



Making It On My Own (MIOMO) Living Optimally Agreement

This document is a morally binding agreement between parents and their Yadult. Its' purpose is to clearly outline and agree on the living arrangements that create an optimal environment for ALL members of the family. It is to be used as a tool to gain co-operation and not a weapon! ALL sections should be discussed and parents and Yadult should contribute to the discussion/agreement.

I agree as noted by my signature below:

Parent	
Young Adult	
Date	

Financial

Weekly pocket money / financial assistance received by young adult \$ _____

Pocket money / allowance helps a young adult to start managing money and to have some control over their lives. It is important that both parties are clear on the expectations for how this money is to be used. Examples

- Can be used for transport, entertainment, junk food, gifts, gadgets and clothing, and NOT for alcohol, drugs, cigarettes or gambling.
- It should also be clear on what contribution to the household is required from the Yadult to be eligible to receive pocket money.
- If loans exist, x% should be paid off first from each week's pocket money
- Weekly savings goal

Expectations	Of Who



Physical - Contribution creates ownership, skills, pride, belonging and confidence!

Create an environment where all members contribute according to their abilities. Make a list of everything that is done to run the home inside and outside. Then everyone can negotiate their preferred tasks / roles.

- **Food** planning, shopping, putting groceries away, cooking and cleaning up after meals. If the young adult cooks, it is recommended to designate a specific night or nights.
- **Housework**, outdoor yard work and washing of vehicles:
- **Tidiness** of shared spaces – how will this be managed?
- **Tidiness/Cleanliness of bedroom** *Your young adult should keep a level of cleanliness in their rooms, change sheets minimum fortnightly and it is strongly recommended that there be no eating of meals in bedrooms as it causes isolation and is unhygienic.*
- **Privacy arrangement** and **allowable conduct** in bedroom.
No activity goes on in the bedroom that is against parents' values. If the young adult keeps to the agreement, there is no need for parents to go into their bedroom without permission.

Expectations	Of Who



Emotional – Treat everyone with respect. Remember that ‘familiarity breeds contempt’!

- What language or behaviour is not permissible in the home
- How can conflict be managed and discussed – time, place and whether a mediator is needed.
- Example:
 - Parents : Will not micro manage and use words like.....” “
 - Young Adult : Will try to use respectful tone of voice

Expectations	Of Who