

Trauma-Informed Care for the Aging Population

1.1 Accessibility Preferences

Accessibility Preferences

Select the "Turn Accessibility ON" button to use an accessible version of this course. This version is ideal for those who use screen readers, require keyboard-only access, or prefer high contrast content.

Then, choose next.



1.2 Texas Health and Human Services



TEXAS
Health and Human
Services

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MFP
MONEY FOLLOWS THE PERSON

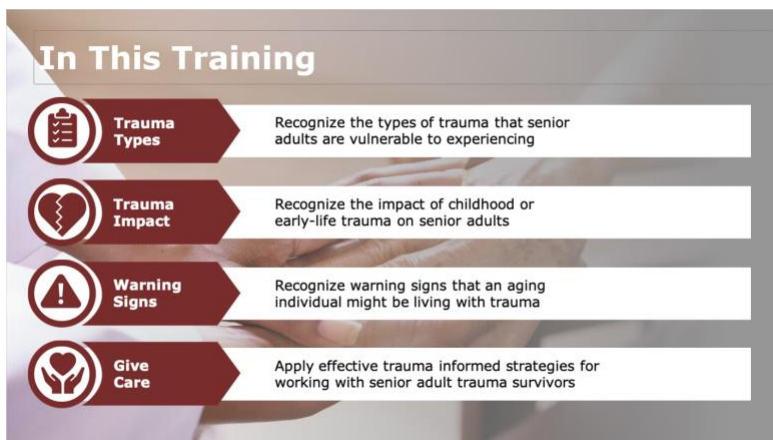
1.3 Trauma-Informed Care



1.4 Take a trauma-informed care approach



1.5 In This Training



1.6 Trauma Experiences and the Effects

Trauma in the Aging Population

Select each item to learn more about these experiences and how they may affect the people you care for.



Loss Health Changes Memory Roles Dependence

Loss Audio (Slide Layer)

Trauma in the Aging Population

Select each item to learn more about these experiences and how they may affect the people you care for.



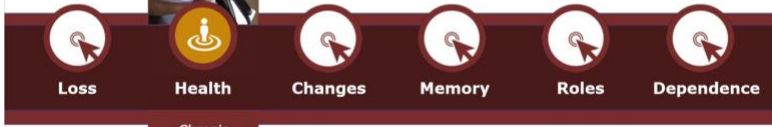
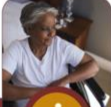
Loss Health Changes Memory Roles Dependence

Loss of spouse and/or peers

Health Audio (Slide Layer)

Trauma in the Aging Population

Select each item to learn more about these experiences and how they may affect the people you care for.



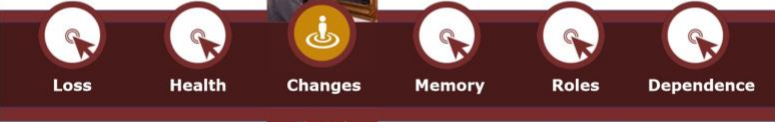
Loss Health Changes Memory Roles Dependence

Chronic and life-threatening health diagnoses

Changes Audio (Slide Layer)

Trauma in the Aging Population

Select each item to learn more about these experiences and how they may affect the people you care for.

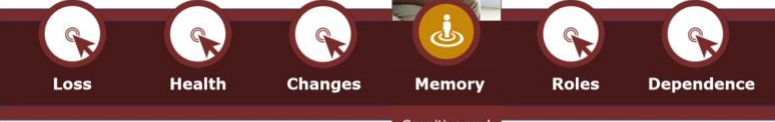


Physical changes and challenges

Memory Audio (Slide Layer)

Trauma in the Aging Population

Select each item to learn more about these experiences and how they may affect the people you care for.

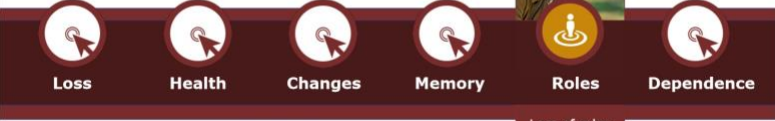


Cognitive and memory loss

Roles Audio (Slide Layer)

Trauma in the Aging Population

Select each item to learn more about these experiences and how they may affect the people you care for.

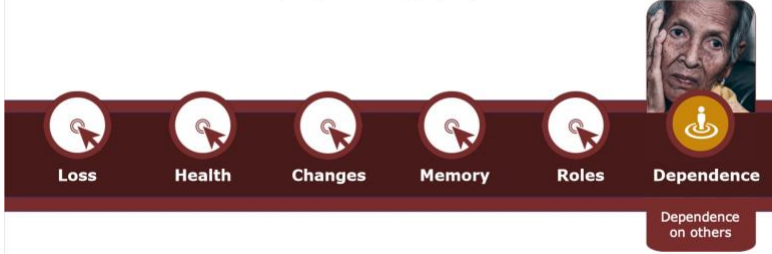


Loss of roles and resources

Dependence Audio (Slide Layer)

Trauma in the Aging Population

Select each item to learn more about these experiences and how they may affect the people you care for.



Loss Health Changes Memory Roles **Dependence**

Dependence on others

1.7 Knowledge Check

Knowledge Check

Drag the appropriate label into the space below the photo.

My son has to take me shopping.

Loss Health Memory Roles Changes Dependence



1.8 Knowledge Check

Knowledge Check

Drag the appropriate label into the space below the photo.

I am now on oxygen therapy all day.

Loss Health Memory Roles Changes Dependence



1.9 Knowledge Check

Knowledge Check

Drag the appropriate label into the space below the photo.

Loss

Health

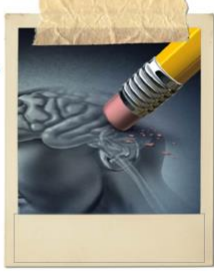
Roles

Changes

Dependence

Memory

I have trouble remembering family and names.



1.10 Trauma-Informed Care Perspectives

Trauma-Informed Care Perspectives:

Finding Empowerment and Identity

Choose a way you can help senior adults find empowerment and identity. Then reflect on why you chose that item.

I can help my patients get involved in the community by offering information and advice.

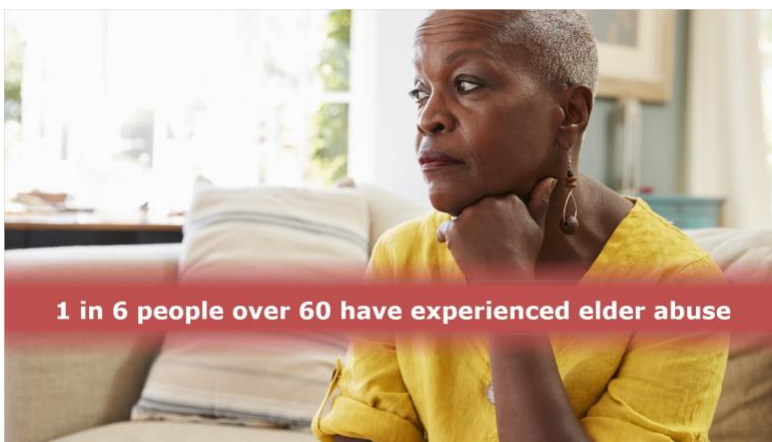
I can explain the steps I've taken to improve situations in my life.

I can offer support and one-on-one teachable moments on how to act in positive ways.

Drag your selection or selections here



1.11 Elder Abuse Can Take Many Forms



1 in 6 people over 60 have experienced elder abuse

1.12 A Focus on Later-Life Traumas



Psychological Audio (Slide Layer)



Physical Audio (Slide Layer)



Financial Audio (Slide Layer)



Neglect Audio (Slide Layer)



Sexual Audio (Slide Layer)



1.13 Elder Abuse Signs and Symptoms



1.14 Elder Abuse Signs and Symptoms



Personal Care Audio (S40) (Slide Layer)



Weight Loss Audio (S42) (Slide Layer)



Bruises Audio (S44) (Slide Layer)



1.15 Knowledge Check

Knowledge Check

Margaret's daughter recently admitted her to a new health care facility where she shares a room with one other resident. Margaret is typically energetic and happy, but her caregivers noticed Margaret wasn't eating much at any meal.

What warning signs is Margaret exhibiting that may be indicative of trauma?

A

Increased depression or anxiety

C

Unexplained weight loss or decrease of appetite

B

A lack of financial or assets

D

Lack of basic personal care items or ill-fitting clothing

1.16 Reporting Abuse

Reporting Abuse YOUR STORY

Help share their story by...

Encouraging individuals to voice their abuse

—————

Filing a report with Adult Protective Services

1.17 Brain Changes

A photograph of a broken wine glass lying on a dark, textured surface, possibly a couch. The glass is shattered, with several sharp fragments visible. The background is dark and out of focus.

Changes in brain functioning can cause a great deal of emotional stress.

1.18 Ted's Story Introduction

A photograph of an elderly man with white hair and a beard, wearing a light blue shirt, sitting in a wheelchair. A woman with dark hair, wearing a light blue uniform, is standing behind him, supporting his arm and shoulder. They are outdoors in a grassy area with trees in the background.

Ted's Story

1.19 Early Life Trauma



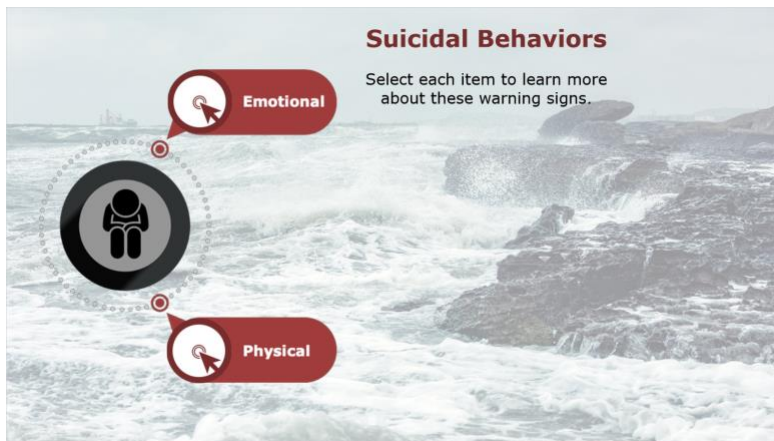
1.20 Adulthood Trauma



1.21 Warning Signs of Early Life Trauma



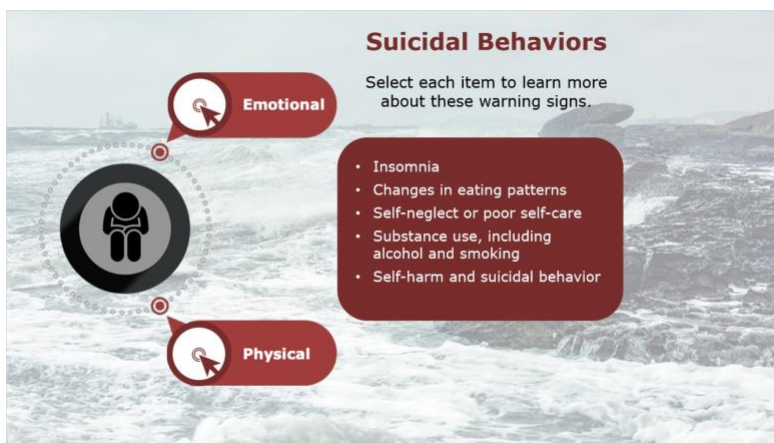
1.22 Suicidal Behaviors



Emotional Audio (S58) (Slide Layer)



Physical Audio (S60) (Slide Layer)



1.23 Trauma Screening

Trauma Screening

- Ask the senior adult about previous trauma experiences
- Take a caring and open-minded approach
- Provide the opportunity to share their trauma
- Handle trauma screening with care
- Focus on the person's dignity, value, and safety

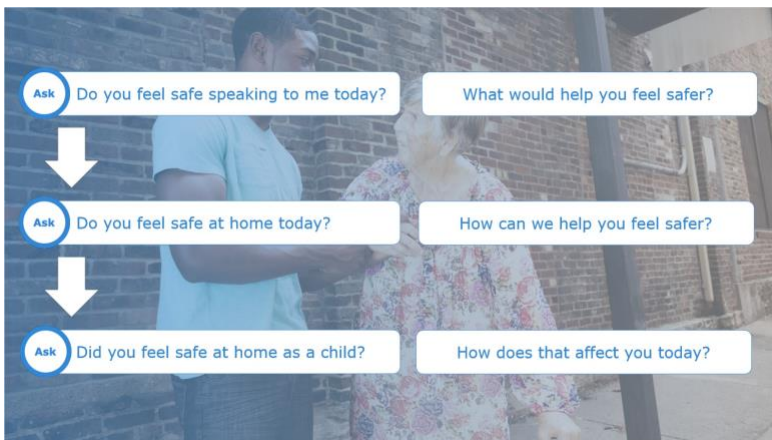


1.24 Safety and Trusting Relationship



Safety and a Trusting Relationship

1.25 Safety and Trusting Relationship



Ask Do you feel safe speaking to me today?

What would help you feel safer?

Ask Do you feel safe at home today?

How can we help you feel safer?

Ask Did you feel safe at home as a child?

How does that affect you today?

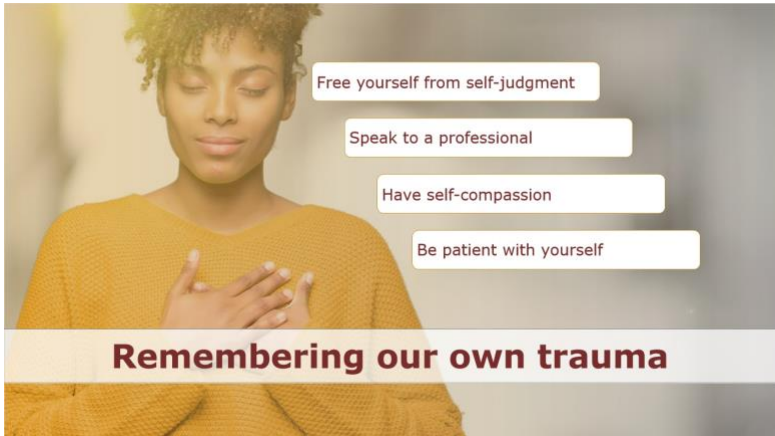
1.26 Survivor's Voice



Focus on the survivor's voice

Encourage the survivor to take an active role in care decisions

1.27 Remembering Trauma



Free yourself from self-judgment

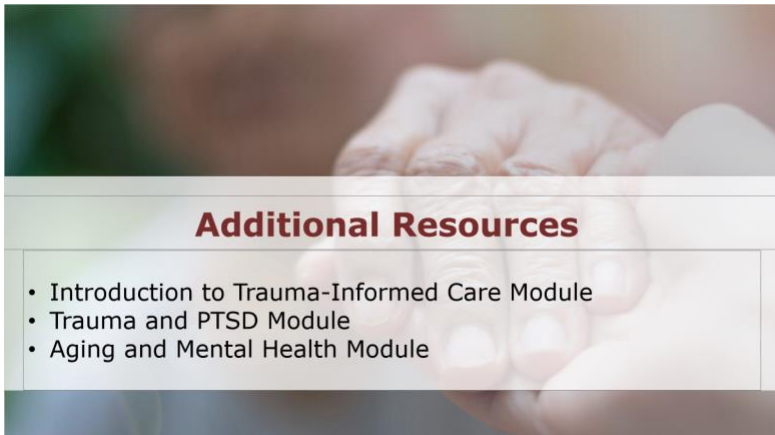
Speak to a professional

Have self-compassion

Be patient with yourself

Remembering our own trauma

1.28 Additional Resources



Additional Resources

- Introduction to Trauma-Informed Care Module
- Trauma and PTSD Module
- Aging and Mental Health Module

1.29 Key Takeaways

Key Takeaways:



Trauma shows in unique ways



Safety is a critical aspect



Identity, independence, and function loss are common trauma among seniors



Encourage senior adults to take an active role in their care



How you can help