



Trauma

What is trauma?



Trauma is something that happens to some people after something **very upsetting** has happened

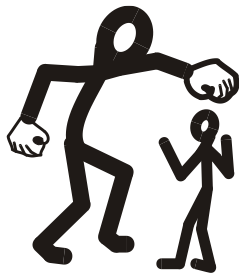


Trauma can be caused by **people hurting** you physically.

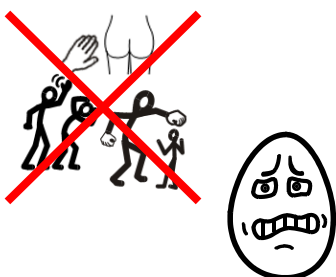
Such as someone **hitting** you.



Trauma can be caused by **sexual abuse**.



It can be caused by people **being cruel or mean** to you.



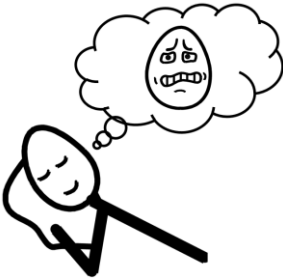
When the trauma **events stop** sometimes you **still feel upset**, even much later.

This is called **trauma**

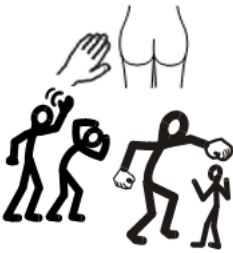
Signs of trauma



You might **remember things** that upset you.



You might have **dreams** which make you feel sad or scared.

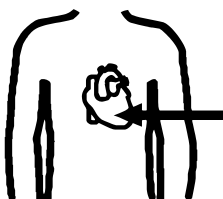


You might feel like bad things are **still happening**

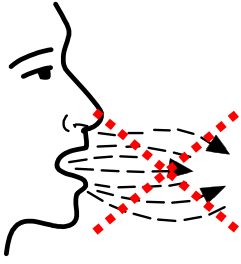


Your **body** may have some physical signs of stress.

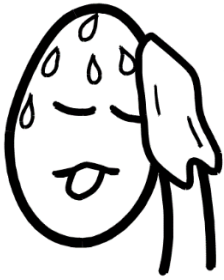
These might be:



- **heart beating fast,**



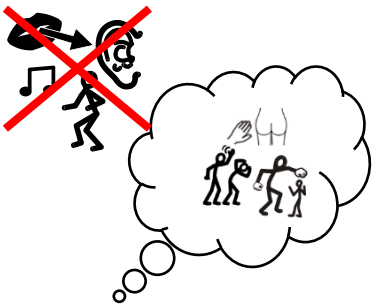
- **difficulties breathing,**



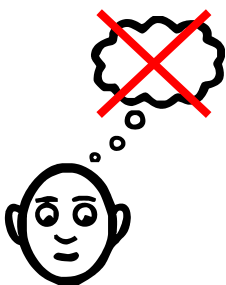
- **feeling sweaty.**



You might **not want to go to places** which remind you of the bad things which have happened.

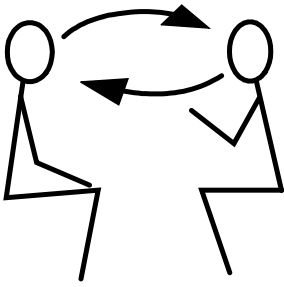


You might **not want to do some activities** because they remind you of difficult times.



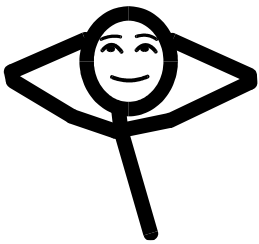
You might find it **difficult to remember** important parts of a stressful event

Help for trauma?

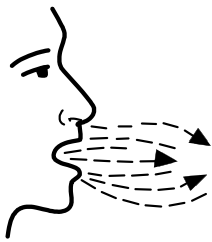


Talking to people about the bad things which have happened **can help**.

Some people find it helpful to talk to a **psychotherapist**, a **counsellor** or a **psychologist** – **staff with special skills**.

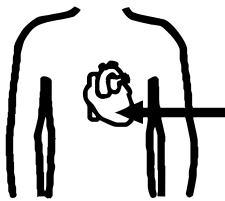


Doing things which you find **relaxing** can help.

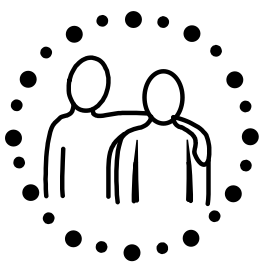


Try taking **slow deep breaths**.

Breathe in slowly and then breathe out slowly.

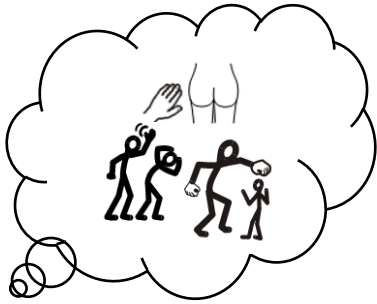


Slow breathing will make your **heart beat slower**.



It can help you to **feel safe** if you feel scared.

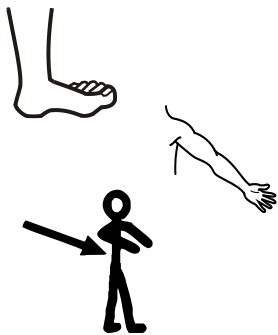
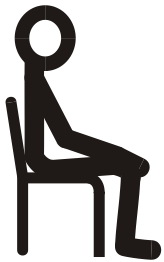
Flash backs



When it feels like the bad things are still happening this is called a **flashback**.

It can help to do these things:

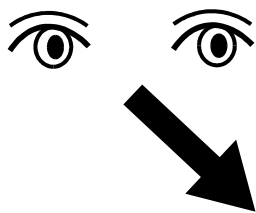
Things to do to help with Flash backs



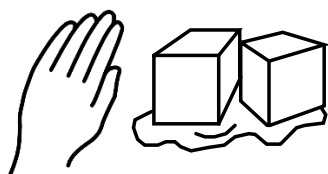
1. **Sitting in your chair**

- Push your **feet into the floor**.
- Feel your **arms** resting on the chair,
- Feel your **back** against the chair.
- This helps to remind you of **where you are**.

Therapists call this grounding.

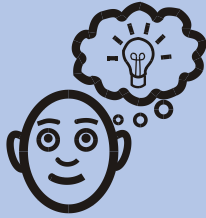


2. **Name 5 things** you can see around you.



3. **Touch cold objects.**

Some people find it can help to touch an icepack or cool pack too help you focus on what is happening now

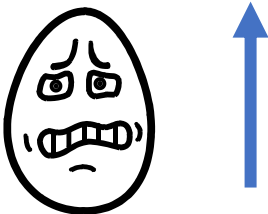


Top tips for staff



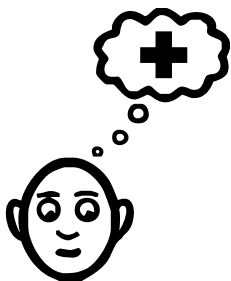
Staff working with you need to know about how to help.

Here are some ideas:



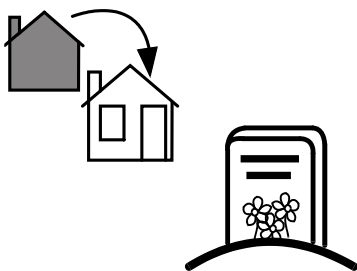
1. Learning Disabilities

- Staff need to know about trauma and people with Learning Disabilities
- People with learning disabilities can be more effected by things which can cause trauma than other people.



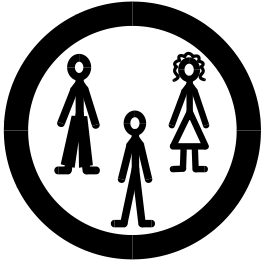
2. Mental Health

- Staff need to know how trauma can affect people with a Learning Disability
- Staff need to know that trauma can cause problems with mental health



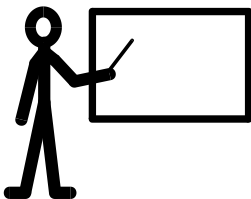
3. Life changes

- Staff need to know that changes in a person's life can cause trauma. This might be things such as moving to a new house or someone dying.
- Trauma can happen at any age.



4. Families

- Staff need to work with families of people with Learning Disabilities
- Families might need help to feel close to their son or daughter.
- This is because looking after people with a learning disability can make families feel very tired.
- Families need help to look after their son or daughter.
- Families might need help with money.
- Families might need help to make changes to their house so their son or daughter can live there.



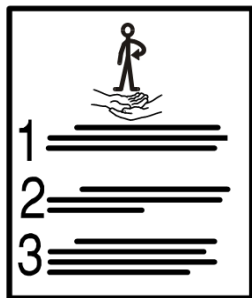
5. Training

- Support staff must do some training and learn about trauma.
- The training will mean that staff know how to help people with learning disabilities
- Training will help staff know how to help people with their feelings and emotions
- Training will help staff support people with work through what has happened to them
- The training will mean staff can help people with learning disabilities deal with their trauma



6. Doing a good job

- Staff need to know that they are doing a good job.
- Staff need time to think about how they have helped someone with trauma
- Support staff need to know that they are helping to keep the person with learning disabilities to feel safe.



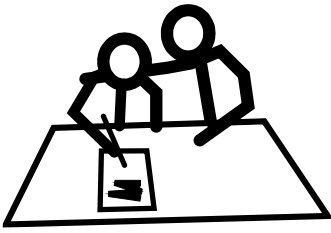
7. Planning

- Staff working with people with learning disabilities must get to know the person they are working with.
- Staff need to listen to what has happened to the person.
- The staff need to write a plan about how to keep the person safe.
- The plan needs to say how the person with learning disabilities makes choices.
- The plan needs to say how to work with the person with learning disabilities



8. Extra support

- Staff need to remember that trauma might mean that people with learning disabilities need extra support.
- Staff should always try to help the person with their behaviour before they try to give the person medication.



9. Different types of help

- People with learning disabilities who have had trauma should be able to have help.
- The right help can be different types of therapy.



10. Relationships

- People with learning disabilities who have had trauma should be able to get the right help with their relationships.

Trauma

What is trauma?

Trauma happens after an event which is very upsetting. Trauma can be caused by people hurting you physically. For example someone might have hit you.

Trauma can be caused by sexual abuse.

It can be caused by people being cruel or mean to you. When the events stop sometimes you still feel upset, even much later. This is called trauma

Signs of trauma

You might remember upsetting times a lot.

You might have dreams which make you feel sad or scared.

You might feel like bad things are still happening

You may have some physical signs of stress such as your heart beating fast, trouble breathing, feeling sweaty.

You might not want to go to places which remind you of the bad things which have happened.

You might not want to do some activities because they remind you of difficult times.

You might have trouble remembering important parts of a stressful event

Help for trauma

Talking to people about the bad things which have happened can help. Some people find it helpful to talk to a psychotherapist, a counsellor or a psychologist.

Doing things which you find relaxing can help. It can help to slow your breathing, this will make your heart beat slower. It can help you to feel safe if you feel scared. Try breathing in slowly and then breathing out really slowly.

Help with flashbacks

When it feels like the bad things are still happening this is called a flashback. It can help to do these things:

1. Sit in your chair and push your feet into the floor. Feel your arms resting on the chair, Feel your back against the chair. This helps to remind you of where you are. Therapists call this grounding.
2. Name 5 things you can see around you.
3. Touch cold objects. Sometimes it can help to touch an icepack or cool pack.

Top 10 tips for staff.

Staff working with you need to know about how to help. Here are some ideas

1. Staff working with people with learning disabilities need to know about trauma. Staff need to know that trauma can cause problems with mental health
2. People with learning disabilities can be more effected by things which can cause trauma than other people.
3. Life changes such as moving house or losing a relative can cause trauma. Trauma can happen at any age.
4. Families might need help to feel close to their son or daughter. This is because looking after people with a learning disability can make families feel very tired. Families need help to look after their son or daughter. They might need help with money. Families might need help to make changes to their house so their son or daughter can live there.
5. Support staff must do some training and learn about trauma. The training will mean that staff know how to help people with learning disabilities with their upsetting experiences. This will help stop people with learning disabilities having trauma. The training will mean staff can help people with learning disabilities who already have trauma.
6. Staff need time to think about how they have helped someone with trauma. Staff need to know that they are doing a good job. Support staff need to know that they are helping to keep the person with learning disabilities to feel safe.
7. Staff working with people with learning disabilities must get to know the person they are working with. Staff need to listen to what has happened to the person. The support staff need to write a plan about how to keep the person safe. The plan needs to say how the person

with learning disabilities makes choices. The plan needs to say how to work with the person with learning disabilities

8. Staff need to remember that trauma might mean that people with learning disabilities need extra support. Staff should always try to help the person with their behaviour before they try to give the person medication.
9. People with learning disabilities who have had trauma should be able to have help. The right help can be different types of therapy.
10. People with learning disabilities who have had trauma should be able to get the right help with their relationships.