

Working with aged care clients who experienced childhood trauma in 'care'



National trauma training course

Developed for the aged and health care sectors, by Helping Hand's Real Care the Second Time Around Project in collaboration with Relationships Australia South Australia.

The e-learning course is an introduction to understanding the impacts of childhood trauma for people now entering aged care. It focuses on the experiences of Forgotten Australians, Stolen Generations, Former Child Migrants and people affected by forced adoption.

In this self-paced online trauma training course, you will learn about:

- the experiences of people from trauma backgrounds
- what complex childhood trauma is
- why it is relevant for aged care
- how trauma affects the brain
- how to provide safe, respectful care to trauma survivors



Scan the QR code to learn more about the free national trauma training course and to enrol, or visit www.helpinghand.org.au/trauma-training



Hear from some who have completed the course

"I feel better informed about potential trauma-associated behaviours and I feel more confident in my knowledge to support this client group."

"As an aged care provider within an ageing population, we are likely to see many more Forgotten Australians/Care Leavers over the coming decade. I am very grateful to have heard the lived experience stories in this training."

For further information, please contact:

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Content Warning: this e-learning course focuses on people who experienced harsh treatment including sexual abuse whilst in 'care', which some people may find distressing. Please speak to your manager or a counsellor if you are affected by the topics discussed.

