



# Participant Guide

## Trauma Informed Care and Older Adults: Unique Needs & Strengths

November 21, 2019  
Wisconsin Dells, WI

**Assurant Learning & Performance Solutions**

Deborah Ward | 443-857-8187

3241 Fait Ave. Baltimore, MD 21224

[www.assurantlps.com](http://www.assurantlps.com)

## True/ False

**Instructions:** Select whether the following statements are *true* or *false*.

1. Phase 3 Guidance provides a specific tool that must be used to implement TIC.

**True**      **False**

2. About 60% of Americans report experiencing some type of trauma across the lifespan.

**True**      **False**

3. TIC is only about residents, not staff.

**True**      **False**

4. Older Adults show higher levels of resilience than younger people.

**True**      **False**



## Trauma Event Discussion

**Instructions:** The Veterans Administrations (VA) National Center for PTSD has identified 16 types of trauma events that are associated with the development of PTSD. Which of these events might have impacted residents? Are there any that may be more likely with age?



#	Potential Trauma Event
1	Natural Disaster
2	Fire or Explosion
3	Transportation Accident
4	Serious accident at work, home, or during recreational activity
5	Exposure to toxic substance
6	Physical Assault
7	Assault with a weapon
8	Sexual Assault
9	Other unwanted or uncomfortable sexual experience
10	Combat or exposure to a war-zone
11	Captivity
12	Life-threatening illness or injury
13	Sudden violent death
14	Severe Human Suffering
15	Sudden accidental death
16	Serious injury, harm, or death caused to someone else

## TIC: What are Your Strengths?

**Instructions:** The Substance Abuse and Mental Health Services Administration (SAMHSA) has identified 6 key principals to implementing a trauma informed approach to care. The principals are listed below. Note the strengths of your organization and any areas you want to focus your attention when you return to work.



SAMHSA's Key Principals of Trauma Informed Care	Strength/ Opportunity to Improve
Safety	
Trustworthiness and Transparency	
Peer Support	
Collaboration and Mutuality	
Empowerment, Voice, and Choice	
Cultural, Historical, and Gender Issues	

## Table of Contents

<b>Resource Guide .....</b>	<b>2</b>
<b>General Resources .....</b>	<b>2</b>
<b>Training Resources .....</b>	<b>3</b>
<b>Trauma Informed Care Resources .....</b>	<b>3</b>

## Resource Guide



### General Resources

Resource	Notes	Link
CMS Nursing Home Webpage	Houses updates to all CMS documents related to Long-Term Care, including FAQs, Critical Element Pathways and a revision log that shows when specific documents are updated.	<a href="https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes.html">https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Nursing-Homes.html</a>
QSO-19-09-ALL	Revisions to Appendix Q and Guidance on Immediate Jeopardy. Includes updated guidance on psychosocial harm.	<a href="https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/Downloads/QSO19-09-ALL.pdf">https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/SurveyCertificationGenInfo/Downloads/QSO19-09-ALL.pdf</a>
State Operations Manual (SOM)	Revised 11/22/17	<a href="https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Downloads/Appendix-PP-State-Operations-Manual.pdf">https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Downloads/Appendix-PP-State-Operations-Manual.pdf</a>
CMS Surveyor Training	This site includes numerous trainings developed for and used by surveyors across all provider types. Follow the path below to access the trainings: <ul style="list-style-type: none"> <li>➤ I am a provider</li> <li>➤ Course Catalog</li> <li>➤ Use the search or “filter by” features to locate courses.</li> </ul>	<a href="https://surveyortraining.cms.hhs.gov/index.aspx">https://surveyortraining.cms.hhs.gov/index.aspx</a>
CMS Psychosocial Severity Guide	Tool used by surveyors to determine scope and severity for psychosocial concerns.	<a href="https://www.cms.gov/Regulations-and-Guidance/Guidance/Transmittals/Downloads/R156SOMA.pdf">https://www.cms.gov/Regulations-and-Guidance/Guidance/Transmittals/Downloads/R156SOMA.pdf</a>

## Training Resources

Resource	Notes	Link
Resilience for All Ages	Trauma Informed Toolkit and Training created by LeadingAge Maryland and HFAM  <b>Contact:</b> Jill Schumann <a href="mailto:jschumann@leadingagemaryland.org">jschumann@leadingagemaryland.org</a> 410-274-2893	<a href="https://www.leadingagemaryland.org/page/RFA">https://www.leadingagemaryland.org/page/RFA</a>

## Trauma Informed Care Resources

Resource	Notes	Link
TIC for Those Living with Dementia	Overview of best practices and strategies for supporting trauma survivors living with dementia	<a href="https://nadrc.acl.gov/sites/default/files/uploads/docs/TraumaInformedCarePeopleDementia_508.pdf">https://nadrc.acl.gov/sites/default/files/uploads/docs/TraumaInformedCarePeopleDementia_508.pdf</a>
Three E's and 4 R's	SAMHSA Concept of Trauma and Guidance for a Trauma-Informed Approach	<a href="https://store.samhsa.gov/system/files/sma14-4884.pdf">https://store.samhsa.gov/system/files/sma14-4884.pdf</a>
Ground Rules for Working with Trauma Survivors	The Mighty is a digital health community created to empower and connect people facing health challenges and disabilities.	<a href="https://themighty.com/2018/01/ground-rules-for-working-with-trauma-survivors/">https://themighty.com/2018/01/ground-rules-for-working-with-trauma-survivors/</a>
Adverse Childhood Experiences (ACES)	Overview of ACES risk factors, research and tools	<a href="https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html">https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html</a>
Understanding the Impact of Trauma	Behavioral Health Provider Focused	<a href="https://www.ncbi.nlm.nih.gov/books/NBK207191/">https://www.ncbi.nlm.nih.gov/books/NBK207191/</a>
Life Events Checklist (LEC-5)	Screening Tool	<a href="https://www.ptsd.va.gov/professional/assessment/te-measures/life_events_checklist.asp">https://www.ptsd.va.gov/professional/assessment/te-measures/life_events_checklist.asp</a>

<p>Primary Care PTSD Screen for DSM-5</p>	<p>Screening Tool</p>	<p><a href="https://www.ptsd.va.gov/professional/assessment/screens/pc-ptsd.asp">https://www.ptsd.va.gov/professional/assessment/screens/pc-ptsd.asp</a></p>
<p>Provider Self Care Toolkit</p>	<p>This toolkit is for providers who work with those exposed to traumatic events, to help reduce the effects of job-related stress, burnout, and secondary traumatic stress.</p>	<p><a href="https://www.ptsd.va.gov/professional/traumat/care/toolkits/provider/">https://www.ptsd.va.gov/professional/traumat/care/toolkits/provider/</a></p>
<p>Provider education: Secondary Traumatic Stress and Burnout</p>	<p>1-hour course that reviews the research on burnout and secondary traumatic stress (STS). Users can assess their own levels of burnout and STS before learning about a variety of coping strategies for offsetting the effects of each.</p>	<p><a href="https://www.ptsd.va.gov/professional/continuing_ed/provider_burnout_strategies.asp">https://www.ptsd.va.gov/professional/continuing_ed/provider_burnout_strategies.asp</a></p>