

Community-Building Services and Strategies for Aging Trauma Survivors

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Center on Aging
and Trauma

Objectives

1

Gain a deeper understanding of how a history of trauma can negatively impact the physical, emotional, and social well-being of older adults.

2

Acquire greater knowledge of how community partnerships can assess and prioritize services to older adults with a history of trauma.

3

Learn strategies to implement Leadership Councils and improve service delivery for traumatized older adult populations.

Trauma Prevalence

90%

of adults in the United States have been exposed to at least one traumatic event in their lifetime.*

*Kilpatrick et al. (2013). National estimates of exposure to traumatic events and PTSD prevalence using DSM-4 and DSM-5 criteria. *Journal of Traumatic Stress*, 26(5), 537-547.

Trauma and Health Are Linked

Trauma exposure has been associated with:

Physical Health

- Lung disease
- Gum disease
- Fibromyalgia
- Chronic fatigue
- Cardiovascular disease
- Gastrointestinal disorders
- Endocrine disorders
- Reproductive disorders

Mental Health

- Anxiety
- Depression
- Suicidal Ideation
- Mood Disorders
- Eating disorders
- Substance abuse

Cognitive Health

- Dementia
- Sleep Disorders
- Cognitive Impairments



Trauma Affects Aging

Trauma impacts individuals of all ages and the effects of trauma evolve over time.

Symptoms of trauma can emerge for the first time during older adulthood - decades after exposure to traumatic events.

** Center on Aging and Trauma (2020). Aging and Trauma. Factsheet.*
https://cdn.fedweb.org/fed-42/2/AgingAndTrauma_FactSheet_CenterOnAgingAndTrauma%25281%2529.pdf

Trauma Reemergence

- 1 Changes of Familial Roles
- 2 Beginning of Retirement
- 3 Emergence of Health Problems
- 4 Loss of Independence
- 5 Loss of Loved Ones
- 6 Changes in Coping Mechanisms

Person-Centered, Trauma-Informed Care

Holistic approach to service delivery that promotes trust, dignity, strength, and empowerment of all individuals by incorporating knowledge about trauma into agency programs, policies, and procedures.*

* Eisinger, M., & Bedney, B. (2018). *Teaching About Trauma: Models for Training Service Providers in Person-Centered, Trauma-Informed Care*. *Kavod*. Issue 8, Spring. <http://kavod.claimscon.org/2018/02/teaching-about-trauma-models-for-training-service-providers-in-person-centered-trauma-informed-care/>



SAMHSA Principles of Trauma-Informed Care

Trauma-informed care is grounded in six principles:*

1 Safety

2 Trustworthiness and Transparency

3 Peer Support

4 Collaboration and Mutuality

5 Empowerment, Voice, and Choice

6 Cultural, Historical, and Gender Issues

Center on Aging and Trauma

Mission

Expand the nation's capacity to provide Person-Centered, Trauma-Informed (PCTI) services and supports for **Holocaust survivors, older adults with a history of trauma, and family caregivers.**

Goal 1

Develop Innovations. Fund and support subgrants to develop PCTI programs for Holocaust survivors, older adults with a history of trauma, and their family caregivers.

Goal 2

Build Capacity. Increase the knowledge and skills of aging service providers to implement PCTI care for Holocaust survivors, older adults with a history of trauma, and their family caregivers.

Grant Making



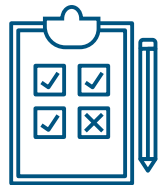
Training



Coaching



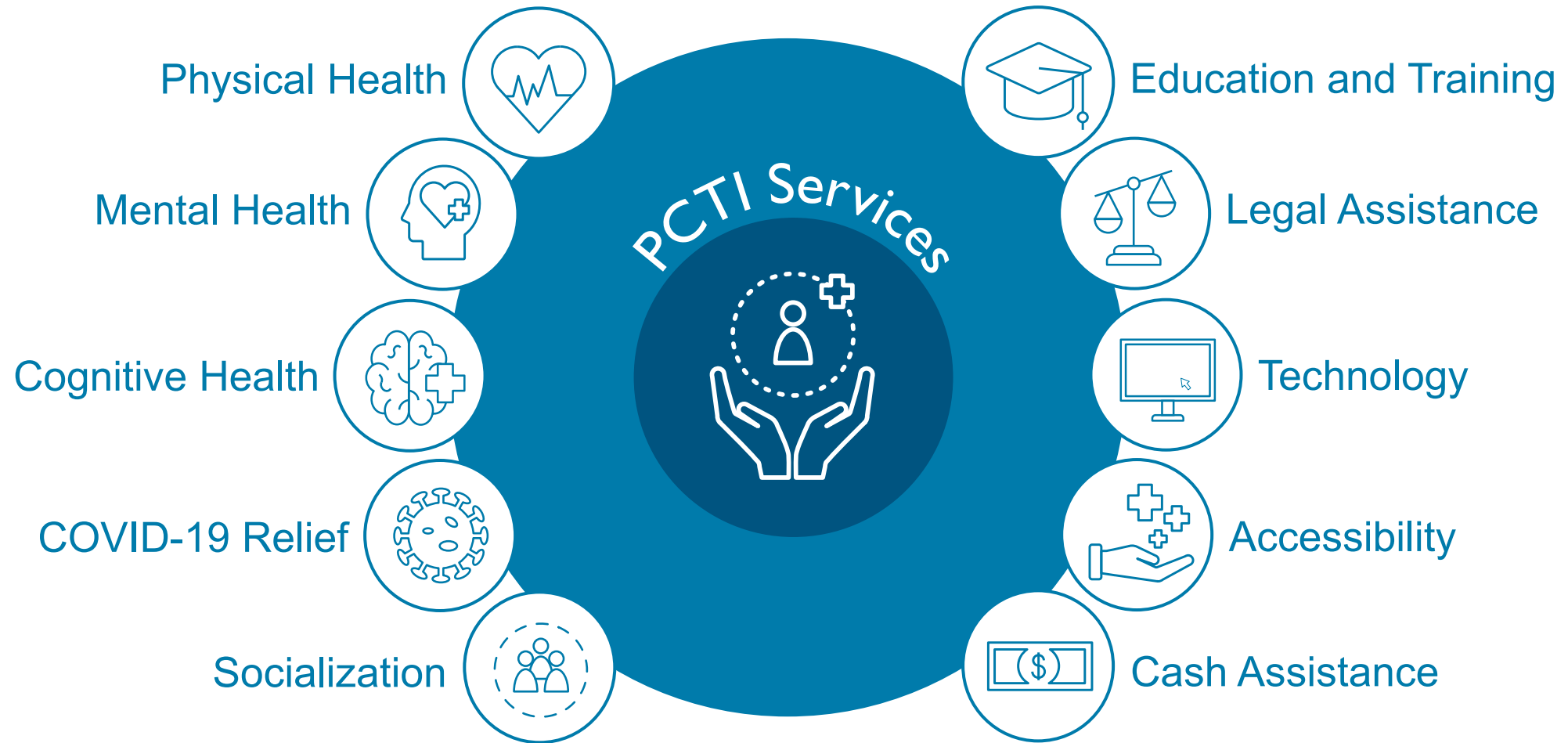
Evaluation



Research



Providing PCTI Care for Older Adults



Critical Supports Program Goals

Implement community partnerships that provide coordinated critical support services to prevent or resolve crises among Holocaust survivors and promote their ability to age safely in place.

Leadership Councils

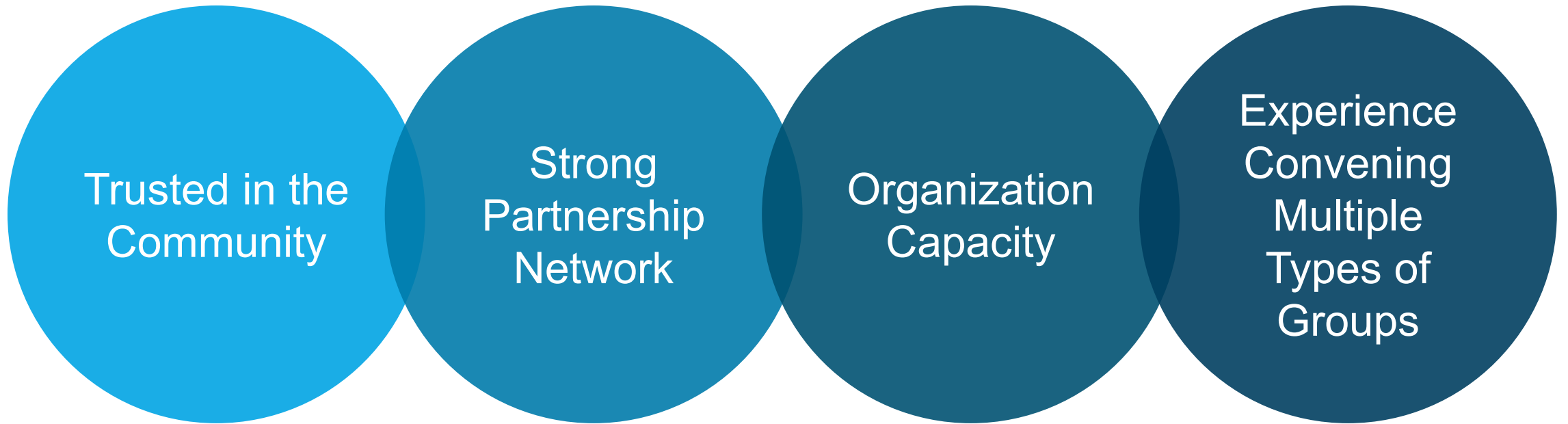
convening local agencies



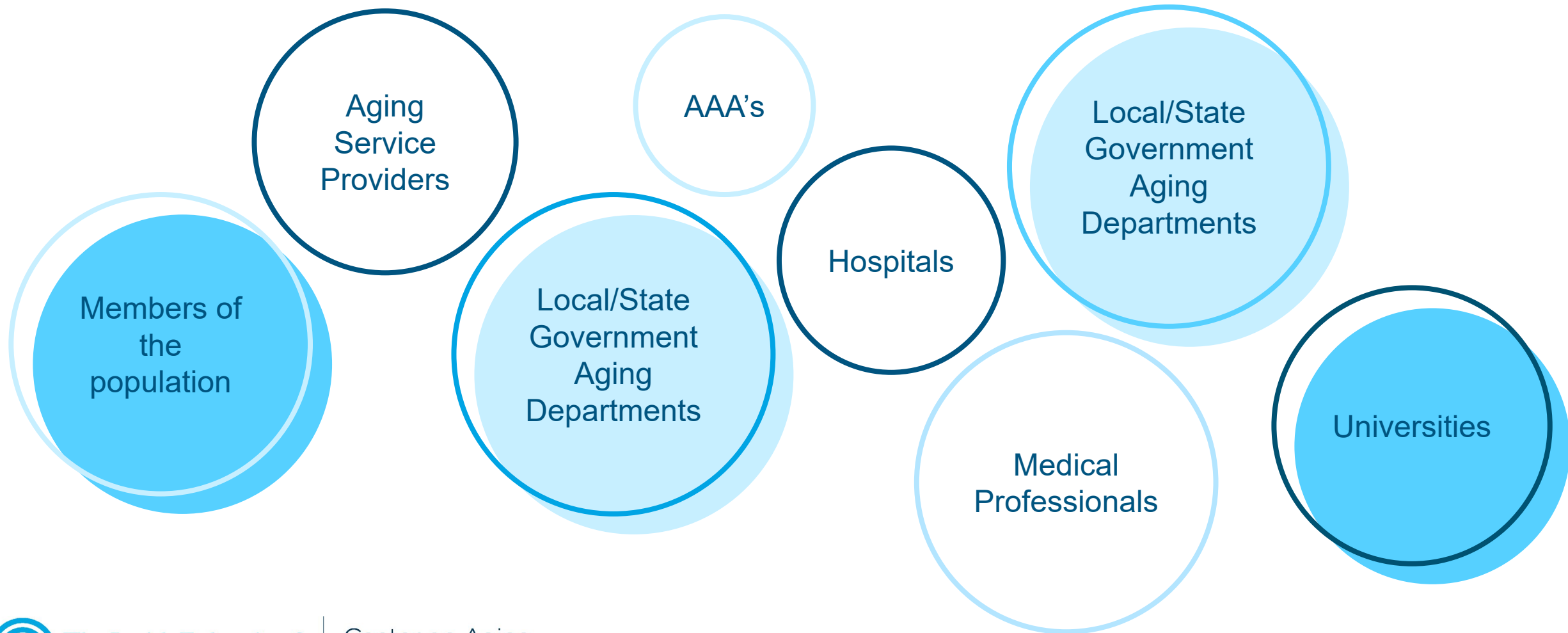
Direct Service

rent assistance, family caregiver support, socialization programs, etc...

Identify Lead Organization



Establishing Leadership Councils



Leadership Council Meeting Topics


- 1 Needs Assessment
- 2 Determine Priorities
- 3 PCTI Training
- 4 Develop RFP
- 5 Review RFP & Allocate Funds
- 6 Ongoing Meetings




Case Studies



 Unaffordable HOA fees

 Local housing commissioner

 Lack of affordable dental care

 Partnership with dental school

Thank You

For more information,
contact the Center on Aging and Trauma at
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