



Culture and Person-Centered Practice Video Series: Sarmistha Talukdar

NCAPPS made a video series called [Culture and Person-Centered Practices](#). The videos are posted on the NCAPPS YouTube channel. In these short videos, people tell their stories about what culture and person-centered practices mean to them. This is a summary of their stories.

Sarmistha Talukdar

Sarmistha identifies as a Bengali, queer, and multiply disabled person from India. They are neurodivergent, disabled, and chronically ill. Sarmistha says, “As a Bengali, my history, language, and cultural practices are integral to how to exist, feel grounded, and move in my own being as well as in the world.” They talk about being a refugee in their own land.

They say that person-centered practices mean, “...the ability to be my whole complete self while I navigate the world, ask for, and receive my access needs.”

Sarmistha talks about language access barriers. They say that the stress of having to speak in a foreign language (English) when they are in crisis means they cannot focus on getting their needs met.

They say, “I would feel celebrated if my access needs – that are tied up with my culture – were respected at all times.”