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# SHARED LIVING



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# Independent living



The **Convention on the rights of Persons with disabilities** wants:

- ☐ People are free to make their own choices.
- ☐ No one will be discriminated against.
- ☐ Persons with disabilities have the same rights to be included in society as anybody else.
- ☐ Persons with disabilities are to be respected for who they are.
- ☐ Everyone should have equal opportunities



La Convention establishes:

**Article 19**  
**Independent living and being a part  
of the Community**



Persons with disabilities have the right to:

- Independent living
- Participate in the community.

The Convention will guarantee that persons with disabilities can choose:

- Where they live,  
the same as everyone else..
- Who they live with,  
the same as everyone else..
- And not to live in a particular place like a hostel  
if they don't want to.
- From a range of different support services  
including personal assistance.
- From the same range of services that  
other people can choose from and  
get a good service.

Each person has the right to live as he/she wants to.

There are different ways of living:

**+s**



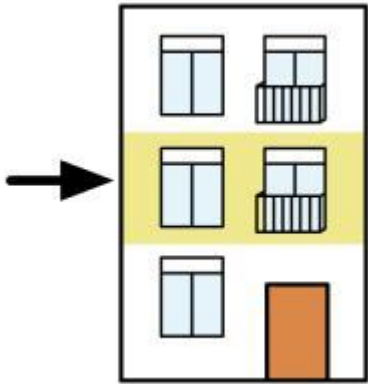
Alone

With your family

With your partner

With friends

With pets.



There are different places to live:

In a house.

In a flat.

In the city.

In the town.

# What is the coexistence?



The coexistence is:

- To live with other people.
- To share your life with other people.

Each person is unique:

- Different in his/her character.
- Different in their habits.
- Different in their hobbies.
- Different in their responsibilities
- Different in their schedules.





# Video: Tips for good coexistence



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## SHARED LIVING

### *TIPS FOR A GOOD COEXISTENCE*

DEVELOPMENT OF A TRAINING PROGRAM FOR BOOSTING AND  
FACILITATING THE COMMUNITY LIVING OF PEOPLE WITH  
INTELLECTUAL DISABILITIES - IDPLiving



Coexistence is a great experience.

But when we live with other people,  
problems can also happen.

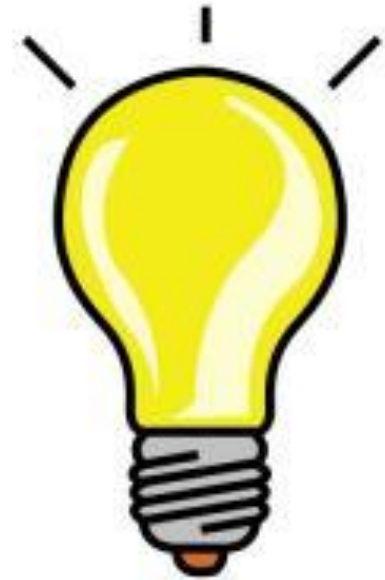
Problems = Conflicts.





Sometimes,  
finding solutions to solve these problems  
can be difficult.

We have to learn  
how to find solutions  
to live better.



When problems happen,  
we must find a solution.

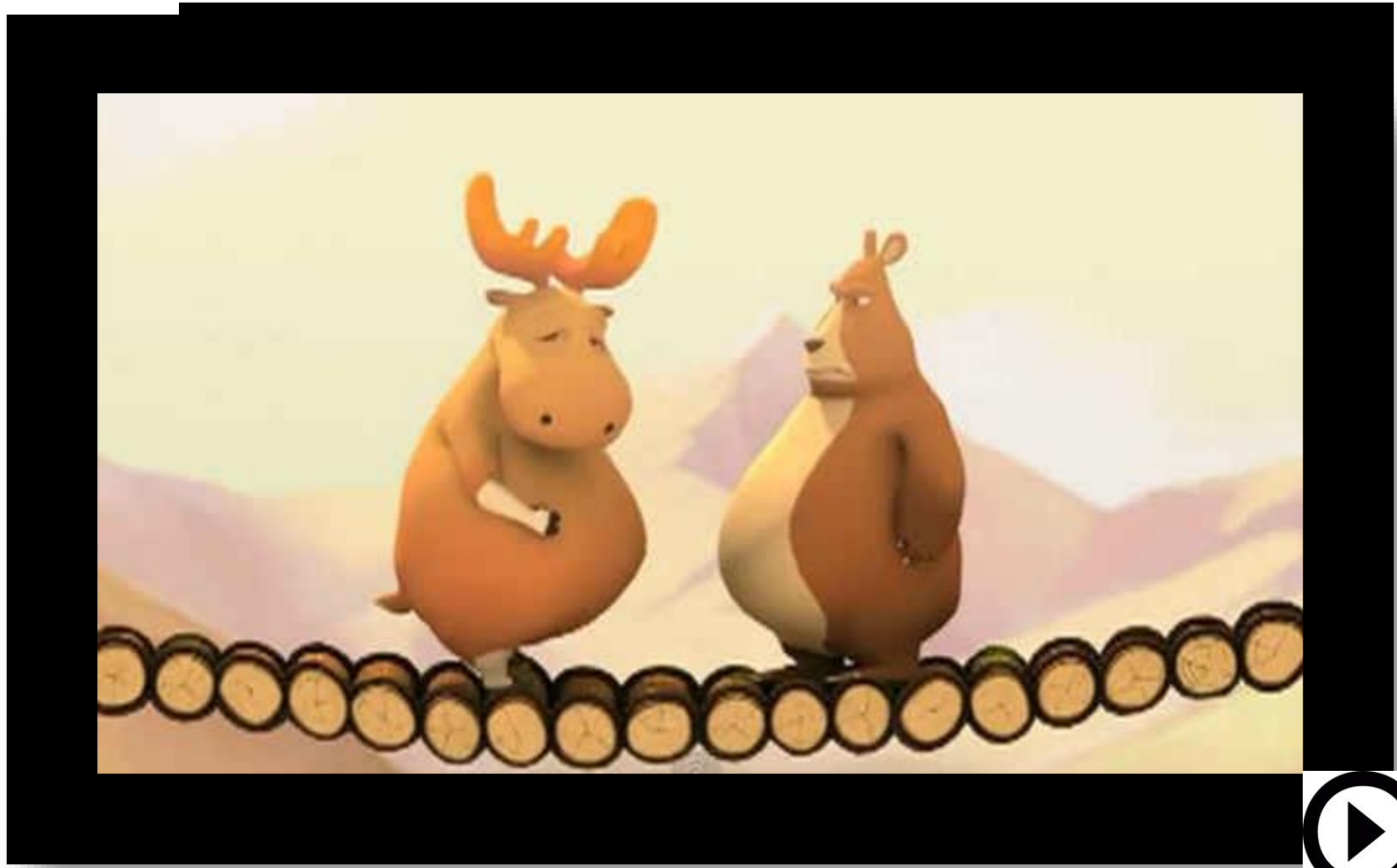
Some solutions  
to have good coexistence are:

- Keep the calm.
- Talk about what is going on (communication).
- Reach an agreement between everybody.
- Create rules.





# Video: The Bridge



# Coexistence rules



## What are coexistence rules?

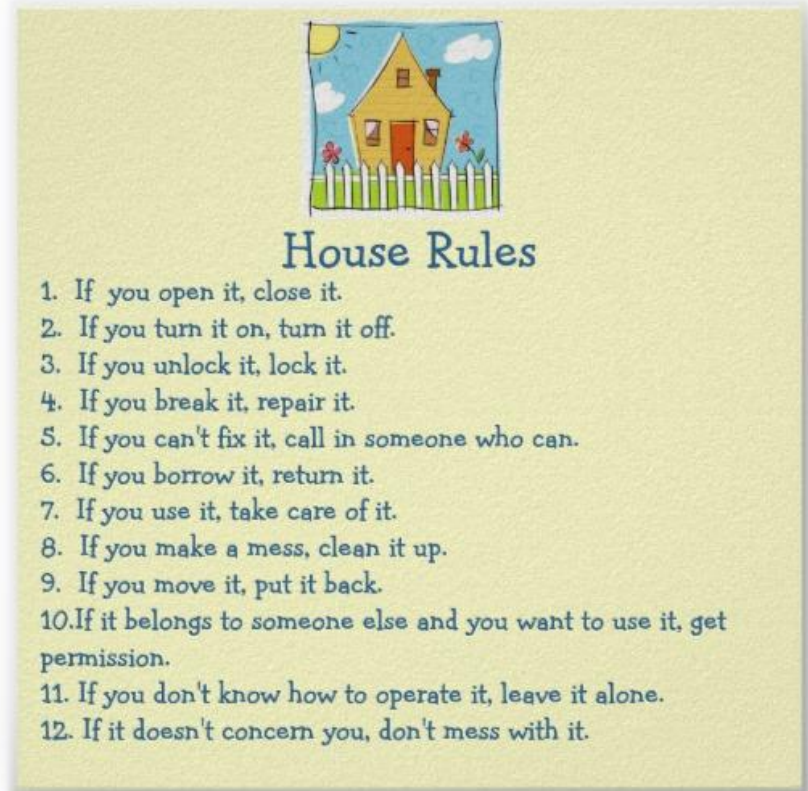
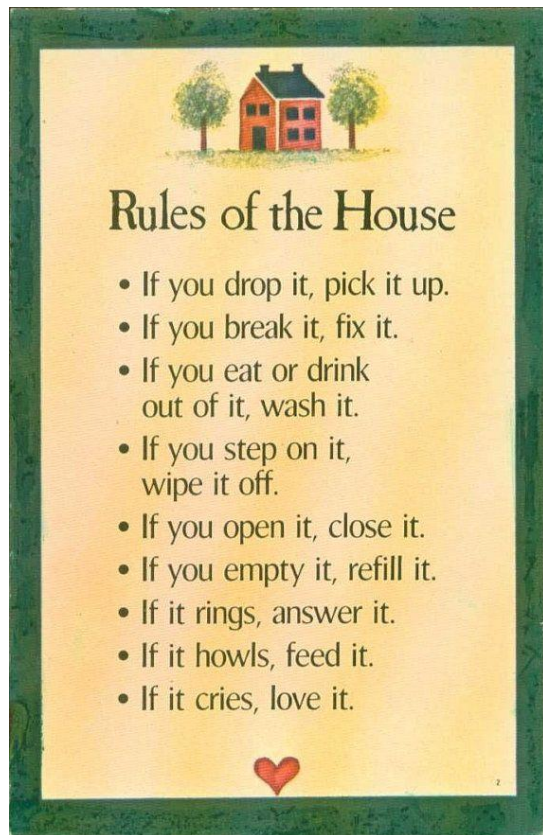
➤ These are agreements we reach to live



## Some examples:

- ☐ Schedules (For visits, dining room, common room using...).
- ☐ Task shifts.
- ☐ Respect and good manners.
- ☐ To create dialogue space (assemblies, support).

# Examples of coexistence rules





# Examples of coexistence rules



 **Our House Rules** 

-  keep your hands to yourself
-  we are kind to each other
-  we have quiet voices
-  we eat with cutlery at the table
-  we tidy up
-  do your best
-  say please and thank you
-  ask first
-  listen to others
-  always tell the truth

 If I remember the house rules everyone will be happy 

 **Our Happy House Rules** 

-  keep your hands to yourself
-  no screaming or shouting
-  be kind to each other
-  say please and thank you
-  listen to others
-  ask before taking or doing

 If we all follow the happy house rules our house will be a happy house 

# Distribution of household tasks



When you live with other people,  
household tasks are often a cause of conflict.

To get to good solutions,  
it is necessary to:

- Identify what tasks I know how to do and which ones not.
- Reach agreements to distribute the tasks.
- Do a task schedule.

DETA 2\_Shared living

Sheet\_2\_4\_ Household tasks cards

Sheet\_2\_5\_ Household tasks checklist

Sheet\_2\_6\_ Panel of household tasks

Next, we will show you a list of the most important tasks in a house.



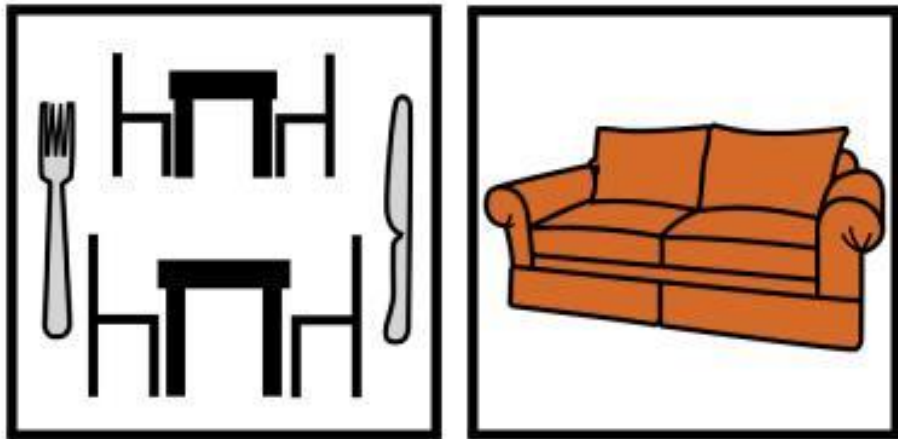


# Kitchen



- ☐ To make the shopping list.
- ☐ To do shopping.
- ☐ To organise the purchase.
- ☐ To cook.
- ☐ To lay the table.
- ☐ To clear the table.
- ☐ To wash the dishes.
- ☐ To put and pick up the dishwasher.
- ☐ To clean the kitchen.
- ☐ To sweep and wash the floor.

## Living/dining room



- ☐ To dust
- ☐ To vacuum.
- ☐ To organise the house.

# Bathroom



- ☐ To clean the toilet seat
- ☐ To clean the bathroom sink.
- ☐ To clean the shower and shower screen.
- ☐ To wash the floor.
- ☐ To put the towels on.
- ☐ To put toilet paper.

# Room



- ☐ To make the bed.
- ☐ To change the sheets.
- ☐ To organise (bedside, wardrobe...).
- ☐ To dust.
- ☐ To open the windows.
- ☐ To tidy the room.

# Laundry room



- ☐ To put the washing machine.
- ☐ To hang up the laundry..
- ☐ To fold the laundry.
- ☐ To iron.
- ☐ To keep the clothes.

# Hall



- ☐ To vacuum.
- ☐ To mop the floor.
- ☐ To wash the floor.

## Others tasks...



- ☐ To water the plants.
- ☐ To clean the windows and glasses.
- ☐ To take out the trash and recycling.
- ☐ To air the home.
- ☐ Etc...

# Distribution of tasks examples



WEEKLY CHORE CHART								
		SUN	MON	TUES	WEDS	THURS	FRIDAY	SAT
WEEK 1	NAME	ENJOY WEEKEND	LAUNDRY	SWEEPING - kitchen + living room	BATHROOM - toilet + sink	VACUUM		ENJOY WEEKEND
	NAME	ENJOY WEEKEND	DUSTING		BATHROOM - tub + floor + mirror		SWEEPING - kitchen + bedrooms	ENJOY WEEKEND
WEEK 2	NAME	ENJOY WEEKEND	DUSTING				SWEEPING - kitchen + bedrooms	ENJOY WEEKEND
	NAME	ENJOY WEEKEND	LAUNDRY LAUNDRY + SHEETS	SWEEPING - kitchen + living room	BATHROOM - toilet	VACUUM		ENJOY WEEKEND
WEEK 3	NAME	ENJOY WEEKEND	LAUNDRY	SWEEPING - kitchen + living room	BATHROOM - tub + mirror + floor	VACUUM		ENJOY WEEKEND
	NAME	ENJOY WEEKEND	DUSTING	MOP	BATHROOM - toilet + sink		SWEEPING - kitchen + bedrooms	ENJOY WEEKEND
WEEK 4	NAME	ENJOY WEEKEND	LAUNDRY LAUNDRY + SHEETS		BATHROOM - toilet		SWEEPING - kitchen + bedrooms	ENJOY WEEKEND
	NAME	ENJOY WEEKEND	DUSTING	SWEEPING - kitchen + living room	BATHROOM - tub + floor + mirror	VACUUM		ENJOY WEEKEND



# Distribution of tasks examples

TAREAS DE LA CASA DEL 16 AL 22 DE JULIO							RESPONSABLES DE LA SEMANA	
	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado y Domingo	RESPONSABILIDADES	RESPONSABLES
		SARA		CRIS				SARA
	ÁLVARO	CRISTINA	EMILIA	JUAN	LIBRE	Limpieza de habitaciones		
	ELO JESÚS	ÁLVARO JUAN	JUAN JESÚS	SARA ÁLVARO	ÁLVARO JUAN			Las personas que hacen la tarea de la cocina RECICLADO JUAN
	SARA		ÁLVARO		ELOISA	Tareas libres		
	CRIS	EMILIA	SARA	JESÚS	JESÚS			
	EMILIA	SARA	EMILIA	CRIS	SARA			
	CRIS	JESÚS	JUAN	EMILIA	JUAN			
<b>TAREAS</b>	ENTRADA 	REGAR 	TERRAZA 	CUBOS 	cuento de limpieza 			
<b>PERSONA</b>	JUAN	JESUS	JUAN	JESUS	ÁLVARO			










# Distribution of tasks examples

MONDAY	<input type="checkbox"/> MAKE BED	<input type="checkbox"/> DIAPER LOAD	<input type="checkbox"/> VACCUUM LIVING ROOM	<input type="checkbox"/> MOM & DAD LAUNDRY	
TUESDAY	<input type="checkbox"/> MAKE BED	<input type="checkbox"/> DIAPER LOAD	<input type="checkbox"/> STEAM FLOORS	<input type="checkbox"/> CLEAN DOWNSTAIRS BATH	<input type="checkbox"/> ORDER GROCERIES
WEDNESDAY	<input type="checkbox"/> MAKE BED	<input type="checkbox"/> DIAPER LOAD	<input type="checkbox"/> SWEEP STAIRWAY	<input type="checkbox"/> SORT RECYCLING	<input type="checkbox"/> CLEAN OUT FRIDGE
THURSDAY	<input type="checkbox"/> MAKE BED	<input type="checkbox"/> DIAPER LOAD	<input type="checkbox"/> TIDY BASEMENT	<input type="checkbox"/> TIDY FINN'S ROOM	
FRIDAY	<input type="checkbox"/> MAKE BED	<input type="checkbox"/> DIAPER LOAD	<input type="checkbox"/> CLEAN UPSTAIRS BATH	<input type="checkbox"/> TIDY GUS' ROOM	
SATURDAY	<input type="checkbox"/> MAKE BED	<input type="checkbox"/> DIAPER LOAD	<input type="checkbox"/> TIDY MOM & DAD ROOM		
SUNDAY	<input type="checkbox"/> MAKE BED	<input type="checkbox"/> DIAPER LOAD	<input type="checkbox"/> WEEKEND SEASONAL CHORE		

# Distribution of tasks examples



Elisa & Frankie's Chore Chart						
Chore	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Clean Bedroom						
 Empty Garbage						
 Feed/Water Jessie						
 RECYCLING						
 Clean Playroom						
 Pickup family room						
 Homework						



What other things can we do to have a good coexistence?

Following, you will learn different type of solutions:



# Keep calm



It's necessary to realize how we react to problems:

1. Recognize and express your feelings (angry, sad...).
2. If you feel angry, you have to get away from the problem situation (room, walk...).
3. Breathe and let your body relax. Repeat several times.
4. Once we are calmed, it is time to solve the problem.

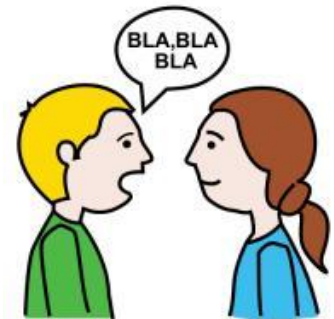


# Talk about what is going on



Talking in a polite and respectful way:

1. Explain the problem from the calm.
2. Being able to say to the other person, how you felt after showing him/her your point of view.
3. Not accusing, criticizing or judging the other person.
4. Letting the other person to explain his/her point of view.
5. Reaching an agreement to improve the situation.

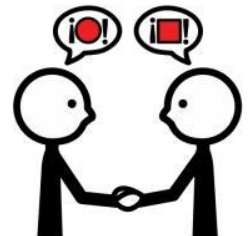


# Reaching an agreement



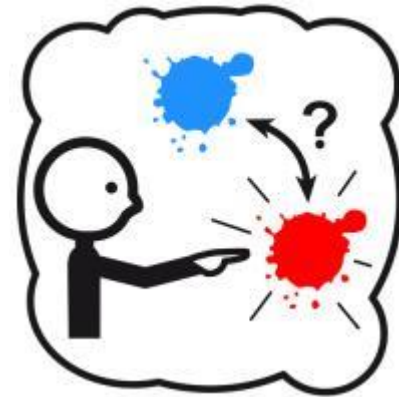
To reach an agreement it's necessary:

1. To assess the importance of my independent living.
2. The conflict is necessary to learn.
3. To think about the benefit of solving it and the consequences of not doing it.
4. To look for the common and most important goal.
5. To participate to reach an agreement.



To reach good solutions,  
it is necessary:

**To respect the decisions  
of the others.**







Learning all these techniques will help you to find good solutions to the problems that may happen by sharing your life with other people.



### **Remember:**

Whenever you need it, you can ask for help from the people around you (family, friends, professionals).

