



Introduction

Personal hygiene is a core component of Activities of Daily Living (ADLs), yet hair care remains an often-overlooked area of need within traditional ADL training. Research shows that hair care routines vary widely based on factors such as hair texture, length, cultural practices, and individual identity. For many individuals, hair is closely tied to self-esteem, cultural identity, and emotional well-being. When ADL interventions do not acknowledge culturally specific haircare needs, individuals may experience reduced engagement, frustration, or feelings of cultural disconnection.

St Luke's Methodist is committed to understanding cultural expression. Together, we aimed to spread cultural awareness throughout the local community.

Project Description

A culturally responsive educational blog was created to support families and their journey. In partnership with St. Luke's Church, the project provides accessible resources, guidance, and community engagement to help caregivers build confidence in caring for children's diverse hair types. The goal is to promote inclusive haircare practices that enhance children's participation, identity, and well-being.

Hawaii Pacific University's core values are present in this project. The project is rooted in the core value Aloha. The blog features culturally inclusive posts, including personal stories, that promote kindness, compassion, and unity. *Laulima* is expressed through St Luke's partnership in the educational community events.

Purpose/Aims

The purpose of this project is to promote cultural haircare education as an essential ADL. Spreading awareness and helping others explore routines for their haircare is essential. Roots of Culture aims to

- Increase caregiver knowledge
- Enhance children's independence
- Provide accessible information
- Support occupational engagement
- Strengthen cultural awareness

Methods

Research question: How does the integration of culturally mindful haircare routines into ADL training compare to standard ADL training in terms of improving engagement and self-esteem, cultural identity expression, and mental well-being?

Information was collected pre- and post-event via a survey from families and community partners to identify gaps in haircare. Culturally informed haircare materials and routine guides were created. The Person-Environment-Occupation (PEO) was referenced for this project.

Discussion

By partnering with families and St Luke's Methodist, the project highlighted how haircare routines are deeply tied to culture, family traditions, and social connection.

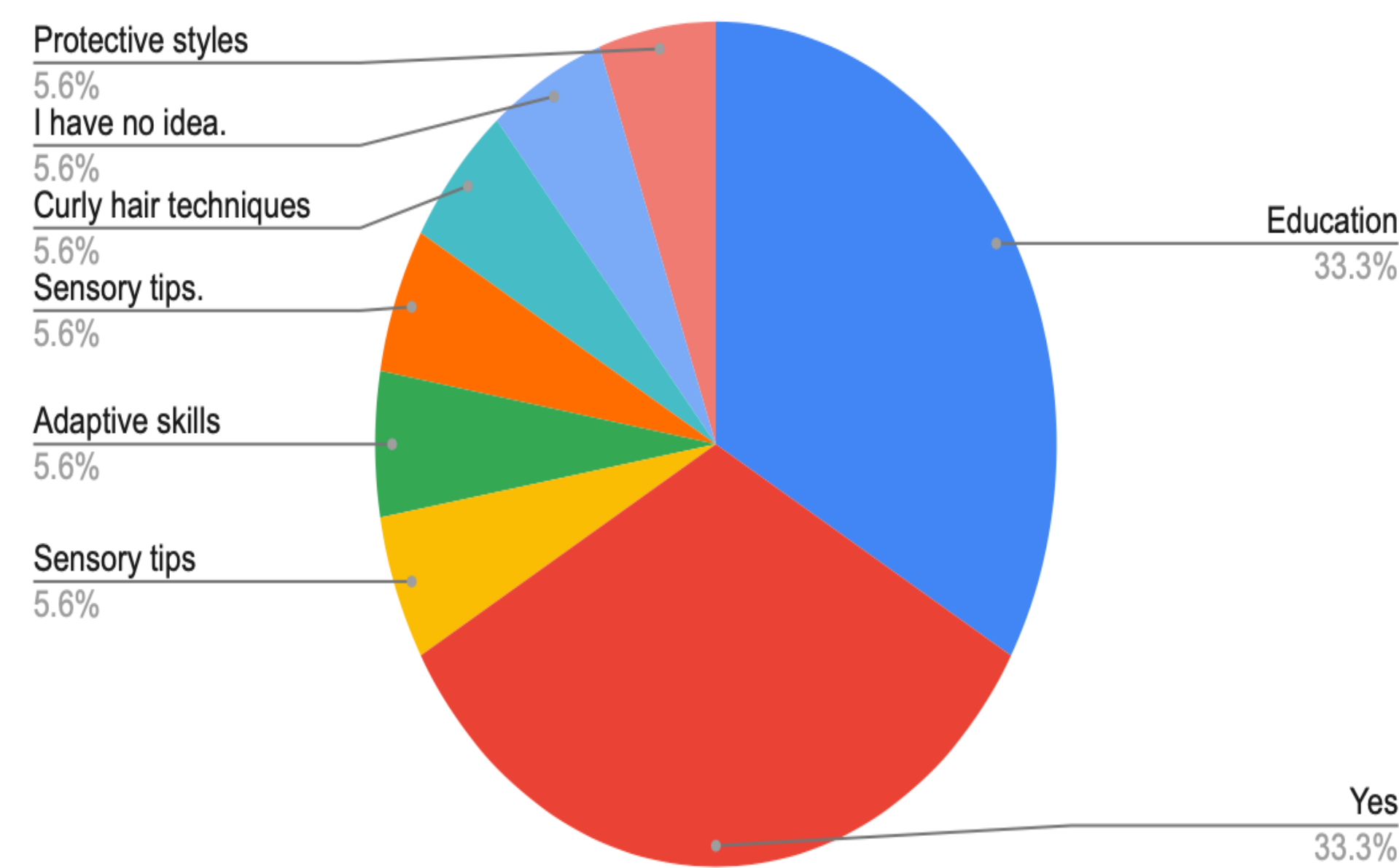
These findings suggest that occupational therapists should consider cultural identity, family routines, and community context when addressing ADLs like haircare, ensuring interventions are inclusive, meaningful, and effective.

The results are limited due to small participation

Results/Outcomes

18 families participated, with children's ages ranging from 8 months to 20 years old.

Do you feel you have enough resources or information to support your child's haircare needs?



Pre-survey

Results from the post survey concluded that 100% of participating caregivers gained at least 2 educational tools to build their child's routine

"It [Haircare] is a struggle and is one of my least favorite parts of both of our days."

"It's [Haircare] a sign of self-care, pride, and respect for ourselves and others. For us, taking care of our hair is just part of taking care of who we are."

"Your hair is your crown; it has to stay neatly done."

"8y loves our one-on-one time with hair styling."

References

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