



## Culture and Person-Centered Practice Video Series

### Importance of Chosen Family Supports in Queer, Trans, and Disabled Cultures

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.

#### Lydia X.Z. Brown

Lydia says that service providers often think of a person's family as their main supporters. This is not always the case. Lydia says, "For many of us, our first abusers were our family members...teachers, and those in the so called 'helping' profession."

A person might be the only one in their family with a disability. It can be isolating. Lydia points out this is also the case for many queer and trans children. Lydia says, "Even in families that are accepting of us, we might be the only one." Often, the family that is most supporting, understanding, and active in their lives are their peers in the community. Those with multiple identities (such as trans, queer, disabled, person of color, and immigrant) have had to build their own families and support networks. This means that when you ask someone who their supporters are, they might not name their bio family. It is important to expand our definition of supporter.