



Culture and Person-Centered Practice Video Series: Patsy Starke

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.

Patsy Starke

Patsy is a 62-year-old transwoman. She says, “A big part of my life is knowing that I’m evolving. There are parts of me that are still very masculine that have been affected by years of testosterone. But I want to make it perfectly clear that I’m very happy with where I’m at. Or maybe I’ll say satisfied. It’s a challenge every day to live in this world.”

Patsy is a registered nurse. To her, person-centered care means trying to hear the other person’s story and not make assumptions. She says you must develop a relationship. “I practice the art of quieting my mind and focusing on the people I take care of.”

She wants to care for LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer) people because of her experiences as a transwoman. She says, “A lot of us end up alone and isolated.”

Patsy says, “I’m able to love. That’s my gift – empathy and acceptance. I love people for who they are.”