

Chapter 3 Find the right home for you

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Get help to find housing and support options

Key

Topic: Support with planning your move

Level of detail: Detailed (Detail level 3 out of 3)

Stage in the decision-making process

- Chapter 3

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 may **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.

Character call out box

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 in this chapter 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 support, visit:

- [Thinking about moving: do you need help?](#) – Housing Hub.

For more information about NDIS plans, visit:

- [What is an NDIS plan?](#) – NDIS.

Pathway into your new home

Key

Topic: Support with planning your move

Level of detail: Introduction (Detail level 2 out of 3)

Stage in the decision-making process

- Chapter 3

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
- 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.

For more information visit:

- [Housing Hub Resources](#) – Housing Hub
- [About Mainstream Housing](#) – Housing Hub.

Character call out box

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 in this chapter for more information about how to set a goal.

Visit the '[Get help to find housing and support](#)' page in this chapter 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 in this chapter to learn more about how to work with support coordinators and allied health professionals to move out of aged care.

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

Visit the '[Modifying your new home](#)' page in this chapter 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, visit:

- [Housing Hub Resources](#) – Housing Hub
- [About Mainstream Housing](#) – Housing Hub
- [NDIS Housing Goal Writing](#) - Housing Hub
- [Home and living](#) – NDIS.

For more information on NDIS plans, visit:

- [What is an NDIS plan?](#) – NDIS.

Set a goal to move out of aged care

Key

Topic: Steps to move out of aged care

Level of detail: Introduction (Detail level 2 out of 3)

Stage in the decision-making process

- Chapter 3

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 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 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.

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

- if it will help you meet your goals in your 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 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.

Character call-out box

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](#)' page in this chapter for more information on the key steps in the moving process.

Visit the '[Get help to find housing and support](#)' page in this chapter 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, visit:

- [Housing Hub Resources](#) – Housing Hub
- [How to move from NDIS aged care into more suitable accommodation](#) – Plan Partners.

For more information on NDIS funding, visit:

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

For more information NDIS plans, visit:

- [Setting goals](#) – NDIS.

Work with professionals on your housing plan

Key

Topic: Support with planning your move

Level of detail: Introduction (Detail level 2 out of 3)

Stage in the decision-making process

- Chapter 3

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. NDIS provides this as capacity building funding. For more information on capacity building funding, visit the [‘Getting help finding housing and support’](#) page in this chapter.

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.

Character call-out box

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 in this chapter for more information on the key steps in the moving process.

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

Visit the '[Modifying your new home](#)' page in this chapter 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, visit:

- [Allied Health](#) – Housing Hub.

For more information on NDIS support coordinators, visit:

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

For more information about housing plans, visit:

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

Find housing that meets your support needs

Key

Topic: Finding and choosing the right home

Level of detail: Introduction (Detail Level 2 of 3)

Stage in the decision-making process

- Chapter 3

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](#) – Housing Hub.

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 in this chapter 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 – Housing Hub](#)
- [Thinking about moving: what do you want and need out of housing? – Housing Hub.](#)

Assistive technology in your new home

Key

Topic: Housing and support options

Level of detail: Introduction (Detail Level 2 of 3)

Stage in the decision-making process

- Chapter 3

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. Read the related toolkit content section below on where to find more information on home modifications.

What kinds of assistive technology can the NDIS fund?

The NDIS can 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.

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, visit [Assistive technology – Guide for low cost support funding.](#)

Character call out box

Complex communication devices help people talk if they cannot speak. These might include special computers or machines that help you speak.

Related toolkit content

Visit the [‘Modifying your new home’](#) page in this chapter 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.](#)

Modifying your new home

Key

Topic: Housing and support options

Level of detail: Introduction (Detail Level 2 of 3)

Stage in the decision-making process

- Chapter 3

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 in this chapter 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
- [Housing Hub Resources](#) – Housing Hub.

Managing care in your new home

Key

Topic: Housing and support options

Level of detail: Introduction (Detail Level 2 of 3)

Stage in the decision-making process

- Chapter 3

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 shape 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.

Character call out box

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 is 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](#)' page in Chapter 4 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.

Explore medium-term accommodation options

Key

Topic: Housing and support options

Level of detail: Introduction (Detail level 2 out of 3)

Stage in the decision-making process

- Chapter 3

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.

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 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 **short-term and medium-term accommodation** are options available to 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](#)' page in this chapter 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.

Take the first steps toward your move

Key

Topic: Transition considerations

Level of detail: Introduction

Stage in the decision-making process

- Chapter 3

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. It is 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 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. 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: Work on a backup plan with your support coordinator to help manage unexpected things that happen. Sometimes things do not go to plan. 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 in Chapter 4 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 in Chapter 4 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. 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.

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 this resource:

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

Build your support network

Key

Topic: Support with planning your move

Level of detail: Introduction (Detail Level 2 out of 3)

Stage in the decision-making process

- Chapter 3

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.

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:** They 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 team helps you reach your goals and make the move out of aged care as smooth as possible.

Character call out box

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

Related toolkit content

Visit the [‘Support systems during your transition’](#) page in Chapter 4 for more information on 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:

- [Personal networks](#) – Aruma
- [Circles of support](#) - Family advocacy.

Connect with your community

Key

Topic: Transition considerations

Level of detail: Introduction (Detail Level 2 out of 3)

Stage in the decision-making process

- Chapter 3

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.
- **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. 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 lasting friendships.

Character call-out box

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 in this chapter 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.

Learn from others who have made the move

Key

Topic: Transition considerations

Level of detail: Overview (Detail Level 1 out of 3)

Stage in the decision-making process

- Chapter 3

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 helpful to speak to someone else who has moved out of aged care into a new home. It 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:

- 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 your new home?
- What do you not 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 might 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.