

## Supported Independent Living (SIL)

# What **YOU** can expect



### Empowering Independence for Individuals with Disabilities

Supported Independent Living (SIL) is designed to provide individuals with disabilities the support they need to live independently in a shared or private home. At My Guardian, we offer tailored services that help you or your loved one live as independently as possible while receiving the necessary level of care.

### What Is SIL?

Supported Independent Living allows individuals with disabilities to live in homes with tailored assistance for daily tasks, such as cooking, cleaning, and personal care. With 24/7 support, SIL is ideal for those who want to live more independently while still receiving the help they need.

### Services we offer

- ✔ Personal Care: Help with showering, dressing, grooming, and mobility.
- ✔ Domestic Support: Assistance with household tasks such as cooking, cleaning, and laundry.
- ✔ Community Participation: Encouragement and support to engage in social activities and community events.
- ✔ 24/7 Assistance: Around-the-clock care from trained staff to ensure safety and comfort.
- ✔ Health & Well-Being: Regular health monitoring and access to medical care.



### Why choose My Guardian for SIL?

We are family-oriented and hold our family values dear. For those without family, My Guardian is your family. Our SIL homes are designed to create a comfortable, supportive environment where individuals can thrive. We also aim to alleviate stress for families, who are always welcome to visit and see their loved ones' progress.