



Planning your move to Independent Living

A resource for people with disability, families and the
people who support them

Housing Hub
Find the home that's right for you



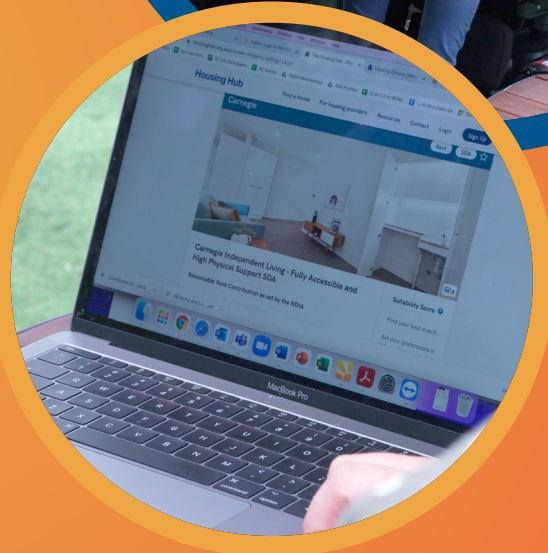
Using this guide

This is the second guide in our series about living more independently. This is all about planning the move into your new home. It has been created by Mable and the Housing Hub. You can use this guide as you plan your move into a home that will support you to live the life you want to.

This guide has been written to go along with a video called '[Planning your move](#)'.

You may want to watch the video with your family, a friend or a support worker you trust. Then if you want, you can ask them for their thoughts as you fill out the 'Schedule of Supports' table in this guide.

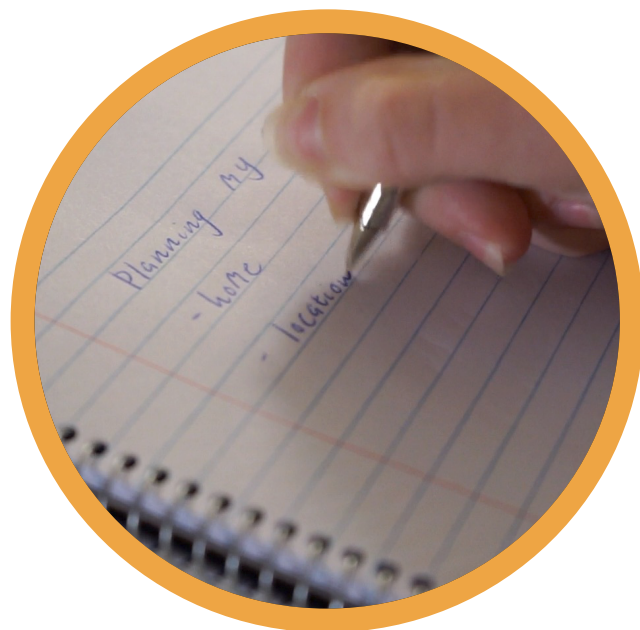
If you're thinking about whether your current home is right for you and if moving could be an option, then first you might want to look at our guide and video called 'Starting your independent living journey'



Introduction

Once you have thought about where and how you want to live, it is important to plan out how your new life in your new home is going to actually work.

For most people, moving to a new home is a big deal. Planning helps avoid problems and stress that can otherwise happen. Plans don't always work out perfectly, but things almost always work out better if you have a good plan.



Your plan for support

For many people with disability, changing where you live means some changes to the way you are supported.

A good way to plan how you will be supported in and around your new home is to look at what things you get support with in your current home, then work out who will support you to do those things in your new home.

So start by thinking about where your support comes from at the moment. Do your parents or other family members provide much of your support? Or friends or housemates? What support do you currently get from paid support workers?

Below is a table that you can use to make a list of all the things you do in a day that you need support with. Some people prefer to have a different list for each day of the week. Some people prefer to just have 2 lists: 1 for weekdays and 1 for weekends. You do whatever works best for you.

It can be easy to forget important things when you are making a list like this, so think about asking the people who support you at the moment to check your list and make sure you haven't left anything off.

Make sure you also add in any new things you want to do in your new home that you may need support with.

Next, put in the times of the day that you want to have support with each thing on your list. This may be different from the times of day you currently get support with these things. For example, if you are in a hospital or aged care facility, staff may provide a lot of your support at set times. These times might suit the staff better than they suit you.

This is your list, so put the times that suit you. If you can (or want) to be flexible with the time of some of your supports, put that down too.

It usually helps to put your list in time order – from getting out of bed, until the last thing you get support with before you get up the next day.

The list you are making is sometimes called a 'schedule of supports'.

My Schedule of Supports

[illegible]

Some platforms like Mable make it easy to manage your schedule of supports directly in the platform. You can find out more at <https://mable.com.au/>

Next to every thing on your list that you get support with, write down who supports you at the moment. Then in the next column, write who could support you in your new home. For some things it might be the same person who supports you in your new home. For some things, you may have to get a new support person to assist.

In the next column on your Schedule of Support, put how long you will need support for each thing on your list. Remember that when you move, some things may take longer than they currently do. For example, a family member or long-time support worker may support you much quicker with things than a new support worker, because they've been doing that support for years. You may need to take this extra time into account when allocating times in your schedule.

You might be able to get additional NDIS funding for this. Speak to your Support Coordinator or NDIS Planner about this. You can also speak to Mable or the Housing Hub for more info about this funding.

Changes in support for your new home

The right home and support setup will allow you to do more things yourself, which means that as you get to know your new home and the surrounding area, your need for support will come down.

Think about what sorts of things you want to be able to do yourself. Look at the 'Schedule of Supports' list you have been creating and see if there is anything on there you may want to do for yourself. You might also want to add on new things that you want to do on your own in your new home.

With some things, you might need support to learn how to do things for yourself and practise before you'll be able to do them without support. For example, if you live in a nursing home, you might not choose or prepare your own meals, but this might be something you would like to learn to do in your new home with or without support.

Or if you have lived at home with your parents, you might not have had much practice at taking care of your own money – working out how much things will cost, working out if you have enough money to pay for everything you need, paying your bills, etc. You may need some support to learn how to do these things.

The NDIS calls this ‘capacity building’, and may provide funding in your plan to develop these new skills you’ll need. Speak to your Support Coordinator or NDIS Planner.

Are there any skills you’ll need in your new home that you can practise before you move? For instance, if you are living in a group home, you might not have had to buy groceries or pay rent and household bills. It might be good to practise these things with some support before you move.

Of course, some things may need to wait until you’re in your new home to learn and practise.

Work out who in your support team can play parts in your journey to independence. Your family and friends might be the right people to support you with some things, but you might need extra paid support with others.

New members of your support team

If you are going to need new people on your support team in your new home, it can be really helpful to get them on board before you move – so you can get to know and trust them, and so they can get to know you and how you like to be supported.

We talk more about this in the next guide and video called ‘Choosing the right support workers and building a team’.





Support for your move

Many people need extra support for the time leading up to, during and after their move. You may need extra support to:

- Prepare for the move – including working out all the details and costs that go with it
- Pack up your old life in your old home
- Transport everything to your new home
- Unpack and get organised
- Settle into your new home, your new neighbourhood, your new life and your new support schedule

Talk about these support needs – which are sometimes called ‘transition supports’ – with your Support Coordinator or NDIS Planner. You may be able to get funding for them in your NDIS Plan.

Consider your 'Plan B'

Think about who in your support network can work out some of the potential issues and risks with you, without stopping your plans or hurting your confidence. Because you don't want living in your new home to be really hard or make you unhappy if things do not go exactly as you had hoped.

What could go wrong? Well...

- Something might be harder to learn than you expected
- Some of your equipment might break
- You might get sick
- Your disability may reduce your independence over time
- Furniture, food or other things might be more expensive than you thought
- A support worker might not turn up as planned
- A support worker you really like might leave
- You might not be happy with some of your support

You don't want any of these things to ruin your plans. So in your planning, work out a 'Plan B' for as many things as possible.

More information about planning your move

Even if you're not ready to move right now, now is often a great time to start planning. On the Housing Hub, you can find lots of great resources about planning your move into a home where you have more control – visit housinghub.org.au/resources



What next?

It's really important to have a good team around you.

The final guide in this series is called 'Choosing the right support workers and building a team'.