

Adult Child Household Agreement

This agreement is a tool to create a clear, respectful, and supportive plan for living together as adults. Living in the same household can work well when everyone understands their responsibilities, expectations, and boundaries. This agreement is intended to support both the adult child's independence and the well-being of the household.

Adult Child: _____

Parent/Household Member: _____

Start Date: _____

Review Date: _____

01

Household Contributions

The adult child agrees to contribute to the household in the following ways:

Rent/contribution toward household expenses: \$ _____ per month

Utilities: _____

Groceries: _____

Household chores: _____

Other responsibilities: _____

02

Chores & Shared Responsibilities

Everyone living in the home contributes to maintaining the household.

The adult child will be responsible for:

- ☐ _____
- ☐ _____
- ☐ _____

03

Schedule & Communication

The adult child will communicate with household members about:

- Extended absences or overnight stays
- Changes to their schedule that affect the household
- Guests
- Any issues that may affect shared responsibilities

Everyone agrees to communicate directly and respectfully rather than using passive-aggressive comments, silence, or criticism.

04

Guests

Guests are welcome with the following expectations:

- ☐ _____
- ☐ _____
- ☐ _____

Overnight Guests: _____

05

Privacy & Boundaries

Everyone in the household is entitled to reasonable privacy. We agree to:

- Knock before entering bedrooms or private spaces.
- Respect personal belongings.
- Avoid reading or accessing another person's private communications or possessions.
- Allow each person appropriate independence and personal space.

06

Work, School & Personal Goals

The adult child agrees to work toward appropriate personal goals, which may include employment, education, financial independence, or other agreed-upon goals.

Current Goals:

Goal 1: _____

Goal 2: _____

Goal 3: _____

07

Financial Independence

If the purpose of living at home is to work toward greater independence, we will identify specific goals and a timeline. Examples:

- Save \$_____
- Obtain employment by _____
- Pay off \$_____ in debt
- Establish a personal budget
- Obtain independent housing by _____

08

Household Rules

Because the adult child is an adult, household expectations will focus on respect, safety, shared responsibility, and consideration for others rather than parental control.

Agreed-upon household rules:

☐

☐

☐

☐

09

Conflict

When disagreements occur, everyone agrees to address them directly and respectfully. We will avoid:

- Yelling or threatening
- Name-calling
- Personal attacks
- Bringing up unrelated past conflicts
- Refusing to communicate as a form of punishment

If a conversation becomes too heated, anyone may request a break and agree to return to the conversation at a specific time.

10

What Happens If the Agreement Isn't Working?

If expectations aren't being met, we will first have a conversation about what needs to change. If the arrangement continues not to work, we will revisit the agreement and determine whether expectations, contributions, or the living arrangement itself need to change.

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Review

We will review this agreement on:

Date: _____

At that time, we'll discuss:

- What's working?
- What's not working?
- What needs to change?
- What progress has been made toward independence?
- What are the next steps?

Agreement

We agree that the purpose of this agreement is not to control one another, but to create a household where everyone is treated as an adult, everyone's needs are considered, and expectations are clear.

Adult Child Signature: _____

Date: _____

Parent/Household Member Signature: _____

Date: _____

