

Implementing Person-Centered, Trauma-Informed Care with Older Adults with a History of Trauma

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American Psychological Association

National Coalition on Mental Health and Aging

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THE **STRENGTH** OF A PEOPLE.
THE **POWER** OF COMMUNITY.

90% of Older Adults Experienced at Least One Traumatic Event

- Holocaust Survivors
- Veterans
- Refugees
- Survivors of Domestic Violence
- Victims of Sexual Abuse
- Victims of Elder or Elder Abuse
- Victims of Child Abuse
- Victims of Human Trafficking
- Native Americans and Ethnic Minorities



Consequences of Trauma on Health

Mental Health	Physical Health
Depression	Hypertension & Coronary Heart Disease
Anxiety	Gastrointestinal Issues
Panic Attacks	Immunosuppression
Substance Abuse	Fibromyalgia
Memory and Attention Problems	Sleep Disorders
Irritability	Lung Disease

Sources: D'Andrea et al., 2011; Van Der Kolk; McFarlane, 2010



Typical Events in the Aging Process Can be Triggering

Loss of
Control and
Independence

Decreased
Mobility

Hearing or
Vision Loss

Death of
Loved Ones

Loss of
Purpose

Inability to
Utilize Coping
Mechanisms



Example: How Past Trauma Impacts Holocaust Survivors

Trauma	Trigger	Impact
Gas Chambers	Shower, burning smells	Anxiety and fear of undressing, showering, or using public restrooms
Medical Experiments, Eugenics Program, and Forced Sterilization	Medical professionals and settings, smell of bleach	Distrust of medical professionals and settings, difficulty following a treatment plan
Forced Migration	Moving	Fear of change and loss, desire to control environment
Starvation	Waiting in line, hunger	Hoarding food, keeping expired food, binging

Guiding Principles of SAMHSA Trauma-Informed Care

1. Safety
2. Trustworthiness and transparency
3. Peer support and mutual self-help
4. Collaboration and mutuality
5. Empowerment, voice, and choice
6. Cultural, historical, and gender issues



What happened to you?

Source: SAMHSA

Definition of Person-Centered, Trauma-Informed (PCTI)

A holistic approach to service provision that promotes the dignity, strength, and empowerment of trauma victims by incorporating knowledge about the role of trauma in victims' lives into agency programs, policies, and procedures.



The JFNA Center for Advancing Holocaust Survivor Care's Goals

Develop Innovations

- Fund and support subgrants for PCTI Holocaust survivor programs

Share PCTI Principles

- Build broad capacity to provide PCTI-based services to Holocaust survivors and other older adults.

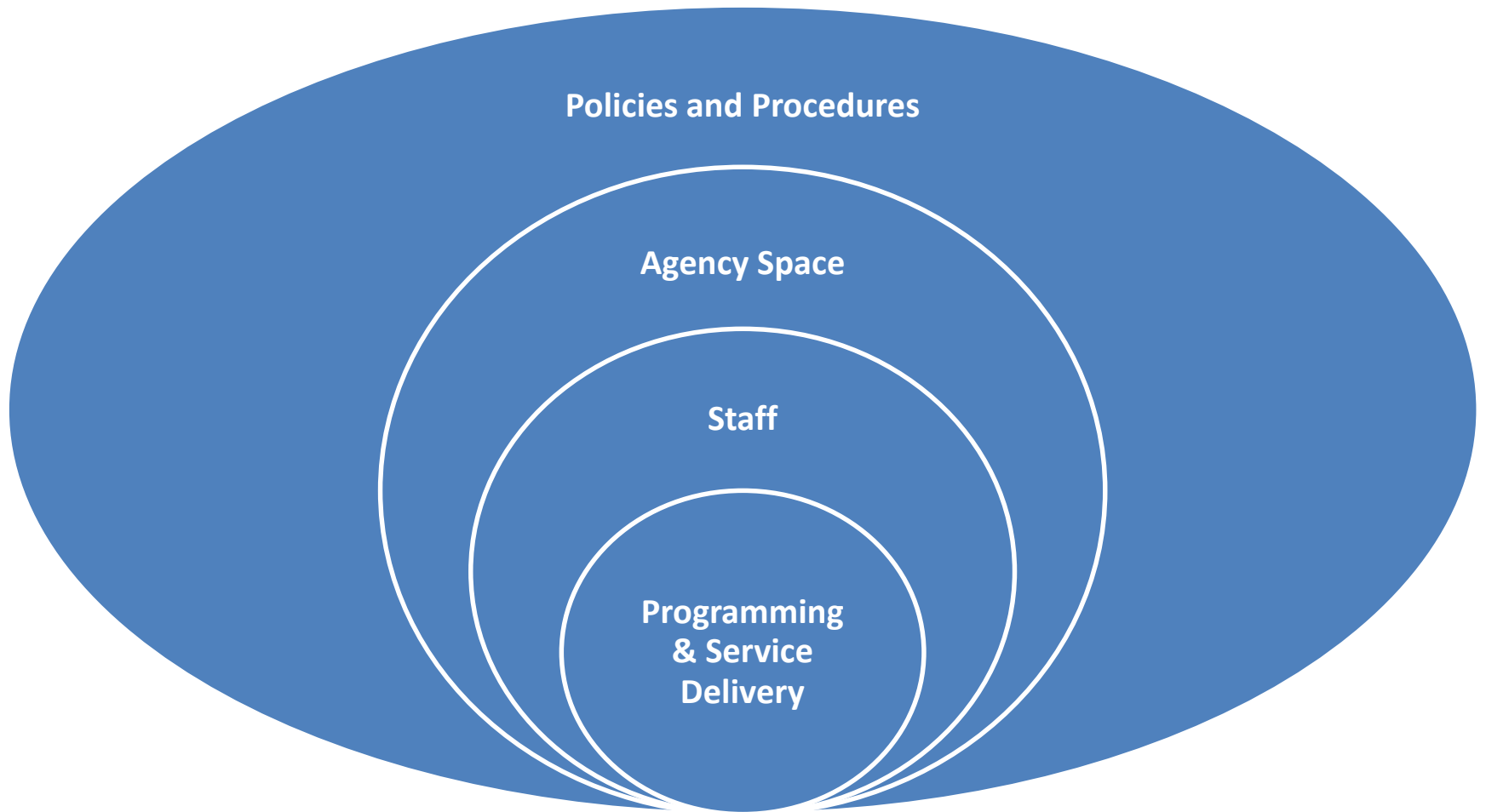


Our Subgrantees

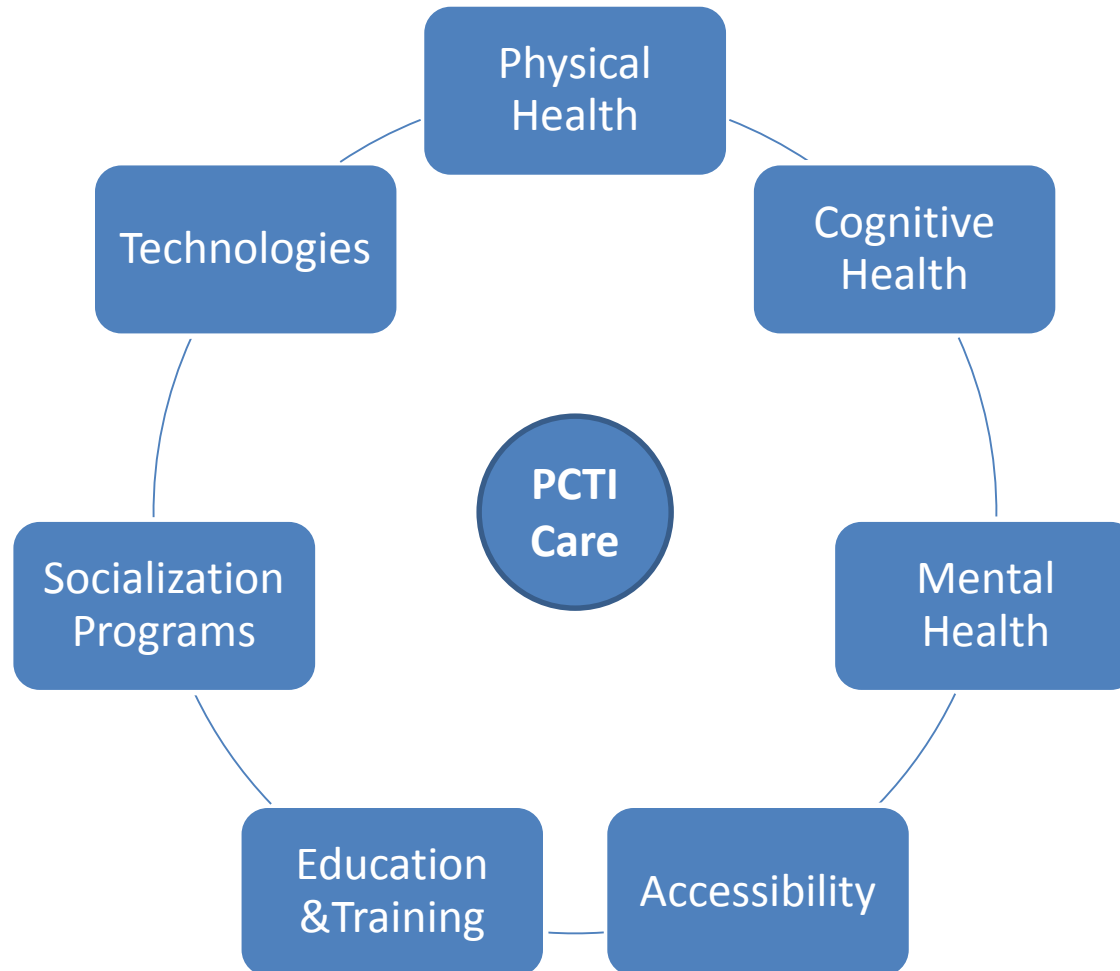
Holocaust.Center@JewishFederations.org



Infusing PCTI on Multiple Levels



Programs & Service Delivery

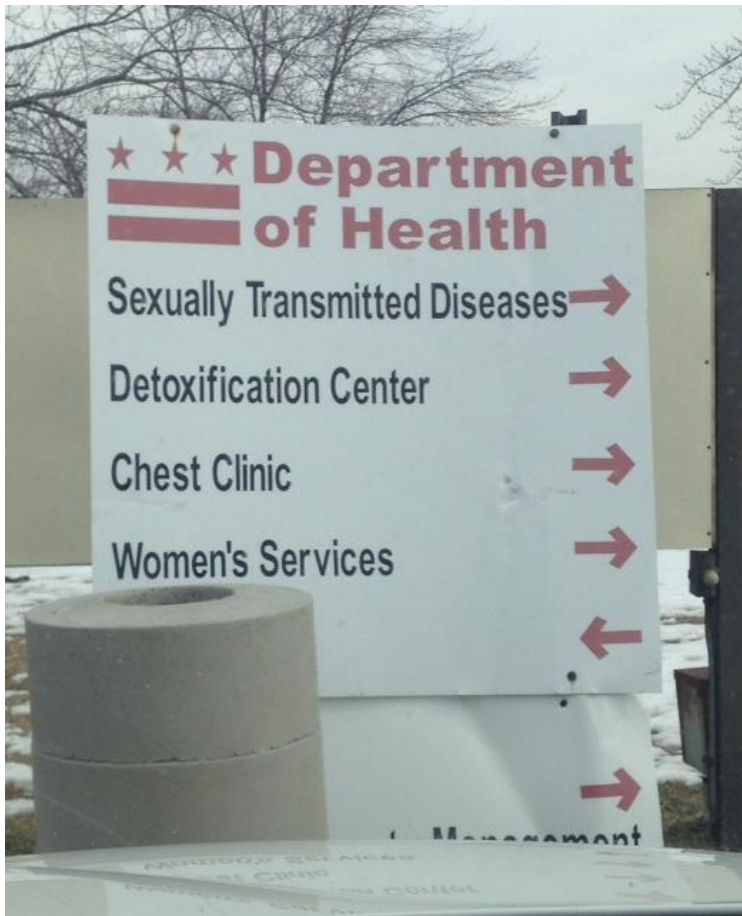


Staff

- PCTI training
- Peer support
- Self-care
- Focused supervision
- Peer coaching
- Steering committee composed of staff and clients
- Provide a “quiet room” for staff to decompress and regroup
- Create a suggestion box
- PCTI resource newsletter



Agency Space



Policies and Procedures

Conduct an assessment to determine how we can become PCTI	Download resource materials on PCTI care
Develop & implement a strategic plan to become PCTI	Participate in webinars or conference calls on PCTI care
Include PCTI principles into the agency's mission, program, and policy statements	Discuss and train board members, staff, and community partners on PCTI care
Allocate funds to become more PCTI	Modify physical space to create a PCTI environment

Next Steps

- Check out JFNA's Center for Advancing Holocaust Survivor Care's website: <https://www.holocaustsurvivorcare.org/>
- Participate in our webinars on PCTI care
- Help promote our RFP release to your constituents
- Join our Review Committee
- Strategize how you will make your office and service more PCTI



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