Aging with a History of Trauma:

Strategies to Provide Person-Centered, Trauma-Informed Care to Older Adults and Family Caregivers

Aging with Trauma



9 out of 10

American older adults have been exposed to a traumatic event in their lifetime.[1]

Some Americans have higher rates of trauma exposure

Trauma exposure may lead to **resilience in aging**. It can also have lasting **adverse effects on health and well-being**.

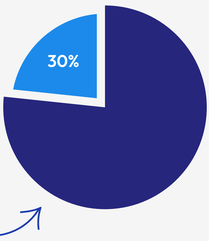
- Racial & Ethnic Minoritized Groups
- Immigrants
- Veterans
- Holocaust survivors
- LGBTQ+ Individuals
- Survivors of Crime

42 million Americans provide care to older adults.[2]

Providing care for a family member or friend with a history of trauma can **increase the complexity associated with caregiving**.

Person-Centered, Trauma-Informed Care Can Help

Person-Centered, Trauma-Informed (PCTI) care is an innovative approach to service delivery that infuses knowledge about trauma into agency programs, policies, and procedures. Using this approach, aging service professionals and volunteers can promote the health and well-being of older adults with a history of trauma and their family caregivers.



Yet...

Only **30%** of organizations have capacity to provide PCTI care.[3]

How You Can Help

Everyone has an important role to play in increasing and improving PCTI care. No action is too small. Every step that advances PCTI care is one that advances the entire field of aging services.

1. Research issues of trauma, aging, service needs, and PCTI care.
2. Raise awareness about aging with trauma and how PCTI care can help.
3. Raise awareness about experiences and needs of diverse communities.
4. Deepen organizational capacity to provide PCTI care.
5. Build and strengthen PCTI care partnerships.
6. Remove barriers for PCTI service access and utilization.
7. Reduce stigma about trauma and service utilization.

To ensure all older adults with a history of trauma and their family caregivers have access to the care they need and deserve, consider how you can advance PCTI care in the aging services sector.

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

[1] Kilpatrick, D. G., Resnick, H. S., Milanak, M. E., Miller, M. W., Keyes, K. M., & Friedman, M. J. (2013). National estimates of exposure to traumatic events and PTSD prevalence using DSM-IV and DSM-V criteria. Journal of Traumatic Stress, 26(5), 537–547. https://doi.org/10.1002/jts.21848

[2] AARP & National Alliance for Caregiving (NAC). (2020). Caregiving in the U.S. 2020: Research report. https://www.caregiving.org/wp-content/uploads/2021/01/full-report-caregiving-in-the-united-states-01-21.pdf

[3] Robin, C., & Bedney, B. (2022). Capacity of organizations to serve older adults with a history of trauma: Results from a national survey of person-centered, trauma-informed care. Washington, D.C.: Jewish Federations of North America. https://cdn.fedweb.org/fed-42/2/2022_Report_Capacity%2520of%2520Organizations%2520to%2520Serve%2520Older%2520Adults%2520with%2520a%2520History%2520of%2520Trauma%2528212329.pdf?v=1663698188

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