



helping providers to know you better

CULTURAL ACTIVATION PROMPTS



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Cultural Activation Prompts

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Everything about you is important to your care including your cultural identity. Your cultural identity comes from belonging to different groups whose lifestyles, values, and attitudes have shaped your thinking about yourself, including your religious/spiritual beliefs and even your language preferences.

It is important to tell those who you go to for care about how your cultural identity matters to you while you are in care.

Parts of your cultural identity may be more important to you than other parts in different situations. Your cultural identity can change as time moves on.

Examples of cultural identities

- Black professional female
- Muslim born in the U.S. of parents born in Bosnia
- Recent immigrant mother from Ecuador
- Gay person living in a rural community

Sharing information through the **lens of your cultural identity** helps your provider:

- Know more about who you are
- Know what is important to you
- Make better choices with you about your care
- Understand any differences in beliefs across different cultural groups you identify with

Cultural Activation Prompts (CAPs)

Here are some prompts on cultural information to share with your care providers. There may be other things you want to tell them as well.

Examples are given and times are suggested for when you might share this information. But really, there are no set times. Share information when you feel comfortable or are okay doing so. Also, if things change over time, talk about these changes when they happen.

When you first meet and as you get to know the persons partnering with you in your care

Tell them:

How you would like to be called

Examples

- By your first name
- By a name you use with people you know well
- With a title and last name

The kind of person you would feel good about getting care from. Even though the person you may see for your care is not who you want, it is still good for them to know the type of provider you prefer.

Examples

- Woman
- Older person
- A person who speaks your language(s)
- A person who comes from the community as you (e.g., LGBTQ-identified provider)
- A person who is black

Your cultural identity

Examples

- Born deaf writer
- Retired homeless army veteran
- LGBTQ+
- Aging Chinese widow
- Black engineer

Any negative or traumatic experiences related to your cultural identity

Examples

- Racism by a teacher/counselor
- Stereotyped interests
- Lack of value at school and/or workplace
- Bullied and/or excluded from groups during adolescence
- Experienced racism and/or stereotyped by a healthcare provider

The names you and people from your cultural groups use as reasons for seeking care, even the ones that may be hurtful

Examples

- Nerviosa
- Nervous breakdown
- Sad
- Sick
- Messed up in the head

What you and people from your cultural groups think may be the cause(s) of your health challenges

Examples

- Not religious enough
- Karma
- Born with it
- Trauma

Why people from your cultural groups think you need care

Examples

- It will help you get better
- You are neglecting your family
- To get rid of possible sins
- So you can return to work

What people from your cultural groups feel about you seeking care?

Examples

- Encourage it
- Alternative or wholistic care is better
- Only for weak people
- Family members do not want you to tell anyone about it
- Prayer is more important than treatment to solve your problems
- Doctors cannot be trusted

While a care plan is being made

Tell the person helping you to plan your care:

Who from your cultural groups might help you while you are in care?

Examples

- My Imam has been helpful and welcomes me at services
- The team I play basketball with is nice to me no matter what
- My family members take me to clinic, help me with my children and prepare my meals

Kinds of different care you have had that were helpful

Examples

- Faith healing
- Curandera
- Herbal remedies
- Spiritual healers

Care that you have had that was not helpful

Examples

- A provider that did not speak my language
- A provider that did not respect my religious beliefs
- A provider that did not accept what I was telling them
- A provider who did not listen to me or made me feel I didn't know what was best for me

While planning for recovery

Tell persons who are helping you plan for community living:

Things you like to do where you live, worship, shop, socialize, etc. with people from your cultural groups

Examples

- Playing sports
- Social media
- Spanish social club
- Drumming group
- Prayer groups
- Dances, parties, Music concerts

For more information, please contact ccase.org