



Australian Government  
Department of Health,  
Disability and Ageing

ndis



## 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.

## Information toolkit chapters

This toolkit includes 5 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 isn't 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 there used to be.

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's 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.

## 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. The definitions come from the NDIS and the Summer Foundation. 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

- **Residential aged care:** Residential aged care is where older Australians live when they can't live in their home anymore.
- **Participants:** Participants are people with a disability who take part in the NDIS.
- **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.
- **Funding:** Funding provided to you to get the supports you need and help you work towards your goals.
- **Capacity building funding:** The NDIS may give capacity building funding to help participants find housing that supports their independence.
- **Support coordinator:** A support coordinator is someone who helps you plan and use your supports.
- **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.

- **Individualised living options (ILO):** ILO is a way of setting up the support you want at home.
- **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.
- **Specialist disability accommodation (SDA):** SDA is an NDIS support. It's housing for participants who need extra support most of the time.
- **Assistive technology:** Assistive technology is equipment or devices that can help you do things that might be difficult because of your disability.
- **Home modifications:** Home modifications are changes to a home to help you move around safely and make everyday tasks easier.
- **Landlord:** The landlord is the owner of the property.
- **Rent:** Rent is the amount of money paid by the tenant to the landlord to live at the property
- **Lease:** The lease is an agreement signed by the tenant and property manager about how long the tenant will live in the property.
- **Tenant:** The tenant is the person who has signed a lease to rent and live at the property.

## Acknowledgements

We would like to 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 and insights 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. Their deep understanding of the needs of younger people in residential aged care played an important role in refining the content.

Finally, we want to recognise the many organisations that have already created great resources for younger people. Our goal was not to create too much new content but to bring together the helpful information that is already available. We hope this toolkit makes it easier 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 5 chapters in this toolkit. Each chapter includes factsheets, guides and tools. The chapters follow the process of your journey to move out of aged care.

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

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

## Factsheets, guides and activities

Each factsheet shows the topic and how much detail is included at the top of the page. There's also a short line under '**On this page you will find,**' that gives you a quick idea of what to expect. This makes it easy to see what information is on each page.

Each factsheet or guide in this toolkit has links to more information. The '**Related Toolkit Content**' section will link you to other useful factsheets, and the '**Helpful Resources**' section will take you to information outside of the toolkit. Many factsheets or guides have a '**Supporting a loved one?**' box with helpful tips for those 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**

There are a few ways that you can move between chapters and sections. If you are on the YPIRAC webpage, you can click on each chapter to open it. If you are already in a chapter, you can click on the section links on the chapter cover page to move to that section.