



# Self-assessment for Personal Support Workers

Name \_\_\_\_\_ Date \_\_\_\_\_

Title/Role \_\_\_\_\_ Organization/Location \_\_\_\_\_

- **Novice (N)** – may be experienced in psychosocial care but new to palliative care. Needs regular support.
- **Advanced beginner (B)** – can practice independently using some psychosocial skills specific to palliative care but still needs support.
- **Competent (C)** – mostly independent, occasionally seeks out support.
- **Proficient (P)** – autonomous practice, seeks out leadership opportunities.
- **Expert (E)** – highly proficient, is regularly sought out by others.



## 2 Cultural safety and humility

### 2.1 Supporting cultural practices

<b>2.1.1</b>	Understand the influence of culture and lived experiences on a person's attitudes towards health, wellness, serious illness, and death. Incorporate these attitudes into the care of members of underserved populations.	N	B	C	P	E
<b>2.1.2</b>	Understand that First Nations, Inuit, and Métis cultural practices and beliefs influence how palliative and end-of-life care is provided. Incorporate First Nations, Inuit, and Métis community-specific protocols and practices into provision of palliative care.	N	B	C	P	E
<b>2.1.3</b>	Provide culturally safe care.	N	B	C	P	E
<b>2.1.4</b>	Partner with people and their designated families and caregivers to provide opportunities for cultural, religious, or personal practices.	N	B	C	P	E

### 2.2 Engaging in self-reflection

<b>2.2.1</b>	Practice self-reflection to identify and address personal biases.	N	B	C	P	E
--------------	---	---	---	---	---	---

### 2.3 Acting as an advocate

<b>2.3.1</b>	Advocate for the incorporation of people's and their designated family or caregivers' values and beliefs into the care plan.	N	B	C	P	E
<b>2.3.2</b>	Advocate for culturally safe practices that are free of racism and discrimination.	N	B	C	P	E

**TOTAL 2 Cultural safety and humility**

N B C P E