

Guiding Principles and Best Practices for ACT for Caregiver Workshops

Agencies across Canada have offered ACT for Caregiver workshops to their local communities. The Guiding Principles and Best Practices capture key lessons from their experiences.

Guiding Principles

These tenets underlie successful ACT for Caregiver workshops:

- Family caregivers of people with neurodevelopmental differences deserve support for their own well-being
- ACT is most impactful when delivered through a true partnership between clinicians working alongside caregivers with lived experience
- Everyone is welcome at an ACT for Caregivers workshop

Best Practices

Teams across Canada have found the following practices help ensure an ACT for Caregiver workshop is deeply impactful:

- Secure sufficient agency resources - don't work off the side of your desk
- Build a strong and sustainable facilitation team
- Consider equity, diversity, and inclusion before and during your workshop
- Invest in recruiting and screening - it takes longer than you think
- Start with your Manual and the annotated agendas as the roadmap for your workshop
- Review the resources including Tips from Coaches and demonstration videos
- Practice, and seek out coaching, to increase your confidence
- Live ACT in your own life
- Connect clinician facilitators with participants who need extra support
- Research and evaluate to improve and advocate for future your process and motivate future workshops

- Continue learning by fostering ongoing connections, with families and with other facilitators

More detailed information on implementing these Guiding Principles and Best Practices is available in the Resource Portal (available to trained facilitators).