



Making It Home: How to Help a Child with Autism Adjust to New Surroundings

Relocating to a new home can be a stressful time for families, and those with children on the autism spectrum can face their own unique challenges. As all children react differently to change, it's important to take into consideration your child's particular needs and plan accordingly, both for the type of home you choose and for the move itself. Advanced preparation will be key, as will enlisting the help of others, especially when settling into your new surroundings. [Boundless Miracles, LLC](#), can provide you with services to help your child thrive in their new community. The below tips can also serve as a guide.

Finding the Perfect Fit

The first step in the house-hunting process is to determine your [housing budget](#), and a reputable mortgage or [real estate](#) professional can help. You'll need to factor in your

annual income, estimate your down payment, and shop around for the best interest rate and [loan type](#) and terms. Consider your other monthly expenses, including auto loans, insurance, and credit cards. Recognizing and understanding the local real estate market is also important, particularly as you comparison shop various neighborhoods. Your real estate agent can help you estimate things like typical utility costs and property taxes for the homes you're considering, which can aid in the financial planning process.

School District Consideration

For many families living with autism, access to education and developmental professionals is a critical element of house-hunting. Consider proximity to these services, as well as the quality and curriculum of local schools. Online real estate tools often list details about school districts and school ratings, in addition to neighborhood pricing guides and real estate listings. You might even choose to visit schools in the neighborhoods you're exploring to get a feel for whether they'd be a good fit for your family's needs.

Choosing the Right Neighborhood

All families take into consideration safety, access to services and amenities, and resale value when making a real estate investment. Families with children on the autism spectrum often have additional special considerations directly related to the particular sensory and perceptual issues of their children. For example, a home that backs up to a busy street might not be a good fit for a child with sensitivity to constant noises, and a child with separation anxiety might be more comfortable in a single-story home where bedrooms are close together, rather than a two-story house with the owner's suite on the first floor. If you aren't able to find a new or resale home that meets your requirements, consider having a licensed contractor give you an estimate for necessary renovations. You'll want to factor these costs into your overall housing budget.

Planning The Move

[Talking](#) about the move in advance and helping your child understand the moving process can help ease the transition. According to Parents magazine, this might include [posting a moving date](#) on a calendar, sharing photos of the new house, neighborhood, and school, and involving your child in the packing process. Plan to have a "comfort box" of familiar things set aside for your child, and try to pack their things last and unpack and set up their room as a first priority. This is especially important if your child thrives on familiarity and routine.

[Making a move](#) to a new location is always a bit of a challenge. It might be helpful to employ the assistance of a family member or friend to be with you and your child on

moving day, whether that's helping them be involved in the process or otherwise occupying their attention. Also, remember your own self-care. If you're stressed, your child is likely to be stressed. According to the Asperger/Autism Network, it's wise to [develop a plan](#) for creating a quiet, safe place for anyone in the family who may feel overwhelmed on moving day.

For more information about the services that Boundless Miracles, LLC provides for consumers with intellectual/developmental disabilities, you can [reach us](#) at (704) 406-9813.

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