



## WHO Caregiver Skills Training Program for Families of Children with Developmental Disorders or Delays

Ummeed is privileged to be piloting the World Health Organization (WHO)-Autism Speaks Caregivers Skills Training (CST) program in India. CST provides evidence-based skills training for caregivers of children with developmental delays and disorders that can be implemented locally in low- and middle-income countries. CST's primary goal is to promote better understanding and acceptance of developmental delays and disorders and help caregivers apply skills that promote child development, communication and functioning. The secondary aims of the program include strengthening caregivers' coping skills and psychological well-being.



CST builds on existing resources and services to maximize sustainability. The pilot project is to be conducted with technical support from WHO/Autism Speaks, and is a part of multi-country pilot testing of the CST program that will inform further improvement of the materials. Data from pilot testing of the WHO package will be disseminated by publication.

The initial Master Trainer training has been conducted by Autism Speaks in June 2018. Senior members of Ummeed's Autism

Intervention team received this training and will continue to play a critical role in the adaptation, implementation and evaluation of the program as well as the training and supervision of future facilitators.

The key feature of CST is that it can be delivered by non-specialists, and can be adapted for use in low resource settings. It is freely available and can be integrated into existing services of organizations.

CST is intended for caregivers of children between 2-9 years of age with a developmental delay or developmental disorder (a diagnosis is not required) who have been referred by primary health care providers, community health workers or specialists.





The CST program comprises nine weekly Group Sessions of 2.5 hours each, and three 90-minute Individual sessions in caregivers' homes. The program starts with a home visit to engage the family, assess the child's development, set goals and determine if there are barriers or challenges that caregivers are facing. Thereafter different modules cover aspects of child development such as: getting and keeping children engaged, understanding and promoting communication as well as skills for daily

living, preventing and responding to challenging behaviour, and a separate module on caregiver well-being, self-care and problem solving.

The CST program will be linguistically and culturally adapted to make it understandable, culturally relevant, acceptable and feasible in Indian settings. India-specific adaptations would be considered and documented accordingly.



CST is a new program that was carefully developed based on evidence-based strategies. As part of countries that are piloting the program, Ummeed can play a vital role in evaluating the program and helping to determine acceptability and feasibility.

The CST Pre-pilot is expected to start in February 2019, and the Pilot is expected to begin in November 2019.

## Field trials and implementation sites

