

Reading between the lines: Young adult and parent coresidence contracts and how they are perceived by Canadian young adults living at home



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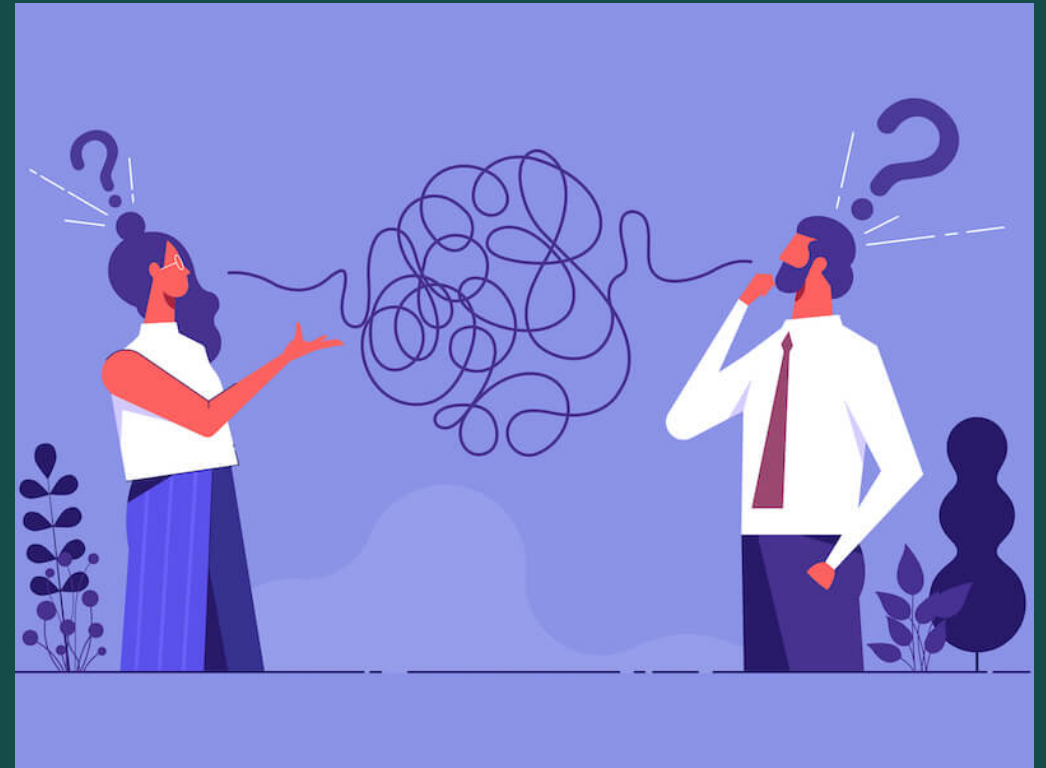


Outcomes and experiences of coresidence



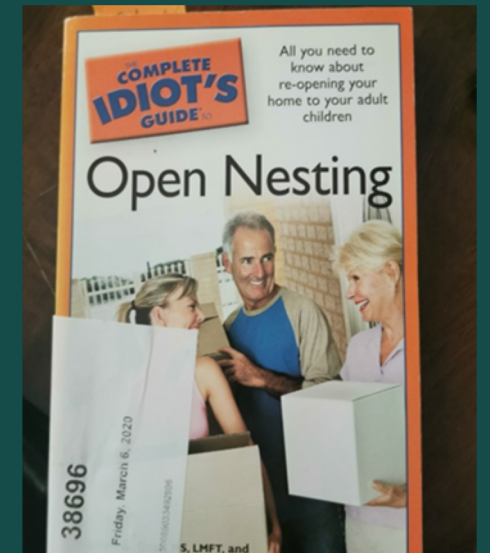
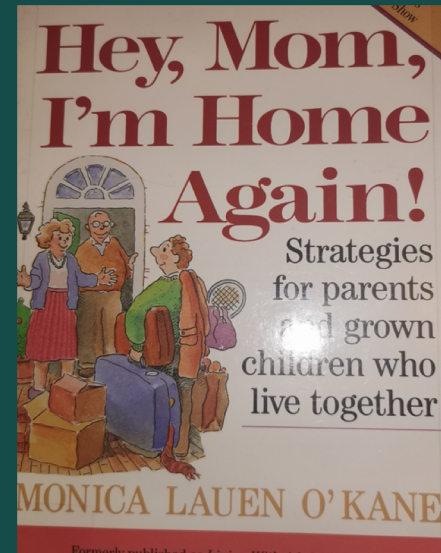
Major gap

- Little research on communication or conflict resolution strategies; how to promote positive experiences



Coresidence contracts as a possible intervention

- Recommended by the popular press
- Clarify expectations, address conflicts, promote positive experiences





Coresidence contracts as behaviour contracting

What is behaviour contracting

- Agreement
- Approach to behaviour modification & goal setting
- Can facilitate communication, trust; motivate action

Effective behaviour contracting:

- Explicit rationale, goals, rewards, and behavior
- Mutual
- Request positive behavior

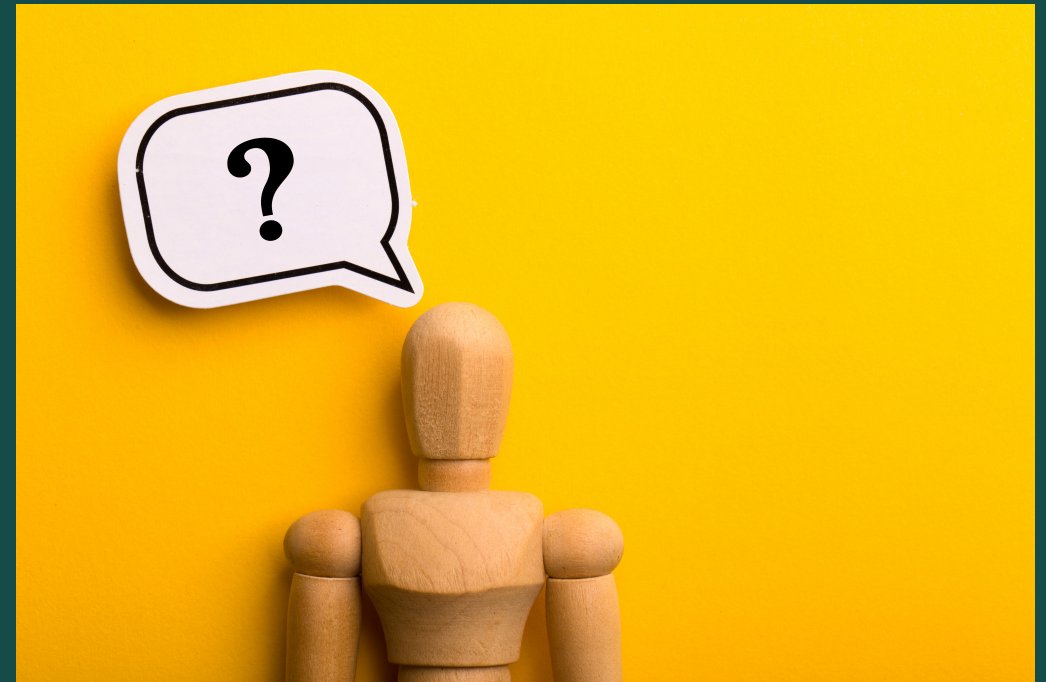
Risks of behaviour contracting

- Unnecessary or detrimental in situations of high trust low conflict
- Some features can lead to undesirable consequences

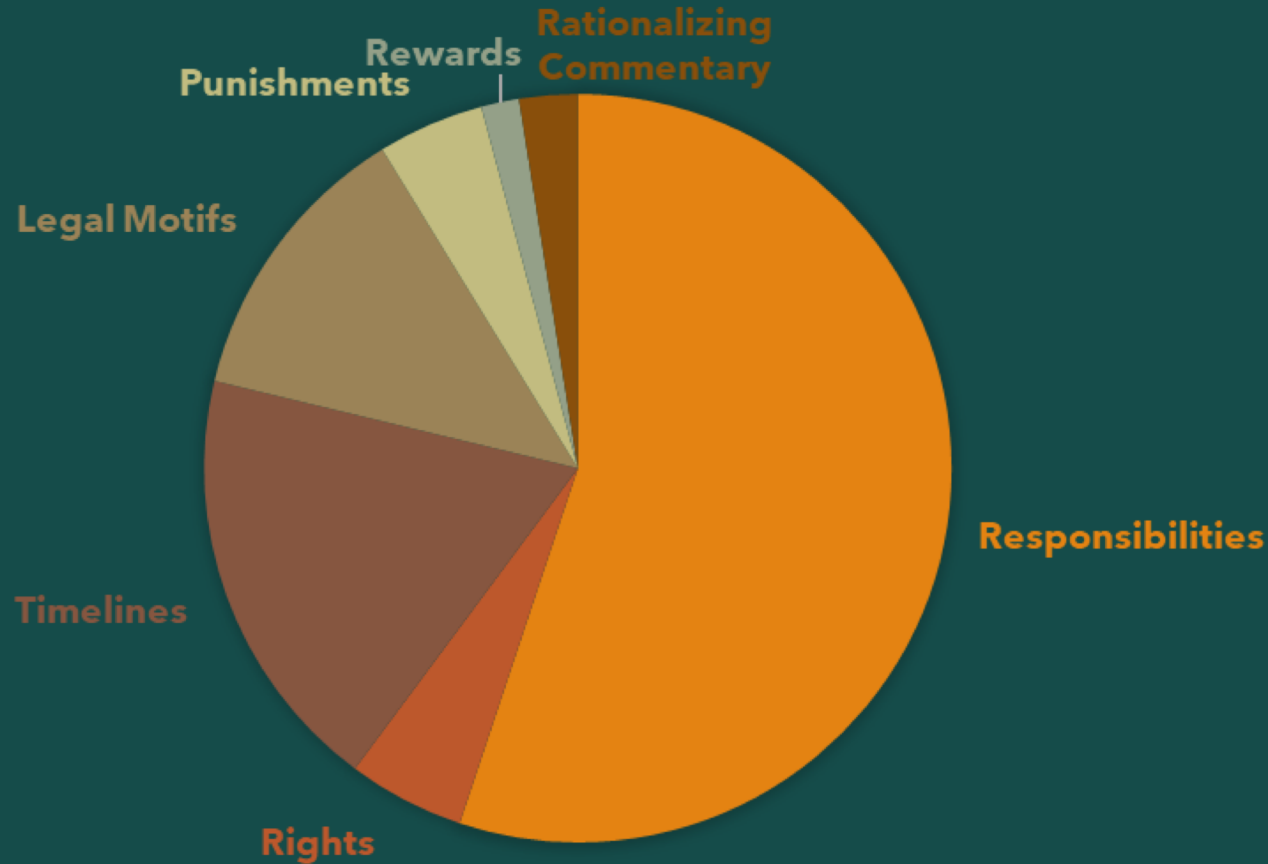


So what?

- Accessible
- Not subject to academic analysis
- Implications for family wellbeing and human service professionals



Qualitative content analysis of coresidence contracts



- Socialize adult children into Western conception of adulthood
- Reinforce parental authority

Qualitative interviews with Canadian young adults



Hold potential for others...

Appropriate if the adult child is a “deadbeat,” “mooching off the parents,” “very disrespectful,” or “if someone was living there and they weren’t working or they weren’t going to school or like, they were just kind of, like, slumming’ out”



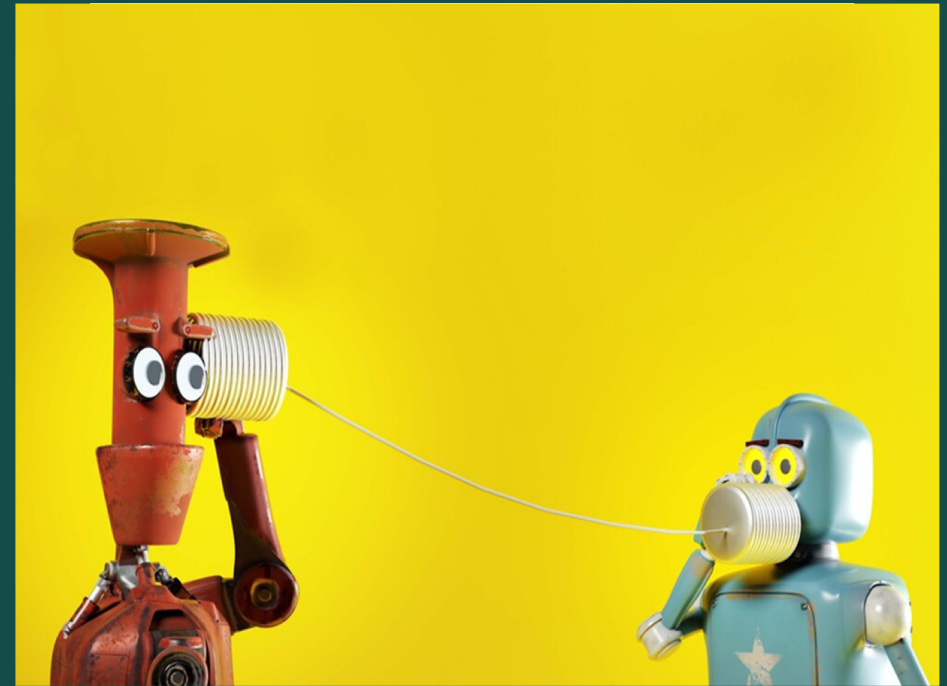
Unnecessary, odd, or detrimental for us...

“I feel no need for one and I don’t believe that she feels the need for one...we live well together, I trust her to treat me fairly and she trusts me to treat her fairly”

“could maybe be, in a way, a lack of trust... And I feel like – and I feel like that’s when you’re almost like... micro-managing at home and I feel like that might even ruin the relationship”

The good

- Re-establish trust
- Communicate expectations
- Implement processes and practices associated with positive coresidence



The problematic

- Undermine trust or create conflict in certain situations
- Top-down approach, punishments, and lack of mutuality



Implications

- Not appropriate when things are going well (high trust, low conflict)
- May be appropriate for reducing risk and re-establishing trust
- Avoid punishments
- Include realistic goals and expectations
- Remain mindful of power imbalance
- Tailor to specific families
- Collaborative process
- Use in conjunction with other tools



Questions?

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