Built for Neurodiversity. Made for Real Life.





Neurodiversity affects everyday work and family life. A missed deadline. Misunderstood project expectations. A school morning that doesn't go as planned. RethinkCare connects employees, caregivers, and managers with 1:1 expert coaching and guided digital lessons for everyday challenges at work and home. No diagnosis or workplace disclosure required.

Practical skills and support for work, home, and school.

61% ↓
Reported less caregiving stress[1]

67% ↑
Reported improved planning[2]

2–3 +
Estimated weekly productivity regained[2]

Where Do Everyday Needs Fit?

Some everyday challenges call for specialized support.

Mental health, caregiving, and accommodation programs each serve important needs. But everyday challenges with planning, communication, and family routines may not require clinical care or a formal workplace accommodation request.

Access is only the start.

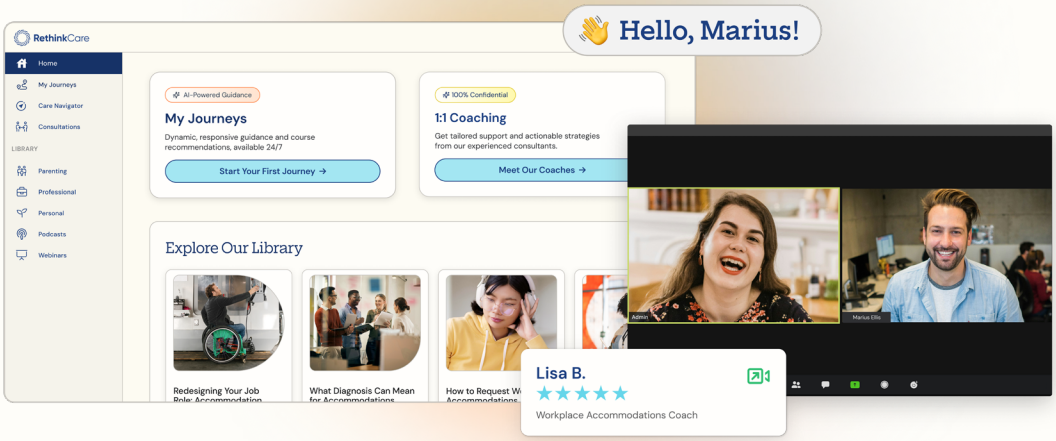
Even when someone finds the right resource, the next step isn't always clear. Employees, caregivers, and managers may still need help putting what they've learned into practice.

1. Source: RethinkCare member-reported parenting and caregiving outcomes surveys. Findings are self-reported and do not establish causation.
2. Source: RethinkCare member-reported planning and productivity outcomes. Findings are self-reported and do not establish causation.

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Specialized Neurodiversity Support for Work and at Home

RethinkCare brings together 1:1 expert coaching, guided digital lessons, and navigation to help employees, caregivers, and managers address everyday challenges at work and at home.



Guided Journeys

Step-by-step guided learning

Employees follow guided learning paths for specific challenges, with practical strategies they can try along the way.

Digital Library

Self-paced learning and skill-building

Expert-informed lessons cover planning, communication, executive functioning, parenting, and school topics.

Expert Coaching

Personalized, 1:1 coaching

Master's- and doctoral-level experts, including Board Certified Behavior Analysts (BCBAs), help employees build skills, put them into practice, and adapt their approach as needs change.

Navigation

Hands-on guidance for complex needs

Human navigators help employees understand options, find resources, and follow through on next steps, making support easier to access and reducing coordination from managers and HR.

Human expertise and digital guidance for work and family, designed to complement and strengthen your EAP, health plan, and accommodations programs.

How RethinkCare Can Help

- Navigating Medicaid
- Requesting an accommodation
- Finding in-network providers
- Improving family dynamics
- Facing performance issues
- Developing a child's social skills
- Communicating with a child
- Needing structure at work
- Finding an Expert Coach

Neurodiversity Support for a Global Workforce

Expert guidance for work and family, worldwide.

RethinkCare delivers specialized neurodiversity support across regions, languages, and cultures. One global program connects employees, caregivers, and managers with coaching and guided learning for work and family life.

30+
Live Expert Consultations Annually

190+
Countries Supported

12
Platform Languages

30%
of Consultations Outside the U.S.

Consistent guidance worldwide.
Employees, caregivers, and managers get neurodiversity expertise, wherever they work.

Guidance in their language.
Expert consultations in 180+ languages, supported by bilingual experts and interpreters.

One program to manage.
Employers run a single program across their global workforce.

Culturally aware coaching.
Specialists account for cultural differences in their conversations.

Languages Supported

English · French · Spanish · Portuguese · German · Italian · Polish · Hindi · Mandarin · Japanese · Korean · Hebrew

> *We know that employees who have dependents are struggling with everyday situations and are more likely to miss work and be worried about their family, which also adds stress to them at work. Rethink provides the valuable resources they need, beyond medical care.*
>
> **— Allyse Scelfo, Director, Total Rewards, Volvo**

Global reach. Personal attention.

RethinkCare pairs expert coaching with guided learning for everyday needs across work and family.

Learn more at rethinkcare.com →

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