



National Center on Advancing Person-Centered Practices and Systems

Transcript from a short video titled “Being Person-Centered is Not Always Comfortable” with Eric Washington for NCAPPS’ Pandemic Wisdom series

Eric Washington is a lived-experience faculty expert for the NCAPPS Brain Injury Learning Collaborative. He is a former football-player for the University of Kansas who, in 2006, suffered a spinal-cord injury and traumatic brain-injury while playing football. His brain injury was undiagnosed for a number of years, and, lacking support or an understanding of his condition, the symptoms of that injury resulted in periods of homelessness. Today, Eric is a powerful advocate for those living with a traumatic brain-injury -- especially those who are also homeless -- and is particularly concerned with making sure conversations and policy acknowledge and address the ways race affects survivors' lived-experience of brain-injury.

Hello, my name is Eric Washington, and I'm a part of the NCAPPS family.

I reside in Kansas City, Missouri. Well, I'm involved with three organizations that mean a lot to me: Community Services lead, which helps remedy homelessness in Eastern Jackson County, the Adult Brain Injury program, as well as the Brain Injury Association of Missouri, and they help advocate for persons with brain injuries. I know right now, people are scared. People are worried people are, you know, unemployed, but if we all stick together, things will get better. Right now we're dealing with the coronavirus pandemic or COVID-19 pandemic. That can be remedied by vaccines, social distancing, washing your hands, just being safe in general, until doctors come up with a way to actually lower the risk for people. But we're also dealing with the epidemic and that's social and cultural inequalities and injustices that takes effort that takes time that takes having conversations that people don't want to have. So, I challenge everyone to be a part of the solution instead of a part of the problem. So, I'm gonna leave you guys with this stuff. I looked up something with the Health Foundation and they have four principles of person-centered care. But the main thing that I found they said that person-centered care is affording people dignity, compassion, and respect. So if you're culturally uncomfortable to have certain conversations, can you truly be person-centered? Okay, I want to thank you guys and I want everyone to be safe.