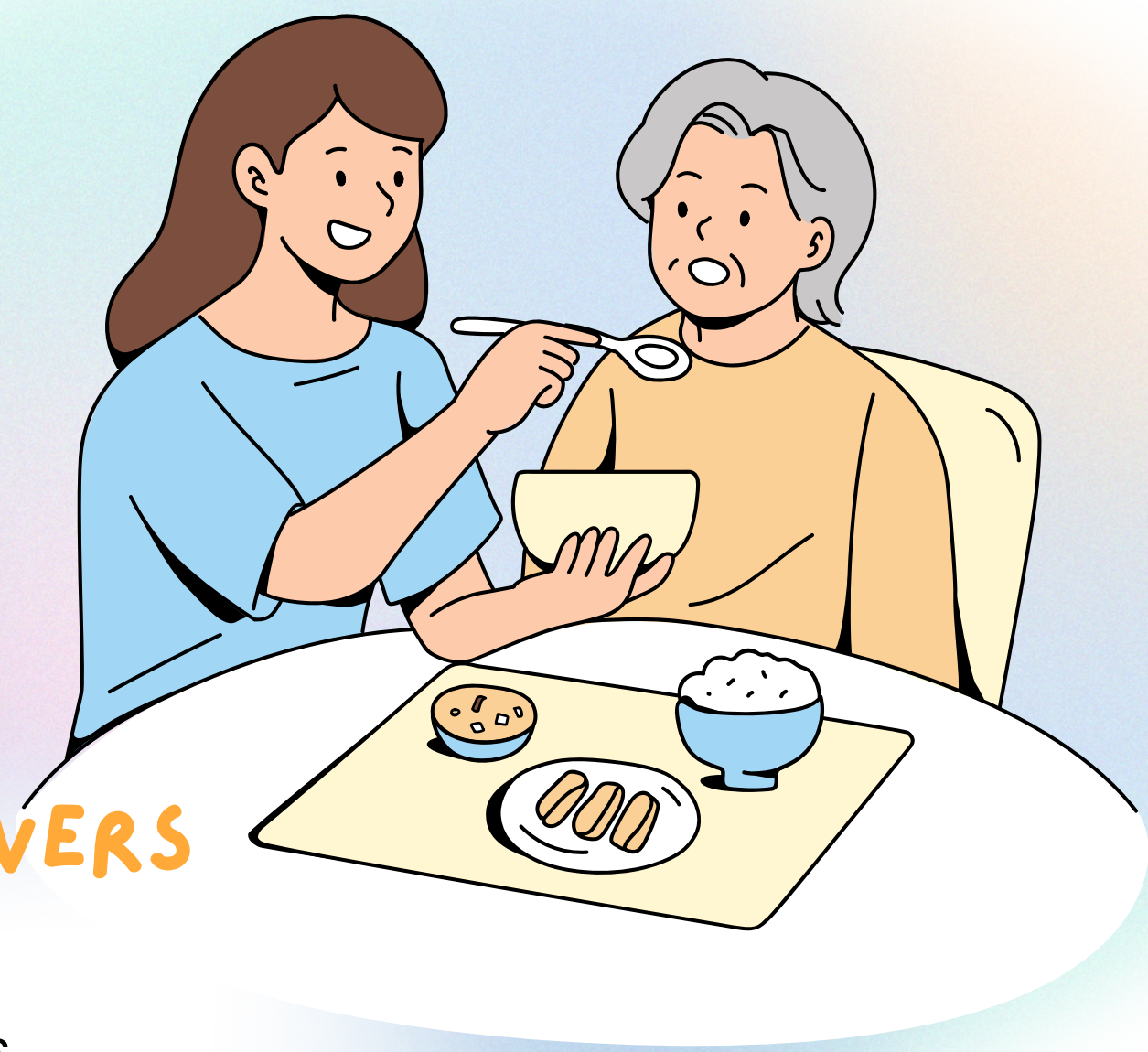


THE "UNSPOKEN" TRAUMA



POST-TRAUMA SUPPORT FOR CAREGIVERS

An initiative by: Central Region (Singapore) Trauma Services,
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A. INTRODUCTION

Caring for a trauma patient, whether as a family member or main caregiver, can be emotionally challenging and overwhelming. Taking care of your own well-being is essential in order to provide the best care for your loved one.

B. 4 TIPS TO HELP YOU ALONG YOUR JOURNEY

#1 PREPARE

As a family member or caregiver, familiarize yourself with some knowledge about post-traumatic stress, such as the symptoms, effects of traumatic event on a person physically and psychologically, treatment options, and available resources in the community.

You may also ask the doctor about how your loved ones are doing, their condition and what you can do to support them.



#2 LOOK

Observe and notice symptoms of post trauma stress in your loved ones and if the symptoms are affecting their day-to-day functioning. Help them re-build their sense of safety and confidence.

For example, you may-

- Create a routine that can help restore sense of predictability and stability.
- Create opportunities to do things that they can do independently instead of doing it for them.
- Encourage them to engage in their hobbies or other pleasant activities.
- Ask your loved ones what they need you to do when they are triggered.
- Propose to try some strategies, such as shifting focus to their surroundings and take slow deep breaths to ground themselves and help them feel safe again when they experience flashbacks.



#3 LISTEN



For some people, talking about the trauma can be difficult and induces more distress, while for some they may talk about it repeatedly. Allow them space and time to share or not to share. Listen attentively with compassion, empathy and understanding.

Acknowledge and validate their feelings. When they are not ready to share, give assurance that you are there when they are ready to talk.

#4 LINK

Find out about resources in the community to support your loved ones and yourself, such as support group or professional help. Encourage them to seek help when needed and support them.

You may also accompany them going to the doctor or provide contact numbers of the support group or mental health professionals and doctors.

