

Empowering You to Live Independently

Comprehensive Services for Supported Independent Living, In Home Support, & Community Access & Participation



- + Supported Independent Living
- + In Home Support
- + Community Access and Participation
- + Support Coordination Level 1, 2 & 3



Practical Supports for Independent Living

Quality Living and Support Services (QLSS) provides Supported Independent Living (SIL) services to people with disability to live as independently as possible in their own home while receiving the support they need with everyday activities.

SIL can include help or supervision with daily tasks such as personal care, preparing meals, cleaning, shopping, or managing household routines. The level of support is tailored to each person's needs and goals, helping them build skills and confidence over time.

Everyone's living situation is different, and SIL is just one of the home and living support options available through the NDIS. The right support will depend on the person's individual needs, preferences, and goals.



Personalised Care Designed Around You

QLSS provides personalised support tailored to each person's individual needs, preferences, and goals. This may include assistance with personal care, daily routines, medication reminders, and building skills for greater independence.

Support is delivered in a way that respects the person's choice, dignity, and lifestyle, helping them live as independently as possible while feeling safe and supported.



Registered
NDIS Provider

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Goal-focused Meal Preparation

Meal preparation support helps participants plan, prepare, and enjoy nutritious meals that suit their dietary needs and preferences.

Depending on the individual's abilities and goals, support workers may assist with grocery shopping, meal planning, cooking, and kitchen safety.

This support also provides opportunities to develop cooking skills and confidence in managing everyday tasks independently.

Creating a Comfortable Home

Household support assists participants to maintain a clean, organised, and comfortable home environment.

This may include support with cleaning, laundry, organising personal belongings, and establishing routines that work for the individual.

Support is tailored to each person's needs while encouraging skill development and greater independence in daily life.

Support When You Need It

Some participants benefit from additional support throughout the day or overnight to assist with daily routines and unexpected situations.

This support provides reassurance, guidance, and practical assistance while promoting choice, confidence, and independence. The level of support is tailored to individual needs and goals.

Staying Connected

Transport support helps participants access their community, attend appointments, participate in social activities, and maintain connections with family, friends, education, or employment opportunities.

Support workers may assist with travel planning, accompany participants on public transport, or provide transport where appropriate.

This support helps individuals stay connected, build confidence, and engage more fully in everyday life.

Medium Term Accommodation

Medium Term Accommodation (MTA) is an NDIS support that provides temporary housing for participants who have a confirmed long-term housing solution but need a place to stay while waiting for it to become available.

MTA can be funded by the NDIS for up to 90 days and helps ensure participants have safe, suitable accommodation during this transition period.

Funding typically covers the cost of rent, utilities, furniture, and accommodation-related services, providing stability and peace of mind while longer-term arrangements are finalised.

Short Term Respite

Short Term Respite (STR), sometimes called respite care, provides participants with the opportunity to stay away from home for a short period while receiving the support they need.

Funded through the NDIS, STR can be used for up to 14 days at a time and up to 28 days per year. It includes accommodation, assistance with daily living activities, personal care, mobility and transfers, and support to participate in community, social, or cultural activities.

At QLSS, we offer flexible STR options tailored to individual needs, providing a safe and supportive environment where participants can enjoy new experiences, build independence, and maintain their routines, while giving families and carers a valuable opportunity to take a break.



By combining in-home and community supports, participants enjoy choice, independence, and spontaneous engagement, achieving strong outcomes for people with psychosocial disabilities, trauma histories, and CALD backgrounds.

Australia-wide Registered & Accredited NDIS Provider

QLSS is a fully registered NDIS Provider in all states & territories of Australia.

We deliver high-impact, person-centred disability supports grounded in ethical practice, cultural responsiveness, and human rights advocacy.

As a trusted leader in Supported Independent Living (SIL), Community Access Support (CAS), and Support Coordination, QLSS empowers participants to live with independence, dignity, and meaningful community connection.

QLSS's Integrated SIL + CAS model provides flexible, real-time support that reflects everyday life.



Did You Know: We Also Offer Support Coordination?

At QLSS, our experienced Support Coordinators take the time to understand your individual goals, priorities, and circumstances.

We provide personalised guidance to help you understand your plan, identify suitable service providers, and connect with supports that align with your needs and aspirations.

Whether your goals involve increasing independence, accessing community activities, improving wellbeing, finding employment opportunities, or exploring housing options, we are here to support you every step of the way.

QLSS offers all levels of Support Coordination, including:
Level 1: Support Connection,
Level 2: Coordination of Supports,
Level 3: Specialist Support Coordination.

At QLSS, we believe Support Coordination is about more than managing services - it's about helping you take control of your NDIS journey, make informed choices, and achieve the goals that matter most to you.



Locations: All States & Territories of Australia.
Enquire Today for More Information.

Learn More: www.qlss.com.au

Contact Us: hello@qlss.com.au

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