

How to Move Your Family with Children on the Autism Spectrum

Moving to a new home is a turbulent time of transition for any family. For parents caring for a child on the autism spectrum, there is a unique set of challenges to overcome during a move. House-hunting and home-buying are typical obstacles, but there are also specific things to keep in mind when accommodating a child with autism. The [Indiana Autism Alliance](#) discusses a few.

House-Hunting for Your Child's Needs

The house-hunting process tends to be the most time-consuming part of any big move. Finding the perfect home and location can be difficult. The challenge can be diminished with the use of online [house-hunting tools](#) such as specialized apps and websites that offer 360-degree virtual tours of a property. During the hunt, parents should watch for specific home features that may appeal to their children on the autism spectrum. Each child has unique needs, but a few general features are worth seeking:

- Fenced backyard
- Double-pane windows for reducing outside [noise](#)
- Parks or pools in the neighborhood
- Anything that makes your child more comfortable

Home-Buying and Down Payments

Buying the home you've chosen can be extremely daunting. The [upfront down](#) payment is an intimidating factor on top of the monthly mortgage payments you can expect to make. Surveys conducted by mortgage experts show that the down payment is the [biggest wall](#) preventing would-be homeowners from making the purchase. An old rule-of-thumb states the standard down payment is 20% of the initial mortgage loan but be aware this is not set in stone. Some loan types require a down payment of as little as 3.5%.

Making the Big Move Easier

A time of huge change, such as a big move, may present difficulties for children with autism. Parents can make the transition easier by following some simple [moving tips](#) to help upcoming adjustments go smoothly. When preparing for the move, helpful actions include giving sufficient warning about the moving date and visibly marking it on the calendar. Encouraging your child to get involved with packing and transferring schools can also be proactive in acclimating them to change. On the actual moving day, several other strategies can help [reduce stress](#):

- Pack comfort items and food into a travel kit for the trip.
- Ask for childcare assistance from trusted family or friends to help with the big day.
- Keep your child's safety in mind every step of the way.

Living Comfortably in the Long Term

The moving day itself has the potential to be the most difficult transitional time in the process. Even so, there are many things you can do in the following weeks and months to make sure the new house feels like a comfortable home for your child. Prioritizing a personalized space, such as a bedroom or play area, is a great start. Building a [support community](#) consisting of your new neighbors and [local care services](#) helps immensely in the long run. Perhaps the most important thing is enabling your child to make new friends and stay connected to old friends and classmates.

Any parent who cares for a child with autism knows the immeasurable importance of keeping the youngster comfortable and happy. Transitioning to a new household is far from easy, but taking careful measures and [involving the child](#) with the move keep things steady. When all is said and done, your family will be able to enjoy the next chapter in a splendid new home.



Image via [Pexels](#)