# Getting on with your new flatmates

|  |  |  |
| --- | --- | --- |
|  |  | Sharing with others can be fun but also challenging. You will all have different preferences and expectations. Think: CARMEN  * Communicate with each other. * Agree on rules and expectations. * Respect other ways of being and doing. * Make a mess? Tidy it up. * Empathise with others’ feelings and needs. * Noise. Keep it down. |

# Checklist – use this to get you started

1. How do we want to communicate (in person, messages, notes etc.)?
2. How will we resolve any issues which come up?
3. Do any of us have sensory preferences (related to noise, lighting, smells etc.)?
4. Do any of us have routines or rituals that we need others to respect?
5. Do any of us have anxiety triggers that we want others to be aware of?
6. Do any of us have dietary requirements?
7. What boundaries do we have regarding personal space, belongings and privacy?
8. How do we like to be referred to (pronouns and names)?
9. How will we manage cleaning and tidying the shared areas?
10. Do we want to have ‘quiet hours’?
11. What are our expectations around having visitors in the flat?
12. Is there anything else we would like to share with each other?