Resilience and Trauma-Informed Care (TIC) for the Older Adult

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Objectives

- Define resilience, trauma, and re-traumatization
- Begin to understand resilience concepts
- Begin to recognize the impact of Adverse Childhood Experiences (ACEs), loss, and disenfranchised grief on older adult resilience
- Identify supportive, trauma-informed care (TIC) interventions that promote resilience in the older adult
Discussion

What does resilience mean for you?
Resilience Defined

Resilience in older age is the ability to stand up to adversity and to “bounce back” or return to a state of equilibrium following adverse episodes.
Resilience in the Older Adult

The process of negotiating, managing, and adapting to significant sources of stress or trauma. Assets and resources within the individual, their life, and environment facilitate this capacity for adaptation and “bouncing back” in the face of adversity.

Windle, G (2012)
The contribution of resilience to healthy ageing
Sage Perspectives in Public Health 132 (4) : 159-160

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Resilience in the Older Adult

Resilience is the ability to survive and thrive in the face of adversity and this includes

- Good developmental outcomes despite higher risks
- Sustained competence under stress
- Recovery from trauma

Werner, 1995
Resilience Research Results

Resilience:

• Some are born with resilience
• Does not decline with age
• Is a reflection of both protective and risk factors
• Is a skill that can be learned and honed like any other skill, regardless of our histories of adversity, challenges or trauma
Risks Of Low Resilience

What do you think can happen later in life, if we do not practice resilience?
Protective Factors Promoting Resilience And Healthy Aging

1. Spirituality-religion
2. Socio-economic status
3. Connections
   - Relationships
   - Activity (engagement)
   - Supports

Ageing well: Building resilience in individuals and communities.
flinders.edu.au/sabs/fcas
Protective Factors Promoting Resilience And Healthy Aging

4. Optimism
5. Control
6. Flexibility
7. Purpose

Sense of Purpose Defined

- A motivating factor that provides individuals with a sense of meaning in life, the absence of which culminates in feelings of boredom, emptiness, and lack of purpose. (Frankl, 1959)
Sense of Purpose Defined

- Purpose in life has been linked to the concept of flourishing, defined as having good health and a general sense of well-being. (Ryff & Singer, 1998)
Well-Being Defined: Core Dimensions

- Self acceptance
- Life purpose
- Personal growth
- Positive relationships
- Environmental mastery and autonomy (vs. powerlessness)

Resilience Risk Factors Includes

- Adverse Childhood Experiences (ACEs)
- Loss
- Transition
- Emotional adjustments
- Potential elder abuse
ACEs and the Older Adult

• Concept of trauma-informed derives from ACEs research conducted in 1990s by CDC and Kaiser Permanente
• 17,000+ participants voluntarily responded to questionnaire surveying traumatic experiences

A. Mitchell, 2014
UMaine Center On Aging
http://www.une.edu/sites/default/files/Mitchell-Kaye%20Trauma%20Informed%20Care%20-%20June%202014.pdf
Trauma Informed Defined

• Understanding of Trauma
• Promote resilience and healing
• Create environment of safety
• Promote open communication
• Ask “What happened…”
ACEs Research Results

• Nearly two-thirds of participants reported at least one ACE
• Higher ACE score correlates to higher risks for long-term health problems later in life

A. Mitchell, 2014
ACEs Correlates With Health Risk

Individuals who record four or more ACEs are at increased risk for long-term health complications. (Felitti, et. al., 1998)
ACEs and Health Risk

- Severe obesity (1.6x)
- Alcoholism (7.4x)
- COPD (3.9x)
- Stroke (2.4x)
- Depression (4.6x)
- Heart disease (2.2x)
- Any cancer (1.9x)
- Diabetes (1.6x)
Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or threatening and that has lasting adverse effects on the individual's functioning and physical, social, emotional, or spiritual well-being.

SAMHSA, 2014
www.samhsa.gov/traumajustice/traumadefinition/definition.aspx
Historical Trauma (HT)

HT is most easily described as multigenerational trauma experienced by a specific cultural group. It can be experienced by “anyone living in families at one time marked by severe levels of trauma, poverty, dislocation, war, etc., and who are still suffering as a result” (Cutler, n.d.)

Keisha Ross, Ph.D., Missouri Psychological Association Diversity Committee Chairperson
Impacts of Hton African Americans and its Effects on Help-seeking Behaviors
http://www.umsl.edu/services/cps/files/ross-presentation.pdf

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Re-Traumatization Defined

A situation, attitude, interaction, or environment that replicates the events or dynamics of the original trauma and triggers the overwhelming feelings and reactions associated with them.
Elder Specific Trauma

With the aging population in mind, what are trauma examples specific to this population?
Elder Specific Trauma

- Loss of spouses and peers
- Chronic and life-threatening diagnoses
- Physiological changes, limitations, and disability
- Cognitive and memory changes
Elder Specific Trauma

- Loss of roles and resources
- Increased dependence on caregivers
- Re-traumatization
- Disenfranchised grief
Disenfranchised Grief

- Grief shared is grief diminished
- A new normal is best found together in community
- When grief isn’t shared and when there is no community to share it, it isn’t recognized by society, then grief becomes complicated

Trauma and Older Adults

• Trauma poses a threat to the successful aging process by interfering with interpersonal relations and productive activity. (Cisler et al, 2010; Rowe & Kahn, 1997)

In addition

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Contrary to previous assertions of resiliency in older adult populations, there is reason to suspect greater vulnerability to emotional difficulties following exposure to traumatic stressors in this population (Grey & Acierno, 2002).
TIC Core Values

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment
Substance Use and Older Adults

- Fifty-six percent have had at least one alcoholic drink in the past 30 days.
- Nine percent report binge drinking. For women, this is four or more drinks in about two hours. For men, this is five or more drinks in about two hours.
- Six percent report heavy drinking, which is defined as eight or more drinks per week for women and 15 or more drinks per week for men.

Alcohol Use on the Rise Among Wisconsin Residents Age 65 and Older
Substance Use and Older Adults

• 2.5 million with alcohol or drug problems
• Widowers over the age of 75 have the highest rate of alcoholism in the U.S.
• Admissions related to alcohol or drug problems:
  ➢ Six to eleven percent of all hospital admissions
  ➢ 14 percent of emergency room admissions
  ➢ 20 percent of psychiatric hospital admissions

http://www.uphs.upenn.edu/addiction/berman/family/addiction.html

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Substance Use and Older Adults

- Older adults hospitalized as often for alcoholic related problems as for heart attacks
- Affects nearly 50 percent nursing home residents
- Nearly 17 million prescriptions for tranquilizers prescribed for older adults each year
- Benzodiazepines, a type of tranquilizing drug, most commonly misused and abused prescription medications

http://www.uphs.upenn.edu/addiction/berman/family/addiction.html
Why Addiction Later in Life?

- Alcohol and drug use can temporarily numb feelings of loss, isolation, and lost purpose or meaning in life.
- Drinking can fill the many idle hours.
- Alcohol or drugs replace the love, concern, and emotional nurturing that are a part of intimacy that is no longer available.

http://www.uphs.upenn.edu/addiction/berman/family/addiction.html
Four Dimensions of Recovery

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential

- Home
- Health
- Purpose
- Community

https://store.samhsa.gov/shin/content/PEP12-RECDEF/PEP12-RECDEF.pdf

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Building Resilience: Focus on Factors

PERMA Model of Well-Being
http://www.wellbeingandresilience.com/perma-plus-1/

Martin Seligmen, 2012
PERMA Plus
https://www.youtube.com/watch?v=iK6K_N2qe9Y

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PERMA

- Positive emotion
- Engagement
- Relationships
- Meaning
- Accomplishment

Martin Seligmen, 2012
PERMA Plus

- Nutrition
- Physical activity
- Sleep
- Optimism

Martin Seligmen, 2012
Connect the Dots

How can the aging life care professional create a more trauma-sensitive practice that will promote resiliency for those they care for?
Interventions to Promote Resiliency

- Safety: Self care, physical and psychological
- TIC Universal Precautions: Assume trauma
- Breathe: Slower, regular, deeper, quieter
- Listen and hear: Feelings and needs
- Ask: What happened to you?
  - If disclosure: acknowledge bravery, strengths
- Ask: How can I help?
Interventions to Promote Resiliency

With permission, ACE self score
https://acestoohigh.com/got-your-ace-score/
Interventions to Promote Resiliency: Scenario

• Positive Emotion: Discuss favorite reading topics and engage in discussion about life and transitions
• Engagement: Partner in activities, be curious, invite her to teach you
• Relationships: Set up a peer visiting schedule, identify supports, assist to activities with peers
Interventions to Promote Resiliency: Scenario

- **Meaning:** Assist to volunteer meetings and be willing to listen and hear about losses, feelings, needs
- **Accomplishment:** Acknowledge skills and be curious, find ways to invite her share her experiences, culture
- **Nutrition:** Avoid lecturing, education after permission, offer choice, assist to research best options
Interventions to Promote Resiliency: Scenario

- Physical Activity: Assess ability to develop new baseline and restructure goals
- Sleep: Ask “What works best for you?” and provide reading materials, assist to develop a sleep plan
- Optimism: Assess thinking (glass half full?) and problem solving skills, assist to reframe situations to the positive