

# Caring for Caregivers Acceptance and Commitment Training (CC-ACT): A Partnered Intervention Model



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## How Partnership Works

- 1 **Co-adaptation**  
*Caregivers shape content & materials*
- 2 **Training**  
*Caregivers are trained as co-facilitators and coaches*
- 3 **Co-delivery**  
*Caregivers + clinicians lead together*

## What Makes This Partnership Work

-  Respect
-  Compensation
-  Trust
-  Communication
-  Shared decision-making
-  Time and flexibility

## What is ACT?

ACT seeks to help individuals struggle less with difficult things in their lives and mindfully connect with things that are most important in a way that is loving and respectful. ACT enables us to develop compassion toward ourselves and others so that we can engage in living life to the fullest.

Caring for the Caregiver: Acceptance and Commitment Training (CC-ACT) is a brief, evidence-based group intervention designed to support the mental health of caregivers of people with neurodevelopmental disabilities.

- Developed in response to the significant stress, anxiety, and depression experienced by caregivers, and the limited availability of accessible, evidence-based supports
- One of the few programs that is intentionally co-developed and co-led by caregivers
- CC-ACT is a partnered intervention model

## The Impact for Participants

- Validation of their lived experience
- Sense of safety to be vulnerable
- Decreased feelings of isolation
- Lower rate of depression, anxiety, and mental wellbeing

**Caregiver co-facilitation is one of the most impactful elements of CC-ACT. Together, these elements deepen engagement and strengthen intervention impact.**

## Key Takeaway

Meaningful caregiver-clinician partnership is essential to strengthening mental health interventions.

When lived experience is embedded across design, delivery, and evaluation, programs become more relevant, accessible, and impactful for families.