

Accessory Dwelling Units: Fact Sheet for Homeowners

An accessory dwelling unit, ADU, also commonly referred to as an accessory apartment or in-law suite, is a smaller additional living space located on the same lot as a single-family home.

Two Homes, One Lot

ADUs make it possible for two households to live on one lot without changing the “single-family character” of a property.

ADUs include independent areas for living, sleeping, cooking, and bathing. While an ADU may or may not have direct access to the primary residence, it should be accessible without passing through the primary home and provide a reasonable level of privacy.

ADUs are not new in Connecticut. Many municipalities have allowed them under limited and specific circumstances for years. The best place to check for ADU regulations is within the towns Zoning Code.

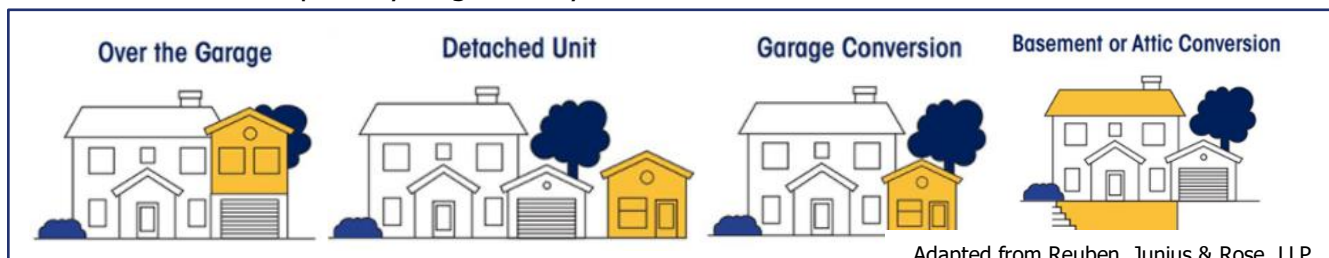


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ADUs Can Take Several Forms

- Within a primary residence, such as a **basement apartment**
- Attached to a primary residence, such as a living space **above a garage**
- Detached from the home; such as a **granny flat or tiny house**

Generally, ADUs have limitations on square footage and other stipulations that keep them smaller than the primary single-family home.



Adapted from Reuben, Junius & Rose, LLP

ADUs Accommodate Different Lifestyles

ADUs have many positive impacts on communities, such as providing homeowners with a secondary source of income while creating new housing options in their community. They can also create opportunities for:

1. **Multigenerational living**, allowing older relatives and younger adults to live together while maintaining privacy and independence
2. **Increase housing availability** for people at different stages of life
3. **Attract new residents** who contribute to the local economy

ADUs are one tool in a broader set of housing solutions that can help address the shortage of “missing middle” housing, offering a low-impact way to expand housing options while maintaining a neighborhood’s scale. These housing options benefit seniors, young adults & families, and members of the workforce.

Seniors



ADUs can be designed to meet ADA standards and offer the chance to downsize while continuing to live on the same property and ADUs can provide a residence to a caregiver as homeowners age in the primary residence.

Young Adults & Young Families



Due to their small scale, ADUs can be a more affordable option for young adults in college, recent graduates, or even growing families. This option allows young adults to have independence and live near family during life transitions.

Workforce



ADUs expand housing options for members of the workforce, especially those who are new to the workforce. They need housing options that are affordable and close to where they work.

ADUs can benefit homeowners of all ages or income levels. Some homeowners may find they have more space than they need, or more yard maintenance than they prefer. An ADU can accommodate a disabled family member, tenant, caregiver, or nanny. ADUs can allow for co-ownership models that help meet growing household affordability challenges.

Is an ADU Right for You?

Consider these 3 factors:

1. Zoning and regulations where you live
2. Budget and financing options
3. Design and construction preferences

Where are ADUs allowed?

Currently, there is limited uniformity of policies governing ADUs across the region. Some towns have residency requirements; which could mean that the homeowner must live on the property or that the ADU can only be rented to a family member. Additionally parking

requirements vary by town; this refers to the number of off-street parking spaces that must be available.

This chart identifies the towns in the Southeastern Connecticut Region that allow ADUs. Updated as of 6/30/2026

Town	Within, Attached, or Detached Forms Allowed	Residency Requirements	Zoning Reference
Bozrah	Attached	Yes	Section 10.18
Colchester	Within, Attached, Detached	Yes	Section 8.3
East Lyme (<i>Black Point Beach</i>)	Within, Attached, Detached	Yes	Section VII
Franklin	Within, Attached, Detached	No	Section 9.29
Griswold	Within, Attached	Yes	Section 11.8
Groton City	Within, Attached, Detached	Yes	Ref. PA 21-29
Groton Town	Within, Attached, Detached	Yes	Section 5.1
Lebanon	Within	Yes	Section 8.2
Ledyard	Within, Attached, Detached	No	Section 8.1
Lisbon	Within, Attached, Detached	Yes	Section 10.2
Montville	Within, Attached	No	Section 1.3
New London	Within, Attached, Detached	Yes	Section 400.3.11
North Stonington	Within, Attached, Detached	Yes	Section 1002
Norwich	Within, Attached, Detached	Yes	Section 4.2
Preston	Within, Attached	Yes	Section 16.6
Salem	Within	Yes	Section 3.21
Sprague (<i>Baltic, Hanover, Versailles</i>)	Within, Attached, Detached	Yes	Section 10.11
Stonington	Within, Attached, Detached	No	Section 6.3.2
Waterford	Within, Attached, Detached	No	Section 3.36
Windham	Within, Attached, Detached	No	Section 21