



Culture and Person-Centered Practice Video Series

Insular Identities

Introduction

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.

Sara Liss

Sara describes herself as a Jewish, Autistic, otherwise multiply disabled, Queer, non-binary person. She talks about what it's like to have multiple oppressed identities. Sara says that even communities with open arms do not always welcome all of you. Because of this, she has learned to be wary. She says, "My identities are very important to me. They reflect how I see the world." She doesn't always share all parts of her. It might not be safe. She says to care providers, "We have reason to doubt that your version of help is the kind of help that we need."