



Culture and Person-Centered Practice Video Series: Al Cunningham

NCAPPS made a video series called [Culture and Person-Centered Practices](#). The videos are posted on the NCAPPS YouTube channel. In these short videos, people tell their stories about what culture and person-centered practices mean to them. This is a summary of their stories.

Al Cunningham

Al is 69 years old and was raised on the south side of Chicago. He thought we were making progress against racism. But he learned, based on recent events, that it was just hidden. The terms used to describe him have changed over time – from colored, to negro, to Black. He says, “All this and more are important to understand about me when approaching me to provide me with person-centered services.”

Al doesn't like the way providers ask questions about mental health and depression. They ignore the 500 years of slavery and constant abuse.

Al says that people of color who have a lot of education may have had oppressive treatment by teachers and other students.

He says, “Person-centered care is genuine communication informed by empathy on the part of a caregiver based on an historically accurate understanding of the experience of others like me.”