Cultural Considerations in Dementia Care

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Introduction & Overview

We are all products of our culture. Our cultural heritage shapes our thoughts and affects all aspects of our lives. As a matter of fact, we learn how to give meaning to our lives and our various pursuits through our cultural heritage.
Introduction & Overview

As a result of the rich cultural diversity that exists in the world, it often is the case that there are misunderstandings between people when they engage in activities that require them to communicate regularly and effectively. This situation often arises in caregiving because caregivers and care recipients often do not share the same cultural backgrounds.
Introduction & Overview

In the next 15 minutes I will be sharing some information that may be useful to both mental health professionals and lay people who are caregivers with regard to cultural differences and the challenges that they often present in care settings.
We will explore the definitions of a few important terms and explore the relevance of these terms in care settings.

We will talk about the nature and meaning of culture in a general context that could apply to dementia care or any care setting.

We will explore an internet resource available to health practitioners and lay caregivers that may assist them in overcoming common challenges of caregiving involving cultural differences between caregivers and their care recipients.
Objectives

Following your completion of this webinar, you will be able to:

**DEFINE**
- Culture
- Cultural Sensitivity
- Cultural Competence
- Cultural Humility

**IDENTIFY**
- Own needs pertaining to cultural diversity using an internet-based assessment tool
The Meaning of Culture

Definition
Definition

- Let’s begin by first defining *culture*.

Here is a definition offered by the Merriam-Webster Online Dictionary:

http://www.merriam-webster.com/dictionary/culture
The Meaning of Culture

Now that we have an idea of what we mean when we use the word culture, let’s explore various perspectives that have been used to understand how people of different cultural backgrounds might approach the cultural diversity that they face in their daily lives (and particularly in caregiving situations).
Perspectives for Understanding and Embracing Differences

refers to one’s ability (willingness) to be aware of differences and acknowledge that people from different cultural backgrounds could live/work/play together without conflict and negative attitudes.
Perspectives for Understanding and Embracing Differences

means having the ability to provide care to persons with diverse values, beliefs, and behaviors and to tailor care delivery to their social, cultural, and linguistic needs.
this term is particularly meaningful in care settings because it transcends the boundaries suggested by previous terms.
Perspectives for Understanding and Embracing Differences

Tervalon and Murray-Garcia (1998) have defined cultural humility as a life-long process of self-reflection and self-critique.

The CCHPA – An Internet Resource

I have found the following website to be very helpful as one begins to think about how they will deal with the cultural diversity that they face in their everyday lives.
The Georgetown University Center for Child and Human Development

The National Center for Cultural Competence at Georgetown University has developed this website especially for use by health practitioners. However, I believe that it can also be used by lay caregivers or anyone interested in discovering their capacity for handling the cultural diversity that they face in their daily lives.
Once you are at the website, you will find a very useful tool developed by the NCCC that can be a starting point for individuals to assess their own capacity for embracing cultural diversity in many settings.

https://www4.georgetown.edu/uis/keybridge/keyform/form.cfm?formID=277