



Trauma-Informed Care


Moving from “What is wrong with you?” to
“What has happened to you?” and “How can I support you?”

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Trauma-Informed Care

Trauma-informed care (TIC) is an approach that aims to:

- ▶ engage people with history of trauma,
 - ▶ recognize the presence of trauma symptoms,
 - ▶ acknowledge the role that trauma has played in their lives, and
 - ▶ Avoid re-traumatizing a person.
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What is Trauma-Informed Care



Trauma- Informed Approach

Realize the Impact

Recognize Signs & Symptoms

Resist Re-Traumatization

Respond to Triggers

Promote Resilience

Realize the Widespread Impact of Trauma

- ▶ 70% of adults have experienced at least one trauma over the course of their life
- ▶ Traumas can affect individuals, families, groups, communities (geographic), specific cultures, and generations
- ▶ Traumatic events are often unexpected and overwhelm an individual or community's ability to cope
- ▶ Individuals may experience the traumatic event directly, witness an event, feel threatened, or hear about an event that affects someone they know

Trauma Events

- ▶ Accident/crash
- ▶ Holocaust/genocide/internment camps
- ▶ Racism/hate
- ▶ Hurricane/tornado/earthquake
- ▶ Mass shooting/terror attack
- ▶ Military service/war
- ▶ Abuse/neglect
- ▶ Great Depression/COVID
- ▶ Physical/sexual assault

OUT OF A 100% POPULATION, 70% SUFFER FROM PTSD AFTER A TRAUMATIC EVENT



WITNESSING
DEATH OR
INJURY



PHYSICAL
ASSAULT



COMBAT



SEXUAL
ASSAULT



ACCIDENTS



NATURAL
DISASTER



CHILD
SEXUAL
ABUSE

Trauma Factors

- ▶ Adverse Childhood Experiences (ACEs)
- ▶ Culture and Ethnicity
- ▶ Mental Health
- ▶ Diabetes
- ▶ Dementia

Recognize the Signs & Symptoms

- ▶ Change our perspective
 - ▶ What difficult behaviors have you seen in residents that may be better explained by trauma?
 - ▶ Challenging behaviors = What is wrong with you?
 - ▶ Coping mechanism = What has happened to you?
 - ▶ View traumatic stress reactions as normal reactions to abnormal situations



The "life-changing" story Oprah reports this week



An iceberg floating in the ocean, with a small tip above the water and a much larger, jagged mass submerged below. The background is a dark blue sky and sea, with green geometric shapes on the right side.

Screening Good History

Resist Re-Traumatization - Avoid Triggers

- ▶ Re-experiencing traumatic stress may result from a current situation that mirrors or replicates in some way the prior traumatic experiences.
- ▶ Your role is to understand that some routine care tasks might be perceived as threatening to someone who has experienced trauma.

Trauma	Potential Triggers
Accident/Crash	Loud noises, similar transportation
Holocaust/Internment Camp	Institutional shower room, feeling trapped
Sexual Abuse	Male/female caregiver, dressing, bathing, toileting
Military Service/War	Loud noises, flashing lights, ceiling fans
Abuse/Domestic Violence	Loud voices, large hand gestures, startling

Respond - 5 Key Principals of TIC

Safety	Protect from danger, risk or injury.
Trustworthiness	Build an environment of honesty and truth.
Choice	Create opportunities of choice for personal growth.
Collaboration	Foster collaboration and opportunity for individuals to add ideas and concerns when appropriate.
Empowerment	Acknowledge skills and abilities of an individual and support that person to focus on abilities rather than disabilities.

Resilience

- ▶ Promote resilience by encouraging individual strengths.
- ▶ Builds on the individual's existing resources.
- ▶ View them as a resourceful, resilient survivor.
- ▶ Shift focus from “What is wrong with you?” to “What has worked for you?”
- ▶ Honor their adaptive behaviors and strengths as resiliency.
- ▶ Calming Activities:
 - ❖ Breathing Exercises
 - ❖ Laughter Yoga
 - ❖ Meditation
 - ❖ Drumming
 - ❖ Singing
 - ❖ Dancing
 - ❖ Religious Reading
 - ❖ Yoga

Self Care - Impact of Trauma on Staff

Secondary Trauma

- The emotional duress that results when someone hears about the trauma experiences of another

Compassion Fatigue

- Indifference to others' suffering, especially as a result of repeated exposure to others' suffering

Burnout

- Exhaustion of physical or emotional strength or motivation usually as a result of prolonged stress or frustration.