

## Surviving Trauma – A Guide for Older Adults

Today's older adults are sturdy and reliable. They have proven time and again their ability to survive everything from the Great Depression to world wars and the threat of nuclear holocaust. They are proud, tough and resilient.

When experiencing trauma, however, older adults may suddenly feel terrified...alone...and overwhelmingly vulnerable. The feelings of helplessness are frightening.

Coping with personal trauma is a process that each person moves through differently. Remember that:

- Physical reactions to a disaster are normal.
- Acknowledging our feelings helps us recover.
- Asking for what we need can help heal us.
- Focusing on our strengths and abilities will help.
- Accepting help from community programs is healthy.
- We each heal at our own pace.
- We each have different needs and different ways to cope.
- These experiences are normal under.

It is important for older adults recovering from trauma to:

- Talk about their feelings
- Share their experiences with others.
- Become involved in the helping others.
- Ask for any type of help needed.
- Take care of themselves physically.
- Be around others.
- Engage in activities that are enjoyed.
- Speak to loves ones often.
- Return to normal routines at one's own pace.