



# Lighting Up and Restoring Smiles for Every Family

Deep-Rooting Caregiver Skills Training Program (WHO CST) in Taiwan's Community

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## Our Professional Vision: SNQ Awarded Service to Empower Families

Children with Autism Spectrum Disorder (ASD) or developmental delays (DD) often face significant social and communication challenges. Research indicates that caregivers of children with ASD experience immense parenting stress, which can impact their physical health and marital relationships. To address this, NTUH introduced the World Health Organization Caregiver Skills Training program (WHO CST), developed by the World Health Organization (WHO) in collaboration with Autism Speaks. This evidence-based, systematic program aims to empower caregivers with essential skills and confidence, ultimately enhancing children's adaptive abilities and well-being.

### Core Features: Global Standards, Local Excellence

<p><b>Exclusive International Collaboration</b></p> <p>NTUH is the only institution in Taiwan to implement the WHO CST program, connecting Taiwanese families with world-class early intervention resources. Taiwan is the 14th country globally and the 1st in Asia to complete community-wide dissemination.</p>	<p><b>Innovative Taiwan Model Recognized by WHO</b></p> <p>We localized the curriculum and developed pre-recorded demonstration videos. This major adaptation has been officially recognized by the WHO and included in their global reports for its effectiveness in enhancing caregiver learning outcomes.</p>
<p><b>Rigorous Quality Control Mechanism</b></p> <p>To ensure the highest quality of training, every trainer undergoes a standardized four-stage Training of Trainer (TOT) process, including intensive coaching and supervision.</p>	<p><b>From Hospitals to Communities</b></p> <p>We have expanded to 15 counties and collaborated with 28 medical and social welfare institutions as of 2024, bringing professional support directly into local communities.</p>

### Service Targets and Process



- **9 Group Sessions** : Learning skills and sharing experiences
- **3 Home Visits** : Providing individualized guidance in the home environment
- **7 Phone Follow-ups** : Providing consultation and support between sessions

**For Families** : Caregivers of children aged 2 to 6 years with developmental delays or ASD.

**For Professionals** : Enhancing the capacity of early intervention specialists to conduct the program.

### Tangible Outcomes

<p><b>Child Skill Advancement</b></p> <p>Marked gains in adaptive functions and symptom reduction (<math>p &lt; 0.001</math>).</p>	<p><b>Parenting Skill Enhancement</b></p> <p>Substantial increase in family empowerment, caregiver skills, and caregiver confidence.</p>	<p><b>Caregiver Satisfaction</b></p> <p>Exceptional scores across program clarity, applicability, and alignment with personal values.</p>	<p><b>Trainer Satisfaction</b></p> <p>Consistently high satisfaction reported by trainers across all cohorts.</p>
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### Honors and Social Recognition

- 2019 and 2024 **Award for Good**
- 2024 **SNQ Symbol of National Quality**



Certified in the Specialty  
Medical Care Services

### Media Coverage and Reports

- HealthNews (2017) Official Launch of WHO CST in Taiwan  
<https://www.healthnews.com.tw/news/article/31460>
- DaAi TV (2023) Understanding children of the stars  
<https://ynews.page.link/Uh91y>
- Business Weekly (2023) Scaling up social welfare and public service  
<https://www.businessweekly.com.tw/business/indep/1003327>