

Trauma Informed Care

Simple considerations for those caring for Older Adults

What is Trauma Informed Care?

Trauma informed care helps older adults feel safe, respected and in control. Small actions make a big difference.

Important Things to Remember:

- ✓ Ask permission
- ✓ Explain clearly
- ✓ Involve the older adult
- ✓ Offer choice
- ✓ Be respectful

Before you start care

- Knock and wait for permission before entering
- Introduce yourself and use the older adults preferred name
- Explain why you are there
- Ask for permission before touching belongings

During care

- Ask permission before touching
- Explain each step as you go (e.g. now I am going to wash your back)
- Ask permission before checking or changing pads or bedding
- Turn lights on low for night time care so the older adults knows you are there and understands what is happening
- Check the older adult is okay - ask " what could make this care task easier for you"

Give choices and control

- Offer simple choices
- Allow the older adult to decide what tasks they can manage (e.g. lifting clothing, holding shower head, undressing top half)
- Stop if the older adult asks or looks uncomfortable
- Ensure the older adult knows they can stop for a short break if needed

Privacy, dignity and respect

- Minimise amount of staff entering room when care tasks are taking place
- Cover the older adult appropriately during care
- Don't talk about an older adults care when others can hear
- Ask about gender or family preferences for care
- Treat every older person with respect at all times

Responding when an older adult is upset

- Stay calm and reassure them
- Ask what they need
- Give them space if needed
- Get help from your colleagues or supervisor