

Nexus Independent Living Program

WHAT IS NILP?

The Nexus Independent Living Program (NILP) tailors support to allow you to move or stay in your own unit, while getting a high level of support to help you develop independent living skills.

Important skills like cooking, bill paying, handling money, shopping and getting on with neighbours, using public transport, keeping your house neat and tidy, asking for help when you need it and sorting out your health needs.

If you need physical help Nexus can also help you learn to use new equipment and set up your house so it is easier to access the things you need. You will have your own Nexus Key Worker who will help you keep on top of things and Nexus staff are always available if you need extra support.

A key part of NILP is that you get to rent your own unit and look after it – this means being responsible for your own place and how you get on with people who live around you. NILP operates from a number of locations.

WHO CAN BE INVOLVED?

NILP is not targeted at any particular group of people, the most important thing is that you need to be willing and able to have a go at developing your skills.

You will be renting your own unit and paying your own way so you will need to have enough income to achieve this.

Your support costs are paid for by the government – either by your NDIS plan (you will need to have Supported Independent Living – SIL – in your plan) or from Communities Tasmania.



HOW WILL NEXUS SUPPORT YOU?

NILP is all about helping you develop the skills you need. The first part of the NILP experience includes you talking to Nexus staff about what you can do and what you would like to learn to do. Nexus will then help you write up a plan of action, and staff will start working with you to grow your skills.

We can even start working with you before you move into a NILP unit – with things like helping you to learn to cook a meal for your family, or to get better at using buses. We can also start to help you get together the things you need to move out (sheets, furniture, kitchen items and things like that).

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Once you move into your own unit you will start to do more and more things for yourself until you feel confident to manage your own home. This might take anywhere from 6 months to 2 years.

Once you are doing most things for yourself we will help you find your own place to live. We will help you move and then help you set up in your new place. We understand that there might still be some things you want ongoing support for – Nexus can help you do this even when you are in your own place.



HOW DO I GET SUPPORT FROM NEXUS?

Nexus has an extensive list of NDIS registrations in Core and Capacity Building Supports. The NILP program is funded by the NDIS as Supported Independent Living (SIL). You will need to identify independent living as a goal in your plan and get SIL included in your core supports. Nexus can assist you to do this.

Contact Nexus at nexusinc@nexusinc.org.au or 6240 5000