

Cultural Activation Prompts (CAPs)

Helping people who give you care know you better

Everything about you is important to your care including your cultural identity. Your cultural identity comes from belonging to different groups whose life styles, values, and attitudes have shaped your thinking about yourself, including but not limited to your religious/spiritual beliefs, ethnicity, race, nationality, generation, social class, where you live and even your language preferences. Cultural identity is important for one's sense of self and how one relate to others. A strong cultural identity can contribute to one's overall well-being.

It is important to share your cultural identity with those who you go to for care and why it matters to you. Components of your cultural identity may be more important to you than other parts in different situations. Your cultural identity is not static; it changes over time.

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 care provider:

- Know more about who you are;
- Know what is important to you;
- Make better choices with you about your care;
- And creates a framework for better engagement.

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

Share information when you feel comfortable or are okay doing so. Also, if things change over time, talk about these changes when they happen.

(Turn page over)



Your Personal Cultural Card

Say how you would like to be called

Tell the person your cultural identity

Tell them the kind of person you would feel good about getting care from

Tell them of any negative or traumatic experiences you have had because of your cultural identity

The names you and persons from any of the groups you identify with give for why you are seeking care

What you and persons from any of the groups you identify with think may be the causes of your health challenges

What do you or people from any of the groups you identify with feel about your seeking care

Who from any of the groups you identify with might help you while you are in care

Tell them the kinds of different care and experience you have had that were helpful

Tell them the kinds of different care and experience you have had that was not helpful

Tell them things you like to do by yourself and things you like to do with any of the groups you identify with, for example, where you live, worship, shop, socialize, etc. that are helpful to you



FOR MORE INFORMATION ABOUT PATIENT ACTIVATION:

1. Read this New York Times blog written by a doctor about getting patients to take charge of their health: http://well.blogs.nytimes.com/2012/01/12/getting-patients-to-take-charge-of-their-health/?_php=true&_type=blogs&_r=0
2. Watch this really excellent video where Jocelyn Cornwell interviews Dr. Judith Hibbard, the author of the Patient Activation Measure: <https://www.youtube.com/watch?v=9NQZCK3vi3M>

