

Hair Care in OT: A Guide for BIPOC Communities

Preferences

"How do you usually care for your hair at home?" - This allows the patient to explain their specific routine, which might include deep-conditioning or protective styles. Alternatively, "Can you walk me through your typical wash day routine so I can better understand your needs".

Making Assumptions

Don't assume which hair care products or tools are acceptable, without consulting first with the patient.

Examples of Respectful and Inclusive Communication

First-Person Language

"I see that you have beautiful hair. Let's discuss how we can incorporate your preferred hair care routine into therapy."

Use Stereotypical Language

Avoid using terminology that implies a negative perception of textured hair based on appearance.

Acknowledge Cultural Significance

"Please let me know how I can best support you in maintaining your hair during your care here."

Touching Hair Without Consent

Don't violate personal boundaries by touching the patient's hair to feel or assess texture without their consent.

DO'S AND DON'TS