



HBD: INDEPENDENT
LIVING

CURRENTLY, ONLY ACCEPTING SINGLE MALES AND FEMALES!

Residents Community Living Guidelines

These guidelines support your independent living development while maintaining a safe, respectful community environment.

Kitchen Guidelines

Learning kitchen management prepares you for your own place

- **Clean as you cook** and label your food with name/date
- **Respect others' food** and use only your designated storage space
- **Kitchen hours:** 6 AM - 10 PM (quiet methods after 9 PM)
- **Stay present** when cooking and maintain appliances after use
- **Report issues immediately** for everyone's safety

Personal Living Space Guidelines

Your room teaches you to maintain your own home

- **Keep your room clean and organized** for weekly safety inspections (24-hour notice)
- **No overnight guests, food storage, or prohibited items** (candles, space heaters, smoking)
- **Respect quiet hours** (10 PM - 7 AM) and furniture placement
- **Your space, your responsibility** – this builds ownership skills

Dining Area Guidelines

Shared meals build community and dining etiquette

- **Clean up after yourself** and eat during designated meal times
- **Keep conversations positive** and phones on silent
- **Respect dietary needs** and share communal cooking fairly
- **Mealtime connects us** – make it welcoming for everyone



Laundry Room Guidelines

Managing laundry teaches essential life skills

- **Follow your assigned schedule** and stay with your laundry
- **Clean up after yourself** – remove lint, wipe spills, don't overload machines
- **Use your own supplies** and remove clothes promptly
- **Hours:** 8 AM - 9 PM daily



Common Living Area Guidelines

Shared spaces teach cooperation and respect

- **Keep areas tidy** – remove personal items and clean up after yourself
- **Share entertainment** – take turns with TV or use headphones
- **Quiet activities only** during quiet hours (10 PM - 7 AM)
- **All visitors must remain in outdoor areas only** – no facility access



Bathroom Guidelines

Bathroom courtesy creates a healthy living environment

- **Clean after each use** – sink, counter, shower drain, replace toilet paper
- **Limit shower time** to 20 minutes when others are waiting
- **Use your own products** and participate in weekly deep cleaning rotation
- **Report maintenance issues immediately**



House Rules

These protect everyone's safety and recovery

- **No smoking, alcohol, or drugs** anywhere on the property
- **No violence, threats, or harassment** – resolve conflicts respectfully
- **Medication storage** – keep prescription medications secure and labeled
- **Emergency access** – staff must have access for safety and maintenance



Visitor Policy

- **Outdoor areas only:** 9 AM - 9 PM with 24-hour notice
- **Maximum 3 visitors** – you're responsible for their behavior
- **Severe weather exception:** Indoor common area with staff approval only

When Challenges Arise

We're here to help you succeed

- **Talk first** – direct, respectful communication
- **Ask for help** – staff mediation available
- **Community meetings** – bring concerns to weekly meetings
- **Remember:** These guidelines help you develop skills for independent living success

Progressive Support System

We work with you to address challenges

1. **Conversation** with case manager
2. **Written plan** for improvement
3. **Community meeting** if affecting others
4. **Program review** to assess best fit

Conflict Resolution

When issues arise:

- Direct communication – Try respectful conversation first
- Seek mediation – Ask staff to help facilitate discussion
- Community meeting – Bring concerns to weekly meetings
- Program coordinator – Contact for serious ongoing issues

Consequences for Guideline Violations

Progressive Response:

1. **Conversation** – Discussion with case manager
2. **Written reminder** – Formal documentation with improvement plan
3. **Community meeting** – If affecting others
4. **Program review** – Assessment of program fit

Immediate action for safety violations or repeated disregard of guidelines.

Remember: These guidelines help everyone succeed in developing independent living skills while maintaining a supportive community environment.

Questions about guidelines? Speak with house supervisor or bring concerns to community meetings.

Your success in independent living starts with respecting yourself, others, and your shared home.