

A Day in the Life of Caregivers who have a Child with Special Needs



The following example is a scenario we see often, and where employees and caregivers need help. Without Rethink Benefits, they may not otherwise have the clinical training and assistance needed to be able to teach their loved ones skills, address issues with behavior, understand what their child needs or how to intervene — causing increased stress and anxiety with balancing work and home life.

Lisa, Peter, and Chase — who has been diagnosed with Autism.

Lisa works full-time in finance, and Peter works a full-time manufacturing job. Their son, Chase, is 5 years old.

A Day In The Life — Lisa And Peter

Chase wakes up screaming and paces around the house. Lisa tries to engage him in toys, and he begins to swing around a toy snake while Peter gets ready for work

4:30am

Breakfast: Peter spoon feeds Chase oatmeal — one of only four foods Chase will eat — while Lisa gets ready for work

5:30am

Chase begins to bite Peter because the oatmeal bowl is empty

6:00am

Lisa goes through 10+ outfits for Chase because he will pull each shirt off and says "Does this hurt?" repeatedly

6:30am

Lisa leaves for work, and Peter finishes packing Chase's lunch of chicken dinosaurs and raisins

7:00am

Lisa picks Chase up from afterschool care and brings him home for new ABA therapy, calls an attorney for advisement on the IEP recommendations, and the doctor's office to make another appointment because Chase has been making gagging motions again

4:30pm

Peter and Lisa leave work to make it to Chase's IEP meeting, where the school recommends reducing services

1:00pm

Chase will not get out of the car (classroom aide and yard supervisor coax him to his classroom). Peter is late for work

8:30am

Peter takes away Chase's iPad, and Chase screams, kicks, and bites Peter

7:30am

The rest of Chase's ABA team arrives to hold their weekly clinic/group meeting with Lisa

6:30pm

Dinner and evening routine: Lisa feeds Chase chicken dinosaurs and raisins for dinner, then gives him a bath. Lisa dresses Chase in pajamas and lets him play

7:30pm

Bedtime: Chase screams when his toy snake is taken away and tries to bite Lisa

8:30pm

Peter and Lisa eat dinner and go to sleep

10:00pm

Rethink Benefits can help Lisa and Peter with:

- Teaching Chase to expand his food repertoire
- Teaching Chase pro-social ways to get his needs met
- Teaching Chase coping and tolerance skills
- Learning how to present transitions more effectively

Rethink Benefits' Solution

Rethink offers remote teleconsultations with highly specialized clinicians, coupled with an easy-to-use platform to help teach caregivers how to effectively work with their loved one with developmental disabilities or learning, social or behavioral challenges, while feeling empowered and supported along the way.

Discover why leading Fortune 100 companies choose Rethink Benefits to help fill medical plan gaps and help employee caregivers of children with special needs like autism or ADHD thrive in the workforce by providing tools and resources to help them balance life and work and decrease their stress and anxiety.

Contact us: 877-988-8871 • info@rethinkbenefits.com • rethinkbenefits.com

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