

Diversity Resources

Diversity and Multicultural Aging

Pikes Peak Model Professional Geropsychology Reading List (See Diversity Tab)

https://docs.google.com/spreadsheets/d/e/2PACX-1vR9y4FP_5S-xf-jFLrLrZr_OvQa-SS4z7UPzTjXYMJG6S2RkG0R7ZqVLRSoYWeJZSw_nL2AYtO7-r-8/pubhtml

APA Office on Aging Multicultural Efforts/ Resources for Psychologists and Other Health Providers

<https://www.apa.org/pi/aging/resources/multicultural-efforts>

APA I am Psyched! for Healthy Aging <https://www.apa.org/pi/women/iampsyched/heritage-months/healthy-aging>

Diversity in Long Term Care

Respecting Diversity and Promoting Inclusion in Long-Term Care

<https://clri-ltc.ca/files/2018/04/CLRI-on-Supporting-Cultural-Diversity-Long-Term-Care.pdf>

Supporting Diversity and Inclusion in Long Term Care <https://www.nia-ryerson.ca/commentary-posts/2020/9/3/supporting-diversity-and-inclusion-in-long-term-care>

Cultural Diversity: A Handbook for Long Term Care Staff

<https://www.peelregion.ca/ltc/resources/pdfs/diversity.pdf>

ASA Respecting Differences: Courageous Conversations Webinar

https://cache.webcasts.com/content/citr003/1336946/content/9b79c42beedae5516eba37f827980a2093f48833/pdf/Respecting_Differences_slides.pdf

Diverse Elders

<https://www.diverseelders.org>

Black and African American Elders

ASA Future Proof Podcast: African American Elders, Equality, Equity, Health, Environment, Alzheimer's & Pandemic

<https://youtu.be/G7VL8aZDPX0>

African American Older Adults and Race-Related Stress: How Aging and Health-Care Providers Can Help

<https://www.apa.org/pi/aging/resources/african-american-stress.pdf>

Black Life Matters: Anti-Racism Resources for Social Workers and Therapists

<https://www.socialwork.career/2020/06/anti-racism-resources-for-social-workers-and-therapists.html>

Combating Anti-Blackness and White Supremacy in organizations: Recommendations for Anti-Racist Actions in Mental Health Care

<https://notesfromanaspiringhumanitarian.com/combating-anti-blackness-and-white-supremacy-in-organizations-recommendations-for-anti-racist-actions-in-mental-healthcare/>

Hispanic Elders

National Hispanic Council on Aging

<http://www.nhcoa.org/>

Asian and AAPI Elders

National Asian Pacific Center on Aging

<https://www.napca.org/>

Self-Guided Training: Anti-AAPI Racism (Fitzgerald, 2021)

https://docs.google.com/presentation/d/1I2BZ6JVRTg1DIZvE_tHakJpqNXSb5JWucvrQawO_9lw/

We Need to Talk About Anti-Asian Hate

<https://youtu.be/14WUuya94QE>

Infographics and accompanying videos for helping AAPI families talk to children and teens exposed to anti-Asian bullying and harassment

<https://division45.org/division-45-task-force-on-covid-19-anti-asian-discrimination-and-xenophobia/>

American Indian/Alaska Native/Native American Elders

<https://www.nrcnaa.org/>

Racial Disparities and Racist Reactions to COVID-19, Plus Aiming for Equity in the Navajo Nation

<https://youtu.be/Pk4OUqTFUhA>

LGBTQIA+ Aging

Movement Advancement Project LGBTQ Older Adults

<https://www.lgbtmap.org/lgbtq-older-adults>

National Resource Center on LGBT Aging

<https://www.lgbtagingcenter.org/>

Inclusive Services for LGBT Older Adults: A Practical Guide to Creating Welcoming Agencies (2012)

https://www.lgbtagingcenter.org/resources/pdfs/Sage_GuidebookFINAL1.pdf

Improving the Lives of Transgender Old Adults: Recommendations for Policy and Practice (2012)

<https://www.lgbtagingcenter.org/resources/pdfs/TransAgingPolicyReportFull.pdf>

End of Life Planning for Transgender Individuals

<https://www.lgbtagingcenter.org/resources/pdfs/End-of-Life%20PlanningArticle.pdf>

Porter, K.E., Brennan-Ing, M., Chang, S.C., Dickey, L.M., Singh, A.A., Bower, K.L., & Witten, T.M. (2016). Providing Competent and Affirming Services for Transgender and Gender Nonconforming Older Adults, *Clinical Gerontologist*, 39(5), 366-388, DOI: [10.1080/07317115.2016.1203383](https://doi.org/10.1080/07317115.2016.1203383)

Aging and Disability

<https://www.un.org/development/desa/disabilities/disability-and-ageing.html>

Social Justice

ASA Future Proof Podcast: How to Ally with Older Adults Facing Systemic Discrimination & Marginalization

<https://youtu.be/Zelq3wV6leo>

Zuccherro, R. A., Iwasaki, M., Lewis, M. M., Lee, J., Robbins, M. J. (2014). Social justice training within geropsychology: Nontraditional pedagogies to cultivate a competent workforce. *The Counseling Psychologist*, 42(7), 946-971. doi:[10.1177/0011000014540342](https://doi.org/10.1177/0011000014540342)

General Resources (Not specific to older adults or long term care)

Racism Scale: Where Do You Fall?

https://www.naadac.org/assets/2416/kathy_fitziefferies_ac17ho9.pdf

Implicit Bias

<https://implicit.harvard.edu/implicit/>

White Privilege: Unpacking the Invisible Knapsack by Peggy McIntosh

<https://nationalseedproject.org/Key-SEED-Texts/white-privilege-unpacking-the-invisible-knapsack>

Decentering Whiteness blog

<https://www.cswac.org/>

American Counseling Association blog posts on multiculturalism and diversity

<https://ct.counseling.org/tag/topic-ct-multiculturalism-diversity/>

Central Podcast, T. (2020). Podcast: The Trauma of Racism- An Open Dialogue. Retrieved on September 10, 2020, from <https://psychcentral.com/blog/podcast-the-trauma-of-racism-an-open-dialogue/>

Advancing Health Equity: Equity Resources Roadmap

<https://www.solvingdisparities.org/tools/roadmap/equity-resources>

Equity of Care: A Toolkit for Eliminating Health Care Disparities

<https://www.aha.org/system/files/2018-01/equity-care-toolkit-eliminating-health-care-disparities%E2%80%932015.pdf>

Reducing Health and Health Care Disparities: Implementation Lessons and Best Practices for Health Care Organization

https://www.chcs.org/media/Resource-13-058_reducing_health_and_health_care_disparities_-_final.pdf

Racial Trauma Toolkit

<https://www.bc.edu/bc-web/schools/lynch-school/sites/isprc/isprc-advisory-board.html>

National Museum of African American History and Culture: Talking About Race Toolkit

<https://nmaahc.si.edu/learn/talking-about-race>

Diversity workshop guide on identity, power, and privilege

<https://msw.usc.edu/mswusc-blog/diversity-workshop-guide-to-discussing-identity-power-and-privilege/>

Supervision

Berger, R., Quiros, L., & Benavidez-Hatzis, J. R. (2018). The intersection of identities in supervision for trauma-informed practice: Challenges and strategies. *The Clinical Supervisor, 37*, 122–141. doi: [10.1080/07325223.2017.1376299](https://doi.org/10.1080/07325223.2017.1376299)

Dunn, R., Callahan, J.L., Farnsworth, J.K., & Watkins, C.E., Jr. (2017). A proposed framework for addressing supervisee-supervisor value conflict, *The Clinical Supervisor, 36* (2), 203-222, DOI: [10.1080/07325223.2016.1246395](https://doi.org/10.1080/07325223.2016.1246395)

Falender, C. A., Shafranske, E. P., & Falicov, C. J. (2014). *Multiculturalism and diversity in clinical supervision: A competency based approach*. Washington, DC: American Psychological Association.

Hook, J.N., Davis, D., Owen, J., & DeBlaere, C. (2017). *Cultural humility: Engaging diverse identities in therapy*. Washington, DC: American Psychological Association.

Hook, J. N., Watkins, C. E., Jr, Davis, D. E., Owen, J., Van Tongeren, D. R., & Ramos, M. J. (2016). Cultural Humility in Psychotherapy Supervision. *American journal of psychotherapy, 70*(2), 149–166. <https://doi.org/10.1176/appi.psychotherapy.2016.70.2.149>

Jernigan, M. M., Green, C. E., Helms, J. E., Perez-Gualdron, L., & Henze, K. (2010). An examination of people of color supervision dyads: Racial identity matters as much as race. *Training and Education in Professional Psychology, 4*, 62–73. doi:[10.1037/a0018110](https://doi.org/10.1037/a0018110)

Kuo, B. C. H., & Arcuri, A. (2014). Multicultural therapy practicum involving refugees: Description and illustration of a training model. *The Counseling Psychologist, 42*(7), 1021-1052. doi: [10.1177/0011000013491610](https://doi.org/10.1177/0011000013491610)

Phillips, J. C., Parent, M. C., Dozier, V. C., & Jackson, P. L. (2017). Depth of discussion of multicultural identities in supervision and supervision outcomes. *Counseling Psychology Quarterly, 30*, 188-210. doi: [10.1080/09515070.2016.1169995](https://doi.org/10.1080/09515070.2016.1169995)

Sehgal, R., Saules, K., Young, A., Grey, M., Gillem, A., Nabors, N., Byrd, M., & Jefferson, S. (2011). Practicing What We Know: Multicultural Counseling Competence Among Clinical Psychology Trainees and Experienced Multicultural Psychologists. *Cultural Diversity & Ethnic Minority Psychology, 17*, 1-10. doi: [10.1037/a0021667](https://doi.org/10.1037/a0021667)

Additional Self-Education (Books)

Between the World and Me by Ta-Nehisi Coates

Blindspot: Hidden Biases of Good People by Anthony Greenwald & Mahzarin Banaji

Caste by Isabel Wilkerson

The Fire Next Time by James Baldwin

The Fire This Time by Jesmyn Ward

How to Be an Antiracist by Ibrahim X. Kendi

Me and White Supremacy by Layla F. Saad

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menaken

So You Want to Talk About Race by Ijeoma Olli

Stamped from the Beginning by Ibrahim X Kendi

General Resources from Psychiatry

Curated book and film lists on Amazon by Francis Lu, MD, Kim Professor in Cultural Psychiatry, Emeritus, UC Davis. Amazon Author Page with bio-sketch and book titles

<https://www.amazon.com/Francis-G.-Lu/e/B003HFAX8E>

Please note that from time to time, communications on behalf of the Diversity, Equity, & Inclusion Committee (DE&I) may include information from other organizations or advocacy groups in the diversity, equity, and inclusion space. We believe this information can help spark discussions, further the exchange of ideas and best practices, and ultimately help further PLTC's purpose, among other goals, to provide advocacy on ethical, regulatory, organization, and public policy issues which impact individuals and professionals in long-term care. It is not intended to support or oppose any partisan political views, beliefs, or ideology.