

## Conference Presentation Abstract

### Title:

The Next Two Decades: A Framework for Culturally Competent Rehabilitation Practice

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### Summary:

According to a recent study by Statistics Canada, the diversity of Canada's population will continue to increase significantly during the next two decades. The proportion of visible minorities are expected to double in almost all Ontario cities, including Barrie, Guelph, Hamilton, Kitchener, Oshawa and Peterborough. With the growing diversity of our client population, it is imperative that rehabilitation professionals have the necessary tools to interact effectively with clients from different cultural backgrounds. Rehabilitation providers often struggle to effectively serve individuals with brain injury and families who speak different languages. More importantly, perspectives of disability can vary widely depending on one's ethno-cultural background, and these differences in cultural belief systems can influence families' help seeking behaviours and their approach to rehabilitation. This workshop will provide clinicians with a practical framework for effective assessment, interaction, and intervention with clients and families from diverse cultural backgrounds.

Key domains of the framework include: • Health and illness beliefs • Perceptions of TBI through a multi-cultural lens • Family belief systems and response to disability • Diversity of help seeking practices • Differences in value orientation • Tips for interviewing clients from diverse cultures • Dealing with language and cultural barriers • Self reflection on personal values, beliefs, and biases.

The workshop will conclude with a discussion on strategies to enhance one's cultural competence. By incorporating cultural awareness into daily practice, we can strive to reduce barriers and enhance systems of care for culturally diverse client populations.

### Learning Objectives:

- Heighten awareness of the diversity of belief systems, perspectives of disability, and help seeking practices of clients and families from culturally diverse communities.
- Introduce a practical framework for enhancing clinicians' cultural competence in rehabilitation practice.
- Provide tools for effective assessment, interaction, and intervention with clients and families from different cultural backgrounds.