

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!

I agree as noted by my signature below:

Parent/s: _____

Yadult: _____

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: transport, entertainment, junk food, gifts, gadgets and clothing.

It should also be clear on what contribution to the household is required from the yadult to be eligible to receive pocket money.

Parents should be very clear about what money is not to be used for such as alcohol, drugs, cigarettes or gambling.

Physical - Contribution creates ownership and 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.

- o **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 of bedroom and allowable conduct in bedroom.**

Suggested privacy arrangement:

Your young adult should keep a level of cleanliness in room, 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. Additionally, 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.

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

- What language or behaviour is not permissible in the home