



## Culturally appropriate care resources

**This document contains culturally appropriate care resources to help support people with a learning disability, autistic people, older people, people with dementia, and people with mental health support needs. Other resources are included, such as supporting people from ethnic minority groups and backgrounds; around sexuality and relationships; and supporting people with life story work. Please use it in conjunction with the ‘Culturally appropriate care guide’.**

**Please note:**

Listed below are links from various sources.

**Culturally appropriate care: General information**

Description	Source name	
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Easy Read

**Culturally appropriate care: supporting people from ethnic minority groups and backgrounds**

Description	Source name	Source
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<p>The Reaching out to families project set out to find new ways of addressing the inequalities that <b>people with learning disabilities</b> from Black and Minority Ethnic Communities and their families experience in health and social care.</p>	<p>Foundation for People with Learning Disabilities</p>	<p><a href="#">Guidance</a></p>
<p>This paper examines the evidence on health inequalities experienced by Black, Asian and minority ethnic people with a <b>learning disability</b>. Highlights the inequalities and higher risk of avoidable deaths in NHS care- where people with learning disabilities were six times more likely to die from Covid and 40 percent of these deaths were people from Black and Pakistani communities.</p>	<p>Race Equality Foundation</p>	<p><a href="#">Learning Disability Briefing Paper</a></p>

Advice and guidance on **Autism** and black, Asian 48190.6 247004 reW\*nBTf312 Tf1 0 0 1

This Toolkit is designed for **mental health** professionals and other professionals that work with Black and Minority Ethnic communities in Wales to improve the accessibility and quality of mental health and social care services. It provides tools and resources to help practitioners provide a culturally appropriate service.

## Easy Read

### Tools for talking: Activity

My culture and what it means to me.

This activity is to help you to think about your culture and what it means to you. You can use it to help you talk to your support worker. It will help them to understand more about you and your culture. Accompanying video.

### Tools for talking:

Poster: My culture and what it means for me  
My culture worksheet.

Instructions for support workers.

Prompt cards for discussion about different cultures.

### Tools for talking: Culture

### Tools for talking

[Activity tools](#) and [video](#)

[My culture poster](#)

[My culture worksheet](#)

[My culture -](#)

## Culturally appropriate care: Sexuality and relationships

Description	Source name	Source
This CQC report looks at how adult social care services keep people safe from sexual incidents. It also looks at how services can support them to express their sexuality.	Care Quality Commission	<a href="#">Report</a>
Relationships and sexuality in adult social care services. Guidance for CQC inspection staff and registered adult social care providers.	Care Quality Commission	<a href="#">Guidance</a>
Guidance on supporting people who need care and support to have meaningful and safe relationships.	Skills for Care	<a href="#">Guidance</a>
Safe to be me: Meeting the needs of older lesbian, gay, bisexual and transgender people using health and social care services A resource pack for professionals.	Age UK	<a href="#">Resource pack</a>



How to be a trans ally.

National Housing Federation

[Film](#)

Sexuality and relationships and learning



**Other resources: Learning disability / Autism**

Dementia publications The dementia guide and This is me in different languages.		<a href="#">Translated fact sheets</a>
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## Life story work

Top tips and resources to help you learn more about a person with story.	Age UK Sheffield	<a href="#">Web page</a>
Template and resources for life story work.	Dementia UK	<a href="#">Web page</a>
Resource pack for life story work with people with Dementia.	Told in South Yorkshire	<a href="#">Resource pack</a>
Life story work and reminiscence.	SCIE	<a href="#">Web page</a>
Memory box ideas.	UK Dementia Directory	<a href="#">Web page</a>
Assembling a memory box.	Jenny Trott	<a href="#">Film</a>