Cultural Competency Checklist for the Occupational Therapist

This is a simple and quick checklist that is intended for occupational therapists to use regardless of their practice settings. A therapist may use this checklist to reflect on whether or not they have taken into consideration the cultural aspects that may impact the care a client receives. The cultural aspects to consider include the client and his or her family as well as the therapist’s and the facility’s. The checklist is not all-inclusive, but provides a starting point on which to begin developing your skills in order to provide culturally competent services.

Have you asked your self the following questions?

☐ Am I aware of my client’s values.

☐ How do I feel about my client’s values that are different than mine?

☐ Am I approaching my client’s differences and needs in a non-biased and objective manner?

☐ What aspects (age, gender, race, ethnicity, sexual preference, religion, SES, education, etc.) of my client’s culture affects how he/she views care?

☐ Have I included the client in the intervention planning process?

☐ Does the patient understand and agree with the plan of care?

☐ What occupations are important to the client?

☐ Are there communication barriers that may affect care?

☐ Do I need an interpreter to effectively communicate with the client?

☐ Do I need to consult additional resources?