

PSW Foundations: Cultural Care for Clients from Mexican Backgrounds

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#### Overview of Mexican Culture

- Mexican culture blends indigenous traditions with Spanish influences.
- Rich history shaped by art, community, and celebrations.
- Spread to areas with Mexican communities, like Central America and southwestern USA.



Country of Origin and Languages

Country: Originates in Mexico; influences seen globally.

Languages: Spanish (primary) and 68 national languages, including Nahuatl, Maya, Mixtec, and Zapotec.

## Dietary Practices



- Staples: Corn, beans, chili peppers, avocados, and rice.
- ▶ **Dishes**: Tacos, tamales, enchiladas, mole.
- Emphasis on fresh ingredients and adaptability for vegetarian meals.

# Health Care Practices and Aging

- Elderly are respected and cared for by family.
- **Traditional Remedies**: Herbal remedies, folk healers (curanderos).
- Aging parents live with children, sharing wisdom and traditions.



# Family Dynamics

- Family is central in Mexican culture.
- Traditional gender roles: Men as providers, women managing households.
- Evolving roles in urban areas:Both genders often work.
- Children raised with respect and family loyalty.





# Religion and Spirituality

- Key practices: Mass, Saint feast days, Semana Santa, Día de los Muertos.
- Protestant Christianity and syncretic indigenous practices also present.

### Views on Illness and Death

- Illness linked to physical and spiritual causes.
- Role of curanderos in traditional healing.
- Death viewed naturally, celebrated through Día de los Muertos.





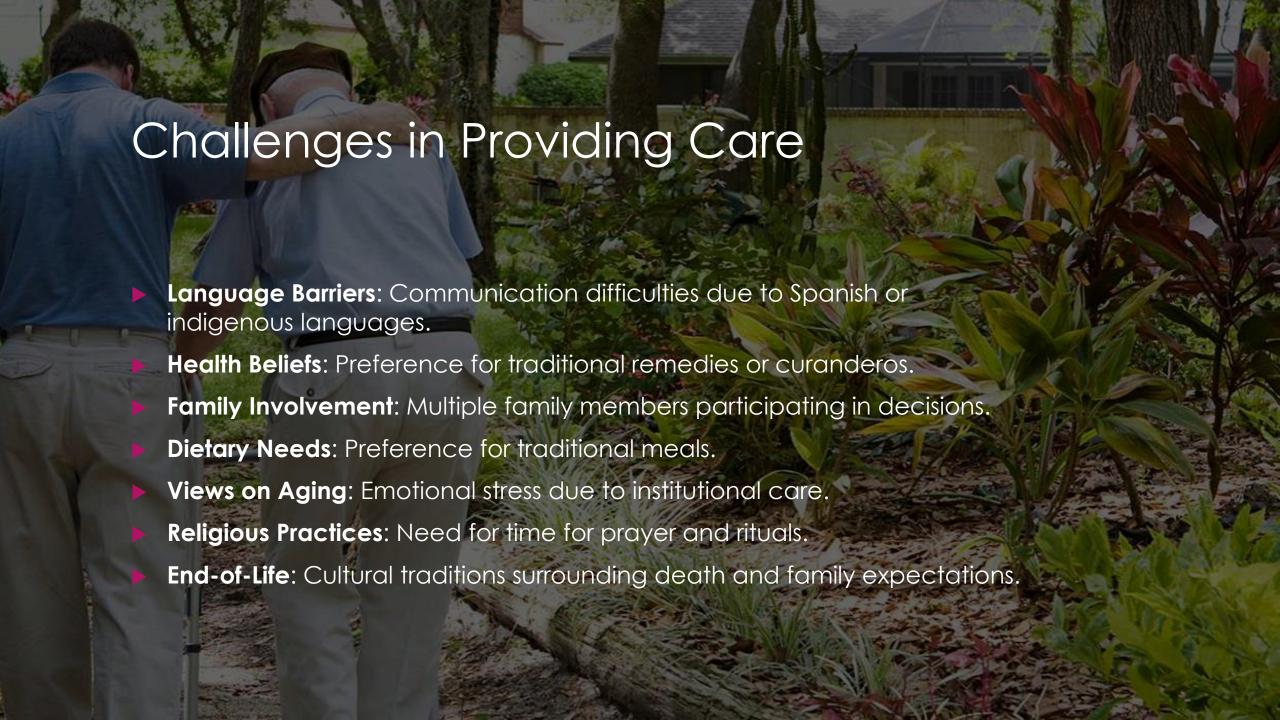
### Festivals and Holidays

- Día de los Muertos: Honoring deceased loved ones.
- Independence Day (Sept. 16): Parades, fireworks, music.
- Las Posadas: Recreating Mary and Joseph's search for shelter.
- Cinco de Mayo: Commemorates Battle of Puebla.









### Strategies for Effective Support

- Learn key Spanish phrases; use interpreters if needed.
- Respect cultural health beliefs and collaborate on care.
- Include family in care plans.
- Integrate traditional foods into meals.
- ▶ Facilitate religious practices and observances.
- Show warmth and provide a home-like atmosphere.

### Conclusion

- Understanding and Respect: Providing culturally sensitive care involves understanding and respecting the unique traditions, beliefs, and practices of Mexican culture.
- Mexican culture's warmth, resilience, and creativity enrich our shared human experience. Recognizing these elements enhances the caregiving relationship.
- Impact of Awareness:
  Being informed about language, family dynamics, dietary preferences, religious practices, and views on health and aging helps PSWs provide holistic and personalized care.
- By embracing cultural diversity, PSWs not only meet their clients' physical needs but also nurture emotional and cultural well-being.



