

Course Outline

Person-Centered, Trauma-Informed Essentials for Aging Services

The following is a course outline for *Person-Centered, Trauma-Informed Essentials for Aging Services*. The course covers a wide range of topics across six parts: an introduction, four parts of instruction, and a conclusion. The written instruction throughout the course is complemented by videos, knowledge checks, assessments, and exercises which include discussions, reflections, and practical scenarios.

Course Introduction

- I. Introduction
 - a. Course Welcome
 - b. Course Learning Objectives and Roadmap
 - c. Professional Background and Experiences
- II. About the Authors
 - a. About the Jewish Federations of North America
 - b. Partnerships
 - c. Acknowledgements
- III. Course Navigation and Expectations
 - a. Course Navigation
 - b. Course Expectations and Grading
 - c. Certificate of Completion and Continuing Education Credits
 - d. References
 - e. Self-Paced Content Reminder
 - f. Accessibility and Technical Assistance
- IV. Meet the Experts
 - a. Introducing Our Hosts

**6–8 Hours****22 Videos****16 Exercises****0.5 Hour****2 Videos****Pre-Course
Assessment**

- b. Introducing Our Expert Speakers
- c. Pre-Course Self-Assessment

Part 1 – Understanding Trauma and its Impact on Healthy Aging

- I. Part 1 Introduction
 - a. Discussion: Introduce Yourself
- II. Overview of Trauma
 - a. What Is Trauma?
 - b. The Three Es of Trauma
 - c. Trauma Triggers
 - d. Retraumatization
 - e. Post-Traumatic Stress and Post-Traumatic Stress Disorder
 - f. Health and Trauma
 - g. Statistics About Trauma
- III. Aging and Trauma
 - a. Common Misconceptions About Aging and Trauma
 - b. Trauma and Health as We Age
 - c. Trauma as We Age
 - d. Trauma as a Hidden Variable
 - e. Statistics About Older Adults
 - f. The Family Caregiver Role
 - g. Statistics About Family Caregivers
 - h. The Family Caregiver Stress
 - i. Family Caregiving and Trauma
 - j. The Aging Services Sector
- IV. Part 1 Conclusion
 - a. Part 1 Wrap-Up: Understanding Trauma and Its Impact on Healthy Aging
 - b. Reflection: How Trauma Impacts Your Practice
 - c. Assessment of Understanding: Part 1 Knowledge Check



1 – 1.5 Hour



1 Video



1 Exercise



1 Knowledge Check

Part 2 - Understanding the PCTI Approach

- I. Part 2 Introduction
- II. The PCTI Approach
 - a. What is the PCTI Approach?
 - b. PCTI Principles
 - c. Application of the PCTI Approach
 - d. The Benefits of the PCTI Approach
 - e. PCTI Approach Backgrounder
 - f. Scenario: Michelle's Food Pantry
 - g. The PCTI Approach In Aging Services
- III. The PCTI Approach Implementation Strategies
 - a. Strategies for Implementing the PCTI Approach
 - b. Strategies for Implementing the PCTI Approach, Continued
 - c. Family Caregiver Strategies
 - d. PCTI Perspectives from Family Caregivers
 - e. Direct Service Provider Strategies
 - f. PCTI Perspective from a Direct Service Provider
 - g. Organizational Leader Strategies
 - h. PCTI Perspectives from Organizational Leaders
 - i. Community Partner Strategies
 - j. PCTI Perspectives from Community Partners
 - k. Reflection: Understanding PCTI Strategies
- IV. Part 2 Conclusion
 - a. Part 2 Wrap-Up: Understanding the PCTI Approach
 - b. Discussion: The PCTI Approach and Your Practice
 - c. Assessment of Understanding: Part 2 Knowledge Check



1 – 2 Hours



9 Videos



3 Exercises



1 Knowledge Check

Part 3 – Implementing the PCTI Approach

- I. Part 3 Introduction
- II. Adapting the PCTI Approach to Your Context
 - a. The Versatility of the PCTI Approach
 - b. Reflection: Understanding Your Context
- III. Considering All Populations
 - a. The PCTI Approach Across All Populations
 - b. The PCTI Approach and Holocaust Survivors
 - c. The PCTI Approach and Black and African American Communities
 - d. The PCTI Approach and Indigenous Communities
 - e. The PCTI Approach and Military Veterans
 - f. Reflection: Working Across All Populations
- IV. Making PCTI Decisions
 - a. Scenario 1: Jonathan cares for his mother, Mary Ann
 - b. Scenario 2: Naomi rolls out a new case management system
 - c. Scenario 3: Kai responds to a natural disaster
 - d. Scenario 4: Shona distributes philanthropic funds
- V. Part 3 Conclusion
 - a. Part 3 Wrap-Up: Implementing the PCTI Approach
 - b. Assessment of Understanding: Part 3 Knowledge Check



1-2 Hours



6 Videos



6 Exercises



1 Knowledge Check

Part 4 – PCTI Action Planning

- I. Part 4 Introduction
 - a. Navigating Part 4 and the Assignments
 - b. Introduction to the PCTI Approach Toolkit
 - i. PCTI Approach Toolkit: Implementation Guide
 - ii. PCTI Approach Toolkit: Action Plan
 - iii. PCTI Approach Toolkit: Sustainability Tool
 - c. The PCTI Approach Toolkit in Practice
 - d. Part 4 Next Steps
- II. Assignment 1
 - a. Practice Scenario Implementation Guide



1 – 1.5 Hour



2 Videos



5 Exercises



1 Knowledge Check

- III. Assignment 2
 - a. Implementation Guide for Your Specific Context
- IV. Assignment 3
 - a. Action Plan for Your Specific Context
- V. Part 4 Conclusion
 - a. Sustaining the PCTI Approach in Your Work
 - b. Part 4 Wrap-Up: PCTI Action Planning
 - c. Discussion: Moving from Learning to Practice
 - d. Assessment of Understanding: Part 4 Knowledge Check

Conclusion – Course in Review

- I. The PCTI Approach: Course in Review
 - a. Course Summary
 - b. Course Resources
 - c. Resources for Continued Learning
 - d. Post-Course Self-Assessment
 - e. Reflection: Your PCTI Knowledge Then and Now
 - f. Course Feedback
- II. Certificate of Completion



0.5 Hour



2 Videos



1 Exercise



**Post-Course
Assessment**