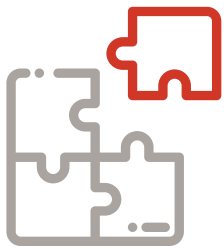


Check Yourself!

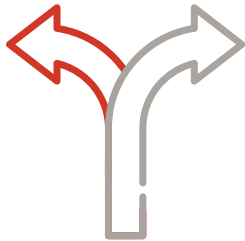
Your own personal experiences and biases can come into play without you even noticing. We've chosen four topics to help you take a close look at yourself and how you balance yourself regarding how you deliver care.



YOU'RE JUST ONE PART:

The services you provide are just one part of your client's life.

While your client's culture can impact the care you provide, it's also integral in how your clients view education; family and gender roles; religious practices; use of alternative medicines; employment; and perception of time. Consider all these factors in determining your client's care.



THERE ARE TWO WAYS OF LOOKING AT IT.

Have you heard that lack of eye contact isn't always a sign of disrespect or inattention?

Your clients' cultural norms (which may look different than yours) can influence communication in many ways, including (but not limited to) interpersonal space, gestures, eye contact, turn-taking and interruptions, and even humor.



THREE STRIKES!

Have you ever made assumptions about someone's intellectual ability based on their (1) accent, (2) dialect or (3) ability to speak English?

Or considered that they might be self-conscious about how they speak? Understanding how accents, dialects, or English proficiency play a role in assessment is a key factor in how you work with your clients.



FOR TRUE BELIEVERS:

Are you open to others' beliefs, even if you don't share them?

Legacies, traditions, and other spiritual and religious beliefs can affect your clients' care plans, even if these plans bump up against what you consider the "norm." These beliefs significantly impact child-rearing practices, including concerns over invasive procedures or physical contact.