

« *Quality is defined at the point of interaction between the staff member and the individual with a disability.* » --- **John F. Kennedy, Jr.**

What is SIL?

The goal of the SIL program is to promote, support and enable individuals with disabilities to achieve their potential and independence in the community. Services provided are funded through Eastern Health's Community Support Program. Supports may include assisting individuals with medication administration, personal hygiene, cooking and meal supervision, grocery and personal shopping, appointments, and social skills training.



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Supported Independent Living (SIL)

107 Bay Bulls Road, St. John's



What are the aims of the SIL program?

The SIL program promotes independence by ensuring that persons with disabilities can have safe and comfortable housing with uniquely tailored, person-centered supports.

The SIL program has several intended aims:

- Create more housing options for persons with disabilities.
- Maximize capacity for persons with disabilities to live independently in the community.
- Improve social, economic and health outcomes for persons with disabilities.
- Facilitate relationships with family, community, culture, significant others and friends.
- Prevent overservicing of persons with disabilities into higher, unnecessary levels of residential care; and
- Create capacity within the community to move between identified levels of care as person-centered care needs change over time.

How does the SIL program work?

Momentum contracts a limited number of apartments in one building across multiple floors. One apartment in the building operates as the office, where the site coordinator is based, providing a “home base” for the staff who are onsite for providing client care. The site coordinator oversees the two staff who working at all times; these staff monitor the care of the clients moving between floors, as well as provide planned supports & urgent need support. Apartments can be 1-bedroom suites, or 2-bedroom suites if a client would like to plan for a roommate. Each apartment has its own bathroom, kitchen and living room. Paid laundry machines are available on each floor, and the building is wheelchair accessible.

The site coordinator ensures that standard monthly bills for the resident are looked after based on the program’s budget, and helps provide service coordination between various stakeholders that work with, and support, our clients.

Who are the intended service users for this program?

The SIL program is intended to service adult individuals with disabilities (over the age of 18) that do not require constant 24-hour monitoring but would benefit from having access to support throughout the day.

How do I refer someone?

Referrals for admission should be directed through a client’s community supports social worker. If your loved one doesn’t have a community supports social worker, please call (709) 752-4717 and ask to talk to someone regarding a community supports intake referral.

Who can I contact?

If you have an interest in the Supportive Independent Living site and would like to learn more, please call our main line at 1-888-461-0034 and select the option for “Operations”. We look forward to hearing from you!