving out

Level of detail Overview
●○○○

b. Challenges of moving out

Stage in the decision-making process

You are here



This chapter provides an overview of the benefits and challenges of moving out. It also explores the different housing and support options available.

On this page you will find:

- things to think about if you move out of residential aged care

What might be hard about leaving aged care?

It can be emotionally difficult

Your family, friends or other people in your support network can help you feel ready to move.

Making a big change can feel scary, especially if you have lived in aged care for a long time. You might feel worried or anxious, and that is okay.





Supporting a loved one?

Moving out of residential aged care is a big step for a younger person and can feel overwhelming. Encouraging your loved one to explore this possibility can be a good way to help them find more independence and a better quality of life. There are supports to help you both with uncovering helpful information so that you can both make an informed decision and meet any challenges along the way.

You might need to re-build or learn new skills

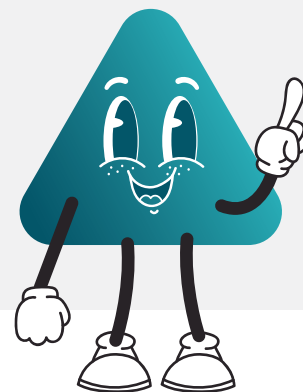
You can get support, including funding, to help you learn new skills.

In your own home, you might need to do more things for yourself that you have not done before or in a long time. Such as making a shopping list or deciding what meals you want to eat. With the right support, you can learn these skills.

Limited availability of housing and support

With good planning and support, you can often find a place that meets your needs. But it might take time.

Sometimes it can be hard to find the right housing and support in the area you want to live in. And sometimes there are not enough housing options or support services available. Creating a good plan and having people to support you can help you find the right home for you.



Related toolkit content

Visit the '[Benefits of moving out](#)' page to learn more about the reasons to think about of leaving aged care.



Chris's story

This story is inspired by the experiences shared by younger people with disability through published resources. This story has been created to help you think about how your life could look after moving out of aged care.

Chris moved into aged care in his 40s because of a physical disability. After living in aged care for many years, Chris was used to having things done for him. Meals, cleaning and daily routines were all set up by others. Moving out into Specialist disability accommodation (SDA) was not easy – he suddenly had to make more decisions. At first, this felt scary.

Chris had a lot of help from his support network during this transition. They worked together to set up a daily routine and helped him slowly get used to doing more things for himself, with the support of others. Chris now feels more confident in handling his day-to-day life.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Independent living: Are you ready to start your journey?](#) – Housing Hub & Mable
- [Living more independently](#) – Summer Foundation
- [Improved daily living NDIS examples](#) – Activeability
- [Life Skills](#) – Disability Gateway



Chapter 1

Explore housing options

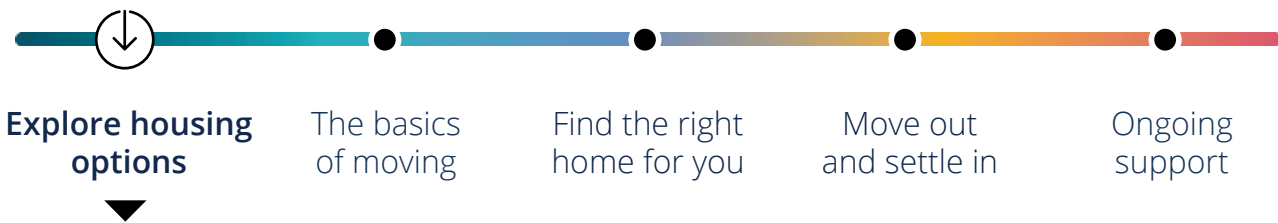
Topic Housing and support options

Level of detail Overview
● ○ ○

c. Discover housing and support options

Stage in the decision-making process

You are here



This chapter provides an overview of the benefits and challenges of moving out. It also explores the different housing and support options available.

On this page you will find:

- an overview of housing and support options that may be available to you

There are lots of housing and support options you can explore. Some that are funded by the NDIS and others that are not. Understanding all the options available will help you find the right housing and support options for you.

It is your choice to move out of aged care. You might prefer to stay in aged care – and that is okay! If you decide to stay, you'll still have the care and support you need.

NDIS funded home and living supports:

If you are an NDIS participant with high support needs, you may be able to access Specialist disability accommodation (SDA) with NDIS funding. You may also get funding to help you to live safely and independently.

Housing:

- **Specialist disability accommodation (SDA)** – A housing option the NDIS may fund is SDA. This is specialised housing designed to support people with extreme functional impairment or very high support needs. Usually this option is for participants who have very high mobility needs or have a disability that affects their

ability to self-care and make their own decisions. SDA may include specialist designs for people with very high needs or may have a location or features that make it suitable for providing complex supports for independent living. More information is available on the NDIS website page [Specialist Disability Accommodation explained](#).

Support:

- **Supported independent living (SIL)** – SIL is one type of NDIS support to help you live in your home. It includes help or supervision with daily tasks, like personal care or cooking meals. It helps you live as independently as possible, while building your skills. Supported independent living is for people with higher support needs, who need some level of help at home all the time. More information is available on the NDIS website about [Supported independent living for participants](#).
- **Individualised living options (ILO)** – An ILO is an NDIS support that lets you choose the home you live in and set up supports in the way that best suits you. An ILO is a package of supports that can help you live how you want in the home environment you have chosen. It is not the home itself. ILO supports let you work out how you want to live, where you live and who you live with. There are lots of choices with ILO. You can share your home with friends or housemates or you might live in a host arrangement or on your own with tailored support. More information is available on the NDIS website about [Individualised living options](#).
- **Personal care supports** – You may also be able to access personal care supports to provide assistance with, or supervision of, daily personal activities like:
 - personal hygiene, including showering, bathing, oral hygiene, dressing and grooming
 - toileting, bladder and bowel management and menstrual care
 - eating and drinking
 - attending appointments
 - use of aids and appliances, hearing and communication devices
 - mobility and transferring, for example moving in and out of bed and on or off the toilet
 - application of splints, basic first aid due to injuries sustained as a result of a participant's disability.

More information is available on the NDIS website about [personal care supports](#).


Non-NDIS funded home and living supports:

Most people who are NDIS participants can get funding for support services to help them live safely and independently. You can access these supports in your chosen home, but your home itself will not be funded by the NDIS.

Here are some options to consider:


- **Community/social housing** – Affordable, long-term housing managed by not-for-profit organisations.
- **Public housing** – Long-term housing owned and managed by the government. You need to meet specific criteria and there are often long waiting lists.



- **Private rental market** – Renting a house, apartment, or other type of home from a **private landlord** . This can include sharing a place with others to save money.
- **Home ownership** – Buying your own home. You might be able to purchase a house yourself or with someone else, like a partner or family member.

You can find more housing options on page 2 of this resource from the Summer Foundation: [Mainstream housing options: A guide for people with disability, their families and supports](#) - Summer Foundation.



 A **private landlord** is a person that owns a property and rents it out to people, like you, who need a place to live.

Jasmine's story

This story is inspired by the experiences shared by younger people with disability through published resources. This story has been created to help you think about how your life could look after moving out of aged care.

Jasmine moved into aged care in her 40s because of a cognitive disability. For a long time, Jasmine did not know there were alternative living options besides aged care. When she started working with her support coordinator, she learned there were other choices that might suit her needs. Together, they explored different types of housing and supports.

Learning about these options helped Jasmine realise she could live more independently in a way that suited her. She was excited to know that with the right support, she could find a place to call her own. Jasmine now lives in a private rental with Individualised living options (ILO) support.

Discover home and living support options

-  Housing options
-  Support options
-  NDIS funded option

Public housing

Public housing is a long-term option owned and managed by the government. You need to meet specific criteria and there are often long waiting lists.

Personal care supports

Personal care supports assist with daily personal activities like hygiene, using the toilet, eating and drinking, going to appointments, and more.

Access medical centres and urgent health care needs

Specialist disability accommodation (SDA)

SDA is housing designed specifically for people with extreme functional impairment or very high support needs. The NDIS describes people with extreme functional impairment as having a lot of trouble doing daily tasks on your own or sometimes not being able to do them at all.

Individualised living options (ILO)

ILO is a package of supports that can help you live the way you want in your chosen home.



Community/social housing

Community/social housing provides secure, long term and affordable housing options that are managed by not-for-profit organisations.

Access to pharmacies, groceries, eateries and other daily needs

Socialise and get active in community centres



Home ownership

Buying your own home. You might be able to purchase a house yourself or with someone else, like a partner or family member.



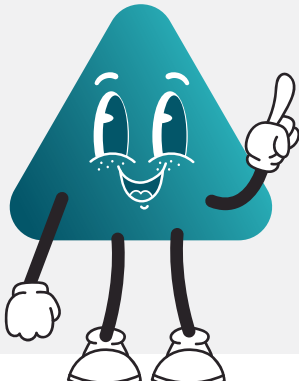
Supported independent living (SIL)

SIL helps people with higher support needs live in their own home by providing support with daily tasks like personal care and cooking.

Private rental market

Renting a house, apartment, or other type of home from a private landlord. This can include sharing a place with others to save money.

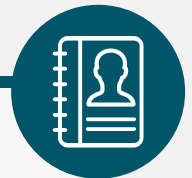




Related toolkit content

Visit the '[A detailed look at your housing and support options](#)' page to learn more.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online:

For more information on **NDIS funded** support options, please see the below resources:

- [Living in and moving out of residential aged care](#) – NDIS
- [Supported independent living](#) – NDIS
- [Individualised living options](#) – NDIS
- [Personal care supports](#) – NDIS

For more information on **non-NDIS funded** housing options, please see the below resources:

- [Mainstream housing options: A guide for people with disability, their families and supporters](#) – Summer Foundation

Chapter 1

Explore housing options

Topic Timelines for moving out and costs of moving out

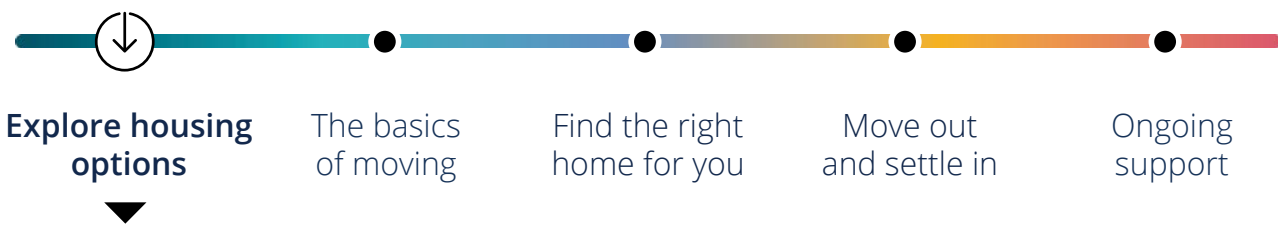
Level of detail Overview ●○○



d. Costs and timelines for moving out

Stage in the decision-making process

You are here



This chapter provides an overview of the benefits and challenges of moving out. It also explores the different housing and support options available.


On this page you will find:

- things that will affect the time it takes to move out of aged care
- possible costs involved in moving out of aged care

How long will it take to move out of aged care?

Finding the right home for your needs and lifestyle is important. It can take time to get right, but with the right planning and support you can find your new home.

Here are some things to consider:

1. You might be able to get NDIS funding – this process has many steps to work through.
2. New homes are being built all the time – you may need to wait for a new home to be built, before you can move in.
3. If you are buying a home, there is usually a **'settlement' period**  of 30 to 90 days before you officially become the owner.
4. You may need time to make changes or updates to your new home so it meets your needs.

Everyone's journey is different. It can take more or less time depending on your needs, lifestyle preferences and location.

For some people, it may take less than a year (12 months) to move, for others it may take longer.

What will it cost to move out of aged care?

Your costs will depend on the home you choose and the supports you need. In aged care, the care facility manages your costs. In your own home, you will take care of your costs. However, depending on your needs, you may be able to access assistance in managing your costs.

If you are eligible, NDIS funding can help cover some costs that can help you move out of aged care. This might include the things you need to move into mainstream housing or options like SDA.

NDIS funding can help you get the supports you need to be safe, cared for and independent.

For example, the NDIS might fund:

- equipment like a wheelchair or a hoist
- devices such as a screen reader
- support to help you get dressed
- support to help you cook meals

If you do not get NDIS funding or only get funding for some things, you can also look into other kinds of support. This can include government programs or community services.

However, whether you have NDIS funding or not, there will be other costs you will need to cover that are not related to your disability. These costs might include:

- packing and unpacking your belongings
- hiring a van or movers to transport your things
- everyday costs like groceries



Related toolkit content

Visit the '[Stages of moving](#)' page to learn more about the stages that will affect the time it takes to move out of aged care.

Visit the '[Plan for costs in your new home](#)' page to learn more about the costs of moving out.



Supporting a loved one?

Moving out of aged care can take some time, and there are a few steps in this process. There are also different costs involved—some will be covered by the NDIS or other government supports, and some may need to be paid out of pocket.

If you would like to chat about these timelines and costs, it is a good idea to talk to your loved ones' support coordinator or other professional supports. They can help you understand what to expect based on your situation. They can also help you understand more about funding options, how to apply for them and any supporting documentation required to complete the application process.

You may also like to engage a financial planner to assist with navigating and identifying an appropriate financial plan and budget for your loved one.



Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online:

For more information on the timing of moving out of aged care, please see:

- [SDA pathway and approval process](#) – Housing Hub

For more information on the costs associated with moving out of aged care, please see:

- [Factsheet: Rent in SDA](#) – Housing Hub
- [Mainstream housing options](#) – Summer Foundation
- [Specialist disability accommodation explained](#) - NDIS
- [Specialist disability accommodation guideline](#) - NDIS
- [SDA finder](#) - NDIS
- [Home and living](#) - NDIS



Activity

e. Activity: Think about your ideal living situation

Moving into a new home can take time. It also requires lots of thinking about what an ideal home looks like to you.

The Summer Foundation have created a workbook to help you think about your ideal home. The workbook includes information and activities you can do.

You can do the activities on your own or with the help of a family member, friend or support worker. If you want to, you can jot down some notes in the spaces below.

You can access the workbook here: [Housing options](#) – Summer Foundation.



Supporting a loved one?

It may be helpful to spend some time discussing these options with your loved one. There are many different housing and support options that your loved one can access to help them live comfortably, safely and independently. Talking through their ideal living situation, needs, and preferences can give you a clearer idea of the avenues worth exploring further.

Understanding your loved ones' preferences, can help you further assess the pros and cons of different housing and support options. It can also help inform discussions about their health and wellbeing and safety if they choose to move.



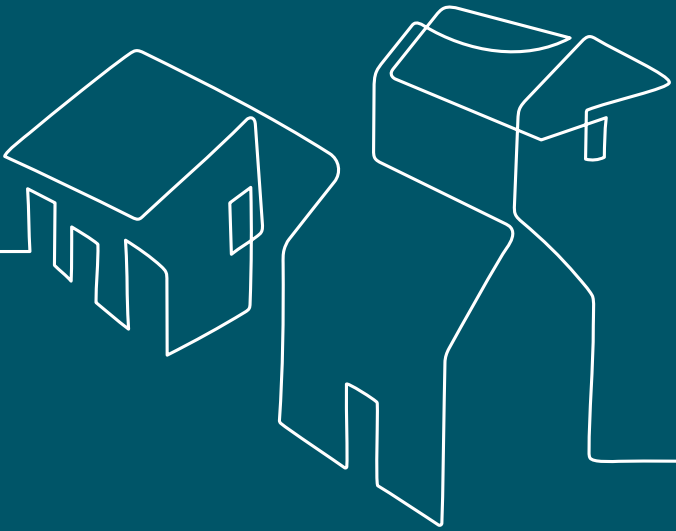
Explore housing options

Basics of moving

Find the right home

Move and settle

Ongoing support



Chapter 2

Understand the basics of moving

Chapter 2 contents

- a. A detailed look at your housing and support options
- b. Get support to plan your move
- c. Plan for costs in your new home
- d. Stages of moving
- e. Understand your rights as a person with a disability



Chapter 2

Understand the basics of moving

Topic Housing and support options

Level of detail Introduction
●●○

a. A detailed look at your **housing and support options**

Stage in the decision-making process



This chapter has detailed information about housing and support options. It also covers possible costs and timing considerations.

On this page you will find:

- a comparison of different housing and support options
- a story about someone who moved out of aged care

You can choose the housing and support options that meet your needs. Depending on your needs, you might access more than one support option in your chosen home.

The following information outline different options, their benefits and things to think about.

NDIS-Funded Home and Living

Specialist disability accommodation (SDA): SDA is housing designed specifically for people with extreme functional impairment or very high support needs.

Benefits of this option are:

- you can live independently in a home that meets your needs
- you can have supports delivered in a safe environment
- your accessibility needs can be met, with features like ramps and buttons to open doors

This option might suit you if:

- you have very high support and mobility needs
- you have a disability that affects your self-care or decision making
- you can afford the required rent contribution and other daily living costs

Supported independent living (SIL): SIL helps people with high support needs live in their own home by providing support with daily tasks like personal care and cooking.

Benefits of this option are:

- you can live independently and get support with daily tasks
- support is tailored to your needs
- you can build your skills over time with the help of others

This option might suit you if:

- you have higher support needs
- you need help at home all the time, including overnight
- you need support with daily tasks like personal care, cooking, and cleaning
- you live with other NDIS participants or on your own

Individualised living options (ILO): ILO is a package of supports that helps you live the way you want in the home you choose.

Benefits of this option are:

- your supports can be delivered in whatever home you choose to live in
- you can explore different living options, like living with a host or housemate
- the support is flexible and can adapt to your changing needs

This option might suit you if:

- you need 6 hours of support at home each day
- you are ready to explore different support options
- you do not need regular support overnight

Personal care supports: Personal care supports help with things like hygiene, using the toilet, eating and drinking, and going to appointments.

Benefits of this option are:

- helps you maintain independence by assisting with daily tasks
- lowers the risk of accidents or health issues



- eases stress about managing daily routines
- tailored to your personal needs and preferences

This option might suit you if:

- your supports are limited to 6 hours a day and can be used flexibly. This includes:
 - bathing, dressing, toileting and grooming for up to 2 hours
 - help with eating and medication for up to 2 hours
 - mobility help for up to 1 hour
 - toileting assistance for up to 1 hour

There are also other housing options that are not funded by the NDIS.


Housing options that are not NDIS-funded

Community/social housing: Affordable, long-term housing managed by not-for-profit organisations.

Benefits of this option are:

- more affordable than private rentals
- offers different housing types to meet your needs
- provides stable, long-term leases

This option might suit you if:

- you meet the **eligibility criteria**  of the organisation
- you have temporary housing or can wait for a home to become available
- you are open to living with housemates

Public housing: Long-term housing owned and managed by the government. You need to meet specific criteria and there are often long waiting lists.

Benefits of this option are:

- more affordable than private rentals
- offers secure, long-term housing
- can be linked to community services that offer support

This option might suit you if:

- you have temporary housing or can wait for a home to become available
- you are happy to live in a different suburb or location

Private rental market: Renting a house, apartment, or other type of home from a private landlord. This can include sharing a place with others to save money.

Benefits of this option are:

- access to a variety of properties in different areas
- smaller upfront costs
- let's you move more easily if needed

This option might suit you if:

- you are happy to live a home that might not be exactly your ideal home
- you are comfortable with the possibility of needing to move again in the future
- you can manage the rent possibly increasing over time

Home ownership: Buying your own home. You might be able to purchase a house yourself or with someone else, like a partner or family member.

Benefits of this option are:

- it can give you a sense of permanence and stability
- you can use NDIS support to modify and adapt your home to meet your needs
- you can have full control over your living situation

This option might suit you if:

- you can afford the high upfront costs of home ownership
- you can manage ongoing costs like mortgage payments and property taxes
- you can buy a home near essential support services

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Specialist disability accommodation explained](#) - NDIS
- [Specialist disability accommodation guideline](#) - NDIS
- [SDA finder](#) - NDIS
- [Home and living](#) - NDIS
- [Supported independent living for participants](#) – NDIS
- [Mainstream housing options](#) – Summer Foundation
- [Different places you could live](#) – Housing Hub
- [About mainstream housing](#) - Housing Hub
- [Types of housing](#) – Disability Gateway



Sam's experience with Supported independent living (SIL)

This story describes Sam's experience of living with SIL services. Sam has high support needs. He has the supports he needs to feel safe while living independently.



Sam's support worker, Mitch helps him get dressed. This makes mornings easy and less stressful.



Sam and his support worker make a grocery list together. Mitch (support worker) assists Sam with buying groceries.



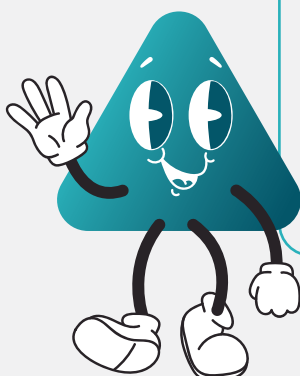
In the afternoon, Sam goes to his favourite coffee spot with Mitch (support worker).




Later on, Mitch (support worker) helps Sam do the laundry and tidy up the apartment.



Sam feels comfortable that there is someone always there to help him when needed.



 **Eligibility criteria** are the rules you need to meet to get certain types of housing or support. It could depend on things like how much money you have and your disability.



Chapter 2

Understand the basics of moving

Topic

Support with planning your move

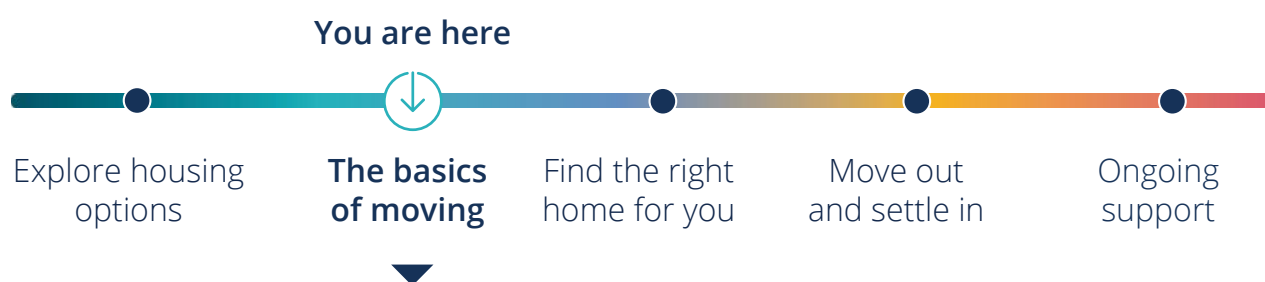
Level of detail

Introduction



b. Get support to plan your move

Stage in the decision-making process




This chapter has detailed information about housing and support options. It also covers possible costs and timing considerations.

On this page you will find:

- information on support you can get in moving out of aged care, whether you are an NDIS participant or not

I am an NDIS participant - what help can I get?

If you are a NDIS participant, you can get help to find another home.

You can ask your **support coordinator**  about what housing and support options you might be able to access.

You can also contact the National Disability Insurance Agency (NDIA) to help you understand what support you need and what options are available. The NDIA is the government agency responsible for managing the NDIS.

Sometimes, housing and support options may not be available, or you may choose not to accept them. In this case, you can remain in aged care if it is your choice. Your support coordinator will contact you again in future to explore housing and support options with you.



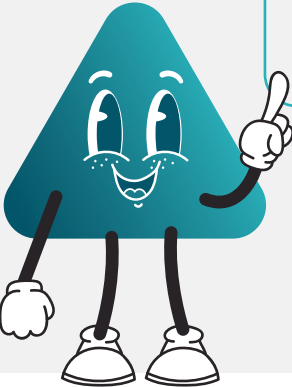
What help can I get if I am not an NDIS participant?


If you are not an NDIS participant, you can still get help to move out of aged care.

Ability first Australia (AFA) manages a program called the Younger People in Residential Aged Care System Coordinator Program. This program helps younger people who are not NDIS participants find new homes. This program will run until December 2025.

AFA will explore accommodation and support options with you. They will also check to see if you are eligible for NDIS funding.

Sometimes, housing and support options may not be available, or you may choose not to accept them. In this case, you can remain in aged care if it is your choice. AFA will contact you again in future to explore housing and support options with you.



 A **support coordinator** is someone who can help you manage your NDIS plan. They can help you explore housing options and organise the right supports for you.



Related toolkit content

- Visit '[Get help to find housing and support](#)' page for more information on getting support to help you find a new home and support options.
- Visit '[Work with professionals on your housing plan](#)' page for more information on how you can work with support coordinators and allied health professionals to move out of aged care.



Supporting a loved one?

You might be able to help connect your loved one with the right person using the contact details provided above. If your loved one is not currently an NDIS participant, it may be worth exploring if they are eligible. Becoming an NDIS participant could open up new funding opportunities for their housing and support needs.

If your loved one would like you to, it may also be beneficial if you join some of those initial conversations to help ensure they fully understand the options being presented.

This factsheet is based on a resource developed by the Department of Health and Aged Care, the National Disability Insurance Agency, My Aged Care, and Ability First Australia.

Helpful resources



Talk to someone: Talk to your support coordinator or someone else in your support network.

You can call Ability First Australia for help on **1800 771 663**.

You can also call the NDIS on 1800 800 110 or email the NDIA YPIRAC team on aged.care.advisory.team@ndis.gov.au

Read online: learn more by reading these resources:

- [Journey map – younger person \(under 65 years of age\) considering entry to residential aged care](#) – Department of Health and Aged Care, National Disability Insurance Agency, My Aged Care, Ability First Australia
- [Younger People in Residential Aged Care \(YPIRAC\) System Coordinator Program](#) – Ability First Australia
- [Helping participants transition from residential aged care](#) – NDIS



Chapter 2

Understand the basics of moving

Topic

Costs of moving out

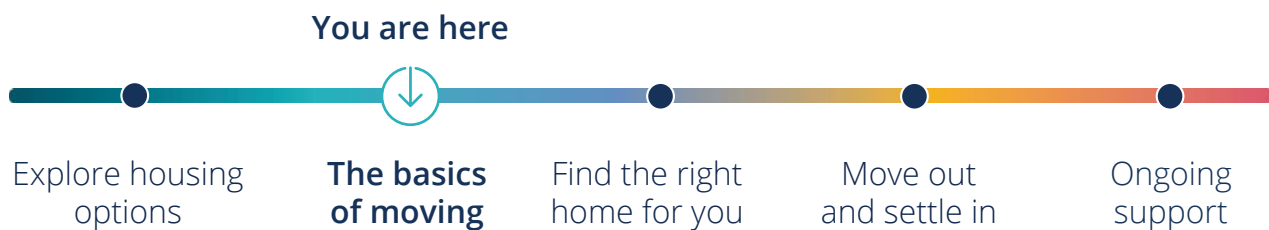
Level of detail

Introduction



c. Plan for costs in your new home

Stage in the decision-making process



This chapter has detailed information about housing and support options. It also covers possible costs and timing considerations.

On this page you will find:

- possible costs in your new home

Will there be costs to move into my new home?

When you move into your new home, there may be some one-off costs to pay. For example:

- paying for help to pack your belongings
- paying to move your belongings
- paying a deposit for your new home

Depending on your situation, you may not have to pay all of these costs. It can help to be aware of these possible costs and talk about them with your support network.

What costs might I have when I move?

Everyone's financial situation is individual. This page will help you learn about possible costs in your new home.

Generally, aged care homes will manage your costs for you. In your own home, you will manage your own costs. It might have been some time since you managed your own costs. You can talk to your support coordinator about this and re-learning money skills.

Money skills can be difficult for all of us. It is okay if it takes time to work out your costs and feel comfortable managing your money.

We have included a list of possible costs below. You may not have all of these costs. We have included them all to support you working this out. You can talk to your support network to help you identify which costs you might have.

Some of these costs are one-off costs, meaning you will only pay them once. Some of these costs are regular, which might mean you pay them every so often, like fortnightly, monthly, or yearly.

Some of these costs may also be covered or supported by NDIS funding and other government supports.

It might feel like a long list – that is okay! Once you get set up, it will be easier to manage.

Property costs – one-off and regular costs

You might have costs for your property. This could include:

One-off costs

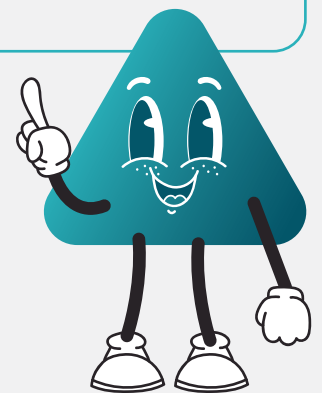
- a mortgage deposit
- a **rental bond** ↗

Regular costs

- a mortgage repayment
- a rent payment
- home maintenance costs
- body corporate or strata fees



A **rental bond** is money you pay when you first rent a home. It is used to cover any damage or unpaid rent if you move out.



Furnishings – one-off costs

You might need to buy furniture and equipment for your new home. This could include:

- **care equipment** e.g. hoists, an appropriate bed
- **furniture and appliances** e.g. a couch, a TV, a microwave
- **decor** e.g. pictures, a clock, a vase
- **soft furnishings** e.g. bedding, cushions, pillows, throw rugs





Household items – regular costs

You might need to buy some items for your new home. This could include:

- **supplies** e.g. toilet paper, cleaning products
- **toiletries** e.g. shampoo, soap
- **food and groceries** e.g. fruit, vegetables, snacks, eating out, delivered food



Healthcare – regular costs

You might need to purchase some healthcare items to support your wellbeing. This could include:

- **medication** e.g. prescriptions, cold and flu tablets, vitamins
- **services and appointments** e.g. carers, GP visits
- **medical supplies** e.g. catheter bags, bandages
- **assistive technology and equipment** e.g. a screen reader, a wheelchair



Community engagement – regular costs

You might have costs to support you attending community events or meeting up with your friends. This could include:

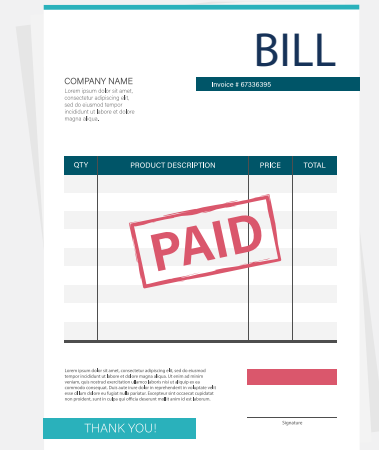
- **transport** e.g. Myki, taxis, Uber
- **social activities** e.g. movies, community outings
- **memberships** e.g. gym, pool, library



Bills – regular costs

You might have regular bills to manage. These could include:

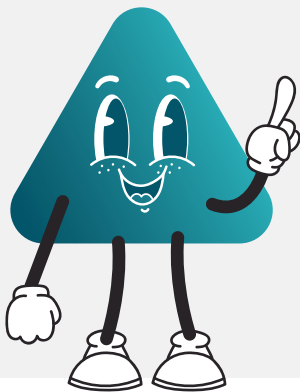
- **utilities** e.g. water, gas, electricity
- **insurances** e.g. house and contents, health, ambulance cover
- **communication/entertainment** e.g. mobile, internet, streaming services
- **council rates and charges**
- **taxes**



Other – regular costs

You might have some other costs that do not come under the areas we covered above.

- **clothing** e.g. jumpers, pyjamas
- **personal care** e.g. hairdressing, nails, massage
- **travel** e.g. holiday costs
- **unexpected costs** e.g. books, entertainment items, education costs, contribution to family costs, donations, presents



Related toolkit content

- Visit the '[Understanding moving costs](#)' page for more information about the costs associated with moving.
- Visit the '[Activity: Moving budget tool](#)' page to help track moving costs.
- Visit the '[Financial supports that may be able to access](#)' page for more information on the financial supports that might be available to you.



Supporting a loved one?

Your loved one may feel nervous or anxious about the idea of managing their own costs and budget. There is support available to help them re-learn and practice these skills.

When thinking about your loved ones' budget in their new home, there are a few things to consider. Beyond daily living, home maintenance, support and medical costs, there are also funding considerations. If your loved one is an NDIS participant, some of their costs will be covered by the NDIS. They may also be eligible for support from other government agencies, where this could be ongoing payments or reimbursement for a one-off expense. There will be some things that your loved one will need to pay for out of pocket.

It can be useful to talk to your loved ones' support coordinator to start identifying funding options and possible costs.

It can also be helpful to work with a financial planner who has a good understanding of disability supports and costs. As with any financial planning, expertise from a professional can take some of the stress and pressure out of planning for costs. They can assist with navigating and identifying an appropriate financial plan and budget for your loved one.

Helpful resources



Talk to someone. You can talk to:

- Your support coordinator
- Your support network
- A financial planner

Read online: Learn more by reading these resources:

- [Managing your budget](#) – MoneySmart
- [Mainstream housing options](#) – Summer Foundation
- [Factsheet: Rent in SDA](#) – Housing Hub
- [Different ways of paying for where you live](#) - Housing Hub

Chapter 2

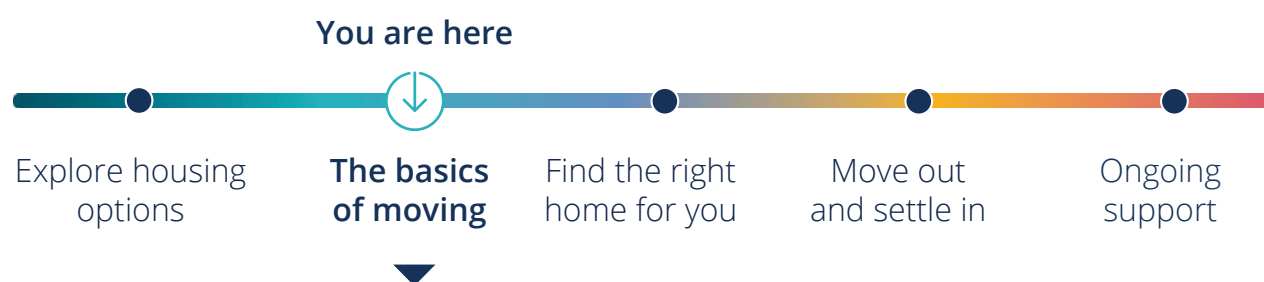
Understand the basics of moving

Topic Timelines for moving out

Level of detail Introduction
●●○

d. Stages of moving

Stage in the decision-making process



This chapter has detailed information about housing and support options. It also covers possible costs and timing considerations.

On this page you will find:

- some considerations that will affect the time it takes to move out of aged care

How long will it take to move out of aged care?

Finding the right home for your needs and lifestyle is important. It can take time to get right but with the right planning and support you can find your new home.

Everyone's journey will be different. But there are some key steps that are the same for everyone. The timing of your move will depend on your specific situation and needs.

To help you understand possible timing, we have created an overview of the five stages. In each stage, we list things that might affect the timing of that stage.

5 stages of moving out:

1. exploring the option to move
2. deciding to move and applying for funding
3. finding a new home
4. preparing to move and moving in
5. settling in



1

Stage 1 – Exploring the option to move

In this stage, you will learn about your options to help you decide if you want to move. Things that you might spend time on, include:

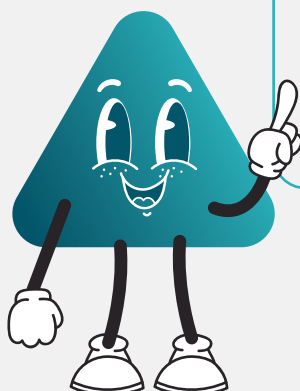
- **Thinking about what you want:** Moving is a big decision, take the time to explore what you want and need. Talk to your family, carer, or nominees and your support coordinator.
- **Making sure everyone is clear:** Talk to your family, carer, or nominees and your support coordinator so that you can all move forward together.
- **Applying for capacity building funding:** You might be eligible for funding to help you explore your options to move.
- **Connecting with advocacy organisations:** Organisations like Summer Foundation, can help you understand your options and what they might mean for you.
- **Working with your support coordinator:** Your support coordinator can help you find and understand information about moving out of aged care.


2

Stage 2 – Deciding to move and applying for funding

In this stage, you may make the decision to move and apply for funding for your new home. Things you might spend time on, include:

- **Completing assessments:** To support your funding application, you may need to complete assessments such as an **Occupational therapy** (OT) assessment. Sometimes these have long wait times.
- **Collecting paperwork:** You might need to apply for and collect paperwork, such as medical information, to support your funding application. It may take time to identify the paperwork you need and for these documents to be given to you.
- **Understanding the process:** Applying for funding may take more or less time, depending on who is helping you. If the person has not gone through the process before, you both might need time to learn more about the process before you apply.



 An **occupational therapy (OT)** assessment helps figure out what kind of support or equipment you need in your new home to live safely.



3

Stage 3 – Finding a new home

In this stage, you will choose what home you want to move into. Things you might spend time on, include:

- **Finding the right home:** It might take time to find the right home for your individual wants and needs. For example, if you want to live in a particular suburb or town, or prefer to live on your own.
- **Finding available housing:** Depending on your area, housing that meets your individual needs may not be easily available. It might take time for the right home for you to become available.
- **Managing housing costs:** It might also take time to find a suitable home that you can afford. NDIS funding may help you meet some of the costs of a new home.

4

Stage 4 – Preparing to move and moving in

In this stage, you will get ready to move into your new home. Things you might spend time on, include:

- **Waiting for the property to be built:** If you are moving into a newly built home you may need to wait for the builders to finish construction.
- **Organising specialist equipment:** You may need to buy special equipment, such as a hoist, to support you in your new home. It might take time for this equipment to be delivered to you.
- **Packing:** You might need to find someone to help you pack and move your belongings to your new home.
- **Arranging care and support:** You will need to find the right carers and supports to ensure you are healthy and safe. It can take time to set up your supports before you move.

5

Stage 5 – Settling in

In this stage, you will get familiar with your new home. Things you might spend time on, include:

- **Adjusting to a new space:** Your new home might feel different and unfamiliar. That's okay, it can take time to get used to.
- **Re-building or learning new skills:** You might need to practice or learn new skills. This will help you feel confident about living independently.
- **Managing your supports:** You can ask for what you want and what you need. It might take practice to do this. Speaking up for your rights and preferences will help you feel comfortable in your new home.

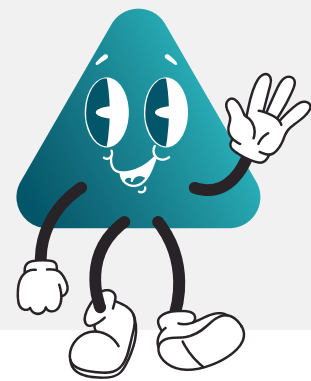
Your support coordinator and support network can help you during each of these stages. You can get the help you need to move out at a time and pace that suits your needs.



Supporting a loved one?

Moving out of aged care can take some time and there are a few steps your loved one will need to go through. It can be helpful to talk to your loved one's support coordinator to build a deeper understanding of timing expectations for their specific situation.

The process and time it takes to move out can cause emotional ups and downs for you and your loved one. Having a clear understanding of the key steps and expectations about things that can shorten or lengthen the timeline can help with managing this aspect of the moving experience.



Related toolkit content

- Visit the '[How to plan a timeline for your move](#)' page for more information on how to plan a timeline for your move.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [SDA pathway and approval process](#) – Housing Hub
- [Mainstream housing options](#) – Summer Foundation
- [Living more independently](#) – Summer Foundation

Chapter 2

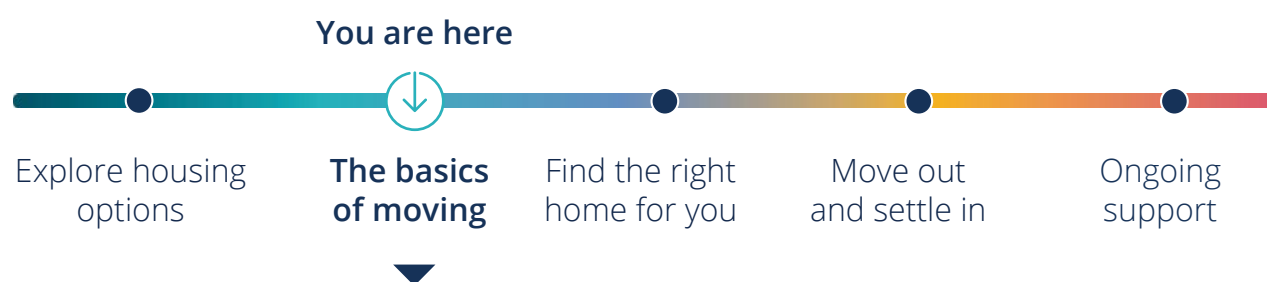
Understand the basics of moving

Topic Support with planning your move

Level of detail Introduction
●●○

e. Understand your **rights** as a person with a disability

Stage in the decision-making process



This chapter has detailed information about housing and support options. It also covers possible costs and timing considerations.

On this page you will find:

- information on your rights as a person with a disability

You have rights

These rights are there to make sure that:

- you are treated fairly
- you can make your own choices
- that you get the support you need to live your life the way you want

Some of your rights include:

- the right to live in your community and be included, just like everyone else
- the right to make decisions about your own life, with help if you need it
- the right to receive services that meet your needs
- the right to be treated fairly and equally

For more information about your rights as a person with a disability, see: [Rights of people with disability](#) – Disability Gateway



Where can I learn more about my rights?

Disability representative organisations can give you information about your rights and advocate for you. They include:

- [Disability Advocacy Network Australia \(DANA\)](#)
- [People with a Disability Australia \(PWDA\)](#)
- [First Peoples Disability Network \(FPDN\)](#)
- [Women with Disabilities Australia \(WWDA\)](#)
- [Children and Young People with Disability Australia \(CYDA\)](#)

Visit '[How an advocate can help you understand your rights](#)' for more information on what an advocate can do and where to go to find an advocate in your area.

Supported decision making

Everyone has the right to make decisions about their own life. This can be everyday choices - like what to wear, or bigger decisions like where to live. Sometimes, you might want or need help to make these decisions. This is called **supported decision making**. Supported decision making means that you get the help you need to make decisions while still having control over the things that matter most to you.

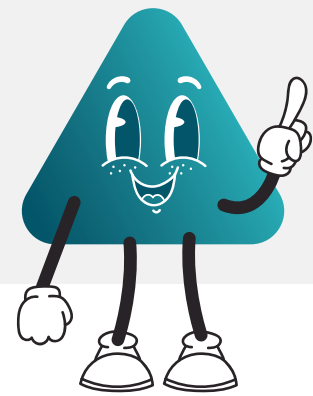
For more information on supported decision making, see: My Rights: [Supported Decision Making](#) - WA's Individualised Services



Supporting a loved one?

You play a key role in helping your loved one understand their rights and feel confident in knowing they are in control of their own life. This might mean helping them connect with disability organisations that can provide valuable information and support.

While your support is important, it is important to remember that the final decision is always theirs. You may help guide them through their options and offer advice, but ultimately, they have the right to make choices about things that shape their life.



Related toolkit content

Visit the '[How an advocate can help you understand your rights](#)' page for more information on how an advocate can support you and where to go to find an advocate in your area.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

For more information about your **rights**, see:

- [Rights as a person with a disability](#) – Housing Hub
- [Rights and legal](#) - Disability Gateway
- [Rights of people with disability](#) – Disability Gateway
- [Your rights and responsibilities](#) – NDIS
- [United Nations Convention on the Rights of Persons with Disabilities \(UNCRPD\)](#) – Human Rights

For more information about **supported decision making**, see:

- [My Rights: Supported Decision Making](#) – WA's Individualised Services
- [Support decision making](#) – Inclusion Australia
- [Supported decision making policy](#) – NDIS

For more information about the support that **disability representative organisations** can provide, see:

- [Disability Advocacy Network Australia \(DANA\)](#)
- [People with a Disability Australia \(PWDA\)](#)
- [First Peoples Disability Network \(FPDN\)](#)
- [Women with Disabilities Australia \(WWDA\)](#)
- [Children and Young People with Disability Australia \(CYDA\)](#)



Explore housing options

Basics of moving

Find the right home

Move and settle

Ongoing support



Chapter 3

Find the right home for you

Chapter 3 contents

- a. [Get help to find housing and support](#)
- b. [Pathway into your new home](#)
- c. [Set a goal to move out of aged care](#)
- d. [Work with professionals on your housing plan](#)
- e. [Find housing that meets your support needs](#)
- f. [Assistive technology in your new home](#)
- g. [Modifying your new home](#)
- h. [Managing care in your new home](#)
- i. [Explore short-term and medium-term accommodation](#)
- j. [Take the first steps toward your move](#)
- k. [Build your support network](#)
- l. [Connect with your community](#)
- m. [Learn from others who have made the move](#)



Chapter 3

Find the right home for you

Topic

Support with planning your move

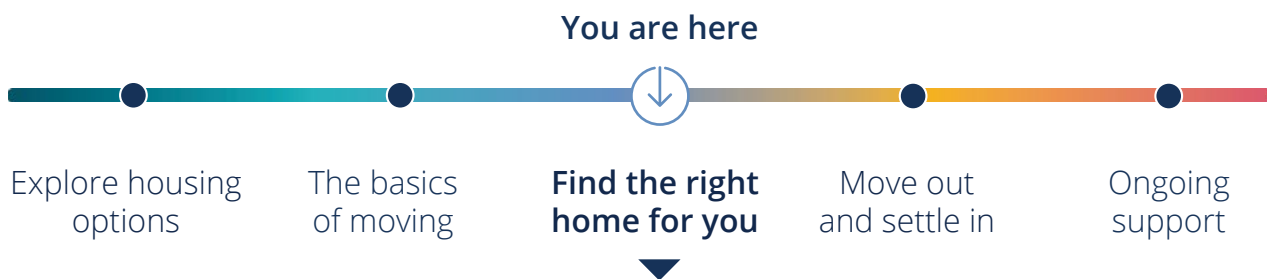
Level of detail

Detailed



a. Get help to find housing and support

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information about getting funding to help you find a new home and support options

Can I get help with finding a new house and support options?

Moving is a big decision. It is important to find the housing and support options that meet your individual needs and wants. To achieve this, you might need some help.

Depending on your individual disability and needs, you might be able to get NDIS funding for something called “capacity building”. This funding can be used to help you find housing and support options. However, not everyone will receive this funding.

You **might** receive NDIS funding, if:

- you cannot look for housing on your own
- you do not already have supports in place to help you

You **might not** receive NDIS funding, if:


- you can look for housing and supports on your own
- you have informal supports who can help you
- you have existing allied health assessments you can use to work out what housing might suit you

What will capacity building funding help me with?

Capacity building funding can:

- give you access to a support coordinator to look at what housing options might suit you
- help you work with allied health professionals to assess what housing and supports you would need to live independently

How do I know if I already have capacity building funding?

If you have capacity building funding, this will be listed in your **NDIS plan** .

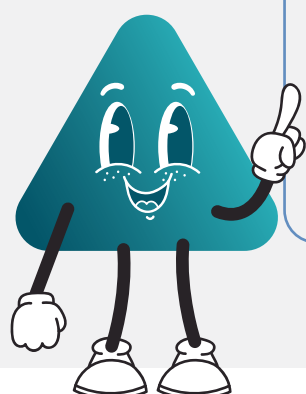
The [NDIS website](#) says that your NDIS plan will include information about:


- you and your living situation
- your goals, or things you want to work towards
- who supports you (e.g. your family, friends, community and other government services)
- any NDIS supports you have funding for
- how you can use your NDIS funding
- who will manage your NDIS funding
- when the NDIS will review your plan

How do I get capacity building funding?

If you want to move into a new home, you need to include 'Explore more appropriate housing options' as a goal in your NDIS plan.

If you are eligible, NDIS may then provide capacity building funding to help you find housing and supports.



 Your **NDIS plan** is a document that explains your goals and the supports you need to meet these goals. Your NDIS plan is just for you.



Related toolkit content

Visit the '[Work with professionals on your housing plan](#)' page to learn more about how you can use your capacity building funding to work with support coordinators and allied health professionals to move out of aged care.



Supporting a loved one?

Depending on your loved ones' individual disability and needs, it may be helpful for them to access capacity building funding through the NDIS.

If they receive this funding and are going to work with a support coordinator, it is important to ensure that they connect with a support coordinator who has a good understanding of accessible housing. If you are not happy with a support coordinator, you can ask to change to someone else.

Summer Foundations' guide, '[Looking for somewhere to live](#)', includes a list of useful questions that you and your loved one can ask a potential support coordinator.

Your loved one receives funding for allied health assessments. These assessments help determine what housing-related supports your loved one could receive to help them live safely in their new home.



Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online:

For more information on getting help with finding housing and supports, please see:

- [Looking for somewhere to live](#) - Summer Foundation
- [Thinking about moving: do you need help?](#) - Housing Hub

For more information about NDIS plans, please see:

- [What is an NDIS plan?](#) - NDIS

Chapter 3

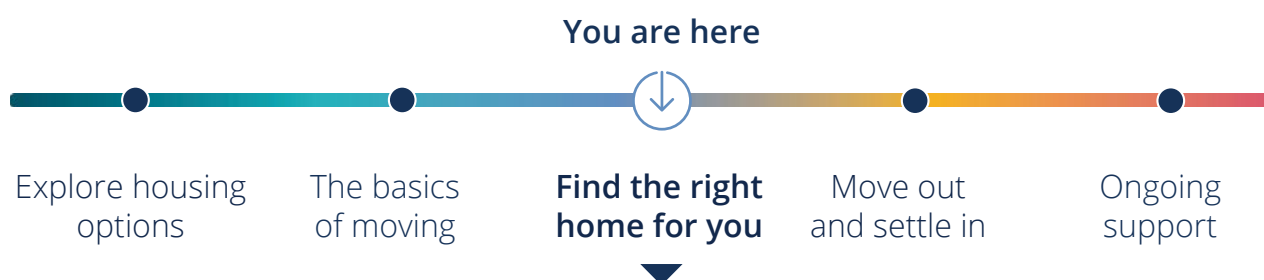
Find the right home for you

Topic Steps to moving out of aged care

Level of detail Introduction
●●○

b. Pathway into your new home

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:


- information about different pathways into a new home

What is my pathway into a new home?

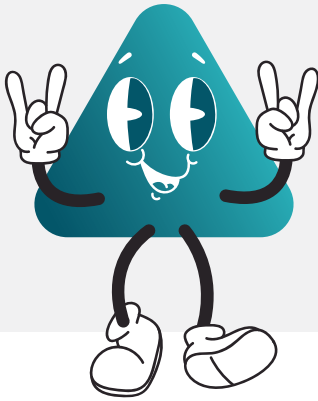
Depending on what type of home you are moving into, your pathway can look different.

Summer Foundation have created a visual map of two pathways; one that shows the pathway into mainstream housing and one that shows the pathway into SDA.

At a high level, some of the key steps included in these pathways are:

- develop a **housing goal**  in your NDIS plan - Summer Foundation
- request capacity building funding
- attend a planning meeting with NDIS
- work with your support coordinator and allied health professionals to find the right type of home
- request funding for your chosen housing and support options
- request assistive technology and home modifications if you need them
- move into your new home

See the full pathways map here: [NDIS housing pathways](#) - Summer Foundation



➤ A **housing goal** is written in your NDIS plan. It says what kind of home you want to live in and what help you need to live there. You need a housing goal in your NDIS plan if you want NDIS support to move. For more information on housing goals, see: [NDIS Housing Goal Writing](#) – Housing Hub



Related toolkit content

There are many materials in this toolkit that provide more information on some of the key steps in the housing pathway.

Visit the '[Set a goal to move out of aged care](#)' page for more information about how to set a goal.

Visit the '[Get help to find housing and support](#)' page to learn more about how to get funding to find a new home and support options.

Visit the '[Work with professionals on your housing plan](#)' page to learn more about how to work with support coordinators and allied health professionals to move out of aged care.

See the '[Assistive technology in your new home](#)' page to learn more about the supports you may be able to access for assistive technology.

Visit the '[Modifying your new home](#)' page to learn more about the supports you may be able to access to make home modifications.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online:

For more information on pathways into housing, please see:

- [NDIS housing pathways](#) – Summer Foundation
- [NDIS Housing Goal Writing](#) - Housing Hub
- [Home and living](#)- NDIS

For more information on NDIS plans, please see:

- [What is an NDIS plan?](#) – NDIS

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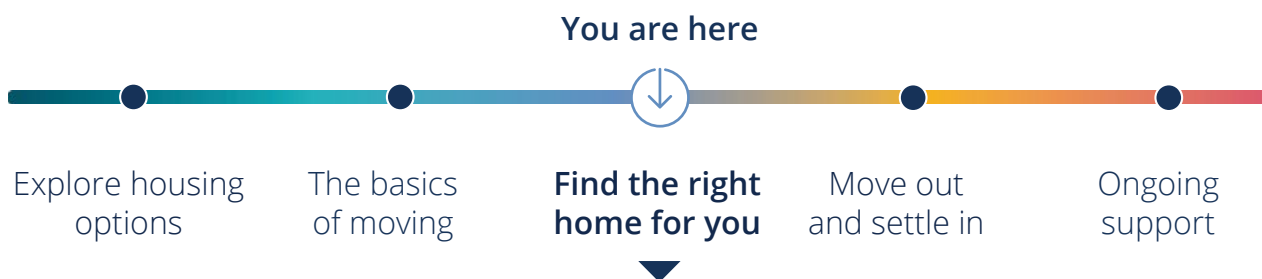
Find the right home for you

Topic Steps to move out of aged care

Level of detail Introduction
●●○

c. Set a goal to move out of aged care

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:


- information about setting a goal to move out of aged care

Why do I need to set a goal to move out of aged care?

In your NDIS plan, you can include goals for things that you want to pursue. The goals you set are something that the NDIS thinks about when deciding what funding to give you.

If you want to move out of aged care, it is important to set a goal in your NDIS plan. Your goal might be to 'Explore more appropriate housing options'.

This lets the NDIS know you want to move out of aged care and might need funding. Funding could include:

- capacity building funding to help you find a new home
- housing funding that helps to pay for costs in your new home
- funding for supports that help you live safely in your new home
- funding for **assistive technology**  and home modifications that help you live safely and independently

The NDIS will work out what funding to provide you. They will consider:

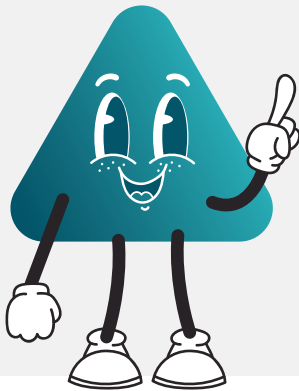
- if it will help you meet your goals in the NDIS plan



- if it will help you participate in social outings, recreation, work and study
- if it represents good value for money
- the support will likely help you manage your disability
- what your family or other support networks can reasonably do for you
- if it is appropriate for it to be funded by the NDIS

For more information about the funding criteria, please see the [NDIS website](#).

If you are not a NDIS participant, you can still set a personal goal to move out of aged care. You just do not need to submit this goal anywhere.



 **Assistive technology** is equipment or devices that can help you with daily tasks. This can include things like wheelchairs and screen readers. For more information on assistive technology, see: [Assistive technology in your new home](#)



Related toolkit content

Visit the '[Pathway into your new home](#)' for more information on the key steps in the moving process.

Visit the '[Get help to find housing and support](#)' page for more information on getting funding to help you find a new home and support options.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online:

For more information on pathways into housing, please see:

- [NDIS housing pathways](#) – Summer Foundation
- [How to move from NDIS aged care into more suitable accommodation](#) – Plan Partners

For more information on NDIS funding, please see:

- [Does the support meet the reasonable and necessary criteria?](#) - NDIS

For more information NDIS plans, see:

- [Sample NDIS plans](#) – Summer Foundation
- [Setting goals](#) - NDIS

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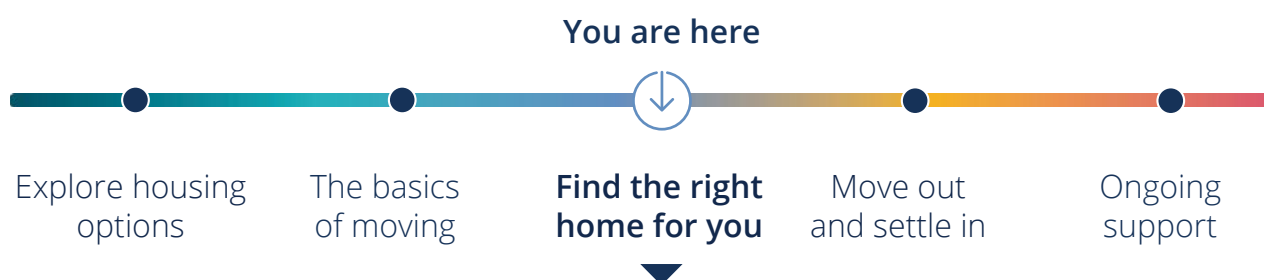
Find the right home for you

Topic Support with planning your move

Level of detail Introduction
●●○

d. Work with **professionals** on your housing plan

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information about working with support coordinators and allied health professionals to move out of aged care

Moving out of aged care can take some time and includes a number of steps. Depending on your disability and individual needs, you may be eligible for NDIS funding for housing and supports.

What can a support coordinator help me with?

A support coordinator can help you look for a new home and write your housing plan.

The NDIS might provide you with up to 75 hours of support coordination. The NDIS provides this as capacity building funding. For more information on capacity building funding, visit the [‘Get help to find housing and support’](#) page.

During your time together, your support coordinator will:

- work with allied health professionals to complete assessments to work out your housing and support needs
- help you define your housing preferences
- help you write your housing plan



You may not already have a support coordinator. If you do not, you can choose one from the NDIS list of registered support coordinators. For more information on finding a support coordinator, visit [Finding a support coordinator - NDIS](#).

What can allied health professionals help me with?

Allied health professionals can complete assessments with you that will help to fill out your housing plan. These assessments give the NDIS information about your physical, cognitive and functional support needs.

Allied health professionals include people like psychologists, occupational therapists (OTs), disability specialists and social workers.


You and your support coordinator can use this information to understand what supports you might need to help you live comfortably and safely in your new home.

Information from assessments could help you get funding for:

- capacity building activities
- assistive technology
- home modifications
- specialist housing design features

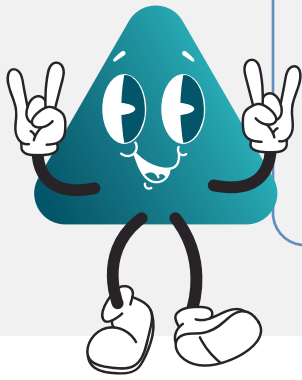
What is a housing plan?


A housing plan gives the NDIS a clear understanding of:

- your housing goals
- your housing preferences
- your **housing history** 
- your work, interests and community involvement
- your disability and assessed support needs
- your assessed housing needs
- your transition plan for moving into a new home
- your plan for building skills if you plan to live more independently

If you have capacity building funding, your support coordinator and allied health professionals can help provide the information you need to fill out a housing plan. If you do not have capacity building funding, you may be able to do this yourself or with support from your family, carers and nominees.

The NDIS will use the information in your housing plan to work out what funding to give you for housing and supports.



 Your **housing history** is a record of the places you have lived before. It helps the NDIS understand your needs and experiences with different types of housing.



Related toolkit content

Visit the '[Pathway into your new home](#)' page for more information on the key steps in the moving process.

Visit the '[Assistive technology in your new home](#)' page to learn more about the supports you may be able to access for assistive technology.

Visit the '[Modifying your new home](#)' page to learn more about the supports you may be able to access to make home modifications.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online:

For more information, please see:

- [Looking for somewhere to live](#) – Summer Foundation
- [Thinking about moving: do you need help?](#) – Housing Hub
- [Allied Health](#) – Housing Hub

For more information on NDIS support coordinators, please see:

- [Support coordination](#) – Housing Hub
- [Finding a support coordinator](#) – NDIS
- [Find a registered provider](#) – NDIS

For more information about housing plans, please see:

- [How to write a housing plan](#) – Housing Hub

Chapter 3

Find the right home for you

Topic Finding and choosing the right home

Level of detail Introduction
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Explore housing options

Basics of moving

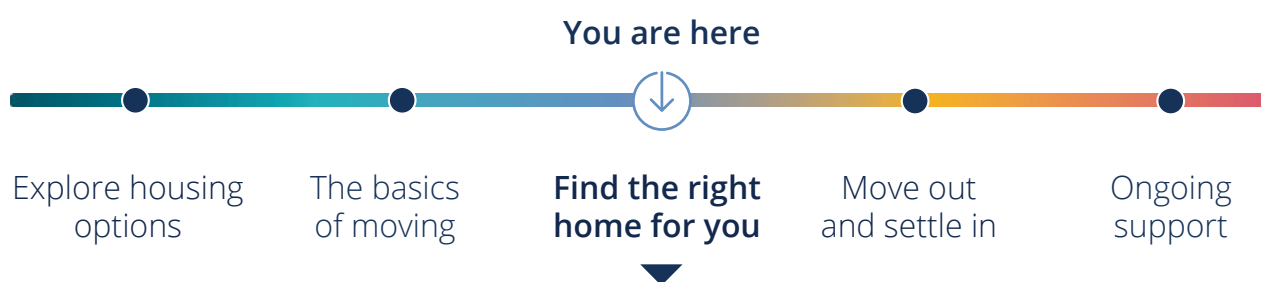
Find the right home

Move and settle

Ongoing support

e. Find **housing** that meets your support needs

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information about important things to think about in working out what kind of home will be right for you

Moving out of aged care is a big decision. Before you do, you should think about:

- where you want to live
- who you want to live with
- the type of housing you want to live in

There are tools to help you decide what housing will meet your needs. The Summer Foundation has made a tool to help you describe the housing you have lived in up until now. It also helps you work out your housing goals. Go to: [My housing preferences - Summer Foundation](#).

The tool is designed so you can take information from it and put it into housing application forms.

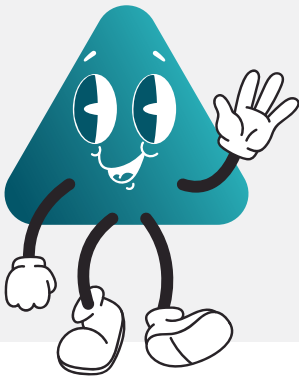
Your NDIS plan might include funding for capacity building. As part of this support, you can talk to your support coordinator about your housing goals and preferences. The information in this tool can help you during those conversations.



Supporting a loved one?

You might find it helpful to go through some of the questions in the [‘My housing preferences’](#) tool with your loved one.

There is no need to complete everything, but it can be useful to start thinking about housing and support options. This can help guide conversations with your loved one’s support coordinator about their housing goals.



Related toolkit content

Visit the [‘Get help to find housing and support’](#) page to learn more about how to get capacity building funding to find a new home and support options.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources

- [My housing preferences](#) – Summer Foundation
- [Thinking about moving: what do you want and need out of housing?](#) - Housing Hub



Chapter 3

Find the right home for you

Topic

Housing and support options

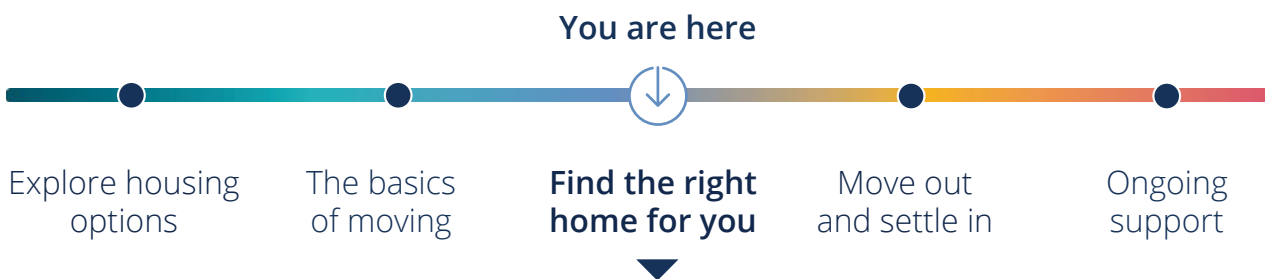
Level of detail

Introduction



f. Assistive technology in your new home

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information about supports you may be able to access for assistive technology

Assistive technology

Assistive technology includes equipment or devices that can help you do things that might be difficult because of your disability. They can also make tasks easier or safer for you and the people who support you.

Assistive technology is different to home modifications. See the related toolkit content section on the next page for where to find more information on home modifications.

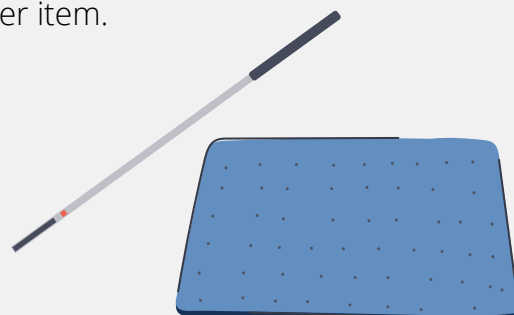
What kinds of assistive technology can the NDIS fund?

The NDIS may pay for low, mid and high-cost assistive technology.

Low-cost assistive technology is up to \$1,500 per item.

Some examples are:

- continence products
- non-slip bathmats
- walking sticks and canes



Mid-cost assistive technology is between \$1,500 and \$15,000 per item. Some examples are:

- customised shower chairs
- pressure care mattresses
- alternative communication devices



High-cost assistive technology is over \$15,000 per item. Some examples are:

- a wheelchair that is custom made for you
- **complex communication devices** ↗
- ventilators



How do I get assistive technology?

The NDIS has different processes for low, mid and high-cost assistive technology. For mid and high-cost assistive technology, you will need a report from an allied health professional. They will explain why you need the equipment and how it will help you achieve your goals. For information on how much funding you may need to buy low-cost assistive technology, see [Assistive technology – Guide for low cost support funding](#).

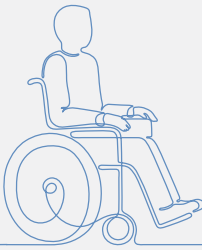


↗ **Complex communication devices** help people talk if they can not speak. These might include special computers or machines that help you speak.



Related toolkit content

Visit the '[Modifying your new home](#)' page to learn more about changes to how your housing is built or set up.



Paul's story

This story is inspired by the experiences shared by younger people with disability through published resources. This story has been created to help you think about how your life could look after moving out of aged care.

Paul planned to move into Specialist disability accommodation (SDA) after living in aged care since his early 50s. Because of Paul's physical disability, he knew he would need some special equipment to help make his space safe and comfortable. His support coordinator helped him set up an appointment with an occupational therapist (OT) to figure out exactly what he would need.

The OT identified that a custom-made wheelchair and a special shower chair would be the best fit for him. The wheelchair was built to suit his size and needs, and the shower chair made it easier for him to use the shower.

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online. Learn more by reading these resources:

- [Assistive technology explained](#) - NDIS
- [How do we fund assistive technology?](#) - NDIS
- [Assistive technology - Guide for low cost support funding](#) - NDIS



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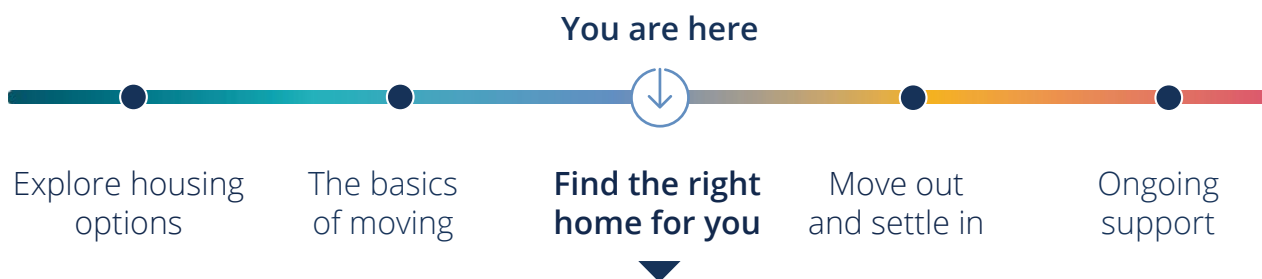
Find the right home for you

Topic Housing and support options

Level of detail Introduction
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g. Modifying your new home

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information about supports you may be able to access to make home modifications

Home modifications

Home modifications are changes to a home to help you move around safely and make everyday tasks easier.

The NDIS can pay for home modifications if they are related to your disability and help you reach your goals.

If you do not own the home you live in, the owner of the house needs to agree to the modifications.

What kinds of home modifications can the NDIS pay for?

- ramps and rails
- widening doorways
- changes to bathrooms and kitchens
- moving light switches and power points
- emergency alarms and security

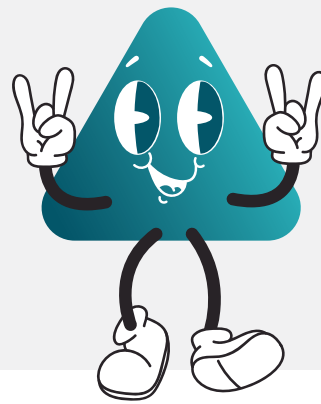


- technology to help you open doors, control lights and operate blinds
- ceiling hoists (in homes where they are suitable)

How do I get home modifications?

An allied health professional will work with you and your support coordinator. Together, you will identify what changes to your home are required to help you reach your goals. A building professional will also need to write a report for the NDIS.

The NDIS is more likely to agree to pay for home modifications when you plan to stay in your home for a longer period of time.



Related toolkit content

Visit the '[Assistive technology in your new home](#)' page to learn more about how equipment or devices can help you do things that might be difficult.

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online. Learn more by reading these resources online:

- [Home modifications](#) – NDIS
- [What home modifications do we fund?](#) – NDIS
- [Mainstream Housing Options](#) – Summer Foundation



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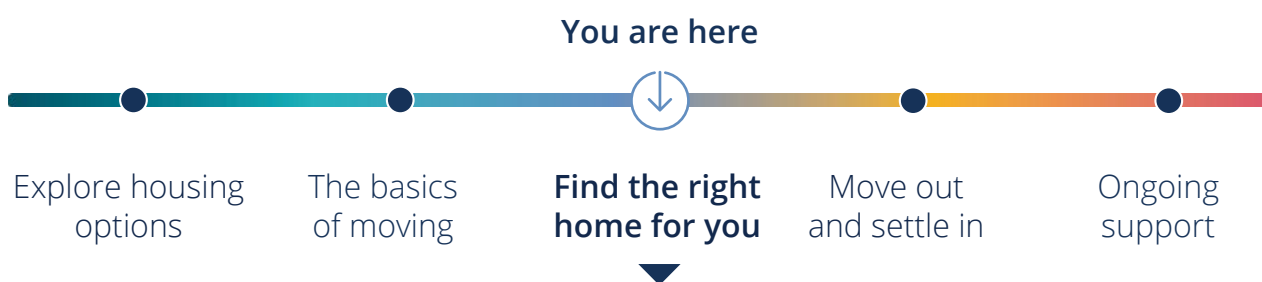
Find the right home for you

Topic Housing and support options

Level of detail Introduction
●●○

h. Managing care in your new home

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- how your care needs may be managed in a new home

Care needs in new accommodation

How will my care needs be managed?

Living more independently can give you more say in how and when your support workers help you.

When you leave aged care, the people who provide you with support might change. You can maintain your current routines and the type of care you receive. You can also consider what new supports you want to add.

You can work with your **support network**  to build a support team that suits your needs.

You get to choose the supports in your new home. You will work with your support provider to:

- pick the right staff for your needs
- set up care routines that suit you
- plan times to get out of your home and enjoy the community

This is your chance to put in place the care and support that works best for you.



Finding the right support

Everyone's experience of setting up support in a new home is unique. Here is how Maria used her move to set up supports that met her needs.



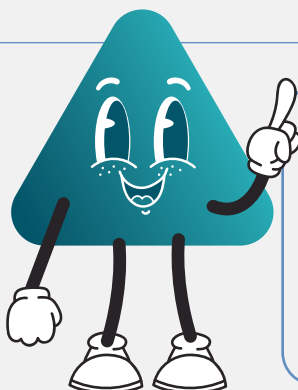
Maria's Story:


This story is inspired by the experiences shared by younger people with disability through published resources. This story has been created to help you think about how your life could look after moving out of aged care.

When Maria moved out of aged care into Specialist disability accommodation (SDA), she was nervous about how her care would change. Due to her physical disability, she still needed help with personal care and managing her medications, but she also wanted to live more independently.

With the help of her support provider, Maria set up a routine that works for her. She chose a team of support workers who not only help her with daily tasks but also take her to community events and social outings.

Maria loves cooking, and now she gets support to plan meals and go grocery shopping, something she did not have the chance to do in aged care. Maria appreciates that her new support team help her live the life she wants and be connected to her community.



 A **support network** is the group of people who help you in your daily life. They work together to support your needs and goals.



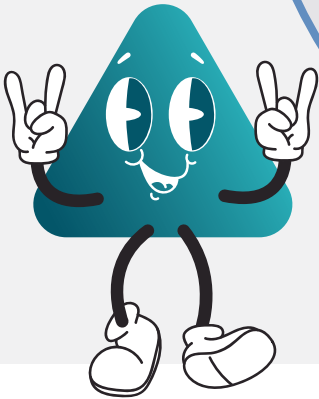


Supporting a loved one?

Moving to a new home is a big change, and it is natural to worry about how your loved one will be supported. Rest assured, they will not be left on their own. They will still receive the care they need, but with more say in how it's delivered.

These early stages of planning to move can be a great time to ask questions about your loved one's support needs and how supports can be put in place to ensure their health, wellbeing and safety.

Your loved one might wish to maintain some of the familiar routines and supports they had in place in aged care. They might also be interested in new supports. It can help to talk to them and their support coordinator about their needs and goals to set up the right balance of supports in their new home.



Related toolkit content

Visit the '[Ensuring your support needs are met from day one](#)' to learn more about how to make sure that your care support is properly set up and ready in your new home.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online. Learn more by reading these resources:

- [Home and support options](#) – Housing Hub
- [Home and living](#) - NDIS
- [Individualised living options](#) – NDIS
- [Supported independent living for participants](#) – NDIS
- [Personal care supports](#) – NDIS
- [Your support team](#) – Housing Hub
- [Health and wellbeing](#) – Disability Gateway



Chapter 3

Find the right home for you

Topic

Housing and support options

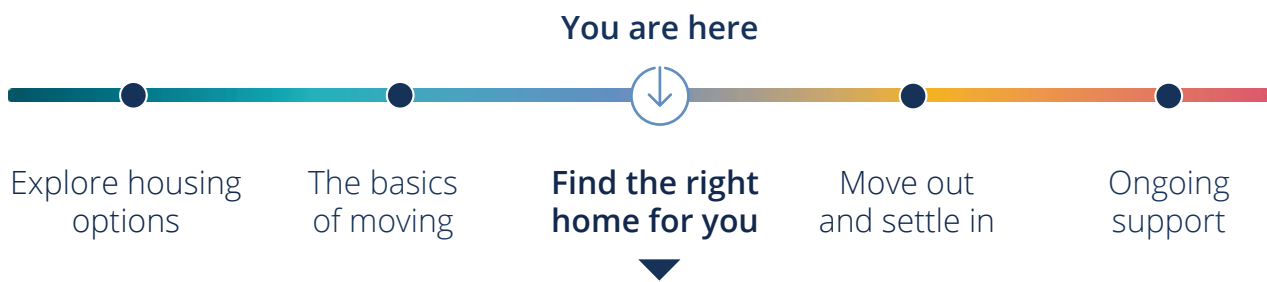
Level of detail

Introduction



i. Explore medium-term accommodation

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information on accommodation you may be able to access for a short time while waiting for your long-term home to be ready

Waiting for your long-term accommodation

While you are waiting for your long-term home to be ready, you might need a temporary place to stay. The NDIS can sometimes help by **Funding Medium-term accommodation (MTA)** during this time.

What is medium-term accommodation?

Medium-term accommodation (MTA) is temporary housing for up to **90 days**.

MTA covers the cost of the housing, but not the support services you might need.

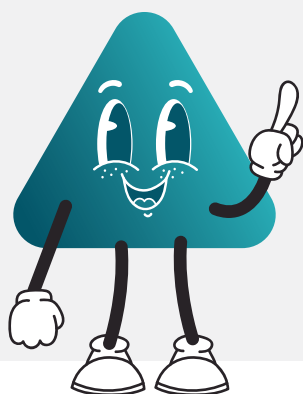
The NDIS will only pay for MTA if you have a **confirmed long-term home to move into** after the 90 days. If you do not have a plan for where you will go after MTA, it will not be funded.

When might you need medium-term accommodation?

You might need medium-term accommodation if your new home is not ready yet. This can happen if:

- you are waiting for home modifications to be finished
- you are waiting for a new **Specialist disability accommodation (SDA)** to be built
- you are waiting for the NDIS to make a decision about your housing
- your current home situation changes suddenly and you need emergency housing

This information is based on guidance from the **Housing Hub**. For more detailed information about short and medium term accommodation, visit [Short & Medium Term Accommodation – Housing Hub](#)



Supporting a loved one?

You can help your loved one understand that **medium-term accommodation** are options for them. They do not need to stay in aged care while waiting for their new home. You can reassure them that there are temporary options available, and they will have support during this time.

Related toolkit content

Visit the '[Pathway into your new home](#)' to learn more about the different pathways into a new home.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources;

- [Short & Medium Term Accommodation](#) – Housing Hub
- [Adventures without limits: Respite & STA](#) – Housing Hub
- [Medium term accommodation](#) – NDIS
- [Short term accommodation or respite](#) – NDIS



Chapter 3

Find the right home for you

Topic

Transition considerations

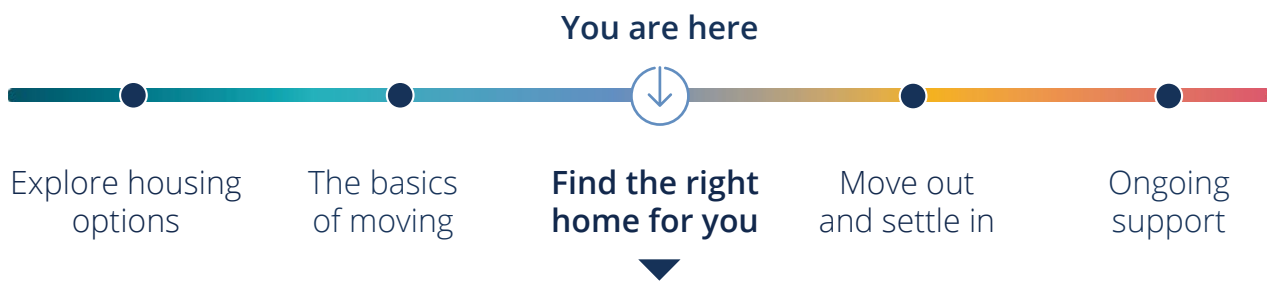
Level of detail

Introduction



j. Take the **first steps** towards your move

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information on things to think about when planning your move into a new home

Things to think about when moving to a new home

Moving to a new home is exciting. But it is also important to think about and plan for any possible challenges you might face. Here are some things to think about:

Get to know the area where you will be living

Explore your new location before you move. This will help it feel more familiar to you and help you settle in. It can be good to find out where the local shops, parks, medical and community services.

Get used to your new space

Visit your new home before you move in. It can take time to settle in, so visiting early will help you feel more comfortable. You could arrange a visit with someone in your support network. You can:

- check out your new home
- get familiar with the layout

- think about where your belongings will go
- consider what you might want to buy, e.g. furniture or paintings

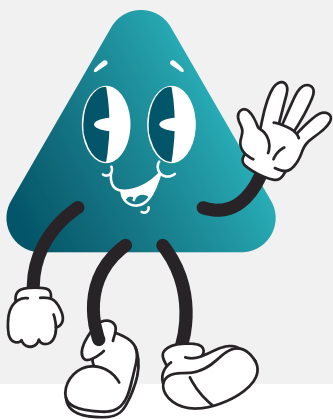
Sometimes it might not be possible to visit your new home, e.g. if it is still being built.

Changes in daily routine

A new home means a new routine. To help you adjust, you can keep familiar routines from your current home. Like how and when you have meals or how you spend your free time. You can plan your days to help you feel comfortable and start to introduce changes when you are ready.

Unexpected issues

Sometimes things do not go to plan. Work on a backup plan with your support coordinator to help manage unexpected things that happen. For example, there might be a delay in moving your belongings. A backup plan can give you peace of mind.



Related toolkit content

Visit the '[Planning your transition](#)' page for more information on who will support your transition and how to create a transition plan for a smooth move.

Visit the '[Support systems during your transition](#)' page to learn more about the support systems that may be available to you during your transition.



Supporting a loved one?

Your support is key to helping navigate your loved one's transition to a new home. Be there to listen, offer guidance, and help organise the move. Whether it is helping with decisions, offering emotional support, or coordinating with care providers, your role in making the move easier and more comfortable is invaluable.

You can also encourage your loved one to re-build or learn new skills that will help them transition smoothly into their new home.

This is also a good opportunity to understand the changes and challenges your loved one might face and explore options to ensure their safety and wellbeing in their new home.

Your loved one may also need support creating a back up plan, in case things don't go to plan.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [The housing toolkit](#) – Summer Foundation
- [Moving house: successful transitioning](#) – Young People in Nursing Homes National Alliance

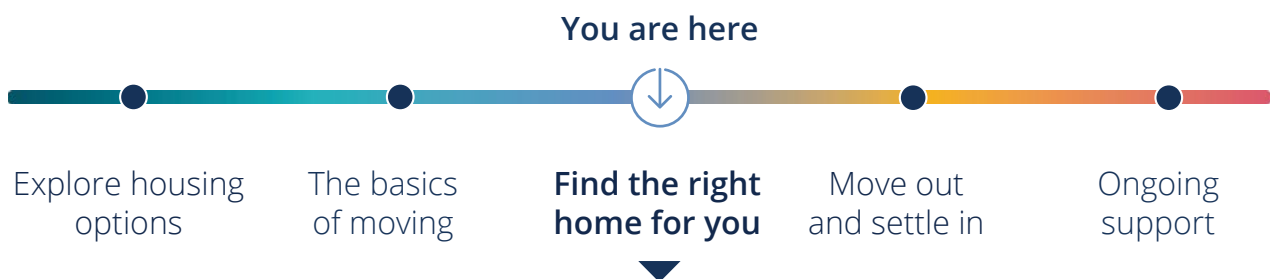
Chapter 3

Find the right home for you

Topic	Support with planning your move
Level of detail	Introduction ●●○

k. Build your support network

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information on the different people that may be in your support network

Building the right support network for you

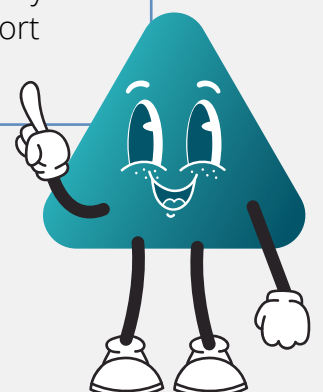
Having the right people in your **support network** is key to making your move as smooth as possible. Your network will include people who are there to help you achieve your personal goals. This could include:

- planning
- budgeting
- having discussions

Everyone's support network looks different, so it is all about finding the right mix of people for you.



A **support network** is the group of people who help you in your daily life. They work together to support your needs and goals.





Below we list some of the people that could be part of your support network. But remember, this is not a checklist and you may have different people in your network.



Family members

Your family can help with big decisions, emotional support, or planning visits to your new home.



Close friends

Friends can offer practical help, like organising or packing, and emotional support when you are feeling uncertain.



Support providers

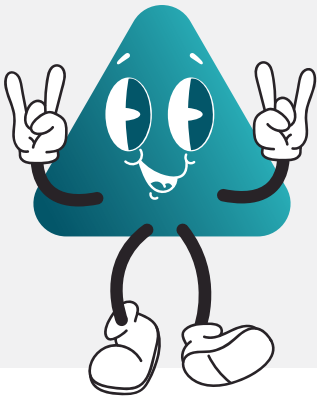
These professionals assist with daily needs and ensure you have the right care in place when you move.



Allied health professionals

These professionals—such as Occupational therapists (OTs) or physiotherapists—can help you adjust to your new home, like helping you work through any physical challenges.

Your support network might include other people too. Like a community worker, neighbour, mentor or advocate. What matters most is that your support network helps you reach your goals and make the move out of aged care as smooth as possible.



Related toolkit content

Visit the '[Support systems during your transition](#)' page for more information on the support systems that may be available to you during your transition to a new home.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Personal networks](#) – Aruma (PDF 861 KB)
- [Circles of support](#) - Family advocacy



Chapter 3

Find the right home for you

Topic

Transition considerations

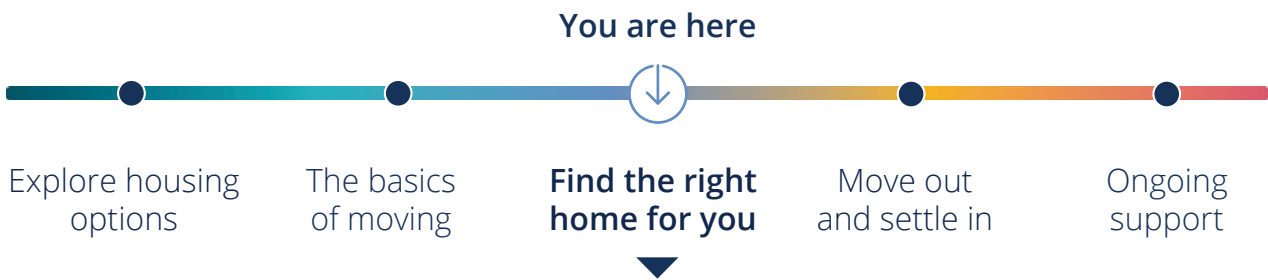
Level of detail

Introduction



I. Connect with your community

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

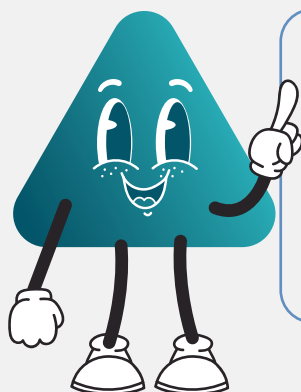
On this page you will find:

- information on the different ways you can get involved in your new community

Getting involved in your new community

Moving to a new home is a great chance to connect with your community. Here are some ways you can get involved:

- **Join local groups** Look into clubs, hobby groups, or sports teams that interest you. You can join something fun like a:
 - book club
 - gardening group
 - social club
 - choir



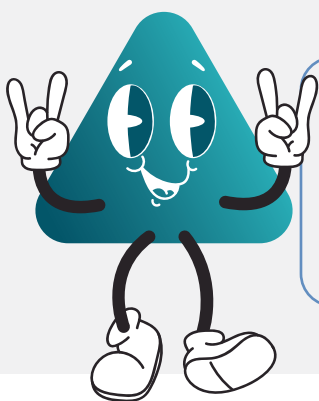
A **local group** is a group of people who meet up to do activities together. It's a great way to meet new people who have the same interests as you.




- **Volunteer: Volunteering**  is a great way to meet people and help others. You could help out at a local charity, op shop, community centre or event.
- **Attend events:** Keep an eye out for local events—festivals, markets, or even just community meetups. Places like your local library or neighbourhood house often host events. By attending events, you can meet new people and explore your local area.
- **Use social media or apps:** Online communities can be a good way to stay connected or find out about local activities. For example, many local communities have a Facebook group you can join. You can also use apps or websites like [MeetUp](#) designed to help people connect over shared interests.
- **Take a class:** You might like to learn or practice a skill by taking a class or short course. You could join in group fitness sessions at a gym or take classes in music, dance, language or another area of interest at your local neighbourhood house.



Being involved in your community can make your new place feel like home and help you build long-lasting friendships.



 **Volunteering** means giving your time to help others without getting paid. It is a great way to meet new people and support your community



Related toolkit content

Visit the **'Build a support network'** page to learn more about making sure you have the right people in your support network.



Jason's Story

This story is inspired by the experiences shared by younger people with disability through published resources. This story has been created to help you think about how your life could look after moving out of aged care.

After spending years in aged care, Jason felt unsure about what life would look like after leaving. Jason moved into aged care in his late 30s because of his psychosocial disability. Moving to a new supported independent living arrangement, Jason began to build a new routine that suited him.

With the support of his support team, Jason attends weekly classes. This gives him an opportunity to explore his creative side while also connecting with other people in his community. Jason looks forward to seeing the other regulars at the class each week.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Personal networks](#) – Aruma
- [Circles of support](#) - Family advocacy
- [The people platform – where interests become friendships](#) – Meetup
- [Find a neighbourhood house/centre](#) - Australian Neighbourhood Houses and Centres Association
- [Leisure](#) - Disability Gateway

Chapter 3

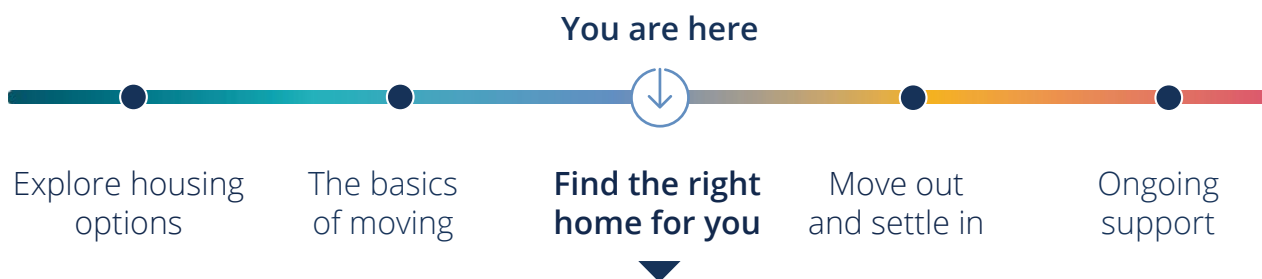
Find the right home for you

Topic Transition considerations

Level of detail Overview
●○○

m. Learn from others who have made the move

Stage in the decision-making process



This chapter includes detailed information to help you find a home that meets your unique needs and lifestyle.

On this page you will find:

- information on how to learn from others' experiences of moving out of aged care

Learning from others' lived experiences

It can be useful to speak to someone else who has moved out of aged care into a new home. This can help you to understand:

- the process for moving out
- how funding works
- what your life might be like in a new home
- different housing options

You can learn from others' lived experience in a few ways.

1. **Watch videos online** – There are many great videos online from people who have moved out of aged care. Watching these can be helpful.
2. **Speaking to someone** – You can ask your support coordinator to connect you with someone they know who has moved out of aged care. You could also ask your family and friends if they know anyone who has moved out.



If you do speak with someone, here are a few questions that you might want to ask.

Questions to ask:

- how has your life changed?
- what were you worried about before you moved?
- how did you manage the move?
- what new skills did you learn?
- what skills did you re-build?
- what do you like about living in your new home?
- what do not you like about living in your new home?
- what advice do you have for someone thinking about moving out of aged care?

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network to connect you with someone they know.

Watch videos online: Learn more by watching these videos of people's experiences of moving out of aged care.

- [Linda offers her advice on looking for SDA](#) – Summer Foundation
- [Sam shares 'things that helped me move'](#) – Summer Foundation
- [Christie achieving her home and living goals](#) – Summer Foundation
- [Living more independently: resource series](#) – Housing Hub

You can find more videos on the Summer Foundation's website and the Housing Hub website.

Read online: Learn more by reading about people's experiences living independently.

- [Living in my own home](#) – My Home, My Way
- [The lives we lead](#) – WA's Individualised Services



Supporting a loved one?

Moving can be a big decision and you or your loved one may feel anxious or worried about what their life outside of aged care might look like.

It can be helpful to talk to someone who has been through the experience. If you can, it might also be helpful to talk to their family. If you do connect with someone, it could be useful to try having a video call so that you can see their home, or even visit them, if they are comfortable for you to do so.

Some property owners will also let you tour the property before a decision to move. They might also help you and your loved one meet someone who has already moved into the building.

Fear of the unknown can be difficult to overcome. Seeing what life could be like can help you and your loved one understand what moving out of aged care might achieve for them.



Explore housing options

Basics of moving

Find the right home

Move and settle

Ongoing support



Chapter 4

Move out and settle in

Chapter 4 contents

- a. Where to start when looking for a place to live
- b. Choosing the right home for you
- c. How to plan a timeline for your move
- d. Planning your transition
- e. Activity: My transition plan
- f. Checklist to help you move
- g. Understanding moving costs
- h. Activity: Moving budget tool
- i. Financial supports that may be available to you
- j. Support systems during your transition
- k. Ensuring your support needs are met from day one
- l. How to build connections with your new support workers
- m. Building skills for independent living
- n. What to do when things don't go as planned
- o. How an advocate can help you understand your rights



Chapter 4

Move out and settle in

Topic

Finding and choosing the right home

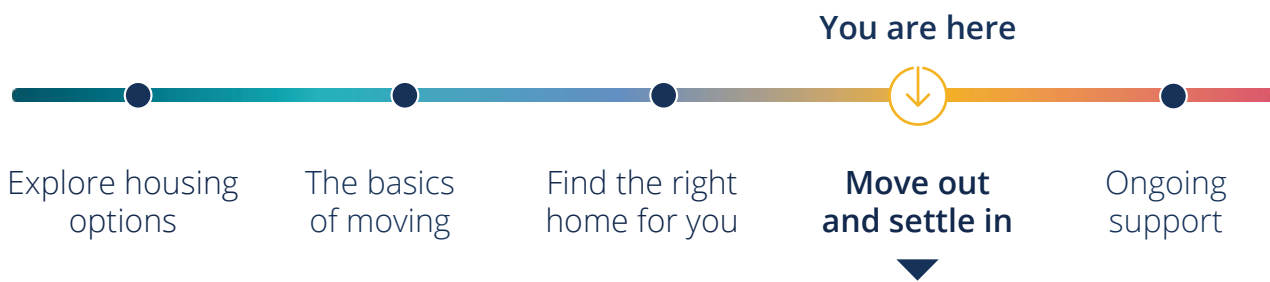
Level of detail

Detailed



a. Where to start when looking for a place to live

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information to help you find out where you can look for housing that suits your needs

When you are ready to look for a new place to live, there are many options you can consider. It is important to know that help is available, and there are different ways to find a place that is right for you.

If you are looking for mainstream housing, you can search real estate websites such as realestate.com.au, domain.com.au and allhomes.com.au. These websites list homes for everyone that are available to buy or rent.

For housing that meets your specific needs, here are some great places to start:

- Housing Hub** – A website that lists available homes designed for people with disabilities. This includes specialist disability accommodation (SDA), supported accommodation, and accessible rentals. It also includes homes that accept short-term accommodation (STA) and medium-term accommodation (MTA) funding. You can search by housing type, location, and the type of support you need. Visit: housinghub.org.au
- Nest** – This website is designed to match people with disabilities to a home that meets their accessibility, funding, support and lifestyle choices. Visit: gonest.com.au

- **YourPlace Housing** – This website can help people with a disability find affordable housing. Visit: yourplacehousing.com.au
- **Endeavour Foundation** – This website offers a range of housing options where people can live on their own. Visit: endeavour.com.au
- **myGov** – This website has links to apply for social, public and community housing in each state and territory in Australia. Visit: myGov.au
- **Housing Choices Australia** – A not for profit group that houses people with disability in Victoria, South Australia, Western Australia, New South Wales, and Tasmania. Visit: housingchoices.org.au

This is not a complete list. There may be other options in your state or territory. Speak with your support coordinator or someone else in your support network if you need assistance.



Supporting a loved one?

You play an important role in helping your loved one explore and understand their housing options. You can help out by going through these resources, discussing options, and offering support during the process.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

If you have any questions about NDIS Housing, you can call the Housing Hub NDIS Housing advice line 1300 61 64 63. You can also email them at housingoptions@housinghub.org.au.

Read online: Learn more by reading these resources:

- [Finding housing](#) – Housing Hub
- [Housing Hub](#)
- [Nest](#)
- [YourPlace Housing](#)
- [Endeavour Foundation](#)
- [Housing Choice Australia](#)
- [myGov](#)



Chapter 4

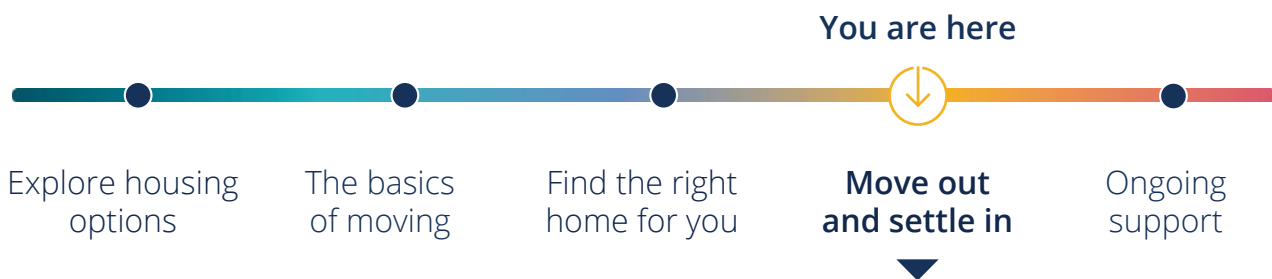
Move out and settle in

Topic Finding and choosing the right home

Level of detail Detailed
●●●

b. Choosing the right home for you

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information to help you understand what to think about and who can support you when moving to a new home

It is exciting that you are now looking for a new home! But we know it can also be a bit confusing. You will see lots of different homes and it can be hard to decide which one is right for you.

To help, we have put together some simple steps to guide you to you find a home that meets your needs.

1. Think about your needs

The Summer Foundation has made a tool to help you describe the housing you have lived in up until now. It also helps you work out your housing goals. You might have already filled this out, but if not, now is a good time to use it.

Housing tool: [My housing preferences](#)
– Summer Foundation



As you fill out the tool, you can think about things like:

- any equipment you use
- modifications that might help, like ramps or grab rails
- your preferences for living close to family, friends or services



2. Look at the home's features

When you find a home that looks good, check if it matches the needs you wrote down in the housing tool;

- **accessibility:** Does the home have what you need to move around easily, like ramps or wide doorways?
- **modifications:** Can any modifications you need be made?
- **location:** Is it close to the places and people you want to be near?

3. Ask questions

When you find a home that might be right for you, ask lots of questions. Here are some ideas:

- can I make changes to the home if I need to?
- are there any extra costs for making modifications?
- how long will it take until I can move in?
- what is the neighbourhood like? Is it close to services or public transport?

4. Visit the home

If you can, visit the home in person. Bring someone with you, like a family member or your support coordinator, to help you check things. Make sure the home feels comfortable and meets your needs.



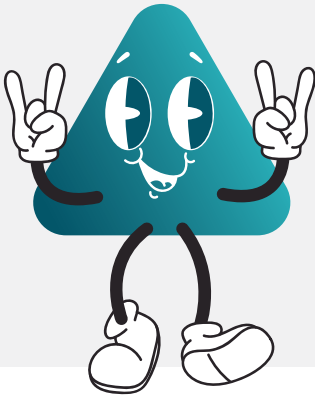
5. Get help to evaluate your options

It is okay to ask for help! Talk to your family, friends, or support coordinator. They can give you advice and help you decide if the home is right for you.



Supporting a loved one?

You can play a big part in helping your loved one find the right home. By listening to their needs, exploring housing options together, and offering advice, you can help them feel confident in making their decision.



Related toolkit content

Visit the '[Where to start looking for a place to live](#)' page to learn more about where you can look for housing that suits your needs.

Visit the '[Activity: Think about your ideal living situation](#)' page to complete an activity that helps you think about what your ideal home looks like.

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [My housing preferences](#) – Summer Foundation
- [Assessing accommodation options: factsheet](#) – Young People in Nursing Homes National Alliance
- [What should I consider?](#) – Housing Hub
- [Thinking about moving: what do you want and need out of housing?](#) – Housing Hub
- [Finding housing](#) – Housing Hub



Chapter 4

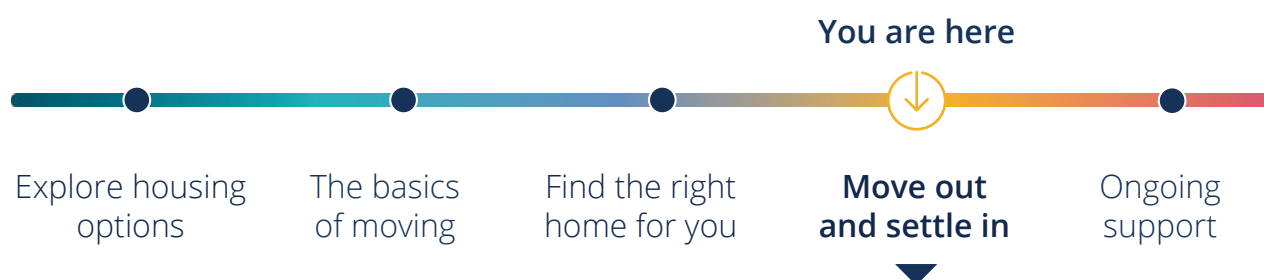
Move out and settle in

Topic Timelines for moving out

Level of detail Introduction
●●○

c. How to plan a **timeline** for your move?

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information that will help you plan a timeline for your move

Moving into a new home is an exciting time. Your journey is unique and so is your **timeline** . Your timeline might depend on whether you have just had your housing plan approved or if you have already found a place to live.

Some people are ready to move quickly, while others take more time. That is okay! The important thing is to find a timeline that works for you. Here are some things to think about when planning a timeline for your move:

1. What stage are you at?

If your housing plan is approved but you haven't found a home yet, it might take longer as you search for somewhere to live. If you've already found a home, your move might happen sooner.

2. Does your new home need changes?

If your new home needs modifications like ramps or grab rails, it might take some time to get those changes done. Speak to your housing provider or support coordinator to find out how long these changes will take.



3. Are your supports ready?

You may need to wait for care, equipment, or other supports to be set up in your new home. Talk to your support coordinator or NDIS provider about how long this will take.

4. How ready are you to move?

Think about how ready you feel. You might need time to pack, organise the move, buy items for your new home or get comfortable with the idea of moving. You might also want to familiarise yourself with the local area before you move there.

5. Do you have a moving date?

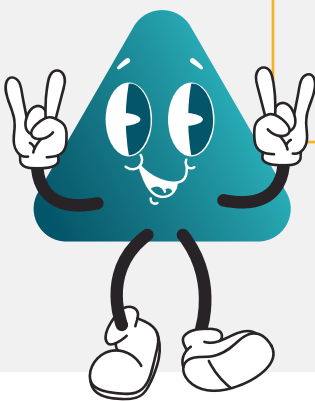
If you have a date in mind, make sure everything is lined up. Talk to your housing provider and support team. Make sure the home is ready, your supports are in place, and any changes to the home are finished before your moving day.

6. Be flexible

Things don't always go exactly as planned, and that is okay. Sometimes there are delays. It is good to be open to adjusting your timeline if needed. You can work with your support coordinator, housing provider and support network to adjust your timeline and work through anything that comes up.



 A **timeline** is a plan that shows when things will happen in the days, weeks or months over a period. It helps you know when you might be ready to move into your new home and what needs to be done first.



Related toolkit content

Visit the '[Planning your transition](#)' page for more information about who will support your transition and how to create a transition plan for a smooth move.

Visit the '[Checklist to help you move](#)' page to learn more about what you need to have in place as you prepare for your move.



Supporting a loved one?

You can help your loved one by talking through the timeline, helping them stay organised, and checking in with their housing provider or support network.

Being there to offer guidance and support during the move can make a big difference.

You can also support your loved one if they have to change their timeline.

Helpful resources



Talk to someone: You can talk to your support coordinator for more information.

Read online: Learn more by reading these resources:

- [Moving house: successful transitioning](#) – Young People in Nursing Homes National Alliance



Chapter 4

Move out and settle in

Topic

Transition considerations

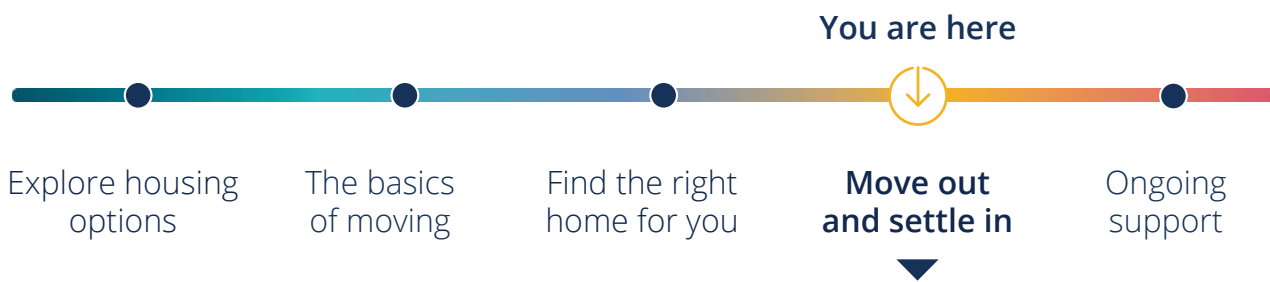
Level of detail

Detailed



d. Planning your transition

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information on who will support your transition
- how to create a transition plan for a smooth move

Having a plan

Having a plan can help guide you through your move out of aged care. This information will help you understand:

- who will support you
- how to create a transition plan
- what to think about to make your move easier

Who will guide my transition?

Your **support coordinator** will usually be the main person helping you through this process. They'll work closely with you to organise the steps of your move, get your supports ready, and make sure everything is in place for when you move to your new home.

There are also other people who may play important roles, including:

- **Family:** Your family can be there to help you pack, move, and support you emotionally through the process.
- **Friends and other trusted people:** Friends or other trusted people can offer support, whether that's helping you prepare or simply being someone to talk to.
- **Other support people:** Other people in your support network may help with practical tasks, like setting up your home and helping you adjust to your new space. This could include advocates or community volunteers.

What does a good transition plan look like?

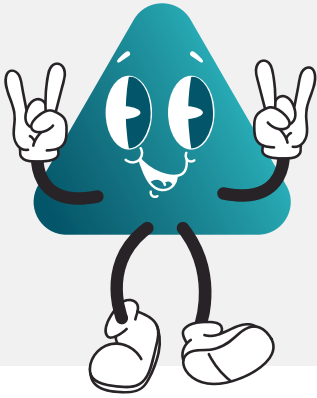
A transition plan is a guide to your move from your current home into your new one. It makes sure everything you need is ready and helps make the move easier. You can develop a transition plan with your support coordinator or someone else in your support network. Here's what makes a good plan:

- **Focus on your needs:** The plan should be centred on what you need. This includes things like making sure your new home is ready with the right modifications and that your supports are in place when you move.
- **Clear steps:** A good transition plan will have clear steps that tell you what needs to happen before, during, and after the move. This might include:
 - getting your home ready
 - setting up services
 - making sure everything is organised when you arrive
- **Ongoing support:** Moving doesn't end when you walk into your new home. Your transition plan should include support after the move to help you settle in, like regular check-ins with your support coordinator or housing provider.
- **Flexibility:** Things don't always go as planned. A good plan should be flexible enough to manage delays or changes. It should also make sure you get the support you need when something comes up. A **moving checklist** can also be useful in helping you prepare for your move. The difference between a transition plan and a checklist is that the checklist is a simple list of tasks to get done. It focuses on specific things you need to do, like packing or getting the electricity connected. You can find a moving checklist here: **[Checklist to help you move.](#)**



My transition plan template

We have developed a **transition plan** to help you and your support network make sure everything is organised, so that the move goes as smoothly as possible. You can fill out this plan with help from your family, support coordinator, or anyone else who is helping you. It is designed to make you feel prepared and supported every step of the way.



Related toolkit content

Visit the '**Activity: My transition plan**' page to put together a plan to help you make sure your move goes as smoothly as possible.

Visit the '**Checklist to help you move**' page to learn more about what you need to have in place as you prepare for your move.

Visit the '**Support systems during your transition**' page to learn more on the support systems that may be available to you during your transition.

Visit the '**Ensuring your support needs are met from day one**' page to learn more about how to make sure that care support is properly set up and ready in your new home.

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

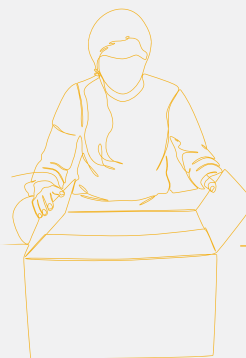
- [The housing toolkit](#) – Summer Foundation
- [Moving house: successful transitioning](#) – Young People in Nursing Homes National Alliance
- [Living more independently: resource series](#) – Housing Hub



Supporting a loved one?

You can help your loved one by discussing their transition plan with them. They may need help working through some of the actions, including backup plans if things are delayed or something changes.

Be there to offer emotional support, help with organising the move, and ensure that the right supports are in place. Your involvement can make the process smoother.



Tanya's story

This story is inspired by the experiences shared by younger people with disability through published resources. This story has been created to help you think about how your life could look after moving out of aged care.

Tanya felt anxious thinking about all the things she needed to do before moving out into her new Specialist disability accommodation (SDA) home. Tanya had lived in aged care due to her physical disability since her early 40s. It was a big change, and there seemed to be a lot to figure out. But she was not alone – she had people to help her along the way.

Her support coordinator worked closely with Tanya, so that they could ensure her support team were well prepared and able to help Tanya settle into her new home. Tanya's family also helped with packing, organising and even just being there to talk things through when she needed it.



Chapter 4

Move out and settle in

Topic	Transition considerations
Level of detail	Detailed ●●●

e. Activity: My transition plan

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

My transition plan

Moving into a new home is an exciting step, but it can also involve lots of planning. This Transition Plan is here to help you and your support team make sure everything is organised, so the move goes as smoothly as possible.

You can fill out this plan with help from your family, support coordinator, or anyone else who is helping you. It is designed to make sure you feel prepared and supported every step of the way.

Remember, this is your plan, and it can be adapted to suit your needs. Use it as a guide to think through what steps need to happen before, during, and after your move.

1. Modifications and Setup for My New Home

What changes or modifications does my new home need? (e.g., ramps, grab rails)

List modifications:

Who will organise these changes?

Name/Organisation:

How long will the changes take?

Estimated timeline:

2. Logistics and Utilities

Have I arranged for utilities (e.g., electricity, water, internet) to be set up?

Yes/No

If No, who will organise this?

What date(s) do these services need to start?

Start date(s):

Who is responsible for setting them up?

Person/Organisation:

3. Support Services

What supports will I need during and after my move? (e.g., care services, equipment)

List supports needed:

When will these services start?

Start date(s):

Will they be ready by my move date?

Yes / No



4. Packing and Moving

Who will help me pack and organise the move?

Person/Organisation:

Have I bought everything I need for my new home? (e.g. toiletries, equipment, food)

Yes/No

If No, who will organise this?

How will my belongings be transported? (e.g., moving company, family, friends)

Transport plan:

Do I need help with this?

Yes / No

Who will help me unpack in my new home?

Person/Organisation:

5. Settling In and Ongoing Support

What support will I need in the first few weeks after moving?

List supports:

Are regular check-ins with my support coordinator or housing provider scheduled?

Yes / No

If Yes, when?

6. Emergency Contacts and Backup Plan

Who can I contact if something does not go as planned during the move?

Emergency contact(s):

What is my backup plan if there are delays or unexpected issues?

Backup plan:

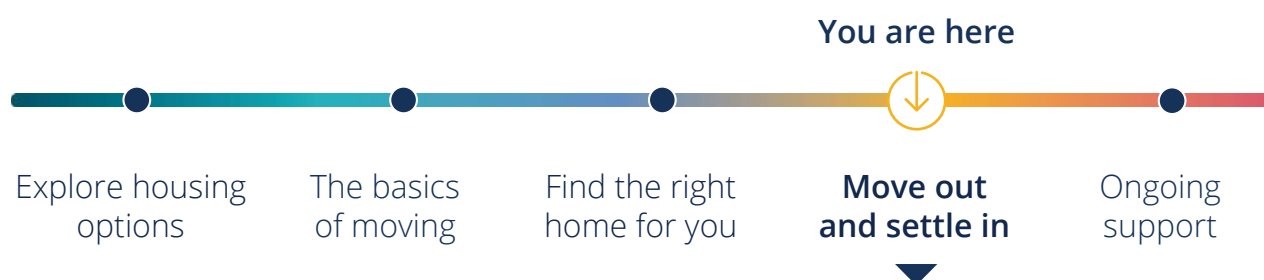
Chapter 4

Move out and settle in

Topic	Transition considerations
Level of detail	Detailed ●●●

f. Checklist to help you move

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information to help you prepare for your move out of aged care
- it covers key steps and things you need to make sure your transition is smooth

What to think about

There are lots of things to get ready when moving into a new home. Having a plan makes everything easier. Below are a few things to think about as you prepare for your move.

1. Packing and moving your stuff

- **Start early:** packing can take time, so do not wait until the last minute. Pack a little each day and get help from family, friends or any other supports.
- **Label everything:** label your belongings with the room you will keep them, such as 'kitchen'. This will make it easier to unpack when you get to your new home.
- **Plan the move:** will you need a moving service or rent a van? Get quotes, and book early so everything is ready on moving day. You can reach out to your support coordinator or someone else you trust to help organise this.



2. Making sure your new home is ready

- **Set up utilities:** Make sure electricity, water, gas and internet are ready before you move in. The property or tenancy manager can help you organise these services in your name if needed. You can arrange direct debit payments from your bank account to make sure your bills are paid on time. For more information, visit [moneysmart](#).
- **Check modifications:** If your new home needs changes (like ramps or grab rails), confirm they are complete before moving day. You can reach out to your support coordinator or, if relevant, your housing provider about this.
- **Confirm support services:** Make sure your support services are ready and will be there when you move in.
- **Sign your lease:** If you are renting, double check that your lease or contract is signed and ready. If you have any questions, talk to your support coordinator or, if relevant, your housing provider.

3. Getting what you will need

- **Make a list:** Write down what you already have and what you need to get for your new home. For example, you might need furniture, kitchen supplies or bedding.
- **Start preparing early:** Start looking for things early. You can:
 - find second-hand items in places like local charity shops, Facebook Marketplace or Gumtree
 - ask family or friends if they have things they no longer need
 - buy new things in store or online

If you are having things delivered to your new home, make sure someone is here to receive them.

Note: If you are moving to Specialist disability accommodation (SDA), many essential items will likely already be provided. However, it is a good idea to check with your housing provider to confirm what is included and what you might need to bring.



Supporting a loved one?

You can help your loved one by working through the moving checklist with them. Offer support in organising their move, gathering essential items, and ensuring their new home is ready.

Your guidance and presence can make the process smoother and less stressful.

What do I need for my new home?

Here is a list of essentials to help you get started. It is not a complete list, but from the bedroom to the kitchen, we have got you covered with the basics.

Bedroom essentials

- bed and mattress
- pillows and bedding (sheets, blankets)
- clothes storage (wardrobe, drawers, bedside table)
- lamp or bedside light



Living space essentials

- couch or comfy chairs
- coffee table
- television



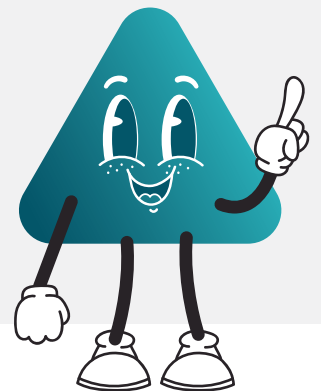
Kitchen essentials

- pots, pans and cooking utensils
- plates, bowls and cutlery (forks, knives, spoons)
- glasses and mugs
- fridge, microwave, kettle and toaster
- tea towel
- sponges and cloths



Bathroom essentials

- towels and bathmats
- soap
- toothbrush and toothpaste
- shampoo and conditioner
- toilet paper
- shower curtain (if needed)



Related content

Visit the '[Understanding moving costs](#)' page to learn more about the costs associated with moving.

Visit the '[Activity: Moving budget tool](#)' page to help you keep track of your moving costs.



Cleaning essentials

- broom, dustpan, and mop
- cleaning cloths and sponges
- all-purpose cleaner
- dishwashing liquid or dishwasher tablets (if you have a dishwasher)
- rubbish bags



Decor

- welcome mat
- rugs
- cushions
- clock
- indoor plants
- framed photos or art



These are just a few things to think about when getting ready for your new home! You can always add or change things based on what you need.

Moving checklists

To help you get ready for your move, check out these two handy checklists:

Moving to a new home checklist – everything but the kitchen sink! – Housing Hub

This checklist covers everything you need to do, from the moment you start thinking about moving out of aged care to after you settle in. Some items may not apply to you, depending on where you are in the process.

Moving checklist – Summer Foundation

Pages 10 to 14 of this resource include a helpful moving checklist. It covers things to think about when getting ready, personal items, furniture and equipment, and adjusting to your new neighbourhood—all the way to moving day!

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Living more independently](#) – Summer Foundation
- [Moving to a new home checklist – everything but the kitchen sink! – Housing Hub](#)



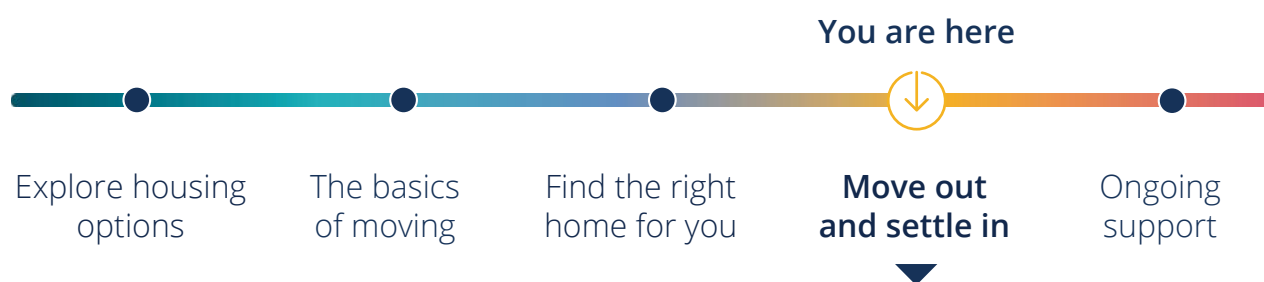
Chapter 4

Move out and settle in

Topic	Transition considerations & costs of moving out
Level of detail	Detailed ●●●

g. Understanding moving costs

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information about the costs associated with moving

Preparing for your move can involve various costs. You can plan for these costs. Here is a breakdown of the main costs.

1. Packing costs

- **Packing supplies:** You will need boxes, tape and packing materials (e.g. bubble wrap). You can buy these at stores such as Bunnings or look for free boxes from local shops or friends.
- **Hiring help:** If needed, consider hiring someone to help you pack. This may add to your costs but can make the process easier.

2. Transportation costs

- **Moving service:** A moving service will help you load your belongings into a van, move them to your new home, and unload everything when you get there. In most cases a moving service does not unpack your belongings. If you hire a moving service, get quotes from a few different services. The cost will depend on how far you are moving and how much stuff you have.



Supporting a loved one?

You can help your loved one by discussing the costs associated with their move. If possible, offer to go through the **budget tool** together to help them understand how much moving will cost. You can assist in organising quotes or transportation options and provide guidance on packing costs. If they need help, you can also help them find resources or services that can support them during this transition. Your involvement can make it easier for them to navigate the financial aspects of moving.

- **Storage fees:** You may need to store your things for a while before or after the move. If you can not store it with friends or family, you may need to pay for a storage facility.

3. Costs for setting up your new home

- **Hiring help:** After you move in, you might need help setting up your new home. This can include arranging furniture, unpacking boxes and getting everything organised. Speak to your support coordinator to see if you can access this kind of support through your NDIS plan.
- **Friends and family:** If you have friends and family who can help, it might not cost you anything. You may wish to consider a small thank you gift to show your appreciation.
- **Initial grocery costs:** After you move in, you will need to buy groceries and other essential kitchen and cleaning items.

We have created a budget tool to help

This **budget tool** can help you keep track of your moving costs. It includes costs related to packing, transportation and setting up your new home. You can fill it out on your own, or with your support coordinator or someone else in your network.



Related toolkit content

Visit the '[Activity: Moving budget tool](#)' page to help you keep track of your moving costs.

Visit '[Financial supports that may be available to you](#)' for more information on supports that may be available to you when you move into your new home.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Living more independently](#) – Summer Foundation
- [Moving to a new home checklist](#) – everything but the kitchen sink – Housing Hub
- [Moving house: successful transitioning](#) – Younger People in Nursing Homes National Alliance
- [Shopping assistance](#) – Disability Gateway



h. Activity: Moving budget tool

Moving can be a big task, and knowing how much it will cost you can help you plan better. This budget tool can help you keep track of your moving costs. It includes costs related to packing, transportation, and setting up your new home.

You can fill out this tool on your own, or with your support coordinator or someone else in your support network.

As you fill it out, you can mark which costs are relevant to you. Not all categories will be relevant to everyone. Also consider any additional costs that may apply to your move.

How to use the budget tool:

- **Mark relevant items:** Put a tick mark in the box next to any expense that applies to you.
- **Check estimated costs:** Look at the estimated costs provided for each item. These are here to help you plan your budget. Keep in mind that these may not be exact costs.
- **Track actual costs:** As you spend money, write down the actual costs next to each item.
- **Add notes:** Use the notes section for any important reminders or details about each cost.
- **Extra costs:** Use the space for any other costs that are not listed or that come up later that you need to remember.

Packing cost

Relevant?	Category	Estimated cost	Actual cost	Notes
	Packing supplies: Boxes, tape, packing materials	\$50 - \$100 Can vary based on the amount of packing needed		
	Hiring help: assistance with packing	\$30-50 an hour		

Transportation costs

Relevant?	Category	Estimated cost	Actual cost	Notes
	Moving service: cost of hiring a moving company	\$100-200 per hour Can vary based on distance, amount of belongings and additional services (packing/unpacking)		
	Renting a van: cost to rent a van	\$50-150 per day		
	Petrol: cost for driving a rental van	\$50-100 Depends on the distance you are travelling and fuel efficiency of the vehicle		
	Storage fees: costs for renting a storage unit if needed	\$100-300 per month Can vary based on the amount of storage space you need		



Setting up your new home

Relevant?	Category	Estimated cost	Actual cost	Notes
	Hiring help: help with unpacking and organising	\$30-50 an hour		
	Furniture arrangement: costs for helping to build and arrange furniture	\$50-200		
	Initial grocery costs: groceries and essentials to stock your kitchen	\$100-\$300 This can vary depending on your needs and how much you want to stock up		

Extra costs

Fill in below any other expenses that relate to you

Relevant?	Category	Estimated cost	Actual cost	Notes

Chapter 4

Move out and settle in

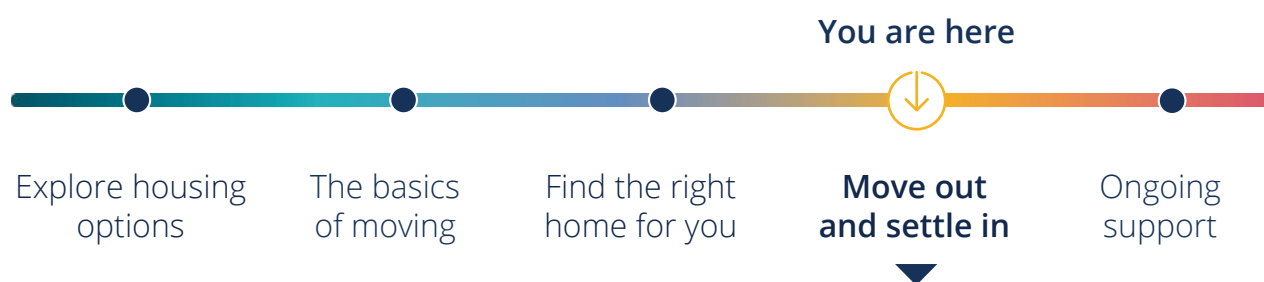
Topic Costs of moving out

Level of detail Introduction



i. Financial supports that you may be able to access

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information on the financial supports that you may be able to access when you move into your new home

There are different types of financial supports that could help you manage your finances when you move out of aged care. The [Disability Gateway](#) website is a useful place to explore these options. There is information on a range of supports, like income help, tax assistance, cards and concessions, and healthcare funding options. You can use the website to see which supports are available in your state or territory.


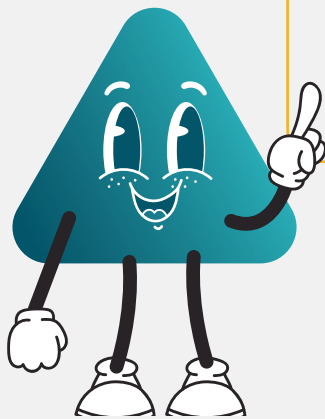
Here are some examples of supports you might be able to access:

- **Disability Support Pension:** This is a payment that can help you if you have a physical, intellectual or psychosocial disability that has lasted more than two years and means you cannot work. For more information, visit: [Disability Support Pension](#) – Services Australia.
- **Energy Supplement:** This is an extra payment that can help with energy costs (like your electricity and gas bills) if you receive certain payments from the Australian Government, like the Disability Support Pension. For more information, visit: [Energy Supplement](#) – Services Australia.



- **No Interest Loans Scheme (NILS):** This program provides people on low incomes with loans of up to \$2,000 for essential items with no **interest** or fees. Essential items can include things you need for your home such as appliances and furniture. For more information, visit: [No Interest Loans](#) – Good Shepherd.
- **National Companion Card:** This program allows people with significant disabilities to bring a support person with them to events and activities for free. For example, if they go to the movies, they pay for their own ticket, and their support person's ticket is free. For more information, visit: [National Companion Card](#).

Visit the [Disability Gateway](#) website to see which financial supports might be helpful for you. Visit: [Disability Gateway: Income and Finance](#).



Interest is an amount of money that builds up over time on a loan. It is calculated on how much you borrow and how long you have to pay it back. In a loan with interest, you pay back the interest, as well as the amount you borrowed to the bank or lender. A no interest loan means that you only pay back the amount you borrowed.

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Income and finance](#) – Disability Gateway
- [Financial support](#) – Disability Gateway
- [Tax support](#) – Disability Gateway
- [Cards and concessions](#) - Disability Gateway
- [Financial support for healthcare](#) – Disability Gateway
- [National Companion Card](#) – Department of Social Services





Supporting a loved one?

Leaving aged care comes with new financial responsibilities, which can feel overwhelming for both you and your loved one. However, there is support available.

You can work with your loved one and their support coordinator to explore the different financial assistance that might be available. This can help ensure that your loved one has access to the right kinds of supports.



Related toolkit content

Visit the '[Understanding moving costs](#)' page for more information about the costs associated with moving.

Visit the '[Activity: moving budget tool](#)' page to help keep track of your moving costs.



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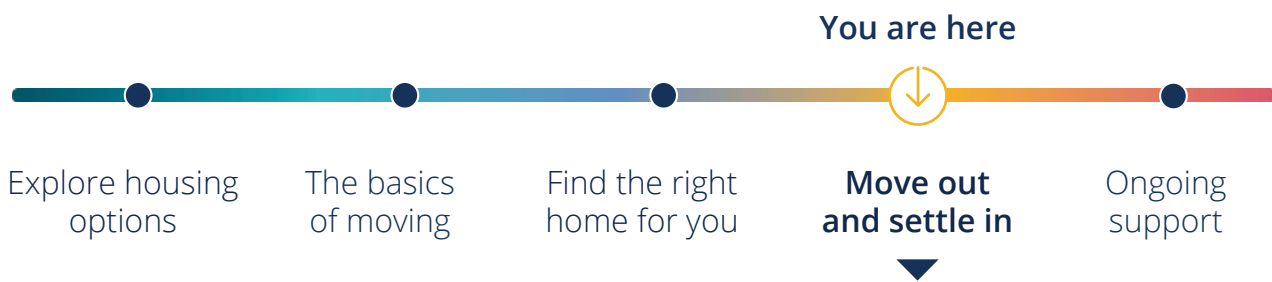
Move out and settle in

Topic Transition considerations

Level of detail Detailed
●●●

j. Support systems during your transition

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- guidance on the support systems that may be available to you during your transition

Moving to a new home can be exciting but it can also be overwhelming. If you feel stressed or anxious, there are support systems to help you. Here are some options:

1. Support coordinators

Your support coordinator is one of your main points of contact. They can help you by:

- assisting you to find resources or services for any issues
- talking to your landlord or support services about your concerns
- guiding you through any other challenges that might come up

2. Family and friends

Your family and friends can offer emotional support and practical help. They can listen to your worries and may be able to help you with tasks when moving – like packing or organising your new home.

3. Peer support groups and advocates

Talking with others who have similar experiences can be helpful. To find peer groups you can check the [NDIS website](#), speak to someone from the [Summer Foundation](#), or look for disability advocacy organisations through search engines like Google. Online communities, like Facebook groups, may also offer connections for support.

4. Crisis and mental health support services

If you feel very overwhelmed and in distress, it is important to reach out for immediate help. You can contact:

- **Lifeline** at 13 11 14 for crisis support (any time of the day or night)
- **Beyond Blue** at 1300 22 4636 for mental health support

You are not alone

Remember, you do not have to go through this transition alone. There are many support systems to help you if you are feeling overwhelmed, anxious or stressed.

It is important to share your feelings and ask for help when you need it. With the right support, you can manage the challenges that come your way.

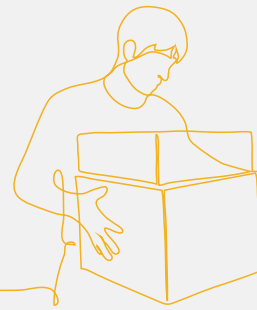


Related toolkit content

Visit '[What to do when things don't go as planned](#)' page to learn more about what to do when things don't go as planned with your new housing and supports.

Visit '[Ongoing support after you move](#)' page to learn more about who will be involved in making sure your ongoing support needs are met.

Visit '[How an advocate can help you understand your rights](#)' page to learn more about the role of advocate in supporting you in your transition.



Joe's Story

This story is inspired by the experiences shared by younger people with disability through published resources. This story has been created to help you think about how your life could look after moving out of aged care.

Joe moved into aged care in his 40s because of an intellectual disability. When Joe was getting ready to move out of aged care into his own rental property, he felt a bit stressed. It was a big change, and he often worried about everything he had to do to make it happen. But his family and friends were there every step of the way.

His family and friends listened to his worries, offered advice, and reminded him that he was not alone in the process. Their support helped him feel more confident and made the transition feel easier.

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Consider accessing the below resources, if needed:

- [Beyond Blue](#)
- [Lifeline](#)
- [Carers Australia](#)
- [Disability Advocacy Network Australia](#)
- [What types of community connections are available? – NDIS](#)
- [Contact us - Summer Foundation](#)



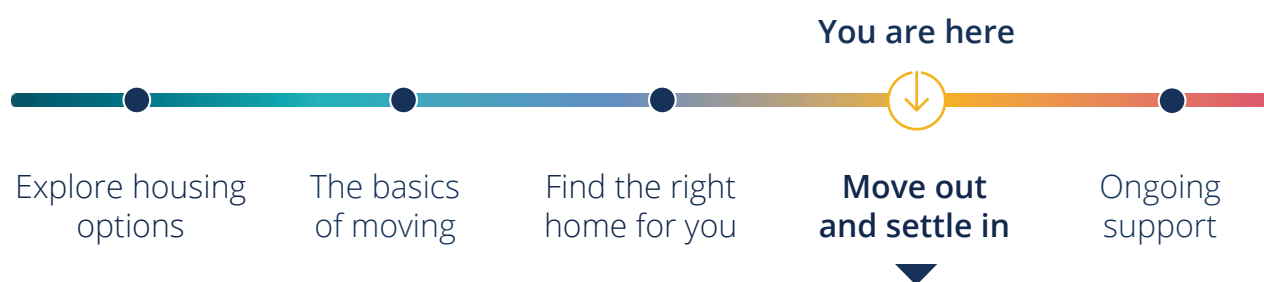
Chapter 4

Move out and settle in

Topic	Transition considerations & ongoing support
Level of detail	Introduction ●●○

k. Ensuring your **support** needs are met from **day one**

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- guidance on making sure that support is properly set up and ready in your new home

As you prepare to move into your new home, it is important to make sure that your support is set up and ready to go. Here are some things to think about for a smooth transition:

1. Work with your support coordinator

Your support coordinator has an important role in making sure your support needs are met. Reach out to them to:

- **Confirm your support plan:** Go over your care plan and make sure everyone is clear on the support that you need.
- **Set up service providers:** Ensure the right support staff are arranged to be there when you move in.




2. Prepare the support staff

It is important that the support staff who will assist you know your preferences. To do this:


- **Share your preferences:** Talk about what you like and do not like, as well as any daily routines, with your support coordinator. This information should be shared with your support staff so they can provide support in a way that works best for you.
- **Schedule introductions:** If possible, ask for your support coordinator to arrange for your support staff to meet you before you move. This can help you feel comfortable and prepared.

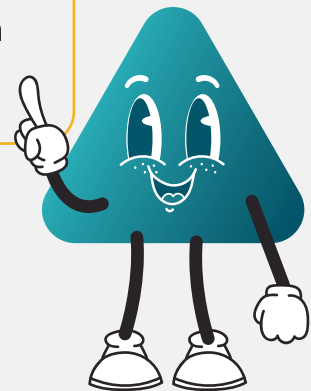
3. Know who to contact for help

Make sure you have a clear understanding of who to contact when you need help:

- **Availability of support staff:** Understand when your support staff will be available and how to reach them if you need help outside of scheduled times.
- **Emergency contacts** : Have a list of important phone numbers, including your support coordinator, emergency services such as Triple 0, and healthcare providers.



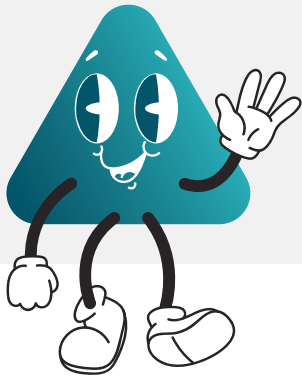
 **Emergency contacts** are the people or services you can call if you need urgent help.



Supporting a loved one?

It is important that your loved one's support needs are met from the moment they move into their new home. If you or your loved one are feeling a bit anxious about this, remember that your loved one's support coordinator can help.

Encourage them to talk to their support coordinator to make sure everything is ready for their move. If your loved one is okay with it, you can join these conversations too. This can help you to feel more at ease as well.



Related toolkit content

Visit the '[Planning your transition](#)' page for more information on who will support your transition and how to create a transition plan for a smooth move.

Visit the '[Support systems during your transition](#)' page to learn more about the support systems that may be available to you during your transition.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Living more independently](#) – Summer Foundation
- [Moving to a new home checklist - everything but the kitchen sink!](#) – Housing Hub
- [Your support team](#) – Housing Hub



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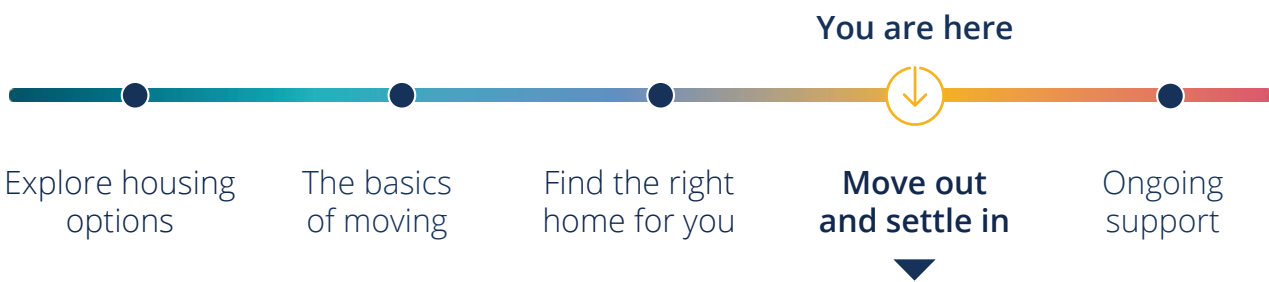
Move out and settle in

Topic Transition considerations & ongoing support

Level of detail Detailed ●●●

I. How to build connections with your new support workers

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- guidance on how to build connections with your new support workers

Meeting new support workers

It is normal to feel nervous about meeting new support workers. Building a good relationship with the people who help you day-to-day can help you feel more comfortable in your new home.

Here are some tips to help you build a good relationship with the people who support you:

1. Tell them a little about yourself

Tell your support worker a few things about you. It could be:

- your favourite daily routine
- hobbies
- or things that help you feel comfortable

For example, you might let them know if you enjoy listening to music or prefer a quiet start to your day. Sharing small details can make it easier for them to understand what is important to you.

2. Clearly explain your support needs

Let your support worker know what kinds of support you need. For example, you might prefer help with some tasks and not others; or you may need support following a routine that works for you. Being clear about what support works best will make it easier for your support worker to provide the right kind of help.

3. Take it one step at a time

Building any new relationship takes time, and it is okay if it feels a bit awkward at first. Give yourself and your support worker time to adjust and get to know each other by taking things one day at a time.

4. Celebrate the small wins

When something goes well – like completing a task or having a good day – take a moment to recognise it. Saying “thank you” can help build a positive connection with your support worker.

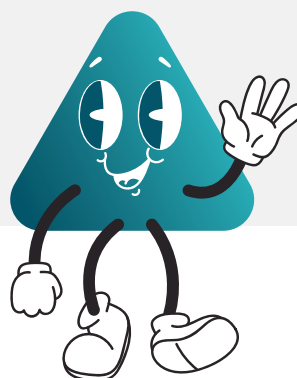
5. Be open about what is working (or what is not)

If something does not feel right, let your support worker know. Telling them when you need things done differently can help them give you the best support possible.

6. Maintain boundaries

It is natural to feel a friendly connection with your support worker. But remember, they are there in a professional role to support you. Keeping some personal boundaries - like avoiding very personal topics - helps keep your relationship respectful. It is okay to feel close and comfortable with your support worker, but clear boundaries help keep their support professional and focused on your needs and wellbeing.

For more information on professional boundaries, visit: [How to maintain professional boundaries with your support worker](#) – Mable



Related toolkit content

Visit the '[Ensuring your support needs are met from day one](#)' page to learn more how to make sure your care support is properly set up and ready in your new home.

Visit the '[Support systems during your transition](#)' page to learn more about the support systems that may be available to you during your move out of aged care.



Supporting a loved one?

Forming new relationships with support workers can take time - both for you and your loved one. You also have an important role in engaging with their support workers in a positive and respectful way. This can help build a trusting and supporting environment.

You can find more information here: [How to build trust with your support workers](#) – Ability8

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

- [Tips for building trust with your support worker](#) – Mable
- [How to build trust with your support workers](#) – Ability8
- [How to maintain professional boundaries with your support worker](#) – Mable

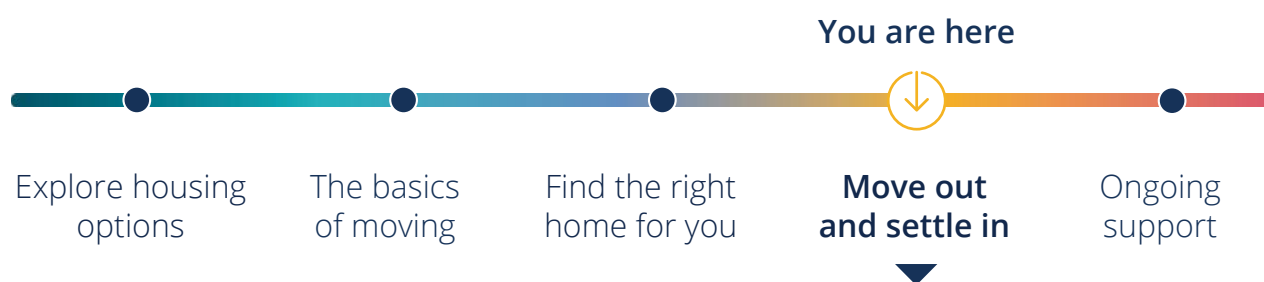
Chapter 4

Move out and settle in

Topic	Transition considerations
Level of detail	Introduction ●●○

m. Building skills for independent living

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information on programs that can help you build independent living skills

Moving out of aged care is a big change. You might need to use skills that you have not practiced in a long time, or you may be learning new skills for the first time. It is normal to feel a bit nervous about this. There are many programs that can help you build the skills you need to feel confident and independent.

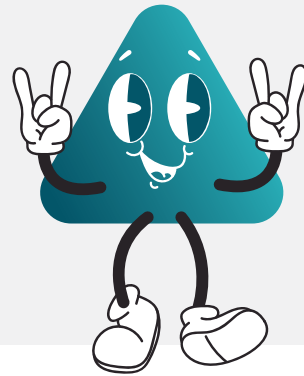
You can:

- join a peer support group
- connect with an online community
- attend face-to-face workshops
- get one-on-one skills training

There are options to support you in reaching your goals.

The Disability Gateway has created a map that shows all the programs available in each state and territory. Visit: [Life Skills – Disability Gateway](#)

Take things at your own pace. Remember, you are not alone on your journey to independence.



Related toolkit content

Visit the '[Connect with your community](#)' page for more information on how you can get involved with your new community, including engaging in programs.

Visit the '[Learn from others who have made the move](#)' to understand how you can learn from others who have moved out of aged care.

Helpful resources

Talk to someone: Talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Life Skills](#) – Disability Gateway
- [Improved daily living NDIS examples](#) – Activeability





Supporting a loved one?

If your loved one is moving into a new home, they may need to use skills they have not practiced in a while or may not have needed before. This can feel challenging and new. You play an important role in encouraging them to engage in programs that build skills for independence. This can help make their transition easier and boost their confidence.



Chapter 4

Move out and settle in

Topic

When things do not go as planned

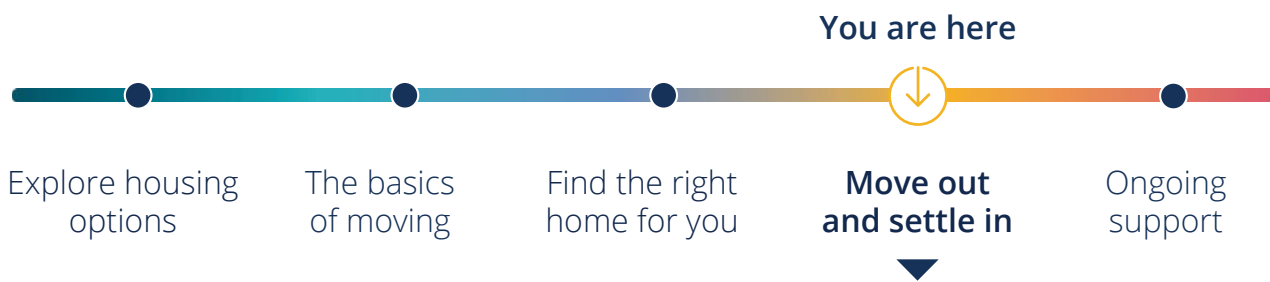
Level of detail

Detailed



n. What to do when things do not go as planned

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:


- guidance on what to do when things do not go as planned with your housing and supports

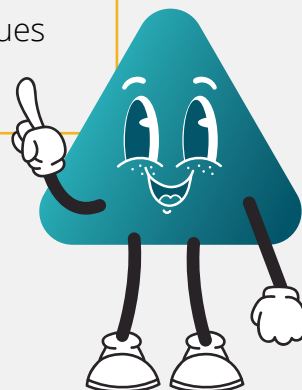
Sometimes, moving into a new home or getting support can come with challenges. It is important to know how to share your concerns if something is not working or going to plan.

If something is wrong with your housing

- **Identify the problem:** Think about what is not working. This could be issues like repairs that need to be done, safety issues, or problems with getting into your home.
- **Contact your housing provider:** Get in touch with your landlord or housing provider to share your concerns. Make sure to:
 - Explain the problem clearly and say what you want them to do about it
 - Record details about the issue, including dates and conversations you have had
- **Speak to your support coordinator:** Your support coordinator can help you talk to your landlord or housing provider. They can offer advice on how to handle the situation.

- **Follow up:** If you do not hear back or the issue isn't fixed quickly, follow up with a phone call or email. Staying on top of things can help get your concerns addressed.
- **Escalate if necessary:** If the problem still is not resolved, think about reaching out to a support organisation that can help you. This might include **tenant advocacy groups** and government organisations. See 'Need help?' below for a link to a list of organisations that can help.

 A **tenant advocacy group** helps people with problems related to their housing. They can give you advice, help you understand your rights, and support you in resolving issues with your landlord.



Need help?

If things go wrong and you need support, there are a range of organisations you can contact to help. Check out the Summer Foundation's resource on who to contact in your state or territory. This information is on pages 14 to 16: [Who can help me if things go wrong?](#) – Summer Foundation

If something is wrong with your supports

- **Recognise the problem:** Think about what support you feel is missing or not working. This might include issues with the services you are getting or the people delivering them.
- **Talk to your support coordinator:** Your support coordinator is there to help you. You can:
 - **Share your feelings:** Tell your support coordinator what is not working for you.
 - **Get help resolving issues:** Your support coordinator can help you talk to the service providers to fix the problem.
 - **Make bigger changes:** If you need a major change to your support, like getting new types of support, you may need to work with your support coordinator to change your NDIS plan.
- **Find extra help:** If you feel like you need more support, you can reach out to organisations that help people with similar issues. They can offer advice and help you navigate your situation. A good example is the [Summer Foundation](#).

Do not forget: your voice matters!

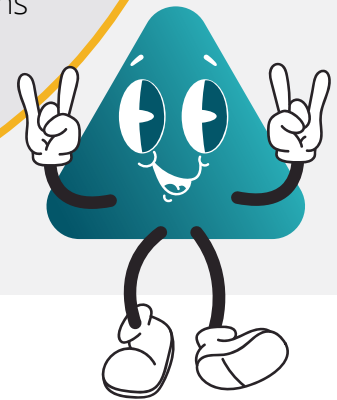
Providing feedback when something is not working as planned is important to make sure your needs are met. You have the right to speak up about any issues with your housing or support services. There are many resources available to help you advocate for yourself and find a solution.



Supporting a loved one?

If your loved one is facing challenges with their housing or support, you can play an important role in helping them. Start by listening to their concerns, understanding how they feel and validating what they are experiencing. It is important they know that it is okay to express their feelings about their situation.

Encourage open communication and remind them that they have the right to voice their concerns. Offer to assist them in reaching out to their landlord, housing provider, or support coordinator. You can help them come up with a plan to address their issues and find solutions together.



Related toolkit content

Visit the '[Support systems during your transition](#)' page to learn more about the support systems that may be available to you during your transition.

Visit the '[Ongoing support after you move](#)' page to learn more about who will be involved in making sure your ongoing support needs are met.

Visit the '[How an advocate can help you understand your rights](#)' page to learn more about how an advocate can support you.

Visit the '[What to do if you need emergency housing](#)' page to learn more if you find yourself in this unlikely situation.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Who can help me if things go wrong?](#) (p. 14 to 16) – Summer Foundation
- [Solving problems](#) – Housing Hub
- [Changing your plan](#) – NDIS

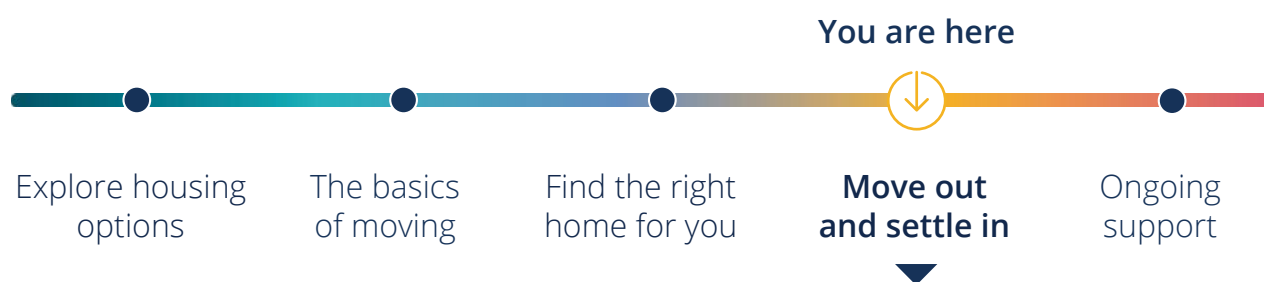
Chapter 4

Move out and settle in

Topic	Ongoing support & when things do not go as planned
Level of detail	Detailed ●●●

o. How an advocate can help you understand your rights

Stage in the decision-making process



This chapter has detailed information about applying for funding, securing a home, preparing to move and settling in.

On this page you will find:

- information about what an advocate is
- guidance on how an advocate can support you

What is an advocate?

An advocate is someone who supports you to speak up and makes sure your rights and needs are respected. They can provide important information, help you understand your options, and make sure you are treated fairly.

According to the Disability advocacy network Australia (DANA), advocates can do many things, including:

- listen to the person they are working with
- find the issues they can help them with
- give the person information about their options for addressing the issues
- help them to present and express their views and wishes to others
- help them to understand and defend their rights
- be independent and be on the side of the person with disabilities and no-one else's side



For more information on the different types of advocacy, you can visit - [Disability Advocacy Network Australia](#)

How can an advocate help you?

An advocate can assist with a wide range of issues related to where you live. People with Disability Australia explains that an advocate can help in situations where:

- the place you live is not safe
- you have a dispute about your rights with your landlord or accommodation provider
- you are having difficulty getting home modifications
- you have home maintenance issues that could not get fixed
- you are not receiving appropriate services that were agreed with you
- you need support to get rent assistance through Centrelink

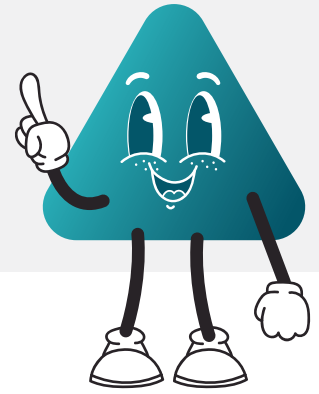
How do I find an advocate?

There are services that can connect you with the right advocacy support. Here are some tools to help:

[Disability Advocacy](#) – Ask Izzy - You can use this tool to look for disability advocacy providers in your area.

[Find an advocate](#) – Disability Advocacy Network Australia – You can use this tool to help you find an advocacy service in your state or territory.

[Housing Advocacy Service](#) – People with Disability Australia
– You can fill out the form or use the contact details on this page to access advocacy support to help solve a problem.



Related toolkit content

Visit the **[What to do when things do not go as planned](#)** page for more information on the kind of issues that an advocate could support you with.

Visit the **[Support systems during your transition](#)** page to learn more about the support that may be available to you during your transition, including advocates.

Visit the **[Ongoing support after you move](#)** page to learn more about the role of advocates in providing ongoing support after you move into your new home.

Visit the **[Understand your rights as a person with a disability](#)** page to learn more about your rights.

Helpful resources



Talk to someone: You can talk to your support coordinator as well as others in your support network for more information.

Read online: Learn more by reading these resources:

- [Advocacy](#) – Housing Hub
- [Disability Advocacy](#) – Ask Izzy
- [Find an advocate](#) – Disability Advocacy Network Australia
- [Housing Advocacy Service](#) – People with Disability Australia
- [Who can help me if things go wrong?](#) (p. 14-16) – Summer Foundation
- [Your housing rights](#) – Disability Gateway
- [Rights and legal](#) – Disability Gateway



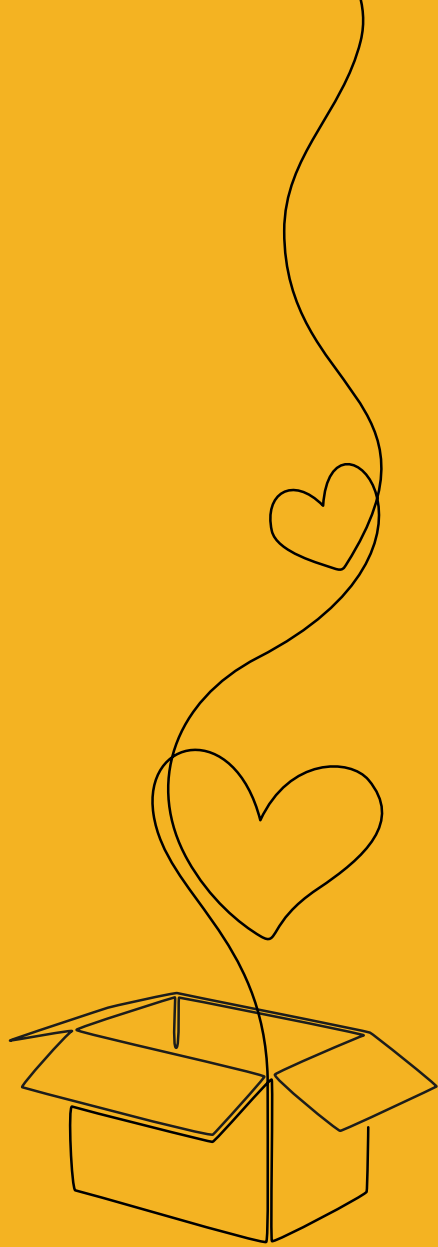
Explore housing options

Basics of moving

Find the right home

Move and settle

Ongoing support



Chapter 5

Ongoing support

Chapter 5 contents

- a. [How to request a review of an NDIS funding decision](#)
- b. [How to change your NDIS plan](#)
- c. [Ongoing support after you move](#)
- d. [What if your current living situation isn't right for you?](#)
- e. [What to do if you need emergency housing](#)

Chapter 5

Ongoing support

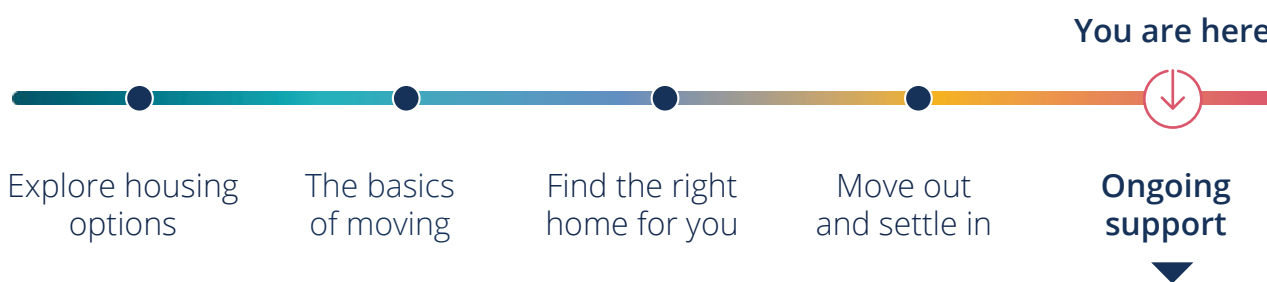
Topic Making changes to your NDIS plan

Level of detail Detailed
●●●



a. How to request a review of an NDIS funding decision

Stage in the decision-making process



This chapter provides information about managing your needs after you move out.

On this page you will find:

- information on how to request a review of an NDIS funding decision

If you are not happy with your NDIS plan and the funding you receive, you might be able to ask the NDIS to review its decision.

Keep in mind that not all NDIS decisions can be reviewed. A full list of the types of decisions that can be reviewed can be found here: [What decisions can we review](#) – NDIS

There are two main types of reviews.

1. An internal review

You can request an internal review if you disagree with a decision the NDIS has made about your plan. This might happen after changes to your current plan are made or when you get a new plan. For example, if your housing plan says you need Supported independent living (SIL) but you do not have funding for it, you can ask the NDIS to review that decision.

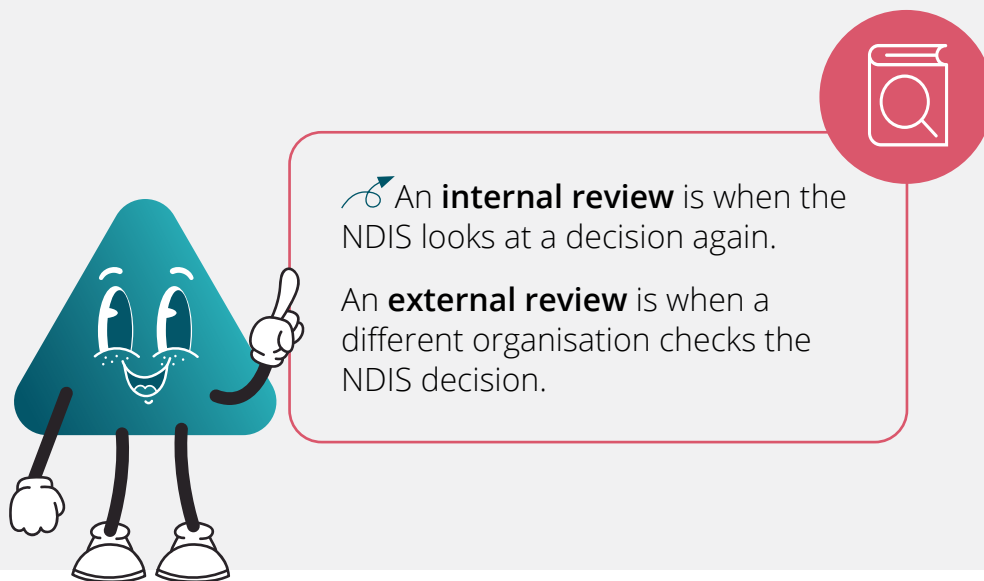
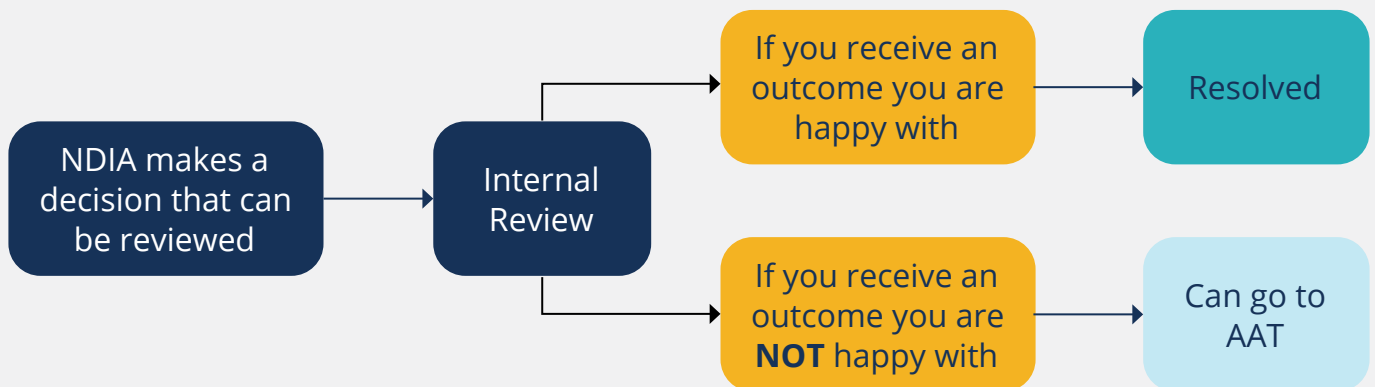
You can also find information about the internal review process on the NDIS website here: [Request a review of a decision](#) – NDIS

2. An external review

If you do not agree with the outcome of the internal review, you can ask for an external review. This is done by the Australian Government's Administrative Appeals Tribunal (AAT).

For more detailed information on how to request a review of an NDIS decision, check out this factsheet from the Housing Hub: [How to: Request a review of an NDIS decision that I don't agree with](#) – Housing Hub.

The visual below is from the Housing Hub's factsheet.



Related toolkit content

Visit the '[How to change your NDIS plan](#)' page to learn more about how to adjust your NDIS plan to meet your changing support needs.

Visit the '[Ongoing support after you move](#)' page to learn more about the people you can reach out to for ongoing support after moving into your new home.



Supporting a loved one?

It can be frustrating when the NDIS does not approve something that you or your loved one believe they need.

However, there are clear steps you can take to help your loved one request a review of that decision. You can guide them in using the resources mentioned on this page. By working together, you can find a solution that better meets their needs.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Request a review of an NDIS decision that I don't agree with](#) – Housing Hub
- [Factsheets: Challenging NDIS decisions](#) – Housing Hub
- [Request a review of a decision](#) – NDIS
- [How to request an internal review of a decision](#) – NDIS
- [Choose the type of decision you want reviewed](#) – Administrative Review Tribunal

Chapter 5

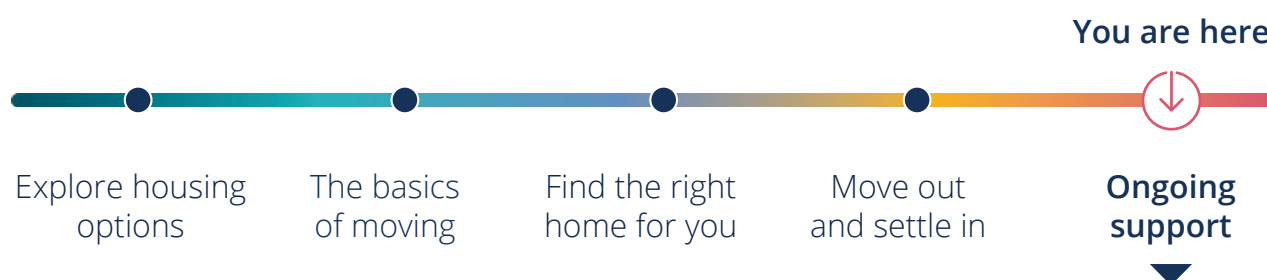
Ongoing support

Topic Making changes to your NDIS plan

Level of detail Detailed
●●●

b. How to **change** your NDIS plan

Stage in the decision-making process



This chapter provides information about managing your needs after you move out.

On this page you will find:

- information on how to adjust your NDIS plan to meet your changing support needs

What do I need to do if my support needs change?

After you move into your new home, your support needs may change for various reasons. You might need more support, less support, or different kinds of support.

As your needs change, it is important to keep checking in with your support coordinator. Talk about what is working well and what could be improved to better meet your needs.

The NDIS will also connect with you through something called a plan reassessment and regular check-ins. A plan reassessment usually happens 12 months after your plan starts. Three months before that, the NDIS will contact you to see how you are going.

However, you do not have to wait for a plan reassessment to make changes to your NDIS plan. You can ask to update your plan at any time.



There are two main ways that your plan can be changed:

1. Plan variation

A plan variation means making updates to your current plan. You can change parts of your plan without doing a full reassessment. The *NDIS Act* outlines specific situations where a plan variation can happen. For example, you might need a minor change to increase funding for your supports.

You can find a full list of reasons for plan variations here: [Plan variations](#) – NDIS.

2. Plan reassessment

When a plan reassessment takes place, it may result in a new plan or an updated version of your current plan. While formal reassessments usually happen every 12 months, you can request one anytime. You may need a reassessment if there are important changes to your situation, such as changes in your disability-related support needs.

You can find more information on plan reassessments here: [Plan reassessments](#) – NDIS.

How can I ask for a change to my plan?

If you would like to change your plan, you should first speak to your support coordinator. The NDIS suggests there are three main ways that you can ask for a change in your plan. These include:

- [Completing this form](#)
- [Calling them](#)
- [Visiting one of their offices](#)

You will need to provide the NDIS with information to help them decide the kind of plan change they will do. The type of information you provide them with can depend on the reason you are asking for a plan change. Remember to speak with your support coordinator if you are thinking about asking for a change to your plan.

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Plan variations](#) – NDIS
- [Plan reassessments](#) – NDIS
- [Changing your plan](#) – NDIS
- [Factsheet: changing your plan](#) – NDIS

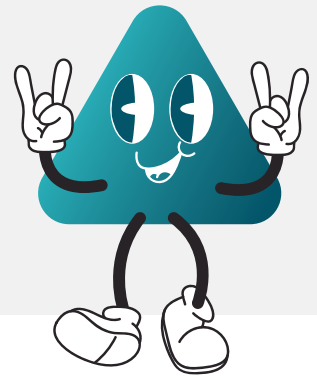




Supporting a loved one?

Your loved one's NDIS plan is not set in stone; it can change based on their needs. If their support needs change, you can help them to request what they need, alongside their support coordinator.

You can remind them that they can ask for changes at any time and do not have to wait for a formal reassessment. Your support can help ease their worries and make it easier for them to navigate this process.



Related toolkit content

Visit the '[How to request a review of a NDIS funding decision](#)' page to learn more on how to request a review of a NDIS funding decision.

Visit the '[Ongoing support after you move](#)' page to learn more about the people you can reach out to for ongoing support after moving into your new home.

Chapter 5

Ongoing support

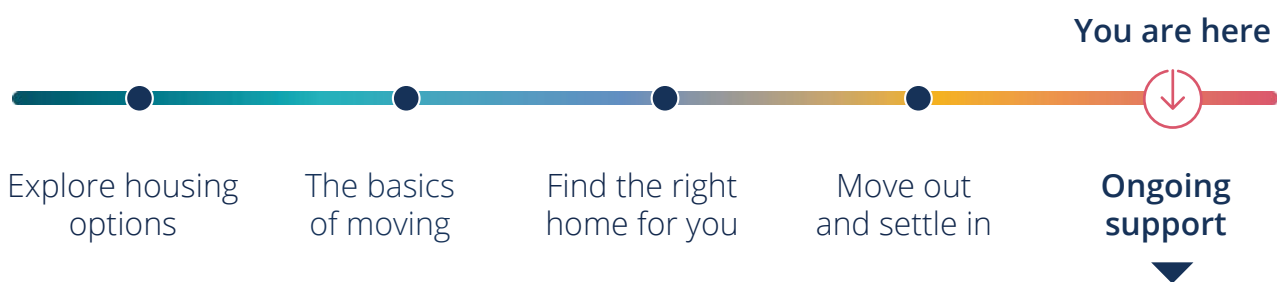
Topic Ongoing support

Level of detail Detailed



c. Ongoing support after you move

Stage in the decision-making process



This chapter provides information about managing your needs after you move out.

On this page you will find:

- information on the people you can reach out to for ongoing support after moving into your new home

Your support people

The people who supported you during your transition to your new home will continue to support you after you move. These include:

1. Support coordinator

Your support coordinator will continue to be one of your main supports after you move. They can:

- **Provide guidance:** Answer questions and offer advice on navigating your new living situation.
- **Coordinate support:** Ensure the right support services are in place and working well for you.
- **Support you to change your plan:** Help you reassess your NDIS plan as your needs change.

2. Support staff

The support people who assist you daily can provide valuable assistance. They can:

- **Provide practical support:** They can assist with daily tasks and help you settle into your new environment.
- **Communicate feedback:** Share any concerns or suggestions to your support coordinator.

3. Family and friends

Your family and friends will continue to be important sources of support. They can:

- **Stay connected:** Continue to check in on how you are doing and offer emotional support.
- **Help with resources:** Help in connecting you with community services as needed.
- **Advocate for you:** They can advocate on your behalf to make sure your needs are met.

4. Local community organisations

Many local organisations are available to support you after you move. This can include neighbourhood houses, community centres, disability service centres. They can provide:

- **Resources and information:** Offer guidance on local services, social activities, and support groups.
- **Community engagement:** help you find activities that connect you with others in your area.

5. Peer support groups

Connecting with others who have similar experiences can be beneficial. You can look for:

- **Support groups:** Sharing experiences with a support group can help provide comfort.

6. Advocacy organisations

Advocacy organisations can help make sure your needs are being met and your voice is heard. They can:

- **Provide support:** Help you understand your rights and access the services you are entitled to.
- **Advocate on your behalf:** Speak up for you if you encounter challenges with your support services or NDIS plan.

Helpful resources

Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.



Chapter 5

Ongoing support

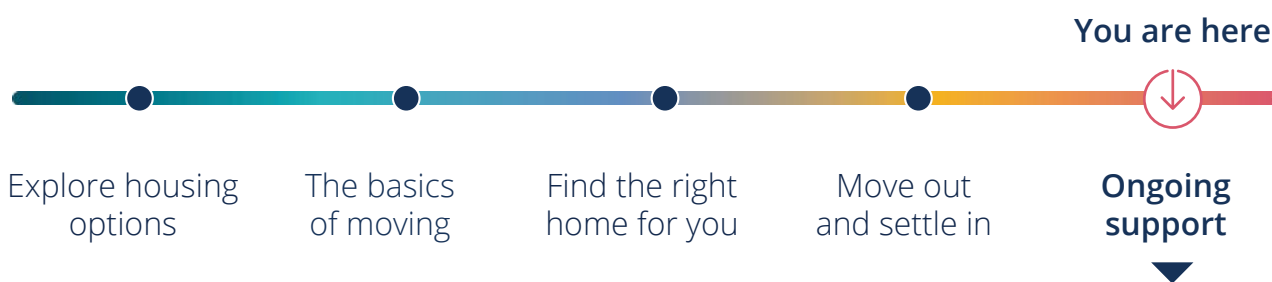
Topic When things do not go as planned

Level of detail Detailed
● ● ●



d. What to do if your new living situation is not right for you

Stage in the decision-making process



This chapter provides information about managing your needs after you move out.

On this page you will find:

- information on what your options are if your new living situation is not right for you

Sometimes the living situation we think will be best for us can end up not being the right fit. If you find that your new housing and supports are not working out, it is important to know that there are other options available. It is okay to want to seek change.

What do I do if my new living situation is not right for me?

When you move out of aged care, if you are not feeling happy with the home that you are in, it is important to speak to your support coordinator about your options. Your support coordinator can help you to identify exactly what it is about your current housing situation that is not working. If needed, they can help guide you through the process of exploring other housing and make sure that you have the support needed to make informed decisions.

They can help you with identifying other properties that might suit your needs better. This may take some time but remember, there are many accessible housing and support options available.

We all deserve to live in a place that suits our needs and preferences. Your comfort, safety and wellbeing are important, so make sure you talk about any concerns you might have.



Related content

Visit the '[Ongoing support after you move](#)' to learn more about the people you can reach out to for ongoing support after moving into your new home.

Visit the '[What to do if you need emergency housing](#)' page for more information on how to access emergency housing.

Chapter 5

Ongoing support

Topic

When things do not go as planned

Level of detail

Introduction



Explore housing options

Basics of moving

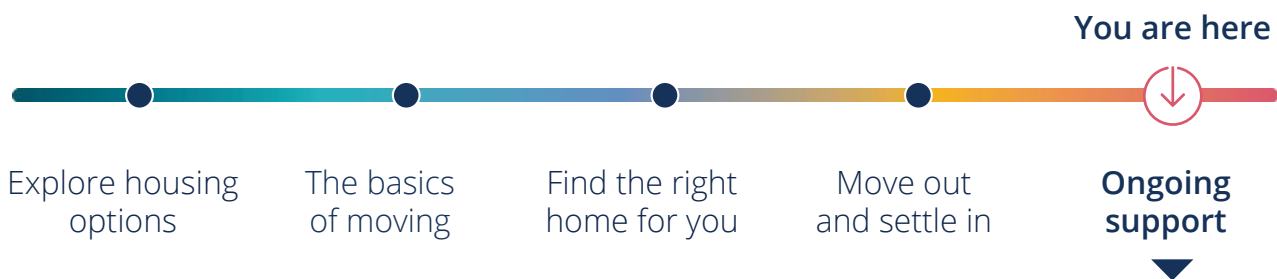
Find the right home

Move and settle

Ongoing support

e. What to do if you need emergency housing

Stage in the decision-making process



This chapter provides information about managing your needs after you move out.

On this page you will find:

- information about what to do if you need emergency housing

If your housing situation changes and you find yourself without a safe place to stay, there is help available.

There are emergency accommodation options in every state and territory if you are homeless or at risk of becoming homeless.

For more information and to find the help you need in your location, visit: [Help if you're homeless](#) – Australian Government.



Supporting a loved one?

If you are supporting a loved one when they are seeking emergency accommodation, you have an important role in helping them connect with the right supports.

This can be a stressful time, but there are services available to support both of you.

Helpful resources



Talk to someone: You can talk to your support coordinator or someone else in your support network for more information.

Read online: Learn more by reading these resources:

- [Help if you're homeless](#) – Australian Government

This webpage provides information on short term emergency housing in all states and territories, if you are homeless or at risk of being homeless.

Other places you can go to for support include:

- [Homelessness support and services](#) – Salvation Army
- [Homelessness Services](#) - Homelessness Australia
- [Everybody deserves a place to call home](#) - Australian Red Cross



Explore housing options

Basics of moving

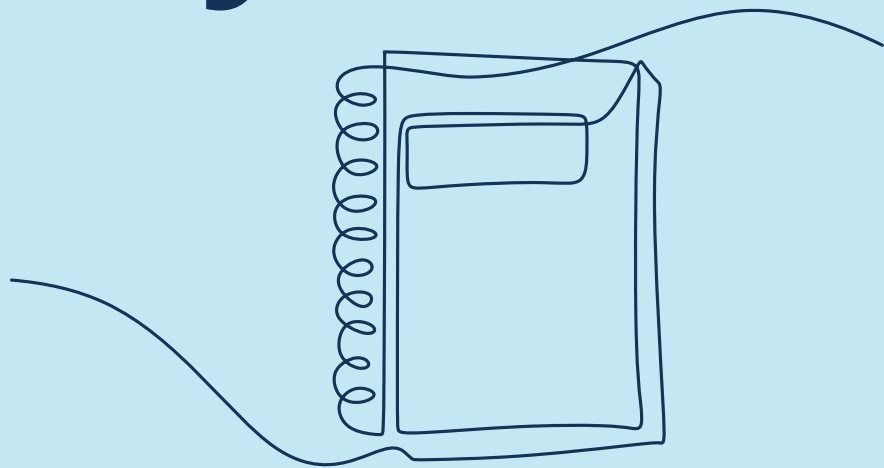
Find the right home

Move and settle

Ongoing support



Directory



This directory brings together all the helpful resources mentioned in the toolkit. It is organised by chapter and topic, so you can quickly find the information you need.

Chapter 1: Explore housing options

Benefits of moving out

- [Independent living: Are you ready to start your journey?](#) – Housing Hub & Mable
- [Living more independently](#) – Summer Foundation

Challenges of moving out

- [Independent living: Are you ready to start your journey?](#) – Housing Hub & Mable
- [Living more independently](#) – Summer Foundation

Housing and support options

- [Specialist disability accommodation explained](#) - NDIS
- [Specialist disability accommodation guideline](#) - NDIS
- [SDA finder](#) - NDIS
- [Home and living](#) - NDIS
- [Mainstream housing options: A guide for people with disability, their families and supporters](#) – Summer Foundation



Timelines for moving out

- [SDA pathway and approval process](#) – Housing Hub

Costs of moving out

- [Factsheet: Rent in SDA](#) – Housing Hub
- [Mainstream housing options](#) – Summer Foundation
- [Specialist disability accommodation explained](#) - NDIS

Chapter 2: Understand the basics of moving

Housing and support options

- [Specialist disability accommodation explained](#) - NDIS
- [Specialist disability accommodation guideline](#) - NDIS
- [SDA finder](#) - NDIS
- [Home and living](#) - NDIS
- [Supported independent living for participants](#) – NDIS
- [Mainstream housing options](#) – Summer Foundation
- [Different places you could live](#) – Housing Hub
- [About mainstream housing](#) – Housing Hub
- [Types of housing](#) – Disability Gateway

Support with planning your move

- [Journey map – younger person \(under 65 years of age\) considering entry to residential aged care](#) – Department of Health and Aged Care, National Disability Insurance Agency, My Aged Care, Ability First Australia
- [Younger People in Residential Aged Care \(YPIRAC\) Systems Coordinator Program](#) – Ability First Australia
- [Helping participants transition from residential aged care](#) – NDIS
- [Rights as a person with a disability](#) – Housing Hub
- [Rights and legal](#) – Disability Gateway
- [Rights of people with disability](#) – Disability Gateway
- [Your rights and responsibilities](#) – NDIS
- [United Nations Convention on the Rights of Persons with Disabilities \(UNCRPD\)](#) – Human Rights
- [My Rights: Supported Decision Making](#) – WA's Individualised Services
- [Support decision making](#) – Inclusion Australia
- [Supported decision making policy](#) – NDIS

Costs of moving out

- [Managing your budget](#) – MoneySmart
- [Mainstream housing options](#) – Summer Foundation
- [Factsheet: Rent in SDA](#) – Housing Hub
- [Different ways of paying for where you live](#) – Housing Hub

Timelines for moving out

- [SDA pathway and approval process](#) – Housing Hub
- [Mainstream housing options](#) – Summer Foundation
- [Living more independently](#) – Summer Foundation

Chapter 3: Find the right home for you

Support with planning your move

- [Looking for somewhere to live](#) – Summer Foundation
- [Thinking about moving: do you need help?](#) – Housing Hub
- [What is an NDIS plan?](#) – NDIS
- [Personal networks](#) – Aruma
- [Circles of support](#) - Family advocacy

Steps to move out of aged care

- [NDIS housing pathways](#) – Summer Foundation
- [NDIS Housing Goal Writing](#) – Housing Hub
- [Home and living-](#) NDIS
- [What is an NDIS plan?](#) – NDIS
- [How to move from NDIS aged care into more suitable accommodation](#) – Plan Partners
- [Does the support meet the reasonable and necessary criteria?](#) – NDIS
- [Sample NDIS plans](#) – Summer Foundation
- [Looking for somewhere to live](#) – Summer Foundation
- [Thinking about moving: do you need help?](#) – Housing Hub
- [Allied Health](#) – Housing Hub
- [Support coordination](#) – Housing Hub
- [Finding a support coordinator](#) – NDIS
- [Find a registered provider](#) – NDIS
- [How to write a housing plan](#) – Housing Hub



Finding and choosing the right home

- [My housing preferences](#) – Summer Foundation
- [Thinking about moving: what do you want and need out of housing?](#) – Housing Hub

Housing and support options

- [Home and support options](#) – Housing Hub
- [Home and living](#) - NDIS
- [Individualised living options](#) - NDIS
- [Supported independent living for participants](#) – NDIS
- [Personal care supports](#) – NDIS
- [Your support team](#) – Housing Hub
- [Health and wellbeing](#) – Disability Gateway
- [Assistive technology explained](#) – NDIS
- [How do we fund assistive technology?](#) – NDIS
- [Assistive technology](#) – Guide for low cost support funding – NDIS
- [Home modifications](#) – NDIS
- [What home modifications do we fund?](#) – NDIS
- [Mainstream Housing Options](#) – Summer Foundation
- [Short & Medium Term Accommodation](#) – Housing Hub
- [Adventures without limits: Respite & STA](#) – Housing Hub
- [Medium term accommodation](#) – NDIS

Transition considerations

- [The housing toolkit](#) – Summer Foundation
- [Moving house: successful transitioning](#) – Young People in Nursing Homes National Alliance
- [Personal networks](#) – Aruma (PDF, 861 KB)
- [Circles of support](#) - Family advocacy
- [The people platform – where interests become friendships](#) – Meetup
- [Find a neighbourhood house/centre](#) - Australian Neighbourhood Houses and Centres Association
- [Leisure](#) – Disability Gateway
- [Linda offers her advice on looking for SDA](#) – Summer Foundation
- [Sam shares 'things that helped me move'](#) – Summer Foundation

- [Christie achieving her home and living goals](#) – Summer Foundation
- [Living more independently: resource series](#) – Housing Hub
- [Living in my own home](#) – My Home, My Way
- [The lives we lead](#) – WA's Individualised Services

Chapter 4: Move out and settle in

Finding and choosing the right home

- [Finding housing](#) – Housing Hub
- [Housing Hub](#)
- [Nest](#)
- [YourPlace Housing](#)
- [Endeavour Foundation](#)
- [Housing Choice Australia](#)
- [myGov](#)
- [My housing preferences](#) – Summer Foundation
- [Assessing accommodation options: factsheet](#) – Young People in Nursing Homes National Alliance
- [What should I consider?](#) – Housing Hub
- [Thinking about moving: what do you want and need out of housing?](#) – Housing Hub

Timelines for moving out

- [Moving house: successful transitioning](#) – Young People in Nursing Homes National Alliance

Transition considerations

- [The housing toolkit](#) – Summer Foundation
- [Moving house: successful transitioning](#) – Young People in Nursing Homes National Alliance
- [Living more independently: resource series](#) – Housing Hub
- [Living more independently](#) – Summer Foundation
- [Moving to a new home checklist](#) – everything but the kitchen sink! – Housing Hub
- [Beyond Blue](#)
- [Lifeline](#)
- [Carers Australia](#)
- [Disability Advocacy Network Australia](#)
- [What types of community connections are available?](#) – NDIS



- [Contact us](#) – Summer Foundation
- [Life Skills](#) – Disability Gateway

Costs of moving out

- [Living more independently](#) – Summer Foundation
- [Moving to a new home checklist - everything but the kitchen sink!](#) – Housing Hub
- [Moving house: successful transitioning](#) – Young People in Nursing Homes National Alliance
- [Shopping assistance](#) – Disability Gateway
- [Income and finance](#) – Disability Gateway
- [Financial support](#) – Disability Gateway
- [Tax support](#) – Disability Gateway
- [Cards and concessions](#) - Disability Gateway
- [Financial support for healthcare](#) – Disability Gateway
- [National Companion Card](#) – Department of Social Services

Ongoing support

- [Living more independently](#) – Summer Foundation
- [Moving to a new home checklist - everything but the kitchen sink!](#) – Housing Hub
- [Your support team](#) – Housing Hub
- [Tips for building trust with your support worker](#) – Mable
- [How to build trust with your support workers](#) – Ability8
- [How to maintain professional boundaries with your support worker](#) – Mable

When things do not go as planned

- [Solving problems](#) – Housing Hub
- [Changing your plan](#) – NDIS
- [Advocacy](#) – Housing Hub
- [Disability Advocacy](#) – Ask Izzy
- [Find an advocate](#) – Disability Advocacy Network Australia
- [Housing Advocacy Service](#) – People with Disability Australia
- [Who can help me if things go wrong?](#) (pages 14 to 16) – Summer Foundation
- [Your housing rights](#) – Disability Gateway
- [Rights and legal](#) – Disability Gateway

Chapter 5: Ongoing support

Make changes to your NDIS plan

- [Request a review of an NDIS decision that I don't agree with](#) – Housing Hub
- [Factsheets: Challenging NDIS decisions](#) – Housing Hub
- [Request a review of a decision](#) – NDIS
- [How to request an internal review of a decision](#) – NDIS
- [Choose the type of decision you want reviewed](#) – Administrative Review Tribunal
- [Plan variations](#) – NDIS
- [Plan reassessments](#) – NDIS
- [Changing your plan](#) – NDIS
- [Factsheet: changing your plan](#) – NDIS

When things do not go as planned

- [Help if you're homeless](#) – Australian Government
- [Homelessness support and services](#) – Salvation Army
- [Homelessness Services](#) – Homelessness Australia
- [Everybody deserves a place to call home](#) – Australian Red Cross



Chapter 1

Chapter 2

Chapter 3

Chapter 4

Chapter 5



Your toolkit for moving out of residential aged care – Version 1, November, 2024.

If you have any questions regarding this toolkit, please contact the Department of Social Services (DSS) by email at ypirac@dss.gov.au

If you have questions regarding NDIS support options, you can call the NDIS on 1800 800 110 or email enquiries@ndis.gov.au. For questions regarding entry into residential aged care you may wish to contact the Department of Health and Aged Care by email at health.ypirac@health.gov.au.

If you are d/Deaf, hard of hearing or have a speech communication difficulty, you can use the National Relay Service (NRS) to get in touch. The Access Hub National Relay Service website (www.accesshub.gov.au/) has instructions for many different relay options.