



NC Department of Health and Human Services

# NC Home Care Aide Curriculum

## Module 5 Culture

July 2021

# OBJECTIVES

- 1. Explain what makes up a person's culture**
- 2. Realize the importance of respecting a patient's culture**
- 3. Provide care to a patient without inhibiting the patient's cultural values and beliefs**

# CULTURE

- **U.S. Cultural Diversity**
- **As a home care aide, you will care for patients from a different culture than your own**



# Everyone Is Part Of A Culture

- **A person's culture is made up of values, beliefs, and customs that set them apart from a different group**



# Moving From One Culture To Another

## Assimilation



## Acculturation



# DANGERS OF STEREOTYPING

- **Within any new culture, there is a wide range of behaviors and beliefs**
- **It is important as we work with our patients that we do not stereotype or generalize**



# HANDOUT #1

## Health Care Beliefs, Pain, and Food Practices



# CULTURE AND HOME CARE

**So, what does all of this have to do with home care?**





# YOUR PATIENT AS YOUR GUIDE (1)

- **One's culture will also affect the kinds of decisions they make related to their illness/care**



# YOUR PATIENT AS YOUR GUIDE (2)

- **Families may be part of the decision making**



# Other Cultural Issues To Consider

- **Be aware of other cultural issues such as gender, view of older adults, experiences such as war or poverty, or local cultural group with sense of community and resources.**
- **Share information you learn with other team members. Do not assume they know what you know.**



# Cultural Rules For Routine Interactions (1)

- **Diverse cultures have different everyday rules for eye contact.**
- **Learn and respect the rules. Share the rules with the team.**



# Cultural Rules For Routine Interactions (2)

- **Touch as an everyday interaction can have a profound effect**
- **How we touch in the United States may not be acceptable for all ethnic groups**



# TIPS TO IMPROVE CARE AND TEAMWORK

- **Ask questions**
- **Seek opportunities to learn more about issues of culture.**
- **Do not stereotype. Each person is an individual.**
- **Develop an attitude of respect and tolerance.**
- **Become aware of your values and behaviors.**
- **Be willing to negotiate.**



# ACTIVITY #1

## Case Studies



# Culture

- **Addressing and respecting cultural differences will increase trust, leading to better and more satisfactory care for patients and their families.**
- **We are better prepared to serve patients when we prepare ourselves to respect their hearts and their minds.**
- **Becoming culturally knowledgeable is an opportunity for our growth as individuals as well as within our profession.**

