

# A BRAVE NEW WORLD



ASSESSING A COUNTRY FOR MOVING ABROAD WITH NEURODIVERSE CHILDREN



## HEALTHCARE + THERAPIES

- ☐ Local Providers: Research availability of pediatric specialists, including:
  - Neurologists
  - Developmental Pediatricians
  - Speech and Occupational Therapists
  - Behavioral Therapy: ABA or alternatives
- ☐ Confirm if providers communicate in your preferred language.
- ☐ Medication Availability: Check if your child's current prescriptions are available.
  - Plan for alternatives if needed.
- ☐ Insurance Coverage: Verify international insurance plans cover required services.

## EDUCATIONAL OPTIONS

- ☐ Tour public, private, and international schools.
  - Ask about accommodations for neurodiverse students (aides, IEPs, small class sizes).
  - Inquire about the availability of special education resources.
- ☐ Homeschooling Laws: Research regulations for homeschooling in your destination.
- ☐ Tutors: Explore local or virtual tutoring options.
- ☐ Accreditation + Testing: Confirm availability of testing and accreditation services (e.g., IB, SAT/ACT).

## DAILY LIVING ESSENTIALS

- ☐ Housing: Prioritize proximity to schools, therapists, and safe play areas.
  - Check for sensory-friendly spaces (e.g., quiet environments, parks).
- ☐ Grocery Shopping:
  - Investigate availability of key items: allergen-free, dye-free, or specialty foods.
  - Identify stores offering familiar brands or products.
- ☐ Transportation:
  - Assess public transport accessibility.
  - Consider driving conditions if you'll need a car.

## CULTURAL SENSITIVITY + INCLUSION

- ☐ Community Understanding: Gauge general awareness and acceptance of neurodiversity.
- ☐ Expat Parent Groups: Join forums or Facebook groups to gather insights from local parents.
- ☐ Language Barriers: Learn essential phrases to advocate for your child's needs (e.g., explaining autism or sensory needs).



# A BRAVE NEW WORLD



ASSESSING A COUNTRY FOR MOVING ABROAD WITH NEURODIVERSE CHILDREN

## RECREATION + SOCIAL OPPORTUNITIES

- ☐ Sensory-Friendly Activities: Search for indoor play spaces, parks, or museums with accommodations.
- ☐ Clubs and Extracurriculars: Explore options that align with your child's interests and strengths.
- ☐ Local Events: Look for inclusive festivals or community activities.

## LEGAL + ADMINISTRATIVE PREPARATIONS

- ☐ Visas: Confirm visa requirements and residency processes and costs.
- ☐ Documentation: Bring copies of school transcripts, IEPs, therapy records, and medical documents. Notarize as needed.
- ☐ Banking: Research options for managing finances internationally.

## TRIAL PERIOD OR VISIT

- ☐ Plan an extended stay to:
    - Test local resources.
    - Observe schools and therapists.
    - Explore the culture and day-to-day life.
  - ☐ Connect with an independent travel advisor and expat homeschooling Mom (that's me! Makini) to help you plan your travels abroad.
- 

## TECHNOLOGY + CONNECTIVITY

- ☐ Streaming and Learning Tools:
  - Use a VPN to access familiar shows and apps.
  - Ensure stable internet for virtual schooling or therapy.
- ☐ Reading and Audiobooks: Download resources like EPIC, Kindle, or Audible for English-language books.
- ☐ Communications: Download Zoom, What's App or FaceTime to stay in touch with friends and family

## EMERGENCY PREPAREDNESS

- ☐ Medical Plans:
  - Know the locations of nearby hospitals or urgent care facilities.
  - Bring a supply of medications and backup prescriptions.
- ☐ Safety Considerations:
  - Learn local emergency numbers.
  - Identify potential allergy or health risks in the region.

travel with  
**makini**

IG: @travelwithmakini  
Email: makini.bridgewater@fora.travel