

***Under-One-Roof Contract Between the Adult Children  
Living at Home and Their Parents***

The parents seek to maintain a home atmosphere that is comfortable for everyone. This atmosphere needs to be guided by the mutual respect and concern of individual family members for one another.

The guidelines below are designed to maintain a sense of order and comfort for the parent(s), the adult child, and anyone else living in the home. Fill in the sections that apply to your circumstances. If you have requirements more specific than these guidelines, use these as a template and attach a separate piece of paper with more details (initialed by both the parent and the adult child).

Any change or addition to this contract must be agreed to in writing and initialed by both the parent(s) and the adult child. If a change is not agreed to in writing, and is not initialed by both the parent(s) and the adult child, it is not enforceable by the parent(s).

Residential agreement and responsibility contract between:

the PARENT(S) \_\_\_\_\_ and

the ADULT CHILD \_\_\_\_\_

**Section #1: Purpose of This Agreement**

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The Adult Child is living with the Parent(s):

- So they can save money to buy property
- While dealing with personal or health issues
- While enrolled in school
- While looking for full-time employment that will allow independence
- \_\_\_\_\_

**Section #2: Length of This Agreement**

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This agreement starts on: \_\_\_\_\_

This agreement is:

- on a month-to-month basis
- for a fixed length of time ending on \_\_\_\_\_

At the end of this fixed length of time:

- the agreement may continue on a month-to-month basis or another fixed length of time
- the agreement ends and the adult child must move out of the parental home

**Section #3: Rent**

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- The adult child will pay the rent of \$\_\_\_\_\_ each month to the parent(s) on the first day of the month. The adult child must pay the rent on time.
  - If the adult child gets a job, rent will be \_\_\_\_% of their income, to a maximum of \$\_\_\_\_\_
  - Instead of rent, the adult child must: \_\_\_\_\_
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**Section #4: Household expenses**

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In recognition that they are adding to the household expenses, the adult child agrees to contribute to the following expenses:

- Electricity (adult child to pay \$\_\_\_\_\_ or \_\_\_\_% of bill)
- Cable TV (adult child to pay \$\_\_\_\_\_ or \_\_\_\_% of bill)
- Heat (adult child to pay \$\_\_\_\_\_ or \_\_\_\_% of bill)
- Laundry facilities (adult child to pay \$\_\_\_\_\_ or \_\_\_\_% of bill)
- Health Insurance (adult child to pay \$\_\_\_\_\_ or \_\_\_\_% of bill)
- Parking for \_\_\_\_ vehicle(s) (\$\_\_\_\_\_)
- \_\_\_\_\_ (adult child to pay \$\_\_\_\_\_ or \_\_\_\_% of bill)

\_\_\_\_\_ (adult child to pay \$\_\_\_\_\_ or \_\_\_\_\_ % of bill)

\_\_\_\_\_ (adult child to pay \$\_\_\_\_\_ or \_\_\_\_\_ % of bill)

**Food:**

The adult child will:

pay \$\_\_\_\_\_ per week toward the household food bill

Be responsible for buying all of their own food

**Personal Expenses:**

The adult child will be responsible for the following personal expenses:

Their own clothing costs

Their own personal costs

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Use of Family Vehicle:**

The adult child can use the family vehicle under the following conditions:

Only with advanced notice and permission

They must return the car with a full tank of gas

They are responsible for any repair bills due to accidents or negligence

They must contribute \_\_\_\_\_% toward any routine maintenance

They must contribute \$\_\_\_\_\_ or \_\_\_\_\_% toward increased insurance costs

They must contribute \$\_\_\_\_\_ per month toward general maintenance and upkeep

They agree to never drink and drive

**Section #5: Responsibilities and Chores**

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The adult child shall:

Keep their room or living space clean and tidy and in good repair

Do their own laundry

Be responsible for cooking family meals \_\_\_\_\_ days a week

Provide the following pet care: \_\_\_\_\_

Perform the following yard work/household chores: \_\_\_\_\_

\_\_\_\_\_

Other chores: \_\_\_\_\_

### **Section #6: Household Rules**

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The adult child will respect the property of the parents and others living in the home, and behave in a manner that reflects a concern for others' safety and well-being.

It is agreed that the adult child will refrain from:

- drunkenness in the home
- swearing, or use of profane language
- the use of tobacco in any form inside the home
- the possession or use of marijuana, and any drugs in the home
- excessive noise, including music, between the hours of \_\_\_\_\_ and \_\_\_\_\_

**Guests are:**

- Not allowed
- Allowed under the following conditions: \_\_\_\_\_

\_\_\_\_\_

**Overnight guests are:**

- Not allowed
- Allowed under the following conditions: \_\_\_\_\_

\_\_\_\_\_

**Section #7: Shared Resources**

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Family resources, such as the TV and computer, must be shared in a respectful and fair manner. The adult child is free to use the following household resources, under the following conditions:

- Family Computer
    - For up to \_\_\_\_ hours a day
    - Only for school and studying.
    - Only for searching for and applying for work
    - With the following restrictions: \_\_\_\_\_
- \_\_\_\_\_

- Family TV
    - For up to \_\_\_\_ hours a day
    - The following programs (or type of programs) are not permitted: \_\_\_\_\_
- \_\_\_\_\_

- Other: \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

**Section #8: Privacy**

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In recognition that the adult child deserves a reasonable level of independence, the parent(s) agree to:

- Not enter the adult child's room/living space for any reason
- Not open any mail addressed to the adult child
- \_\_\_\_\_

In recognition that the parent(s) deserve a reasonable level of privacy, the adult child agrees to:

- Not enter the parents' room/living space for any reason
- Not open any mail addressed to the parent
- \_\_\_\_\_

**Part 2: When the Adult Child is Also a Parent**

If the adult child has children of their own in the parents' home, the following rules apply:

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### **Part 3: Aiding the Adult Child's Recovery**

In cases where the adult child is living in the parents' home to give them a safe place to deal with personal or health issues, including recovering from substance abuse, unique challenges need to be addressed and agreed to.

While each situation is unique, this page is a starting place to make sure each party understands the rules, and agrees to the special conditions this circumstance demands.

The adult child agrees to:

- Not use or possess any illegal drugs
- Not use or possess any alcohol
- Attend counseling sessions \_\_\_\_\_ times a week
- Attend support groups \_\_\_\_\_ times a week

If any of these agreements are broken, the consequence will be:

\_\_\_\_\_

To enforce this agreement, the parent may:

- Enter the adult child's room/living space to confirm that no forbidden substances are in the home.
- \_\_\_\_\_
- \_\_\_\_\_