

# My life + Somewhere to live

## Help with your life and a home that's right for you

For people aged 16–65 years who have a long-term disability

### How can I choose what's right for me?

I can plan my life by talking to:

- my friends and/or family
- an Ability Linker to find out what help I can get in my local area
- my GP, who can refer to an Occupational Therapist so we can work out what help I need
- someone in a service I use
- a Support Planner
- someone I know in FACS/ADHC (e.g. the Information and Pathways team).

See **My life – things to think about** (booklet 1) about getting help in your local area.

The Getting Prepared page can also help.

[www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au)

Booklet 1



### My possible living arrangement

There are many options I can consider for where and how I live.

I can live **by myself** in the house I own, a private rental or public housing, and I can get help to live in my house if needed.

I can live **with other people** in a place not managed by a disability service provider. For example, I could share a place I own or rent.

I can live **with other people** in a place managed by a disability service provider who receives funding from the NSW Government.

See **Somewhere to live – what help can you get?** (booklet 2)

[www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au)

Booklet 2



### If I need extra help

I can register for group accommodation services or individual funding.

See **Somewhere to live – about the Accommodation Support Register** (booklet 3)

[www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au)

Register to individualise my current supports.  
Contact **1800 605 489**

[livinglifemyway@facs.nsw.gov.au](mailto:livinglifemyway@facs.nsw.gov.au)

Booklet 3



To get a copy of the *My life and Somewhere to live* Easy English booklets, contact your local FACS district at [www.facs.nsw.gov.au/about\\_us/contact\\_us](http://www.facs.nsw.gov.au/about_us/contact_us)



If you need this information in another language, you can call Translating and Interpreting Service (TIS) on 131 450.

You can also see their website [www.tisnational.gov.au](http://www.tisnational.gov.au)



Talk to FACS/ADHC about finding help in the community from an Ability Linker in your local area.

### For more information

**Phone** (02) 9377 6000 **TTY** (02) 9377 6167

**Email** [servicembx@facs.nsw.gov.au](mailto:servicembx@facs.nsw.gov.au)



**Family & Community Services**  
Ageing, Disability & Home Care