

How to Provide Person-Centered, Trauma-Informed Care for Older Refugees

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Charise Jensen, Program Manager for the Community Care Transitions Program | Salt Lake County Aging & Adult Services

Leah Bergen Miller, Associate Director, Center on Aging and Trauma | The Jewish Federations of North America

Objectives

1 Realize

Learn how trauma impacts the health and well-being of older adults and older refugees.

2 Respond

Learn how to integrate knowledge of trauma and aging into services through SAMHSA's 6 key principles of trauma-informed care.

3 Get Inspired

Get inspired by successful implementation of person-centered, trauma-informed services for older refugees.

4 Ask Questions

Ask how your work can be more person-centered and trauma-informed.

Outline

- 1 The Link Between Trauma and Aging
- 2 Introduction to Person-Centered, Trauma-Informed Care
- 3 Promising Practices in Person-Centered, Trauma-Informed Care for Older Refugees
- 4 Questions & Answers
- 5 Next Steps



Speakers



Charise Jensen

Program Manager for the
Community Care Transitions Program,
Salt Lake County Aging & Adult Services



Leah Bergen Miller

Associate Director of the
Center on Aging and Trauma,
The Jewish Federations of North America

Center on Aging and Trauma

Who We Are

Mission

Expand the nation's capacity to provide Person-Centered, Trauma-Informed (PCTI) services and supports for Holocaust survivors, older adults with a history of trauma, and family caregivers.

Goal 1

Develop Innovations. Fund and support subgrants to develop PCTI programs for Holocaust survivors, older adults with a history of trauma, and their family caregivers.

Goal 2

Build Capacity. Increase the knowledge and skills of aging service providers to implement PCTI care for Holocaust survivors, older adults with a history of trauma, and their family caregivers.

Grant Making



Training



Coaching



Evaluation



Research



Center on Aging and Trauma

Our Subgrantees: 2015-2020

21 States Supported Through Grant Programming



15,000 Holocaust Survivors Served

10,000 Professionals Trained

4,000 Family Caregivers Supported

200+ Programs Implemented

The Link Between Trauma and Aging

What is Trauma?

Individual trauma is a result of an event, series of events, or set of circumstances which present physical or emotional harm to an individual, or are life threatening, and have lasting adverse effects on an individual's functioning and wellbeing.

90%

of adults in the United States have been exposed to at least one traumatic event in their lifetime.

25,000,000

individuals in 2017 were affected by natural disasters in the US

10,000,000

individuals experience domestic violence annually in the US

1,200,000

individuals are victims of violent crime annually in the US

Trauma and Health Are Linked

An individual's trauma exposure is linked to their propensity for developing a wide range of conditions that negatively impact their physical, mental, and cognitive health. Trauma exposure has been associated with:

Physical Health

- Lung disease
- Gum disease
- Fibromyalgia
- Chronic fatigue
- Cardiovascular disease
- Gastrointestinal disorders
- Endocrine disorders
- Reproductive disorders

Mental Health

- Anxiety
- Depression
- Suicidal Ideation
- Mood Disorders
- Eating disorders
- Substance abuse

Cognitive Health

- Dementia
- Sleep Disorders
- Cognitive Impairments



What is PTSD?

Posttraumatic Stress Disorder, or PTSD, is a mental health condition that may develop after experiencing or witnessing a traumatic event resulting in heightened and prolonged stress response. This condition requires clinical diagnosis.

8%

of the United States population will experience Posttraumatic Stress Disorder during their lifetime.

Rates of trauma exposure and subsequent PTSD are higher among certain demographics.

46%

of Holocaust survivors have PTSD

35%

of first responders have PTSD

30%

of refugees have PTSD

Trauma Affects Aging

Trauma impacts individuals of all ages and the effects of trauma evolve over time.

- Symptoms of trauma can evolve after long symptom-free periods.
- Symptoms of trauma can emerge for the first time during older adulthood - decades after exposure to traumatic events.
- Symptoms of trauma emerging in older adulthood can be more extreme than previously experienced.

Trauma Reemergence

- 1 Changes of Familial Roles
- 2 Beginning of Retirement
- 3 Emergence of Health Problems
- 4 Loss of Independence
- 5 Loss of Loved Ones
- 6 Changes in Coping Mechanisms

Trauma Triggers

What is a Trauma Trigger?

A stimulus that prompts traumatic response and includes **sound, smell, touch, sight, taste, feeling, or circumstance** that reminds an individual of a past trauma. Once experienced, triggers can elicit a fight, flight, or freeze response in the body.

Iraqi Special Immigrant
Visa Holders



Fireworks

Holocaust
Survivors



Medical Procedures

War Refugees
and Asylees



Political Unrest



Introduction to Person-Centered, Trauma-Informed Care



Person-Centered, Trauma-Informed Care

Holistic approach to service delivery that promotes trust, dignity, strength, and empowerment of all individuals by incorporating knowledge about trauma into agency programs, policies, and procedures.*

* Eisinger, M., & Bedney, B. (2018). *Teaching About Trauma: Models for Training Service Providers in Person-Centered, Trauma-Informed Care*. *Kavod*. Issue 8, Spring. <http://kavod.claimscon.org/2018/02/teaching-about-trauma-models-for-training-service-providers-in-person-centered-trauma-informed-care/>



SMAHSA Principles of Trauma-Informed Care

Trauma-informed care is grounded in six principles:*

1

Safety

2

Trustworthiness
and Transparency

3

Peer Support

4

Collaboration
and Mutuality

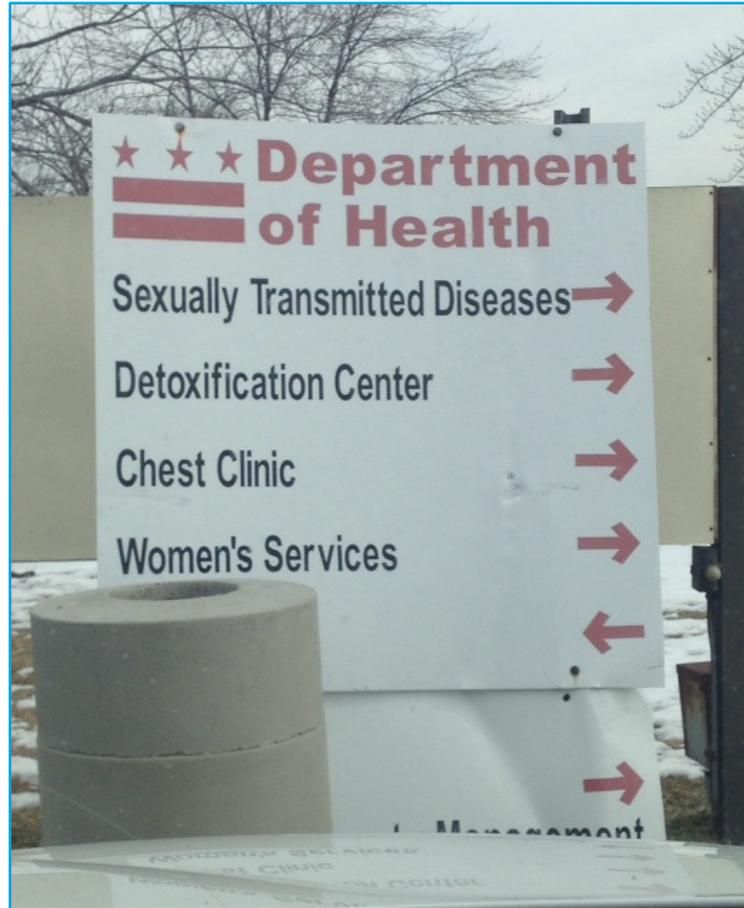
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Empowerment,
Voice, and Choice

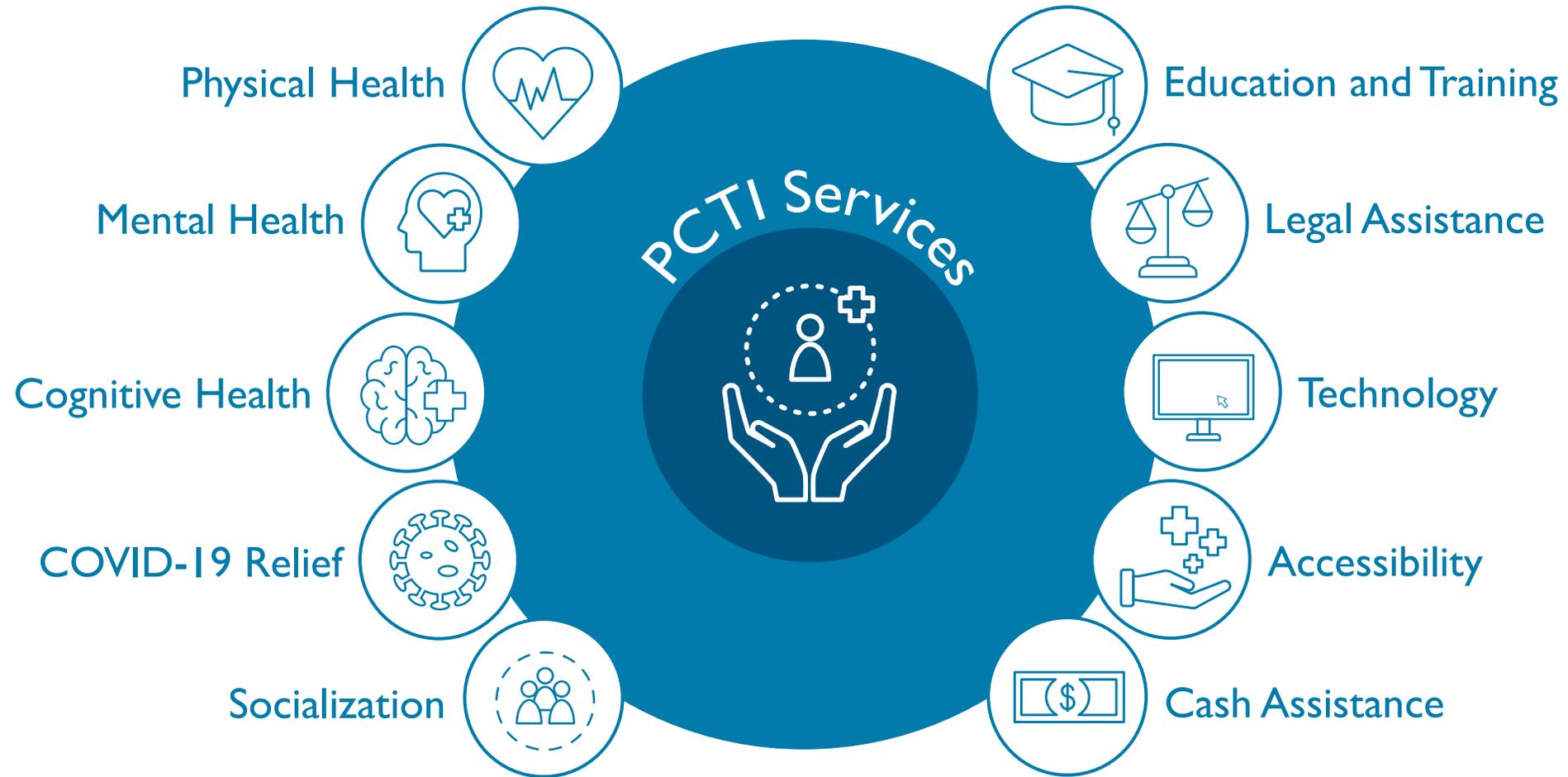
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Cultural, Historical,
and Gender Issues

Examples of Trauma-Informed Practice



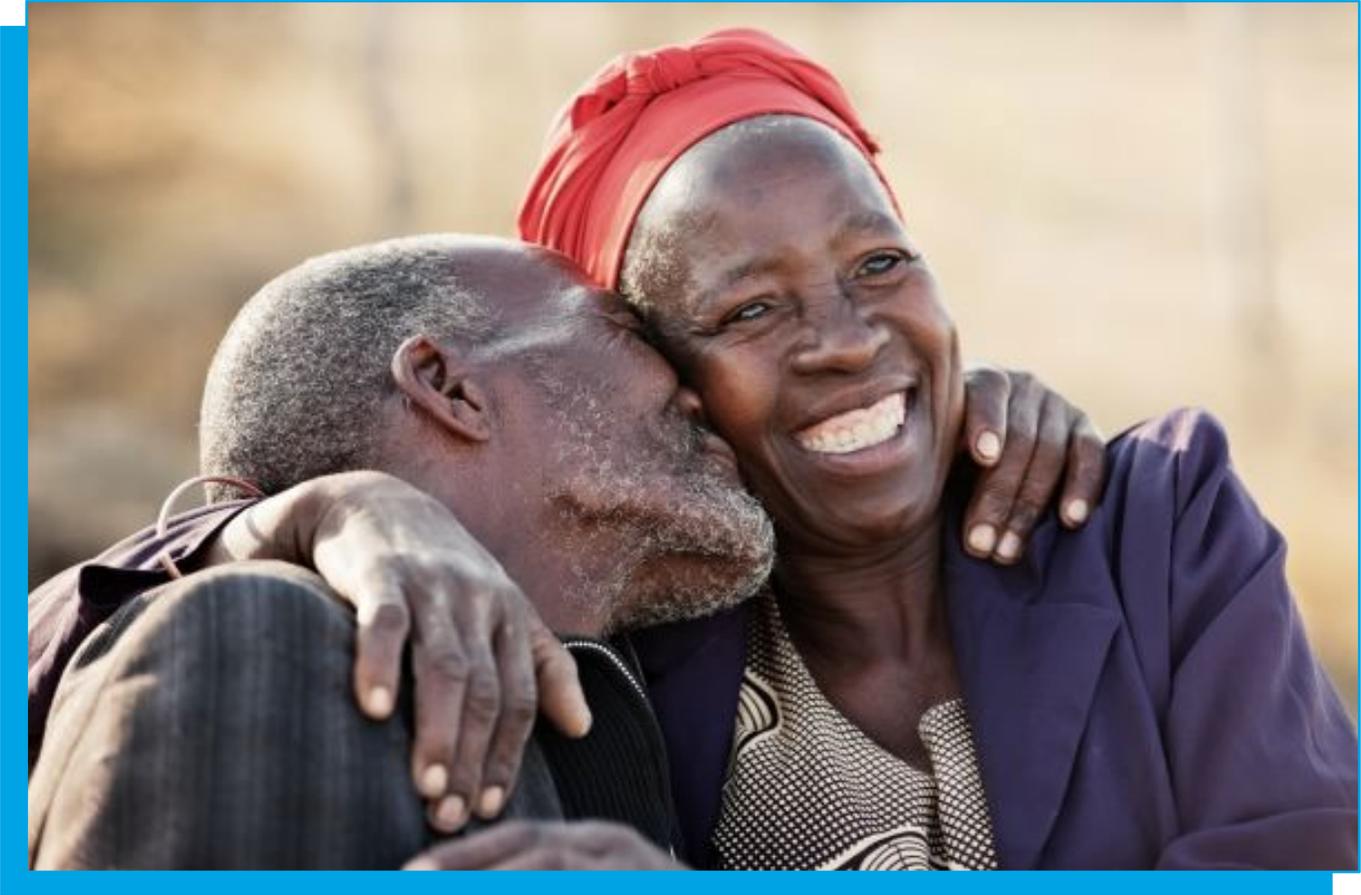
Providing PCTI Care to Older Adults



Promising Practices in Person-Centered, Trauma-Informed Care For Older Refugees



Refugee Program for Older Adults



Services for Older Refugees

Refugee Program for Older Adults provides short term case management for refugees who are 60+ and in the country for 2-5 years.



Access to senior community centers, supportive services, and intergenerational activities



Interpretation and translation



Elder abuse prevention



Nutrition services and meals delivered to homebound clients



Citizenship and naturalization services



Nursing home ombudsman services



Transportation services



Home care, adult day care, and respite care

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More services...

A Story of an Older Refugee

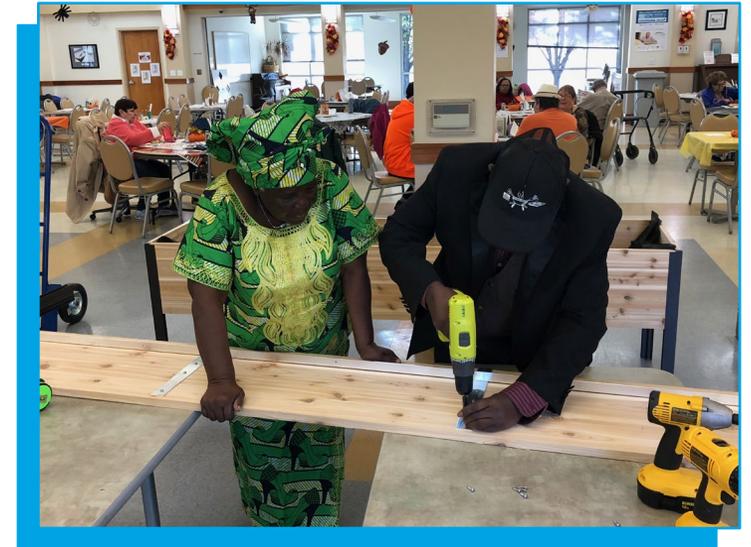


Learning to Shape Services

- 1 Identity
- 2 Pictures on walls and outreach materials
- 3 Explain expectations
- 4 Provide cultural orientation
- 5 Ask THEM



Socialization Programs for Older Refugees



Additional Programs

Programs coming soon:

- 1 The Senior Companion Program
- 2 Family caregiver – 101 class of resources, how to communicate w/ fam member, etc.
- 3 Food – deliver boxes and recipe swap

Services in the works:

- 1 Additional home care/adult day care/respite services
- 2 A volunteer program specific to the refugee program
- 3 Additional community gardens
- 4 iPad tablets for virtual gathering, learning English, participation in Citizenship classes, and to participate with virtual Senior Centers



Challenges and Needs

- Childcare
- Receive citizenship within the first 7 years they are in the US
- Housing
- Food
- Language barriers
- Transportation
- Understanding processes
- Purpose
- Quiet and stability, no chaos



Trauma Triggers

Older Refugees



Dogs and animals

Loud noises (ex. firecrackers, sirens)

Not smiling

Observing staff being impatient to others

“

Trauma Trigger

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”



Advice to Resettlement Agencies

- 1 Develop relationship with AAA (Area Agency on Aging) and possible solutions
- 2 Develop relationship with Senior Centers
- 3 Provide opportunities for refugees to give back
- 4 Connect older adults with multiple programs

Q&A



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and Trauma

Next Steps

- 1 Webinar follow-up questionnaire
- 2 Apply for a grant (*next RFP - Spring 2021*)
- 3 Write to us to learn more about future webinars and collaboration opportunities
- 4 Participate in the National Survey on PCTI Care
- 5 Strategize on how you and your organization can be more PCTI

Sources and Further Reading

1. Bedney, B., Bergen Miller, L., & Wernick, S. (2020). Principles and Practices for Implementing Person-Centered, Trauma-Informed Care for Holocaust Survivors and Other Older Adults. *Kavod*, Issue 10, Spring. <http://kavod.claimscon.org/2020/01/principles-and-practices-for-implementing-person-centered-trauma-informed-care-for-holocaust-survivors-and-other-older-adults/>
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4. Eisinger, M., & Bedney, B. (2018). Teaching About Trauma: Models for Training Service Providers in Person-Centered, Trauma-Informed Care. *Kavod*. Issue 8, Spring. <http://kavod.claimscon.org/2018/02/teaching-about-trauma-models-for-training-service-providers-in-person-centered-trauma-informed-care/>
5. Substance Abuse and Mental Health Services Administration (2014) SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. *HHS Publication No. (SMA), 14-4884*. https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf

Thank you for listening!
For more information, contact us:

Center Website - AgingAndTrauma.org
Center Email - Aging@JewishFederations.org



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