



Caregiver Reimagined

*Understanding the Role of
Trauma*

Presented by:

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Founder and CEO

Radical Sabbatical

Hello, I'm Jean Hartnett

A dedicated expert in trauma-informed care and Adverse Childhood Experiences (ACEs). I founded Radical Sabbatical to help others turn adversity into advocacy. With a deep understanding of the profound effects trauma can have on development and well-being, I bring a compassionate, evidence-based approach to support individuals and communities on their healing journey.



My Why

“There is no
greater agony
than bearing and
untold story
inside of you.”

Maya Angelou



What word comes to mind when you think about trauma?

What word comes to mind when you think about caregiving?

What is trauma?

An emotional response to a terrible event.

The word “trauma” originates from a Greek word meaning “wound.”



What is Trauma?

“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 life threatening and that has lasting adverse **effects** on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.” (SAMHSA)



Event



Experience



Effects





If Trauma Were an Iceberg

Trauma Informed Care in LTC

Why Now?

✓ CMS
Required

§483.25(m): The facility must ensure that residents who are trauma survivors receive culturally competent, trauma-informed care in accordance with professional standards of practice and accounting for residents' experiences and preferences in order to eliminate or mitigate triggers that may cause re-traumatization of the resident.

Trauma in Older Adults



- Up to 90 % of older adults have experienced at least one traumatic event in their lifetime.
- 2nd highest rate of death by suicide occur in adults 85 years and older.

"I don't have a tattoo, but I still have the scars."

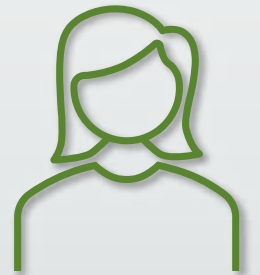
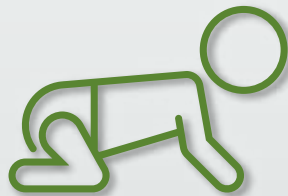
Helga P., age 90

Situations That Can Be Traumatic

- Natural Disaster
- War/terrorism
- Accidents
- Medical procedures
- Bullying
- Abandonment
- Community violence
- Child Abuse/Sex Abuse
- Child Neglect
- Life-threatening Illness
- Car Accident
- Loss of a caregiver
- Witnessing Domestic violence

Adverse Childhood Experiences Study

Traumatic events in childhood (0-17)



ACEs Categories

Abuse



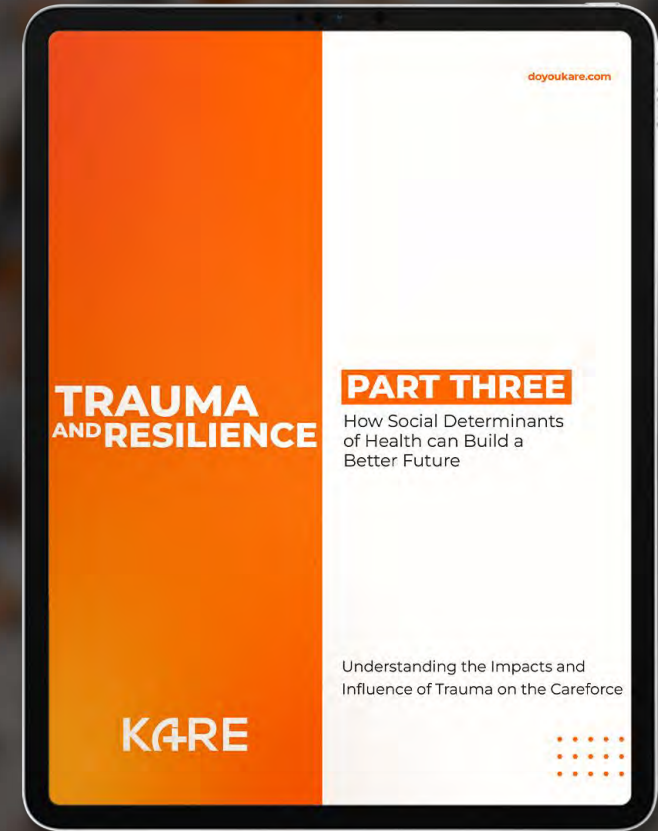
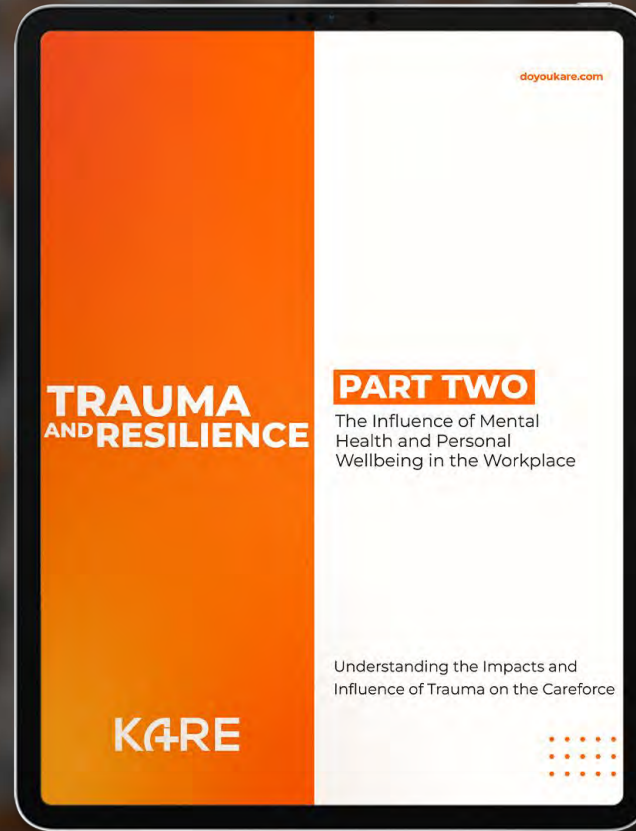
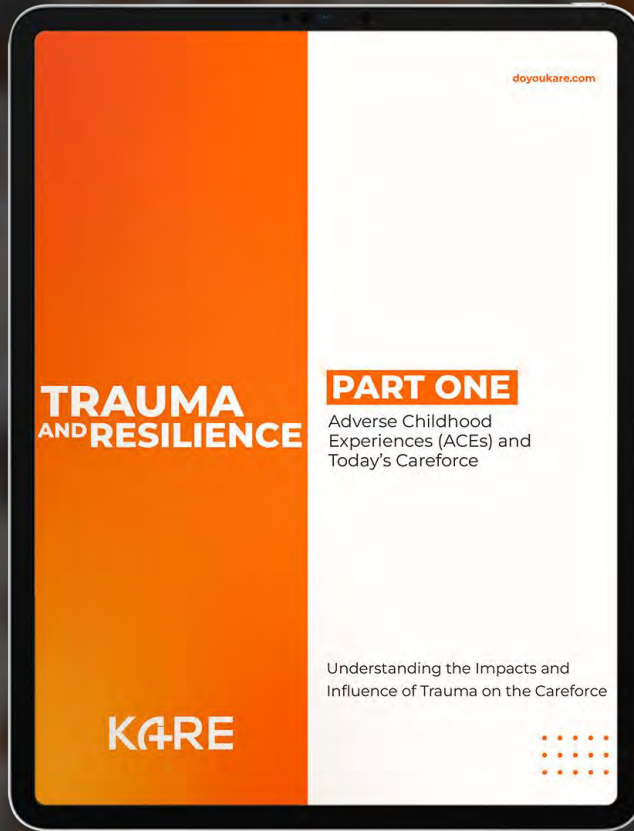
Neglect



Household
Challenges



Understanding the impacts and influence of Trauma on the Careforce



US Population

64%

**at least ONE
type of ACE**

Careforce

73%

17%

**FOUR or more
types of ACE**

34%

KARE Study Found: ACES Impact



1-in-4

One-in-four careforce report their
ACES score negatively affected
their current physical health

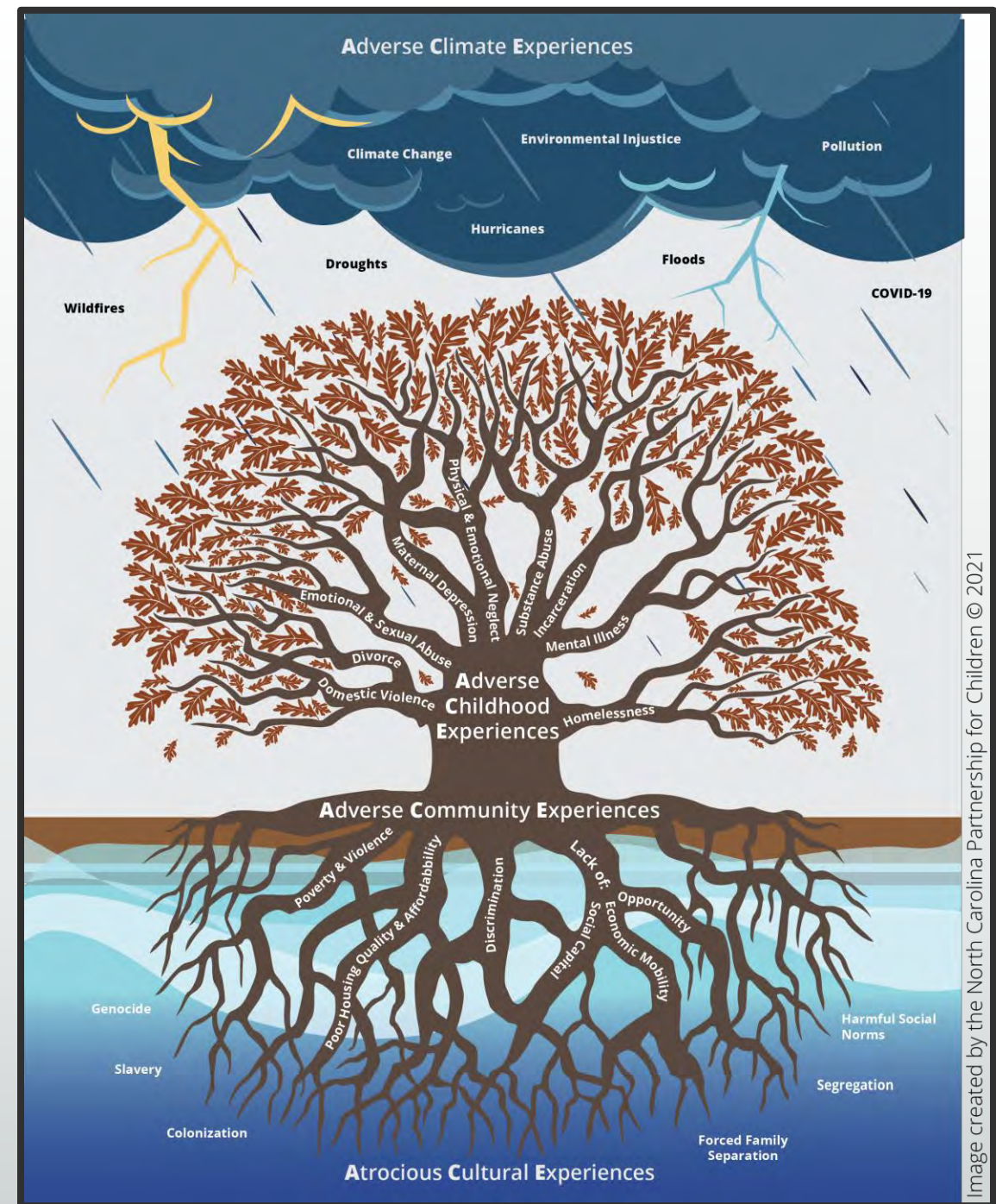


2-in-4

Two in four careforce report their
ACES score negatively affected their
current mental health

Four Realms of ACES

- ✓ Adverse Climate Experiences
- ✓ Adverse Childhood Experiences
- ✓ Adverse Community Experiences
- ✓ Adverse Cultural Experiences





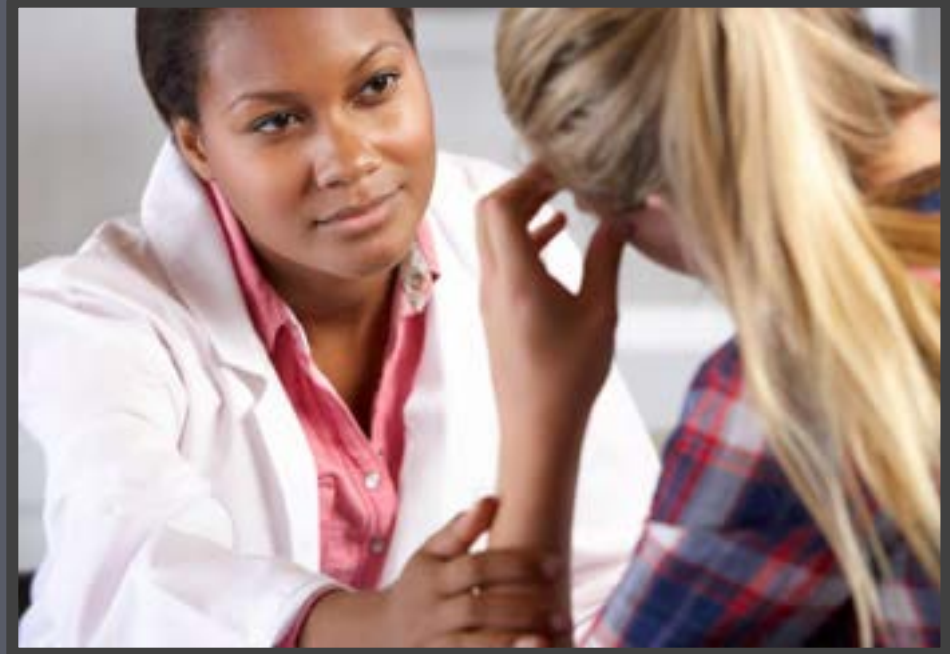
Write one word that describes how you think trauma shapes a person.

Trauma Informed Care Shifts the Narrative

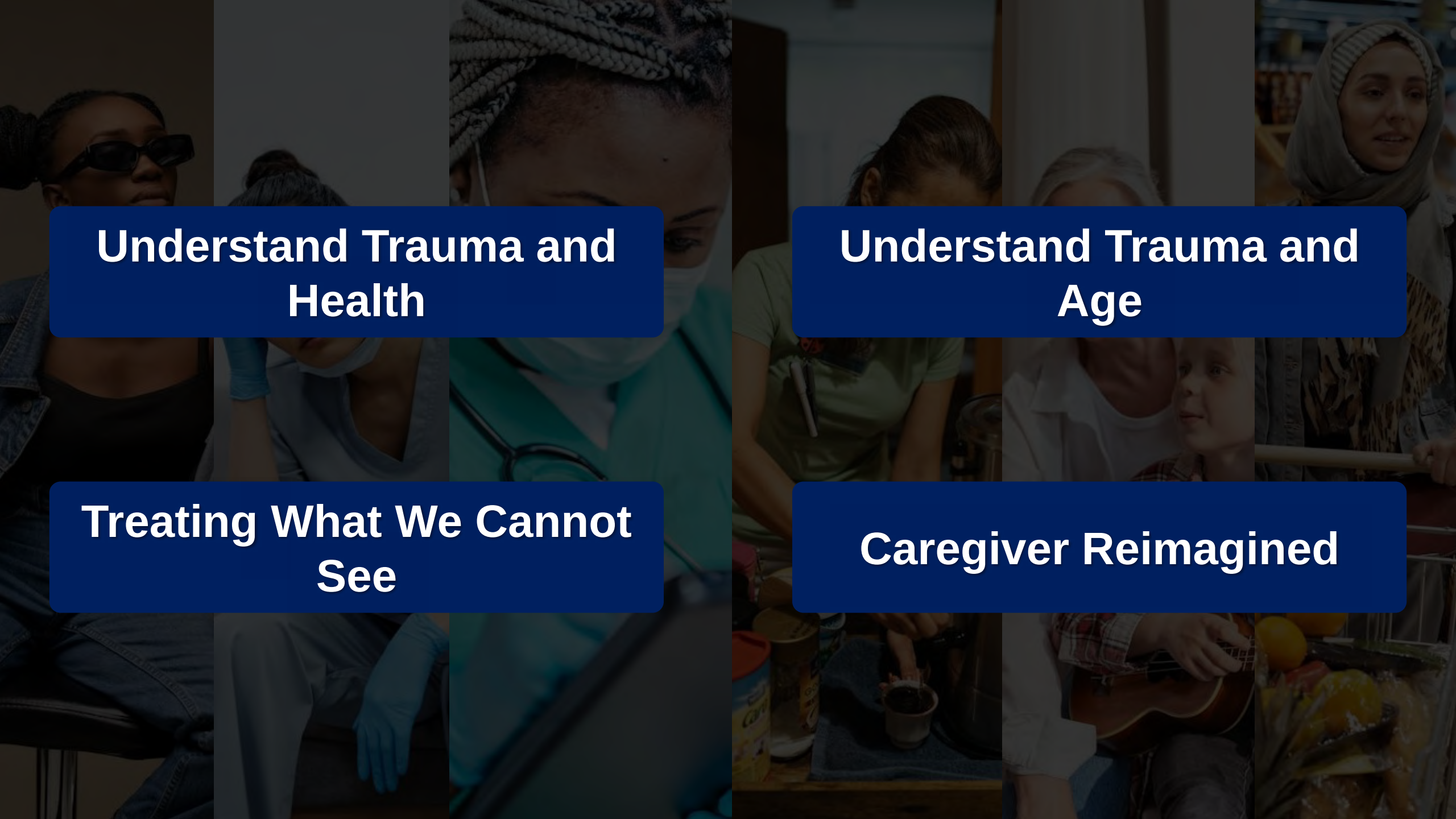
What is **WRONG** with you?



What **HAPPENED** to you?



Managing Caregiving & Trauma



Understand Trauma and Health

Understand Trauma and Age

Treating What We Cannot See

Caregiver Reimagined

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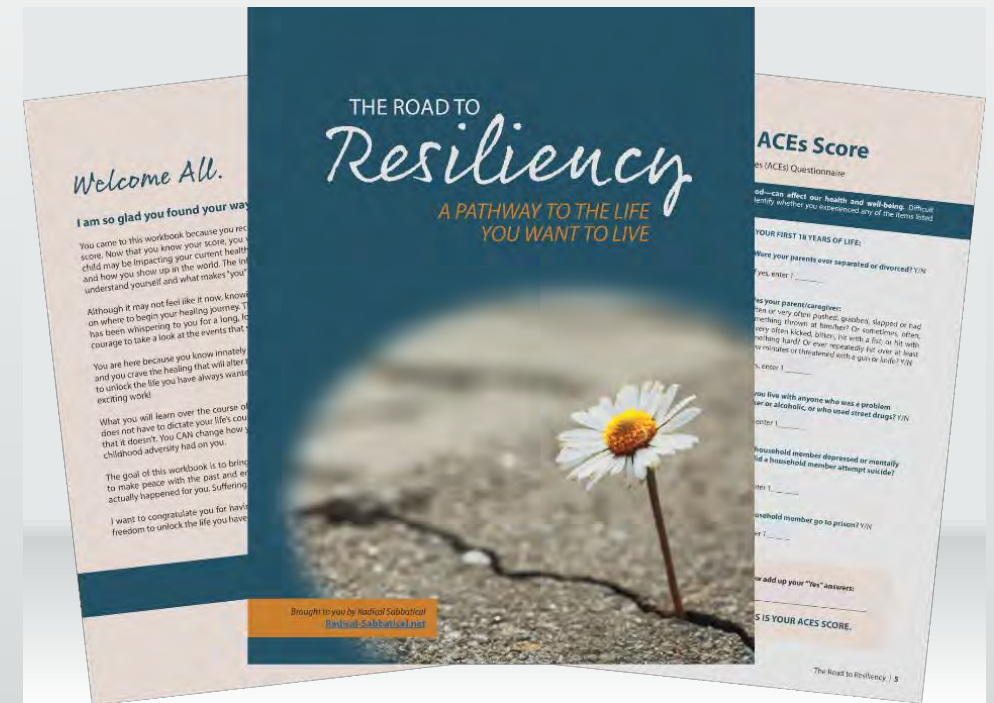
A trauma informed caregiver is someone who can tolerate someone else's distress and stay in that distress while holding space for it. A trauma informed caregiver knows when they need a break and when it feels safe to come back to caregiving.

Write one word that describes how this information will help you move through your life and work differently.

Radical Sabbatical

“Turning Adversity into Advocacy”

www.radicalsabbaticalcare.com



Trauma Healing Workbook