

# SIL Readiness Checklist

A Guide for Families and Support Coordinators

thinking about Supported Independent Living

NDIS | SIL | Capacity Building | Family Support



# ACALS

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with our team beside you.



**Readiness for supported independent living is not only about what the person can currently do. It is about their capacity to grow with the right environment, the right supports, and the right opportunities to build confidence, independence, and daily living skills over time.**

Use this checklist before a SIL placement begins, when reviewing a current arrangement, or when comparing providers. It covers signs of readiness in the person and, equally importantly, what to look for in the environment they are moving into.

## 1. Signs of Readiness in the Person

- ☐ **They are expressing a desire for more independence, even in small ways.**  
Comments like "I want my own space" or "I want to learn to cook" are meaningful directional signals.
- ☐ **They show frustration with their current living situation as direction, not crisis.**  
Frustration that points toward wanting something different is different from distress. Both matter, but they mean different things.
- ☐ **They are building daily living skills when given a consistent, structured environment to practise in.**  
Progress inside structure predicts future capability far more reliably than current performance without it.
- ☐ **They can manage basic self-care routines with support, even if not independently.**  
Full independence is not required at the start. The ability to participate in a routine with support is the relevant starting point.
- ☐ **They show some capacity to engage with peers or support workers, even if social confidence is limited.**  
Comfort with a small group of consistent people is enough. Social confidence grows through structured, repeated experience over time.
- ☐ **They have expressed interest in or curiosity about what supported living could look like.**  
Even a vague interest in the concept is worth exploring. It rarely emerges without underlying readiness.

## 2. Signs the Family Support Has Reached Its Limit

- ☐ **The primary carer is showing signs of exhaustion, health decline, or reduced capacity.**  
Almost 58% of Australian carers report low wellbeing. Carer health is part of the readiness picture.
- ☐ **The household dynamic has changed: increased tension, conflict, or withdrawal from either side.**  
A changed dynamic is often the first observable sign that the current arrangement is no longer working for anyone.
- ☐ **The family has no clear plan for what happens when their capacity reduces further.**  
Absence of a transition plan is itself a risk factor. A well-supported transition is far better than a crisis-driven one.
- ☐ **The person with disability is becoming more restricted rather than more capable in the current environment.**  
When a supportive home becomes a limiting one, the environment has reached its ceiling for that person's growth.

### 3. What to Look For in the SIL Environment

- ☐ **The home has a clear, predictable daily routine the participant can rely on from day one.**  
Readiness in the person means little if the environment they enter is unstructured. The routine is the foundation.
- ☐ **The support team is consistent. The same small group of workers supports the participant regularly.**  
Frequent support worker changes reset the trust that structured progress depends on.
- ☐ **There is a clear programme for building daily living skills, not just completing them on the participant's behalf.**  
Support hours spent doing tasks for a participant maintain dependency. The goal is to teach, reduce prompts, and build.
- ☐ **The provider has a clear plan for managing emotional regulation proactively, not reactively.**  
Crisis response is not a support model. Ask what the provider does before escalation, not only after.
- ☐ **There is a connection to structured capacity building activities outside the home.**  
Isolation within accommodation is one of the most common and least discussed risks in SIL placements.
- ☐ **The provider involves families in regular updates without requiring families to chase information.**  
Proactive family communication is a sign of a well-organised provider, not a courtesy add-on.

### 4. Questions to Ask a Potential SIL Provider

- ☐ **What does a typical weekday look like for a participant in this home?**  
A provider who can describe the daily structure in specific detail has one. A provider who cannot, may not.
- ☐ **How do you build daily living skills? Can you give a specific example?**  
Look for practical, graduated skill-building, not general descriptions of "supporting independence".
- ☐ **What is your process when a participant's emotional regulation starts to deteriorate?**  
The answers should describe early identification and proactive response, not management after the fact.
- ☐ **How often do support workers change, and how are transitions handled?**  
High turnover with no structured handover is one of the most disruptive features of an unstructured SIL environment.
- ☐ **How do you keep families informed, and how often?**  
Regular, proactive communications should be the default, not something families need to request.

#### ♥ Signs the Timing or Environment May Not Be Right

- ♥ The person is in active crisis. A stable period is needed before a well-supported transition can begin.
- ♥ The proposed environment has high support worker turnover with no clear handover process.
- ♥ The provider describes independence as the goal but cannot describe the structured pathway to it.
- ♥ The move is being driven entirely by family pressure rather than any signal from the person themselves.
- ♥ There is no capacity building programme or structured social activity connected to the placement.

#### ♥ Almost 58% of Australian carers report low wellbeing.

Carers are more than three times as likely to experience chronic loneliness as the general population. Carer health is part of the readiness picture, not separate from it. Sustainable SIL outcomes rely not only on participant capacity, but also on the stability, wellbeing, and long-term sustainability of the support system around them.

### What to Do Next

If this checklist has raised questions about a current or upcoming SIL placement, ACALS is happy to have a straightforward conversation. We support adults with neurodivergence and psychosocial disability through structured SIL environments and capacity building programmes designed to work together. Get in touch to talk through what the right environment actually looks like in practice.