

TRANSFORMING CARE FOR OLDER ADULTS WITH A HISTORY OF TRAUMA

Results from a National Survey on Person-Centered, Trauma-Informed Care

AGING WITH A HISTORY OF TRAUMA

90%

As many as 90% of American older adults have been exposed to a traumatic event in their lifetime.¹

Studies show that certain groups of Americans have higher rates of trauma exposure including first responders, veterans, immigrants, and racial, religious, sexual, and gender minorities.²

Trauma exposure may have lasting adverse effects, increasing an individual's risk for developing a wide range of physical, mental, and cognitive health conditions.³



Cognitive Health

Dementia
Sleep disorders
Cognitive impairments

Mental Health

Anxiety
Depression
Substance abuse

Physical Health

Lung disease
Chronic fatigue
Cardiovascular disease

Changes associated with the aging process such as loss of loved ones, beginning of retirement, or emergence of health problems can cause trauma symptoms to resurface and evolve.

FAMILY CAREGIVING

42 MILLION Americans provide care to older adults.⁴

These family members, partners, or friends support older adults with many activities such as running errands, performing complex nursing tasks, and coordinating medical care.



66%

of older adults rely solely on family caregivers for long-term care needs.⁵

The complexities associated with caring for a loved one with a history of trauma may place a strain on caregiving relationships.



PERSON-CENTERED, TRAUMA-INFORMED CARE

Person-Centered, Trauma-Informed (PCTI) care is an innovative approach to service delivery that infuses knowledge about trauma into agency programs, policies, and procedures to promote the safety and well-being of older adults with a history of trauma and their family caregivers.

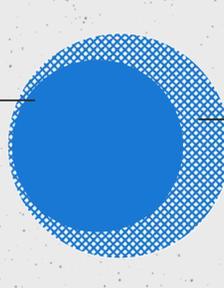
Holocaust survivors have taught us to recognize the impact of trauma as one ages. With this knowledge, Jewish Federations have been working to make PCTI care the universal strategy for serving all older adults and their family caregivers. Since 2015, the U.S. Administration for Community Living has awarded grants to the Jewish Federations toward this goal. In 2021, Jewish Federations surveyed 200 aging services providers to assess national trends in PCTI care.⁶

TRENDS IN PERSON-CENTERED, TRAUMA-INFORMED CARE

While aging services providers are increasingly aware and capable of providing PCTI care to clients, gaps in PCTI care remain.

72%

of aging services providers report being aware of PCTI care

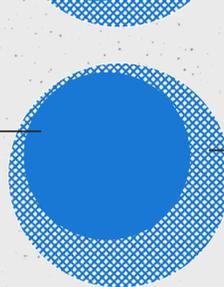


28%

of aging services providers report being unaware of PCTI care

58%

of aging services providers report having a deep understanding of aging with a history of trauma

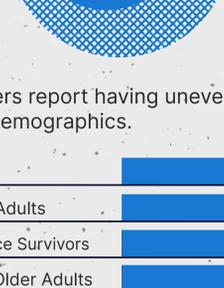


42%

of aging services providers report having limited or no understanding of aging with a history of trauma

55%

of aging services providers report having high capacity to provide PCTI care to clients*



45%

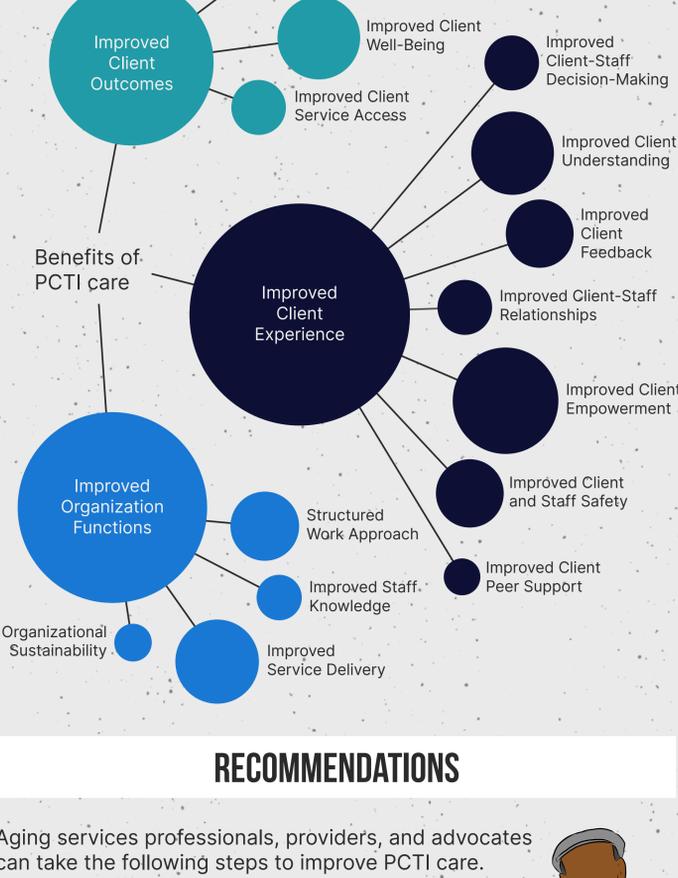
of aging services providers report having moderate, low, or no capacity to provide PCTI care to clients

Aging services providers report having uneven PCTI care capacity across diverse client demographics.

Holocaust Survivors	54%
First Responder Older Adults	47%
Domestic/Sexual Violence Survivors	45%
Immigrant or Refugee Older Adults	45%
Disaster Survivor Older Adults	43%
Family Caregivers	43%
Crime Survivor Older Adults	42%
Older Adults with Disabilities	42%
LGBTQ Older Adults	37%
Veteran Older Adults	37%
African American Older Adults	34%
Latin American Older Adults	33%
Asian American Older Adults	25%
American Indian Older Adults	18%

Legend: Organizations reporting high capacity to serve specific demographic.

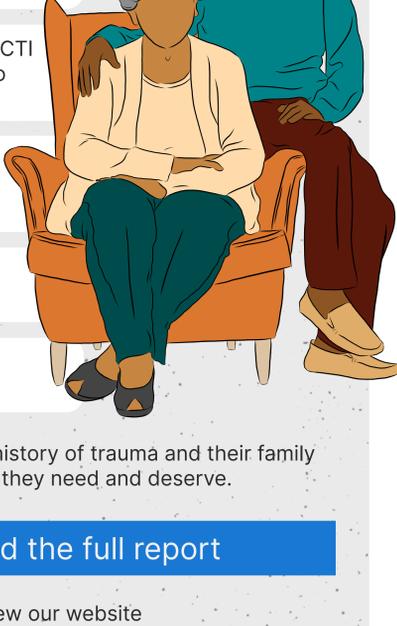
Aging services providers report diverse benefits of providing PCTI care to clients.



RECOMMENDATIONS

Aging services professionals, providers, and advocates can take the following steps to improve PCTI care.

- 1 Understand how trauma affects the aging process
- 2 Raise awareness about the PCTI approach and its relevance to client care
- 3 Deepen organizational capacity to provide PCTI care for all clients
- 4 Acknowledge and overcome disparities in PCTI care
- 5 Dedicate resources to build PCTI care



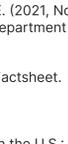
Help ensure all older adults with a history of trauma and their family caregivers have access to the care they need and deserve.

[Click here to read the full report](#)

[Click here to view our website](#)

CENTER ON HOLOCAUST SURVIVOR CARE

JEWISH FEDERATIONS INSTITUTE ON AGING AND TRAUMA



The Jewish Federations OF NORTH AMERICA

* JFNA's analysis shows that only 30% of aging services providers demonstrate high capacity to provide PCTI care to clients. Additional details about the difference between reported and demonstrated PCTI care capacity can be found in the report.⁶

1. Kaiser, A.P., Wachan, J.S., Potter, C., Move, J., & Davison, E. (2021, November). Posttraumatic Stress Symptoms among Older Adults: A Review. United States Department of Veterans Affairs, National Center for PTSD.

2. Center on Aging and Trauma (2020). Health and Trauma. Factsheet.

3. Ibid

4. AARP/National Alliance for Caregiving (2020). Caregiving in the U.S.: A Focused Look at Family Caregivers of Adults Age 50+. AARP.

5. Ibid

6. Rabin, C., & Bedney, B. (2022). Capacity of Organizations to Serve Older Adults with a History of Trauma: Results from a National Survey on Person-Centered, Trauma Informed Care. Center on Holocaust Survivor Care and Institute on Aging and Trauma, The Jewish Federations of North America.

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