



Culture & Person-Centered Practices

Maria Martinez – “Providers Must Honor and Welcome Our Culture”

SPEAKERS

Maria Martinez

Maria Martinez [00:04]

Hello, my name is Maria Martinez and I'm from Pueblo, Colorado. I've had brain injuries in my youth and also as an adult. I am a caregiver for my mama, who's 100. She'll be 101 in August. She is blind, hearing impaired, and in the 1970s had a stroke, which weakened her left side and cause causes her... she has minimal short-term memory.

Maria Martinez [00:38]

Receiving care for mama as a caregiver requires advocacy, advocating for mama's dignity as an elder, her language, respecting how she wants to be cared for by a female provider. As an indigenous woman from Mexico, her culture is important for maintaining balance in our lives. I cannot separate our culture when planning for medical concerns, agency assistance or community interaction because we don't separate ourselves, or who we are, when we want to receive care or participate in community. Most providers do not have staff who can translate. I am the translator which does not allow me to focus on how mama is being cared for.

Maria Martinez [01:40]

Multitasking is difficult for me. available options for translation via phone is not an option for hearing aid for a hearing-impaired person without accessibility for that phone. Welcoming culture into provider's offices is minimal. And the few that have anything for presentations, like a poster, which is not current with time. Meeting the needs of our indigenous elders, and other cultures is none too minimal. Seeking providers that practice themselves, Person-Centered practices is important.

Maria Martinez [02:30]

When a provider speaks to mama in her language, sees her as a person gathers information of who, where she is from what her needs are, is more comforting to mama, and it's less anxiety she and I experience with providers.



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Maria Martinez [02:49]

Our community needs providers who represent people of color, bring professionals back into community who represent those in the community and actively practice their own cultures. Allow people to receive care from providers who greet them with their language, understands how the elders use medical practice...medicinal practices that heal them.

Maria Martinez [03:19]

The importance of spiritual support, our values, our religion, the importance of practice, practicing our culture, as a whole person. Let us celebrate who we are with dignity, respect and compassion and honor our culture and other people's cultures. This is important of Person-Centered practices. Thank you.