

Multi-Cultural Dimensions in Aging



Presented by:

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Objectives:

- Recognize one's own personal and professional cultural beliefs about aging.
- Identify the impact of cultural norms on a client and family behavior, attitudes, preferences, and decisions relative to aging
- Distinguish the impact of cultural norms on family dynamics.

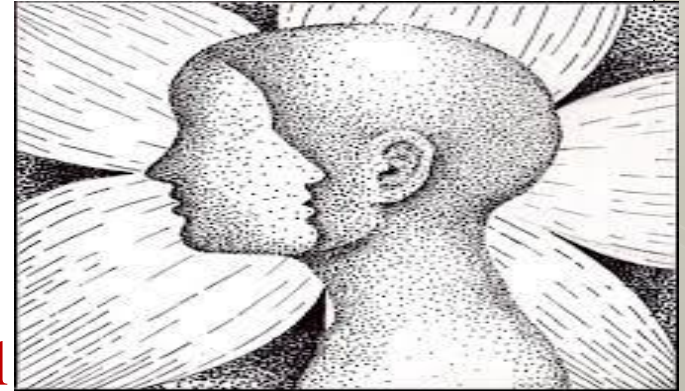
Appreciating Who I Am **Personally**: A Self-Examination of Cultural Beliefs

- Cultural Identification

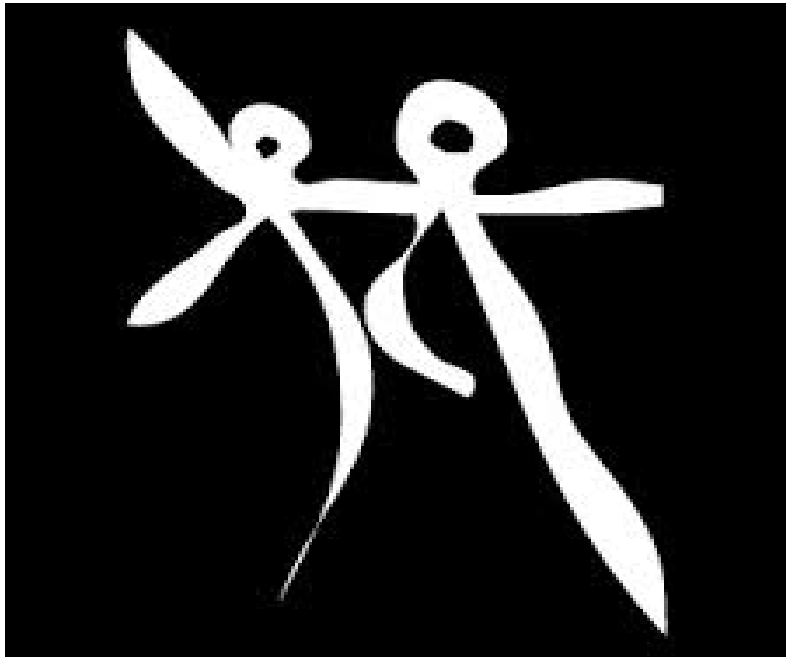
- T Diagram Activity:

Personal cultural identification

- What ideologies, person(s), physical locations, or other cultural attributes do you have an environmental connectedness to?
- Is your desire for connectedness conscious or are there levels of connectedness that you are now aware of after examining your unconscious?
- What is your psychological, psychosocial, or emotional sense of belonging relative to cultural identification?



Appreciating Who I Am **Professionally**: A Self-Examination of Cultural Beliefs



- **T Diagram Activity: Professional cultural identification**
- **Pluralism: What is compatible? What is divisive?**

Who I Am:

Cultural Knowledge of Life, Aging, and Death

- What do you believe about aging, life and death?
 - How should life be lived?
 - What are philosophies or ideologies of life, aging and death?
 - What are the goals of life? Goals as you age?
 - Does your cultural identification guide you regarding gender roles, family, tradition, celebrations of life, public versus private conduct, views on aging, etc.?
 - What are your cultural rituals for coping with aging and dying?
 - How do you deal with the aging in your family or immediate culture?
 - How do you deal with the deceased person's body, and the final arrangements for the body and honoring the death?
 - What do you believe happens after death? How are the dead remembered or memorialized?

Diversity

Traditionally

- Race
- Gender

Over Time

- Age
- Sexual orientation
- Disability

Currently

- Height and weight
- Fitness level
- Health condition

- Religion
- Political affiliation
- Socioeconomic status



Elements of Cultural Competency



- Cultural Desire
- Cultural Awareness
- Cultural Knowledge
- Cultural Skill
- Cultural Collaboration
- Cultural Encounter

Coolen (2012)

Assessment Tools

Professional Cultural Awareness

- *A Self Assessment of Multicultural Awareness, Knowledge and Skill*
- *Diversity Self-Awareness Assessment*



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Professional Cultural Competency

- *Cultural Competence Checklists:*
 - *Personal Reflection*
 - *Policies & Procedures*
 - *Service Delivery*

Cultural Factors of Aging: Behavior, Attitudes, and Preferences

Cultural Ideation on Aging

- Life Cycle Continuum
- Attitudes on Aging
- Dignity vs. Disgrace
- Desire to remain Relevant



(Carteret, 2011; funeralwise.com, 2014; Kalland, n.d.; Lewis, 2014; Löckenhoff, et al. ,2009).)

Cultural Factors of Aging: Behavior, Attitudes, and Preferences

Cultural Ideation: Health vs Suffering

- ◉ Social and Psychological Reward or Punishment
 - ◉ Right of Passage
 - ◉ Curse or Evil Spirits



(Carteret, 2011; funeralwise.com, 2014; Kalland, n.d.; Lewis, 2014)

Cultural Factors of Aging: Behavior, Attitudes, and Preferences

Cultural Ideation on Death & Dying

- Death Process
- Taboos
- Traditions



(Carteret, 2011; funeralwise.com, 2014; Kalland, n.d.; Lewis, 2014)

Family as a Cultural Unit: The Impact of Familial Cultural Attitudes



- **The Role of Family**
 - **Family of Origin**
 - **Family of Creation**



Non-Traditional Family Units



Family as a Cultural Unit: The Impact of Familial Cultural Attitudes

- The Estranged Family brought Together in Crisis
 - Finding ways of interacting
 - Elephant in the room



- Family Communication Styles
 - Vary based on culture
 - Vary based on family dynamics
- Generational Differences

The Culturally Prepared Aging Life Care Expert

- **Self-Awareness of misconceptions or prejudices...
Yes, we all have them!**
- **Client-Awareness, especially the need for comfort, compassion, understanding, peace of mind....**
- **Acknowledgement that each person has a unique cultural and/or multi-cultural experience or expectation**



The Culturally Prepared Aging Life Care Expert



- Motivation to ask about cultural preferences by responding to statements about culture, traditions, family dynamics, or place of origin
- Willingness to explore culturally traditions, rituals, expressions, symbols, artifacts, manner of dressing, and practices.
- Commitment do things differently by adjusting one's own ways of verbal and non-verbal communication, processes and procedures.

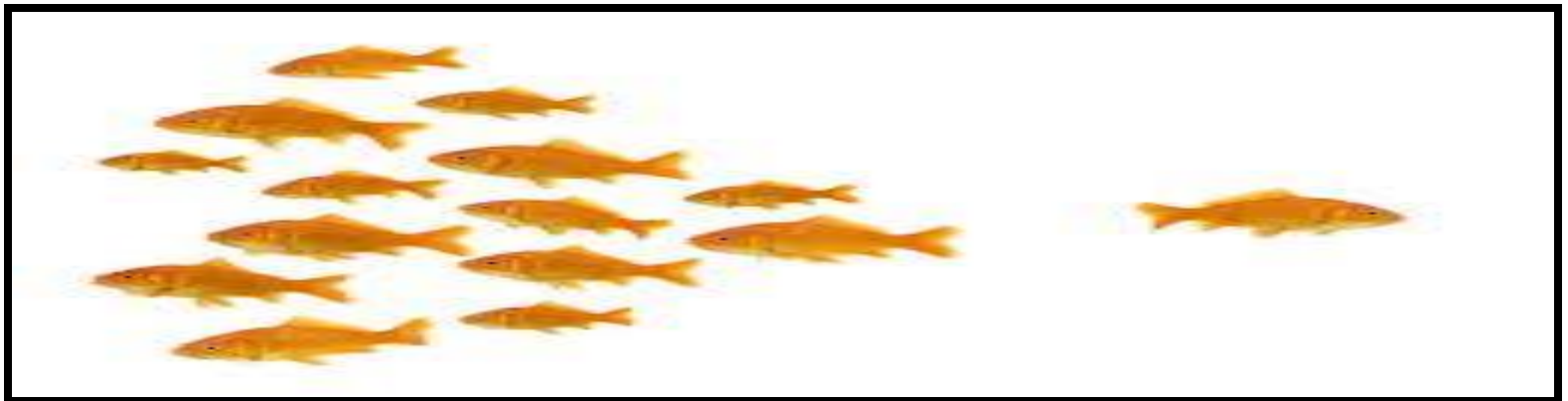


Being Culturally Proactive

Remember: Even though you may know about a culture,

Each Person is UNIQUE

despite his/her cultural background,
especially when dual cultural identity exist.



Culturally Proactive

Research basics about a culture through reliable venues including cultural based websites. books & articles about the culture, other professionals, other clients, past experiences, local community leaders with same cultural origin.



- Who is the traditional decision maker?
- What is the practice on eye contact?
- How do you address people in the care dynamic?
- What is appropriate time frame for silent pauses?
- What do non-verbal gestures mean?
- What is appropriate personal space?

Culturally Proactive

The best source of information is your client. Therefore, ask questions with sincerity and a spirit of growth

- I am interested in learning about your culture, tell me how you would
- I want to be respectful to your traditions, when it comes to X how should I...
- Help me understand what X means to you.....
- To your way of thinking, is this event.....
- In my culture we do X; however, I want to be compassionate to your traditions. How would you prefer for me to.....





Create an environment where each member of the care team can experience dignity in exploring cultural diversity.



Client Cultural Assessment Tools

- Klienman and Campell's client Explanatory Assessment Model
- Geiger-Davidhizar's Cultural Assessment Model
- Kagawa-Singer & Blackhall's ABCD Cultural Assessment Model





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Thank You!

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