

Culturally appropriate care resources

This document contains culturally appropriate care resources to help support people with a learning disability, autistic people, older people, people with dementia, and people with mental health support needs. Other resources are included, such as supporting people from ethnic minority groups and backgrounds; around sexuality and relationships; and supporting people with life story work. Please use it in conjunction with the ‘Culturally appropriate care guide’.

Please note:

Listed below are links from various sources. We are unable to guarantee the accuracy / content of these documents. Some documents have been produced for local areas and include support phone numbers; these may only be relevant if you are living in that area, but other information contained in the documents may still be helpful.

Culturally appropriate care: General information

Description	Source name	Source
CQC Guidance to culturally appropriate care (also called 'culturally competent care'). Being sensitive to people's cultural identity or heritage. It means being alert and responsive to beliefs or conventions that might be determined by cultural heritage.	Care Quality Commission	Guidance
Working with families, friends and carers is an important part of delivering person-centred care. This framework sets out some practical guidelines about how adult social care employers and staff can work well with families.	Skills for Care	Framework
This webpage outlines the importance of culturally appropriate care in home care.	Unique IQ	Webpage
A cultural awareness checklist.	Quality Interactions	Poster
A 2022 year ahead calendar with suggestions and ideas for celebrating cultures from around the world.	Dignity in Care	Calendar
An overview of the Equality Act for social care.	SCIE	Web page

Easy Read		
Easy read: The Equalities Act.	Government Equalities Office	Easy read
Easy read: The Equality Act and Employment.	Equality and Human Rights Commission	Easy read
Easy read: The mental Health Act Code of Practice. This factsheet is about people being equal and your rights.	Department of Health	Easy read

Culturally appropriate care: supporting people from ethnic minority groups and backgrounds

Description	Source name	Source
<p>'Developing Cultural Competence in Social and Health Care' encourages the reader to be clear about their own cultural identity, explores oppression and culture and discusses how social care workers can develop the skills necessary to be a culturally competent practitioner. In the second part of the book a number of cultures and religions are discussed, providing staff with information that is relevant in working with individuals of faith or from a minority community.</p>	Kirwan Maclean Associates	Book (priced)
<p>Resources for health and social care professionals working with people from black, Asian, and minority ethnic communities, such as translated information, examples of good practice and outreach projects.</p>	Alzheimer's Society	Resources
<p>Report of the Black, Asian and Minority Ethnic Communities Advisory Group, established to make recommendations to feed into the work of the Social Care Sector COVID-19 Support Taskforce.</p>	DHSC	Report

<p>The Reaching out to families project set out to find new ways of addressing the inequalities that people with learning disabilities from Black and Minority Ethnic Communities and their families experience in health and social care.</p>	<p>Foundation for People with Learning Disabilities</p>	<p>Guidance</p>
<p>This paper examines the evidence on health inequalities experienced by Black, Asian and minority ethnic people with a learning disability. Highlights the inequalities and higher risk of avoidable deaths in NHS care- where people with learning disabilities were six times more likely to die from Covid and 40 percent of these deaths were people from Black and Pakistani communities.</p>	<p>Race Equality Foundation</p>	<p>Learning Disability Briefing Paper</p>
<p>Advice and guidance on Autism and black, Asian and ethnic minority groups. Looks at key reasons why BAME autistic people are not receiving appropriate support or struggling to get a diagnosis, and what NAS is doing to support BAME autistic people.</p>	<p>National Autistic Society</p>	<p>Guidance</p>
<p>Rates of mental health problems can be higher for some groups than for other groups. This page looks at factors which can affect the mental health of people from some communities more than others, and the barriers people face when getting support.</p>	<p>Mental Health Foundation</p>	<p>Web page</p>

<p>This Toolkit is designed for mental health professionals and other professionals that work with Black and Minority Ethnic communities in Wales to improve the accessibility and quality of mental health and social care services. It provides tools and resources to help practitioners provide a culturally appropriate service.</p>	<p>Diverse Cymru</p>	<p>Toolkit</p>
<p>Ethnic minority communities-Increasing access to a dementia diagnosis-this report sets out recommendations for services and commissioners to consider in reducing inequality of dementia diagnosis for ethnic minority communities.</p>	<p>Alzheimer's Society</p>	<p>Report</p>
<p>Working with people with dementia from different cultures and backgrounds. The particular focus will be for leaders and managers supporting staff working with:</p> <ul style="list-style-type: none"> ▪ people with dementia who are from a black, Asian or minority ethnic background ▪ people with dementia who are lesbian, gay, bisexual or transgender (LGBT+) ▪ people with young-onset dementia. 	<p>Skills for Care</p>	<p>Guidance</p>
<p>All-Party Parliamentary Group on Dementia report: 'The experiences of black, Asian and minority ethnic communities'.</p>	<p>Alzheimer's Society</p>	<p>Report</p>

Easy Read		
<p>Tools for talking: Activity</p> <p>My culture and what it means to me.</p> <p>This activity is to help you to think about your culture and what it means to you. You can use it to help you talk to your support worker. It will help them to understand more about you and your culture. Accompanying video.</p>	Tools for talking: Culture	Activity tools and video
<p>Tools for talking:</p> <ul style="list-style-type: none"> ▪ Poster: My culture and what it means for me My culture worksheet. ▪ Instructions for support workers. ▪ Prompt cards for discussion about different cultures. 	Tools for talking	My culture poster My culture worksheet My culture - support worker guide My culture prompt cards
Visual story: Race and racism.	Ambitious about Autism	Visual story
Easy read: Race and racism.	Ambitious about Autism	Easy read
Visual story: Black Lives Matter.	Ambitious about Autism	Visual story
Easy read: Black Lives Matter.	Ambitious about Autism	Easy read

Culturally appropriate care: Sexuality and relationships

Description	Source name	Source
This CQC report looks at how adult social care services keep people safe from sexual incidents. It also looks at how services can support them to express their sexuality.	Care Quality Commission	Report
Relationships and sexuality in adult social care services. Guidance for CQC inspection staff and registered adult social care providers.	Care Quality Commission	Guidance
Guidance on supporting people who need care and support to have meaningful and safe relationships.	Skills for Care	Guidance
Safe to be me: Meeting the needs of older lesbian, gay, bisexual and transgender people using health and social care services A resource pack for professionals.	Age UK	Resource pack
Stonewall: A guide to LGBT+ terminology.	Stonewall	Web page
LGBTIQ+ mental health: information about mental health support for people who are lesbian, gay, bisexual, trans, intersex, queer or questioning (LGBTIQ+).	Mind	Web page

How to be a trans ally.	National Housing Federation	Film
Sexuality and relationships and learning disability FAQ.	Mencap	Web page
Sexuality and relationships resource list.	Mencap	Resources
Understanding Self-Directed Support: a film for LGBTQI+ Disabled People.	SCIE	Film
Easy Read		
What does LGBT stand for?	Stonewall	Easy Read
Discrimination against LGBT people.	Stonewall	Easy read
Booklet is about people who are LGBTQ+ and what that means. WARNING: Contains graphic images and sexual content.	Change People	Easy read WARNING: Contains graphic images and sexual content.
Improving the lives of lesbian, gay, bisexual and transgender people.	Government Equalities Office	Easy read
Report (2015) about lesbian, gay, bisexual and transgender people with learning disabilities.	Switchboard and LGBT Health and Inclusion Project	Easy read
Photo story: Eric and Fraser's story.	Forth Valley Sexual Health NHS service	Visual story
Photo story: Jan's story and Phil's story.	Norah Fry Research Centre, University of Bristol	Visual story-Jan

<p>This story is written for use by and with women and men with learning difficulties around same sex relationship issues. This may be for women and men who are lesbian, gay or bisexual (LGB), or to help other women and men with learning difficulties to think about the issues involved.</p>		<p>Visual story-Phil</p>
<p>Secret loves, hidden lives: A summary of what people with learning disabilities said about being gay, lesbian or bisexual.</p>	<p>Norah Fry Research Centre, University of Bristol</p>	<p>Easy read</p>
<p>What is transgender?</p>	<p>Lanarkshire Sexual health NHS service</p>	<p>Easy read</p>
<p>Resources on LGBT identities, gender, sexuality, sexual health and relationship, including some easy read.</p>	<p>LGBT Health and Wellbeing</p>	<p>Easy read</p>
<p>Widgit symbols for LGBT.</p>	<p>Stonewall</p>	<p>Widgit</p>
<p>Relationship and sex resources.</p>	<p>Mencap</p>	<p>Resources</p>
<p>'You being you': video about identity, gender and sexuality.</p>	<p>Mencap</p>	<p>Film</p>
<p>Guide to pronouns.</p>	<p>Mencap</p>	<p>Easy read</p>
<p>Easy read about Stonewall and their work.</p>	<p>Stonewall</p>	<p>Easy read</p>

Other resources: Learning disability / Autism

Information about risk factors as to why people with a learning disability are more likely to experience poor mental health , that mental health problems are not always recognised, and treatments available.	Mencap	Web page
Mental health and autism - advice, guidance and useful resources.	National Autistic Society	Web page
STOMP – Stopping the over medication of people with a learning disability, autism or both – translated in different languages	NHS England	Translated fact sheets

Other resources: Older people; Dementia

Creative and Cultural Activities and Wellbeing in Later Life: report looks at creative and cultural participation – what it is, who does what, and how it differs depending on people’s overall level of wellbeing. It includes examples of creative and cultural activities for older people and conclude with recommendations for practitioners and policymakers.	Age UK	Report
Quick guide for registered managers of care homes in promoting positive mental wellbeing for older people.	SCIE and NICE	Guide

Dementia publications 'The dementia guide' and 'This is me' in different languages.	Alzheimer's Society	Translated fact sheets
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Life story work

Top tips and resources to help you learn more about a person with dementia's life story.	Age UK Sheffield	Web page
Template and resources for life story work.	Dementia UK	Web page
Resource pack for life story work with people with Dementia.	Told in South Yorkshire	Resource pack
Life story work and reminiscence.	SCIE	Web page
Memory box ideas.	UK Dementia Directory	Web page
Assembling a memory box.	Jenny Trott	Film