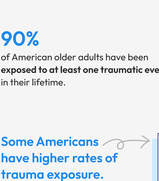
Compassionate Care in America

Results from the National Study on the Person-Centered, Trauma-Informed Approach

Aging with Trauma



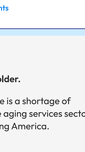
1 out of 6

Americans is 65 years or older.

By 2060, there will be more than **88 million older adults** in the United States, up from 25 million in 2000.

90%

of American older adults have been **exposed to at least one traumatic event** in their lifetime.



Some Americans have higher rates of trauma exposure.

Trauma can build **resilience**, but it can also have lasting **adverse effects on health and well-being**.

- Racial & ethnic minoritized groups
- Veterans
- Holocaust survivors
- Survivors of crime
- Immigrants

42 million

Americans is 65 years or older.

Family caregivers support older adults while there is a shortage of direct care workers across the United States. The aging services sector is struggling to meet the growing needs of an aging America.

Person-Centered, Trauma-Informed Care

The Person-Centered, Trauma-Informed (PCTI) approach can help.

The PCTI approach is a holistic model of care that promotes the health and well-being of individuals by **accounting for the role of trauma across the life course, resisting retraumatization,** and **promoting strength, agency, and dignity**.

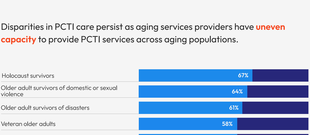
In 2025,

almost 300 aging services organizations were surveyed about the PCTI approach.



Trends in Care

PCTI awareness and capacity are **growing**, but **gaps in care remain**.



71%

of organizations have a **high understanding of aging and trauma**

29% do not.

75%

of organizations are **aware of the PCTI approach**

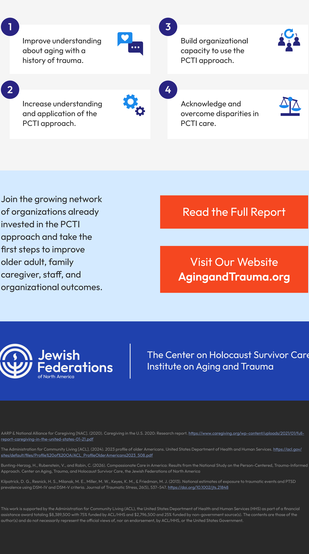
25% are not.

39%

of organizations demonstrate **high capacity to use the PCTI approach**

61% do not.

Organizations increasingly **recognize the benefit** of the PCTI approach.



Disparities in PCTI care persist as aging services providers have **uneven capacity** to provide PCTI services across aging populations.

Take Action Now

As the older adult population increases, **implementing the PCTI approach is imperative**. Aging services professionals, providers, and advocates can take the following steps:

1. Improve understanding about aging with a history of trauma.
2. Increase understanding and application of the PCTI approach.
3. Build organizational capacity to use the PCTI approach.
4. Acknowledge and overcome disparities in PCTI care.

Join the growing network of organizations already invested in the PCTI approach and take the first steps to improve older adult, family caregiver, staff, and organizational outcomes.

Read the Full Report

Visit Our Website AgingandTrauma.org

Jewish Federations of North America

The Center on Holocaust Survivor Care
Institute on Aging and Trauma

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