**What to Do If Your Needs Change While Using Independent Living Options**

Aging and changing circumstances require adaptable support. The NDIS Independent Living Options (ILO) scheme helps older individuals and people with disabilities live independently, but it's crucial to reassess ILO support as needs evolve. Changes in physical health, increased assistance requirements, or shifts in work patterns (e.g., remote/hybrid) can all necessitate adjustments to an ILO plan. Here's a guide to navigating these changes:

**Recognizing the Need for Change:**

The first step is recognizing that your needs have changed and that your current ILO services may require reassessment.

**Steps to Adjust Your ILO Plan:**

1. **Self-Assessment:** Identify the specific areas where your current ILO arrangements fall short. Document these changes and share them with your ILO provider.
2. **Consult Your Support Network:** Discuss your changing needs with your NDIS Support Coordinator or ILO provider. They can guide you through available options. Family and friends can also provide valuable input.
3. **Request a Plan Review:** Formally request a review of your NDIS ILO plan to reflect your evolving needs. Clearly articulate these needs and how they impact your ability to live independently and maintain well-being. Ensure you have supporting documentation, such as medical assessments. ILO plan reviews can be requested at any time, but regular communication with your provider is key.
4. **Explore Alternative Support Services:** Your changing needs might require exploring different services. This could involve a private caregiver, assistive technologies (e.g., auto-wheelchair), or community-based support. Consider whether a different ILO provider or living arrangement (e.g., transitioning from shared to individual living) might better meet your needs. Discuss these options with your support coordinator. Don't be afraid to try new approaches.
5. **Monitor and Evaluate:** After implementing a new ILO plan, continuously monitor its effectiveness. Regular evaluations will ensure the services remain aligned with your evolving needs and health status. Maintain open communication with your ILO provider and support network for ongoing adjustments and informed decision-making.

**Conclusion:**

Proactive communication with your ILO provider and NDIS coordinator is essential for managing changing ILO needs. Regularly reassessing your situation, consulting your support network, and modifying your ILO plan are crucial steps to ensure you continue receiving the support you need to live independently and achieve your goals. Change is a constant, and your ILO plan should be flexible enough to adapt.