



## **Interested in Being a Specialized Sitter?**

Interested in being a Specialized Sitter? Great! This document will help answer any questions you may have about the development and goals of the training. We will cover the following:

- Who is BCACDI?
- Process behind the development of the training
- How the training is delivered

### **Who is BCACDI?**

The BC Association for Child Development and Intervention (BCACDI) is a provincial association of agencies that provide child development and therapy services to children and youth with special needs and their families in British Columbia. We have member agencies in each region of the Province, and in both rural and urban settings. BCACDI's mission is to advocate for quality child development and therapy services which are inclusive and accessible to all children and families and to provide member agencies with a forum for communication, information sharing and problem solving.

Many of our member agencies have been delivering services in their communities for more than 40 years, and all are staffed with experts in child development. Accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF), an organization that sets stringent standards for facilities, ensures BCACDI member agencies are innovative, effective, and accountable. Some of the more common programs agencies deliver include the Infant Development Program, Supported Child Development Program, and Early Intervention Therapies, all foundational programs developed and supported by BC's Ministry of Child and Family Development.

BCACDI would like to acknowledge the support provided by the BC Ministry for Child and Family Development in the creation of the Specialized Sitter training modules.

### **Development of the training**

Respite, which is defined as a short-term and time-limited break from caregiving, is typically delivered by trained staff. Formal respite services exist in BC but have limiting eligibility and due to demand are difficult to access and often have lengthy wait times. The Specialized Sitter Training was developed as a complement to existing formal respite services. The intent is to train many Specialized Sitters across BC to be able to provide short-term breaks for parents, hence increasing the opportunities for parents to refresh and recharge.

BCACDI used a survey and literature review to determine what topics parents felt were important to cover in the training. You will learn about:

- Roles and Responsibilities
- Common Diagnoses and Disabilities

BCACDI is a provincial non-profit organization, founded in 1996, which provides advocacy and opportunities for collaboration to member agencies throughout British Columbia. Member agencies are non-profit, accredited, and provide diagnostic, developmental, intervention and support services for children and youth with special needs and their families.



**BCACDI**  
The BC Association for Child Development and Intervention

- Communication
- Positive Behavioural Support
- Health and Safety
- Activities of Daily Living
- Cultural Safety
- and more!

A project lead and content experts provided the content for the modules, and then the training was piloted by a group of youths and reviewed by numerous parents. We are committed to updating the content and evolving the training, so it continues to meet the needs of parents and specialized sitters in BC.

### **Delivery of the training**

There are two delivery methods for the training: online training modules, and in-person workshops

#### ***Online***

2-3 times a year the training will be offered via an 8-week moderated online training session. The online modules include text, graphics, and videos. There are questions embedded throughout the modules and a moderated online forum to encourage discussion with others taking the course. The end of each module has a quiz that must be passed in to progress to the next module. There are 7 modules in total, and the average time to complete the training is 10 hours.

#### ***In-Person Workshops***

Interested agencies host a 2-day workshop (approximately 5 hours/day) using the course materials provided by BCACDI. The person leading the training will take participants through the course materials, allow time for discussion and sharing of ideas, and supervise the quizzes at the end of each module.

Individuals completing the training will receive a certificate and be connected to agencies in their community that may know of parents looking for specialized sitters.

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