

Coping Facts for

OLDER ADULTS AFTER A TRAUMATIC INCIDENT

Each age group is vulnerable in unique ways to the stresses of a traumatic incident. Here are some of the common emotions and behaviors you or a loved one may experience after a disaster. The good news is that most of us will recover emotionally after a disaster in a matter of days or weeks. Older adults, because they have experienced and survived difficult times in their lives, are generally very resilient.

BEHAVIORAL SYMPTOMS

Forgetfulness
Loss of interest in activities
Withdrawal and isolation
Reluctance to leave home
Relocation adjustment problems
Embarrassment about receiving “handouts”

PHYSICAL SYMPTOMS

Headaches
Aches and pains
Changes in sleep patterns
Nightmares
Overeating or loss of appetite
Stomach or bowel problems
Worsening of chronic illness
Sleep disorders
Somatic symptoms
Physical or sensory limitations

EMOTIONAL SYMPTOMS

Sadness or Depression
Despair about losses
Apathy
Confusion - Disorientation
Suspicion
Agitation, Irritability
Anger
Fears of institutionalization
Anxiety with unfamiliar surroundings

After we have been through a traumatic experience, we may want to isolate ourselves, even from those to whom we are closest. Overcoming the tendency to isolate ourselves takes real strength and discipline, but it is important for healing and recovery.

▼ Managing The Isolation Barrier

It takes courage to reveal what you are thinking and feeling to someone else. Talking can be very comforting and healing. Talking about your fear, anxiety or irritability will help you recover.

- **ASK FOR HELP**—Research shows that people who ask for help come through the traumatic experience stronger and healthier than those who view seeking help as a weakness.
- **BE WITH PEOPLE**—Life does not return to normal overnight. You have survived a traumatic incident. That doesn’t mean your life is over or that you don’t deserve to be happy again. Do something good for yourself.

▼ **At-Risk Individuals**

Individuals may be at risk if they have experienced the following:

- series of losses
- loss of independent living due to traumatic incident
- history of trauma
- history of depression or other mental illness.

▼ **How to Help Your Friends or Relatives**

- If confusion is a problem, orient the older adult to the environment by frequent references to the date, time, and surroundings
- Frequently touch and call the older adult by name.
- Give additional attention and reassurance.
- Encourage contact with friends and relatives.
- Providing someone to stay with an older adult is often helpful.

▼ **When Problems Persist**

- Talk with a counselor or family therapist. With professional assistance, “adjustment reactions” can be dealt with relatively quickly and easily.
- If the person talks about suicide, stay with them and get professional mental health help immediately. If need be take them to an emergency room until they can get the proper mental health assistance.

Show-Me Hope Disaster Distress Helpline

<p>Call 1-800-985-5990</p>	<p>Text “TalkWithUs” to 66768</p>
<p style="color: #f1c40f;">Counselors available 24/7</p>	

 <p>MoShowMeHope.org</p>	<p>Follow Us:</p> <p>Missouri Show Me Hope Crisis Counseling Program</p>  
---	---

Direct Contacts for Eastern Missouri

	Hopewell Center	Places for People	BJC Behavioral Health
Agency	North City/County	South City/County	Mid-City/County
Geographic Area	Seniors	Unhoused	Children/Youth & their Caregivers
Population Emphasis	314-629-0220 (Angie)	314-409-2282 (Leon)	314-295-4878 (Angie)
Cell Phone	ablumenthal@hopewellcenter.com	lfarrar@placesforpeople.org	angela.liefer@bjc.org
Email			

For more information, contact the Missouri Department of Mental Health Office of Disaster Services 1706 East Elm P.O. Box 687 Jefferson City, MO 65102 573-751-4122 www.dmh.mo.gov

