

Cultural Competency Checklist for the Occupational Therapist

This is a simple and quick checklist that is intended for occupational therapists to use regardless of their practice settings. A therapist may use this checklist to reflect on whether or not they have taken into consideration the cultural aspects that may impact the care a client receives. The cultural aspects to consider include the client and his or her family as well as the therapist's and the facility's. The checklist is not all-inclusive, but provides a starting point on which to begin developing your skills in order to provide culturally competent services.

Have you asked your self the following questions?

- Am I aware of my client's values.
- How do I feel about my client's values that are different than mine?
- Am I approaching my client's differences and needs in a non-biased and objective manner?
- What aspects (age, gender, race, ethnicity, sexual preference, religion, SES, education, etc.) of my client's culture affects how he/she views care?
- Have I included the client in the intervention planning process?
- Does the patient understand and agree with the plan of care?
- What occupations are important to the client?
- Are there communication barriers that may affect care?
- Do I need an interpreter to effectively communicate with the client?
- Do I need to consult additional resources?