Trauma-Informed Care for Individuals with IDD

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Objectives

- Discuss how traumatic experiences affect people with intellectual and developmental disabilities (IDD).
- Define the impact of trauma on the autonomic nervous system.
- Describe the sequence of engagement for someone in a stress response.

Self-Care Alert

Step out and take a break.
Talk to someone you trust.
Do something relaxing.



Trauma and IDD: Scope of the Problem

People with IDD are:

- At risk for experiencing trauma.
- Experience high rates of out-of-home placements.

Providers often feel insufficiently equipped to support people with IDD and trauma histories.

Treatments for people with IDD often focus on behavioral compliance.

- Co-occurring conditions make assessment and appropriate treatment identification more complex.

Traumatic stress can lead to changes in learning, behavior and physiology. This may place people at risk for further trauma.

IDD and Trauma in Early Childhood

- A young child with IDD who has a traumatic experience may have more difficulty calming down after being scared and may even become aggressive. It may be harder to reassure them.



IDD and Trauma in Middle Childhood

- A school-aged child with IDD who has a traumatic experience may have reduced receptive and expressive language skills that make it difficult to communicate about ongoing intrusive thoughts and images.





IDD and Trauma in Late Childhood and Young Adulthood

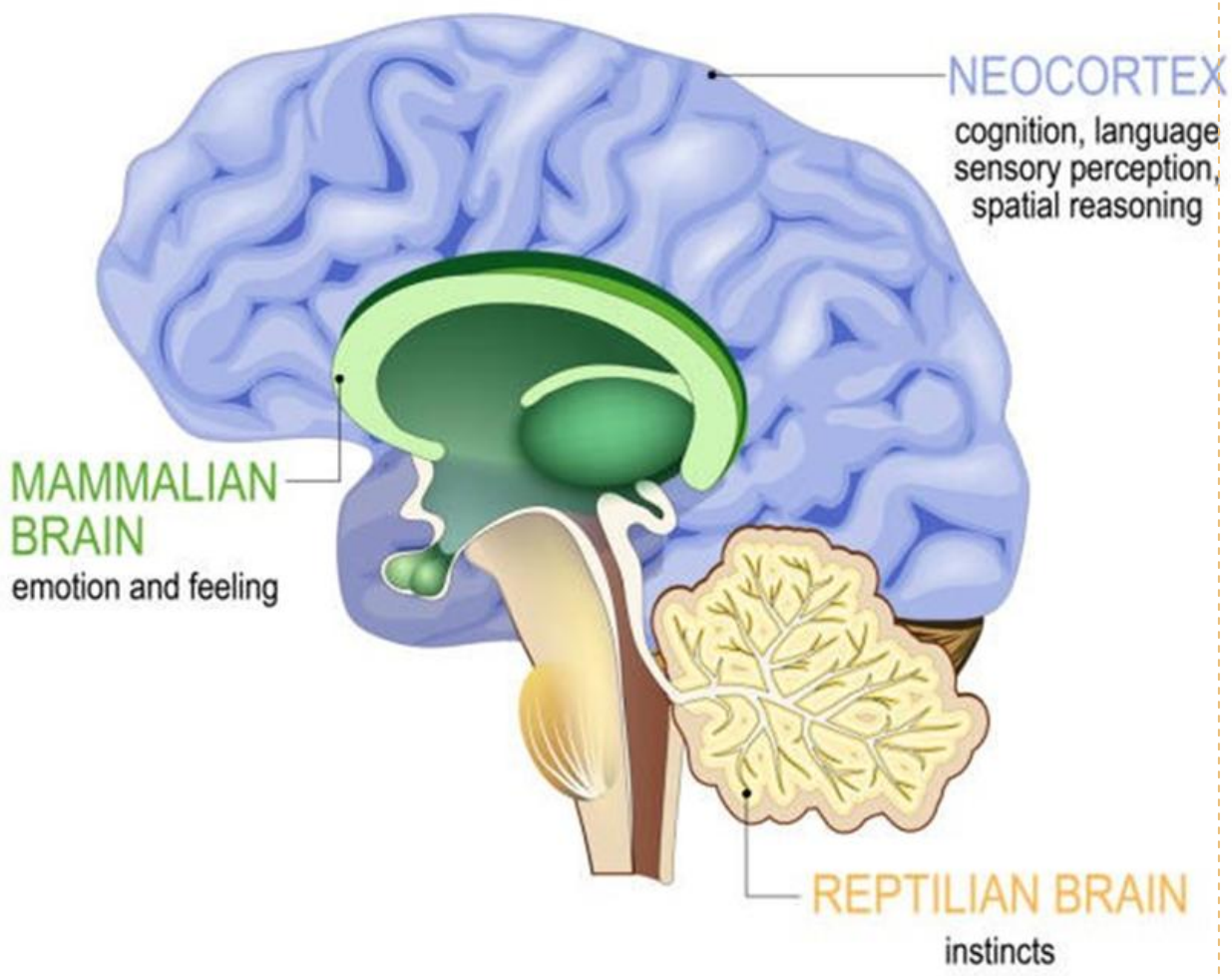
- An adolescent with IDD who has a traumatic experience during late childhood or young adulthood may experience decreased motivation for learning.

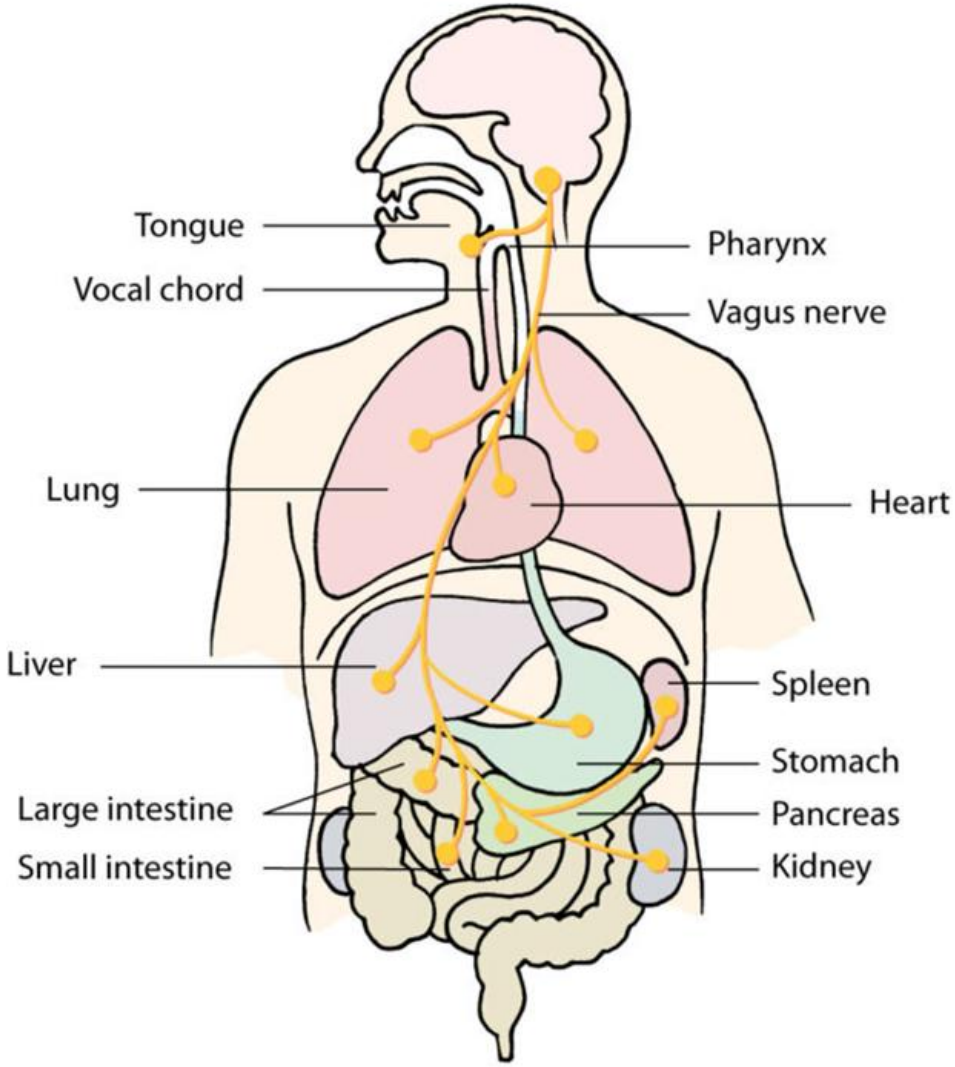
Older **People** with Cognitive Decline or Impairments

Severe and prolonged trauma or history of post-traumatic stress disorder may place an elderly person at increased risk of cognitive decline and onset of dementia.



Brain Development




Tongue
Vocal chord
Lung
Liver
Large intestine
Small intestine
Pharynx
Vagus nerve
Heart
Spleen
Stomach
Pancreas
Kidney

Vagus Nerve

Trauma Impact

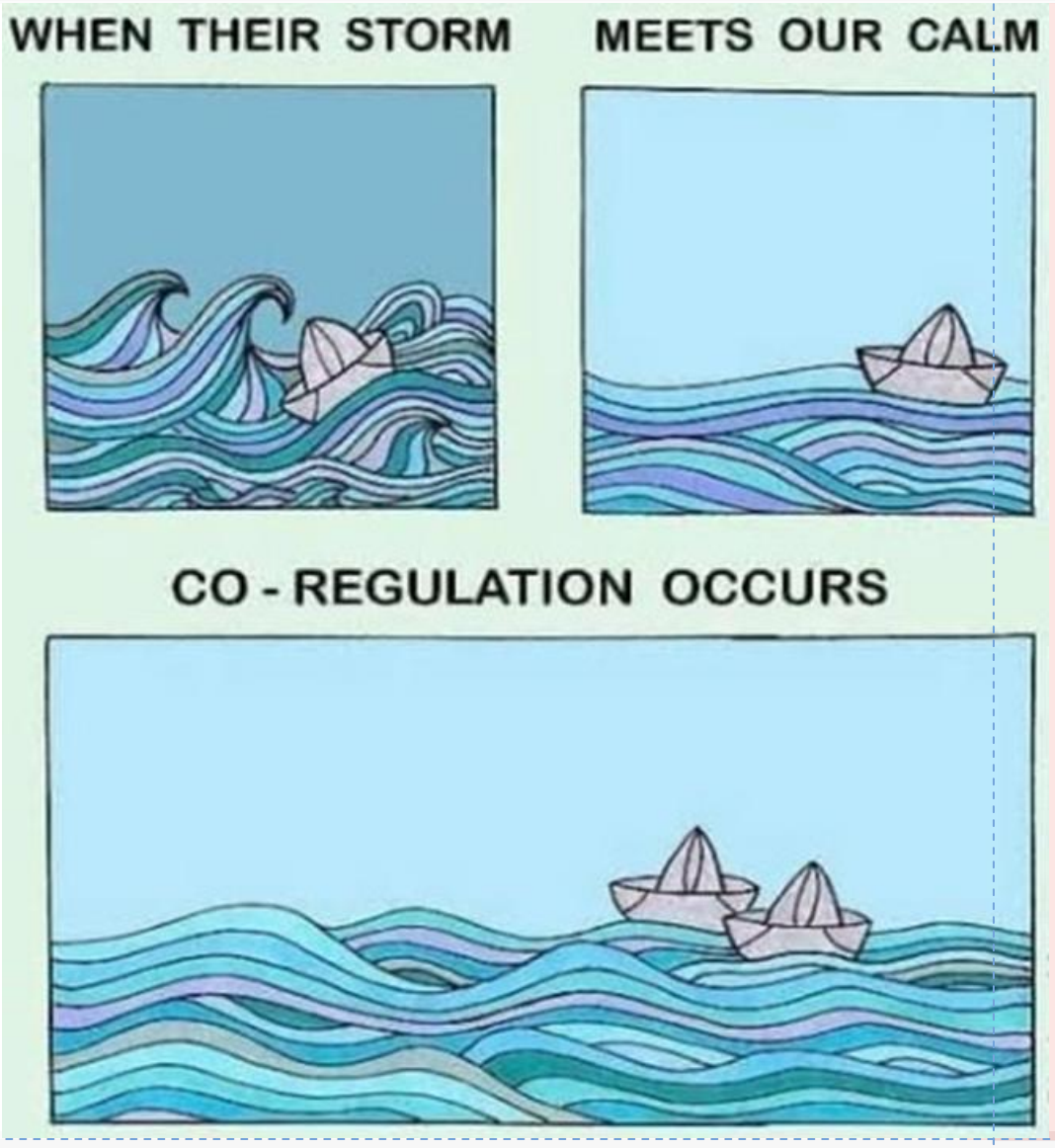
- Shock trauma
- Chronic stress
- Complex trauma
- Adverse environments
- Neglect



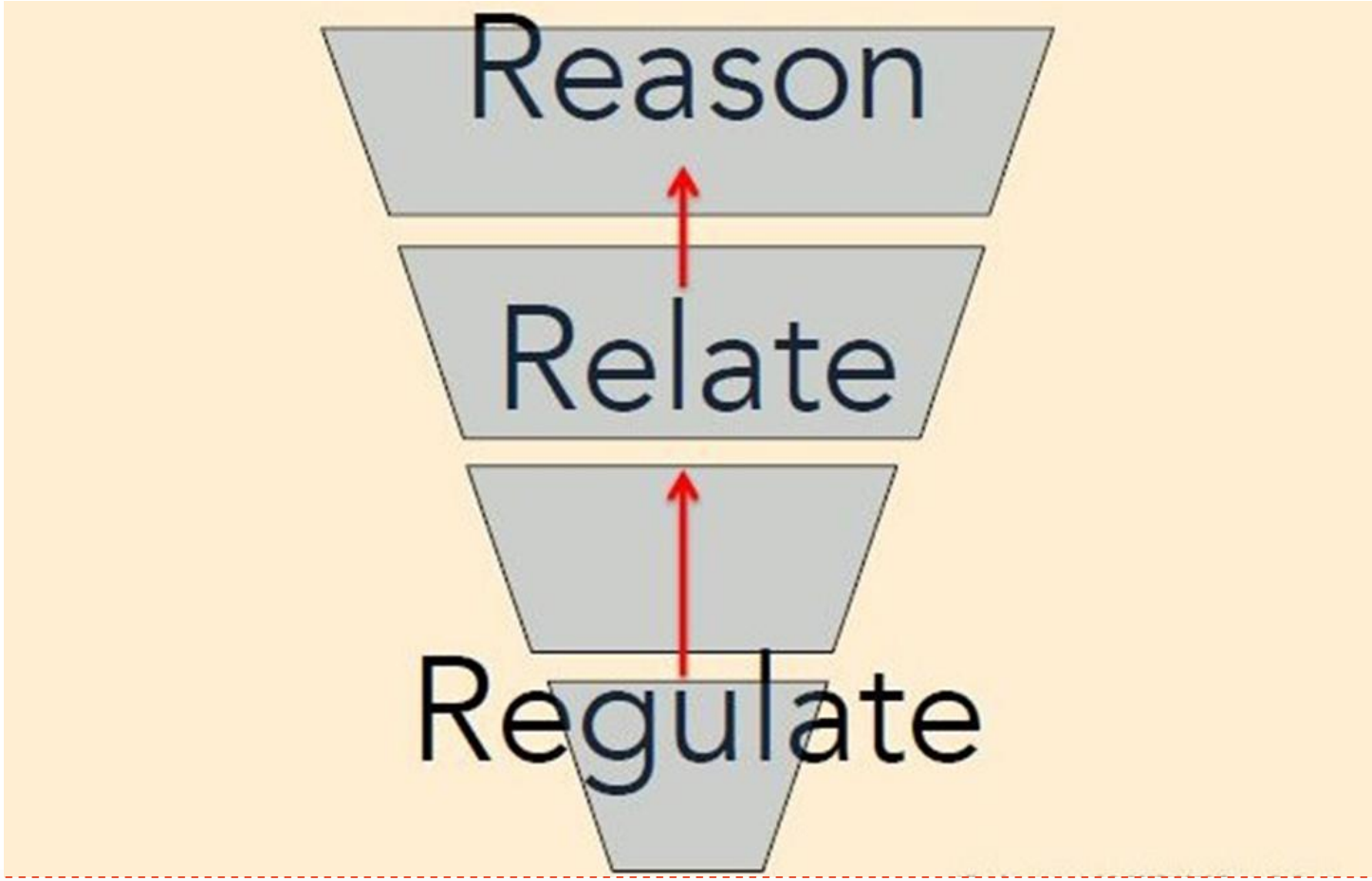
Trauma Responses

- Fight
  - Anger outburst
  - Controlling
  - “The bully”
  - Narcissistic
  - Explosive behavior
- Flight
  - Workaholic
  - Overthinker
  - Anxiety, panic, obsessive-compulsive disorder
  - Difficulty sitting still
  - Perfectionist
- Freeze
  - Difficulty making decisions
  - Stuck
  - Dissociation
  - Isolating
  - Numb
- Fawn
  - People pleaser
  - Lack of identity
  - No boundaries
  - Overwhelmed
  - Codependent

Co-Regulation



Sequence of Engagement



Thank You

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