

**CULTURAL COMPETENCE  
PERSONAL SELF ASSESSMENT**

Ratings:  
1 Strongly Agree  
2 Agree  
3 Neutral  
4 Disagree  
5 Strongly Disagree

**This tool was developed to heighten your awareness of how you view clients/patients from culturally and linguistically diverse (CLD) populations.**

**\*There is no answer key; however, you should review responses that you rated 5, 4, and even 3.**

- I treat all of my clients with respect for their culture.
- I do not impose my beliefs and value systems on my clients, their family members, or their friends.
- I believe that it is acceptable to use a language other than English in the U.S.
- I accept my clients' decisions as to the degree to which they choose to acculturate into the dominant culture.
- I provide services to clients who are LGBTQ (Lesbian, Gay, Bisexual, Transgender, or Questioning).
- I am driven to respond to others' insensitive comments or behaviors.
- I do not participate in insensitive comments or behaviors.
- I am aware that the roles of family members may differ within or across culture or families.
- I recognize family members and other designees as decision makers for services and support.
- I respect non-traditional family structures (e.g., divorced parents, same gender parents, grandparents as caretakers).
- I understand the difference between a communication disability and a communication difference.
- I understand that views of the aging process may influence the clients'/families' decision to seek intervention.
- I understand that there are several American English dialects. I recognize that all English speakers use a dialect of English.

**I understand that the use of a foreign accent or limited English skill is not a reflection of:**

- Reduced intellectual capacity
- The ability to communicate clearly and effectively in a native language

**I understand how culture can affect child-rearing practices such as:**

- Discipline
- Dressing
- Toileting
- Feeding
- Self-help skills
- Expectations for the future
- Communication

**I understand the impact of culture on life activities, such as:**

- Education
- Family roles
- Religion/faith-based practices
- Gender roles
- Alternative medicine
- Customs or superstitions
- Employment
- Perception of time
- Views of wellness
- Views of disabilities
- The value of Western medical treatment

**I understand my clients' cultural norms may influence communication in many ways, including:**

- Eye contact
- Interpersonal space
- Use of gestures
- Comfort with silence
- Turn-taking
- Topics of conversation
- Asking and responding to questions
- Greetings
- Interruptions
- Use of humor
- Decision-making roles