

FAQ - Cleo's Neurodivergence Program

What is Cleo's Philosophy?

At Cleo, we believe that neurodivergent children, teens, and adults are just as capable and valuable as neurotypical ones, and that neurodivergence should be a source of pride, rather than shame or difficulty.

At the same time, we know that our society and its education and health care systems are not always equipped to serve all kinds of people, and that having one or more neurodivergent family members often requires a higher level of knowledge, emotional support, intervention, and advocacy on the part of parents.

Cleo wants to help your working families build healthy environments and support systems to reduce challenges and create more capacity for joy and success.

How does Cleo help families?

We've recently launched our Neurodivergence program, which is available in the U.S. and internationally, to better support parents of children with suspected or diagnosed learning or behavior differences such as Autism, ADHD, or a Learning Disability.

Whether your working families are looking for support for their neurodivergent child or have questions about their child's progress in terms of cognitive or social development, we're here for them.

Cleo's Guides can help. During a brief introduction call, a Cleo member and their Neurodivergence Guide (or ND Guide for short) will discuss their family's specific needs and how they can support them. Following the call, the ND Guide will prepare a customized support plan. This plan summarizes the topics that the member and their family would like to work with their ND Guide on, outlines goals and recommendations, and clearly lays out the next steps that they will be taking together. This document will function as a road map for their work together that the member and their ND Guide can modify or add to at any time.

Who are Cleo's Neurodivergence Guides?

Each of our ND Guides have professional experience in child development, learning styles, school and special education, and early intervention. Our team can help members navigate the assessment process, find supportive therapies and learning environments, and build systems at home that help their family thrive. After learning about the member's needs, their ND Guide will research culturally concordant and regionally available options and resources and share their top recommendations with them.

What are common focus areas for Cleo's Neurodivergence Guides?

- Understanding a member's child's diagnosis and/or social-emotional needs
- Support with areas of daily life such as nutrition, toileting and hygiene, sleep routines, and socializing with peers
- Finding local therapists and providers that align with the member's family values
- Navigating school supports such as IEPs and 504 Plans and school placement options
- Finding enrichment activities
- Ways to tend to the member's own mental health while juggling the demands of their family

This is just a short list! Our ND Guides can work to identify the most important areas of a member's life where they would like support and work with them to create meaningful changes.