

**National Coalition on Mental Health and Aging
and
National Council on Aging**

Present

**PTSD and Aging: Perspectives from the Veterans
Health Administration**

November 18, 2020





Tips for using Zoom

- You have joined the webinar in **listen-only mode**.
- The audio portion of this call will be **heard through your computer speakers**.
- Please make sure your speakers are on and the **volume is turned up!**
- Click the microphone at the bottom of your screen for instructions **if you prefer to join by phone**.
- Type all questions into the **Q&A box** at the bottom of your screen.
- The **slides and recording** of this webinar will be shared by email within a few days.



Mission:

To provide opportunities for professional, consumer and government organizations to work together towards **improving the availability and quality of mental health preventive and treatment strategies** to older Americans and their families through education, research and increased public awareness.

Visit: www.ncmha.org





History, Membership and Activities:

- Formed in 1991 by a group of organizations from the aging and mental health fields
- Comprised of 100 national and state associations, state coalitions, and governmental agencies, e.g., SAMHSA and ACL.
- Co-sponsor events to highlight challenges of mental health and aging
- Identify new approaches to addressing problems.



NCOA: Who We Are

We believe every person deserves to age well

OUR VISION

A just and caring society in which each of us, as we age, lives with dignity, purpose, and security

OUR MISSION

Improve the lives of millions of older adults, especially those who are struggling

OUR STRATEGY



**Talk About
and Measure
Aging Well**



**Innovate and
Curate Proven
Solutions**



**Scale Through
Policy, Partners, and
Social Enterprise**



NCOA's Center for Healthy Aging

- **Goal:** Increase the quality and years of healthy life for older adults and adults with disabilities
- **Two national resource centers funded by the Administration for Community Living**
 - Chronic Disease Self-Management Education (CDSME)
 - Falls Prevention
- **Other key areas:** Behavioral health, physical activity, immunizations, oral health



Webinar Series Roll Out – 2020-2021

- **December 16 – *Pathways to Homelessness among Older Adults with Mental Illness***
- **January 13, 2021 – *Implementing Local Coalitions***
- **February 17 – *New Approaches to Addressing Substance Use and Misuse in Older Adults***
- **March 17 – *Approaches and Treatments for Sleep Disorders in Dementia***
- **April 21 – *Wrap-Up Webinar on Potential Funding Sources for Services and Programs for Older Adults with Mental Health Conditions Recommended in the Webinar Series***



VA



U.S. Department
of Veterans Affairs



National Center for

PTSD

POSTTRAUMATIC STRESS DISORDER

PTSD and Aging: Perspectives from the Veterans Health Administration

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National Mental Health Director, Geriatric Mental Health
Office of Mental Health and Suicide Prevention

November 18, 2020



OBJECTIVES

1. Participants will be able to identify at least 3 symptoms of Posttraumatic Stress Disorder (PTSD)
2. Participants will be able to describe late life considerations for assessing and treating PTSD
3. Participants will be able to identify at least 3 National Center for PTSD resources and educational products



NATIONAL CENTER FOR PTSD (NCPTSD) MISSION

The mission of the National Center for PTSD is to advance the clinical care and social welfare of America's Veterans and others who have experienced trauma, or who suffer from PTSD, through research, education, and training in the science, diagnosis, and treatment of PTSD and stress-related disorders.

www.ptsd.va.gov



AboutFace VIDEO



www.ptsd.va.gov/aboutface

Direct link to the video:

https://www.youtube.com/watch?time_continue=8&v=AZS6qWmdOC4&feature=emb_logo



What is PTSD?

PTSD 101: PTSD Overview and Treatment

www.ptsd.va.gov/professional/continuing_ed/ptsd_overview_tx.asp



TRAUMA in DSM-5

The person was exposed to actual or threatened death, serious injury, or sexual violence:

- Direct personal experience
- Witnessed
- Learned about it happening to close family or friend (violent or accidental)
- Repeated or extreme exposure at work (e.g., first responders, medics)



WHAT IS TRAUMATIC STRESS?

Daily hassles

Can include:

- Car breaking down
- Paying bills

Major life events

Can include:

- Losing a job
- Divorce
- Buying a new home
- Getting married

Serious traumatic events

Can include:

- War zone exposure
- Physical or sexual assault
- Serious accidents
- Child sexual or physical abuse
- Natural disasters
- Torture



PTSD SYMPTOM CLUSTERS



1. Intrusions/re-experiencing

✓ 1 of 5 symptoms required

2. Avoidance

✓ 1 of 2 symptoms required

3. Neg. alterations in cognitions and mood

✓ 2 of 7 symptoms required

4. Alterations in arousal and reactivity

✓ 2 of 6 symptoms required



PTSD SYMPTOM CLUSTERS

- **Intrusion** (or re-experiencing, “flashbacks”)
 - Recurrent distressing dreams or memories of the event; acting/feeling as if the event is happening again

- **Avoidance**
 - Avoiding memories, thoughts, feelings, people, places or activities that are reminders of the event



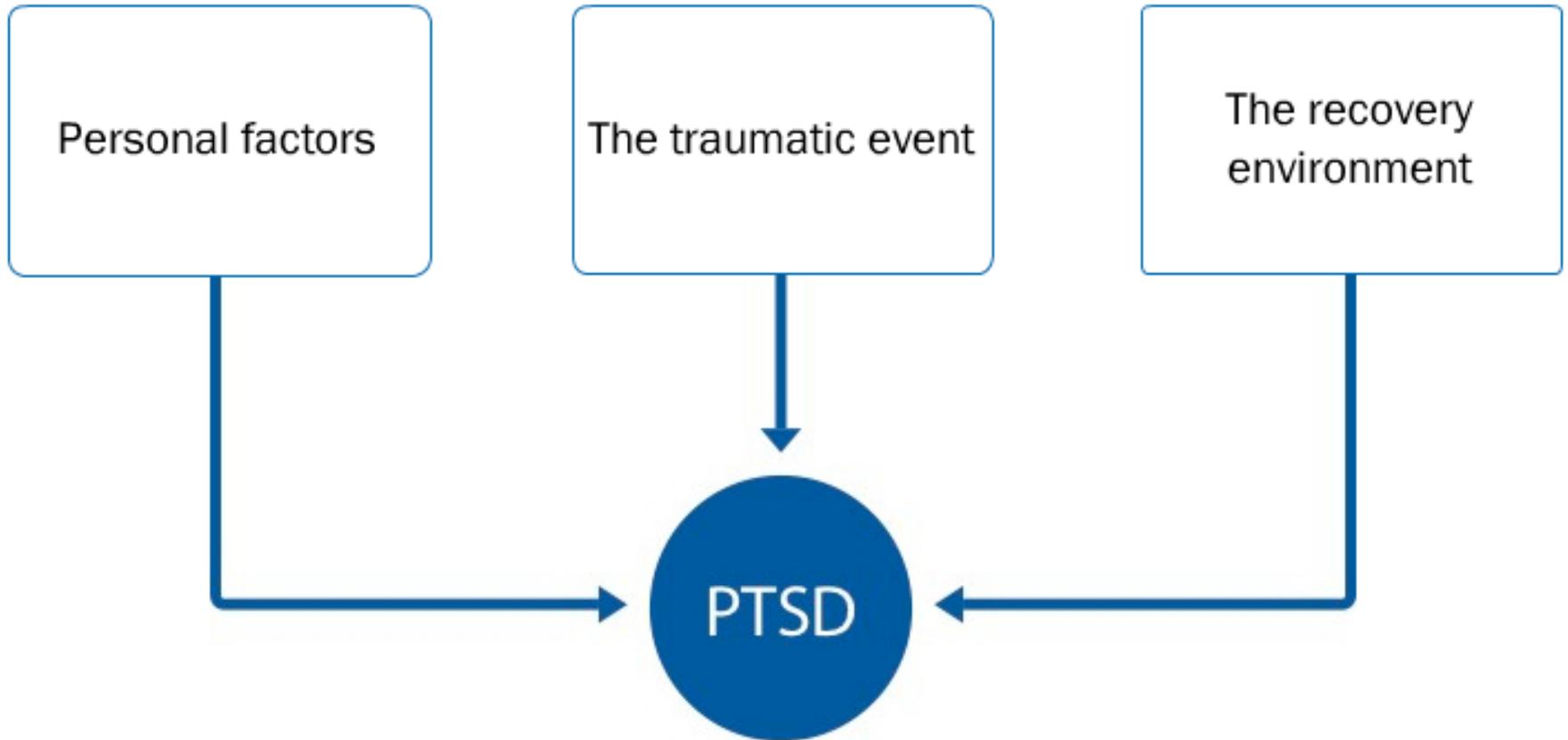
PTSD SYMPTOM CLUSTERS

- **Negative alterations in cognitions and mood**
 - Diminished interest in activities, feeling detached, inability to feel positive emotions, negative emotions, distorted blame of self or others

- **Alterations in arousal and reactivity**
 - Irritable behavior, outbursts of anger, reckless or self-destructive behavior, problems concentrating, hypervigilance, exaggerated startle, sleep disturbance



WHY DO SOME PEOPLE GET PTSD WHILE OTHERS DO NOT?





HISTORY OF PTSD

- Post-Traumatic Stress has been recognized for over 100 years under different labels
 - PTSD was not an official diagnosis until 1980
- Trauma and PTSD may be “hidden variables” in the lives of older adults:
 - Retrospective accounts may be biased by deficits in recall and avoidance
 - Selective bias: Increased mortality in those with PTSD

(Kaiser, Cook, Glick, & Moye, 2019)

Slide courtesy of Dr. Joan Cook



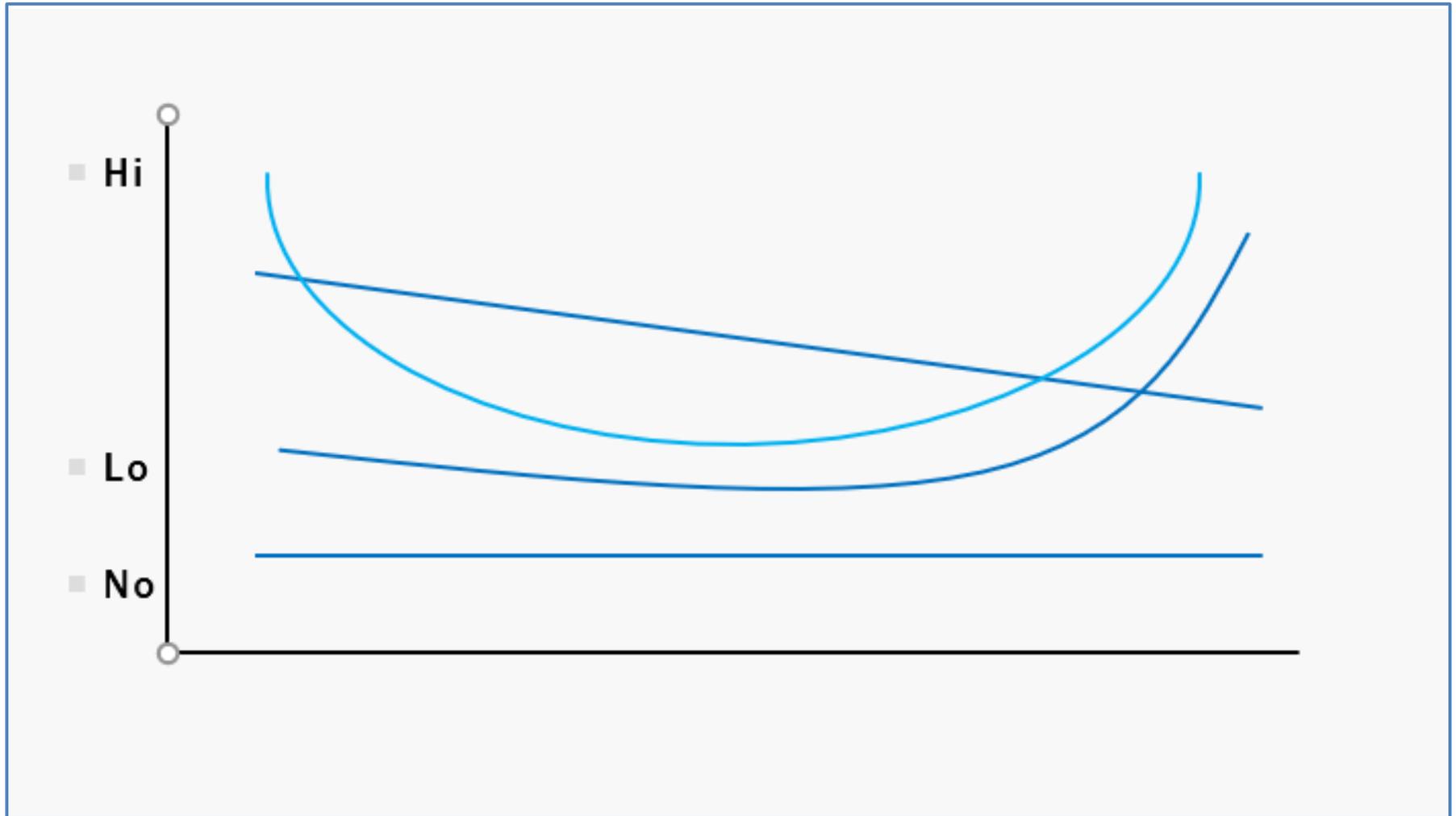
PREVALANCE OF PTSD IN OLDER ADULTS

- Lifetime PTSD prevalence in US older adults is somewhat less common than in younger adults
 - Full PTSD from 2.5-6.5%
 - Partial PTSD 5.5%
 - Partial PTSD in clinical or treatment seeking samples 11-18%

Kessler et al., 2005; Pietrzak et al., 2012, Goldstein et al., 2016; Durai et al., 2011; Bramsen & van der Ploeg, 1999



LIFESPAN COURSE OF PTSD SYMPTOMS VARIES



Slide adapted from Moye, Cook, & Pless-Keiser 2018



AGING AND PTSD

- People may (re)engage with trauma memories in an effort to find meaning and build coherence
- Normative life review processes can lead to meaning-making, self-acceptance, posttraumatic growth, and wisdom
- This process may be facilitated by coping with late life challenges, social engagement with peers, and psychoeducation or therapy

Davison et al., 2016



AGING AND PTSD

- These same processes can also lead to (re-)emergence of PTSD symptoms in late life
- Distress from memories that may have been avoided for years (e.g. through work or family obligations)
- Aging-related changes may trigger feelings related to earlier trauma and/or decreased opportunity for avoidance:
 - Pain, illness, impairment
 - Bereavement
 - Retirement
 - Changes in social and familial roles
 - Loss of control
 - More time for reflection
 - Cognitive changes



- PTSD associated with poorer physical health (Pacella et al., 2013; Ryder et al., 2018)
 - Self-reported somatic symptoms
 - Chronic medical conditions
 - Cardiovascular disease
 - Gastrointestinal health
 - Pain
- Possible mechanisms (Schnurr & Green, 2004; Ryder et al., 2018)
 - Biological (e.g., allostatic load, HPA dysregulation, inflammation)
 - Behavioral (e.g., substance use, poor self-care, insomnia)
 - Psychological (e.g., depression, panic)



PTSD AND DEMENTIA

A systematic review of 24 studies among older Veterans found risk for dementia was higher in Veterans with PTSD than those without PTSD

(Kang et al., 2018)

Two large studies in civilian populations:

- Using a dataset from Wang et al. (2016) found that adults with a diagnosis of PTSD had a 4.37-fold higher risk of dementia.
- Using electronic medical data from nearly 500,000 patients, Flatt et al. (2018) found older adults with PTSD had a 73% increase in risk of dementia.

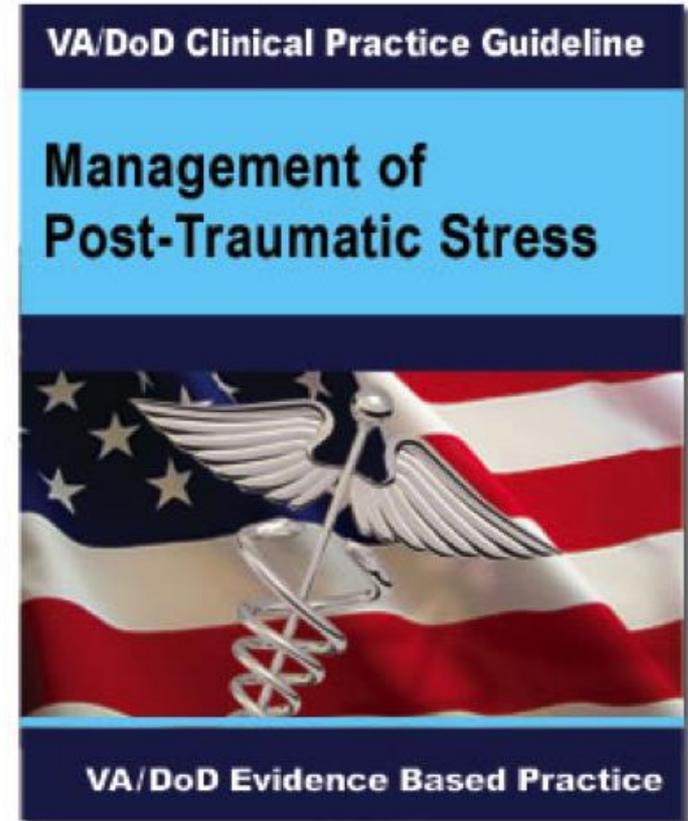


Management and Treatment of PTSD



2017 VA/DoD CLINICAL PRACTICE GUIDELINE

- Keeping up with the rapidly expanding evidence base for PTSD treatment represents a difficult challenge for most clinicians.
- The VA/DoD PTSD guideline is designed to **support clinical decision making with evidence-based recommendations**, not to define VA/DoD standards of care or policy.



www.healthquality.va.gov/guidelines/MH/PTSD



We suggest periodic screening of PTSD using validated measures such as the Primary Care PTSD Screen or the PTSD Checklist.

PC-PTSD-5

- 5 item
- Self-report
- Screen for PTSD in Primary Care
- Positive if 3 or more YES responses

PCL-5

- 20 item
- 5-10 minutes
- Self-report
- Screen and monitor PTSD
- 33 cut-point score

PC-PTSD-5: www.ptsd.va.gov/professional/assessment/screens/pc-ptsd.asp

PCL-5: www.ptsd.va.gov/professional/assessment/adult-sr/ptsd-checklist.asp



HOW EFFECTIVE ARE THE BEST TREATMENTS?



Trauma-focused
Psychotherapy

53 OUT OF **100**

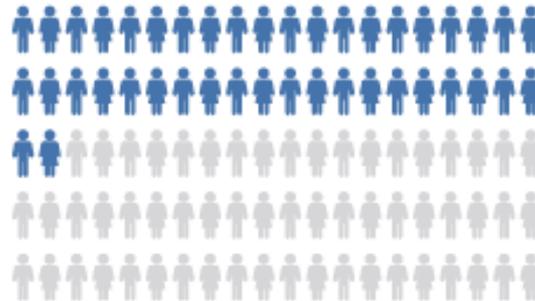
people who receive trauma-focused psychotherapy will no longer have PTSD after about 3 months of treatment.



Medication

42 OUT OF **100**

people who take medication will no longer have PTSD after about 3 months of treatment.



No Treatment

BUT ONLY 9 OUT OF **100**

people who don't get treatment will no longer have PTSD after about 3 months.



www.ptsd.va.gov/publications/print/PTSD_Best_Treatment.pdf



TRAUMA -FOCUSED PSYCHOTHERAPY

Prolonged Exposure

Foa, Hembree, Rothbaum, & Rauch, 2019

Cognitive Processing Therapy

Resick, Monson, & Chard, 2017

Eye Movement Desensitization Therapy

Shapiro, 2017

Additional trauma-focused psychotherapies

Brief Eclectic
Psychotherapy

Specific cognitive
behavioral therapies for
PTSD

Narrative Exposure
Therapy

Written Narrative
Exposure



TREATING PTSD IN OLDER ADULTS

- Older adults DO BENEFIT from the same therapy treatments as younger adults
 - No universal modifications are needed
 - Modifications can be considered for cognitive decline
 - Cardiovascular problems should not be a barrier
 - Caregivers may be incorporated into treatment
 - Major NCD may be a significant barrier
- www.ptsd.va.gov/professional/treat/cooccurring/ncd_cooccurring.asp
- Therapy – and especially medication - trials have not included many older adults

www.ptsd.va.gov/professional/treat/specific/assess_tx_older_adults.asp



TRAUMA INFORMED CARE PRINCIPLES

Trauma
awareness

Safety

Trustworthiness

Choice and
collaboration

Empowerment
and strengths-
based approach

Cultural,
historical, and
gender issues

SAMHSA: [TIP 57 PDF 3.7 MB](#)
(Gerber, 2019; Currier et al., 2017)



CONSIDERATIONS FOR PTSD IN LONG-TERM AND HOSPICE SETTINGS

- Potential triggers of trauma memories
 - Physical touch
 - Loud or unexpected noises
 - Anything specific to that person's trauma experience
- Loss of daily structure
 - Including previously healthy coping mechanisms
- Common concerns
 - Safety
 - Trust
 - Power and control
- Reflection on life and meaning (hindered by avoidance)
- PTSD associated with poorer social support
- Anxiety may present as irritability or anger



OPTIONS FOR TREATING PTSD IN PALLIATIVE CARE

Stepwise Psychosocial Palliative Care (Feldman, 2017)

- Stage 1: Palliate immediate discomfort and provide social support
- Stage 2: Provide psychoeducation and enhance coping skills
- Stage 3: Treat specific trauma issues



RESOURCES



**All resources are free
and publicly available.**

**Unless otherwise noted, you
can find them at
www.ptsd.va.gov.**



AboutFace VIDEO GALLERY

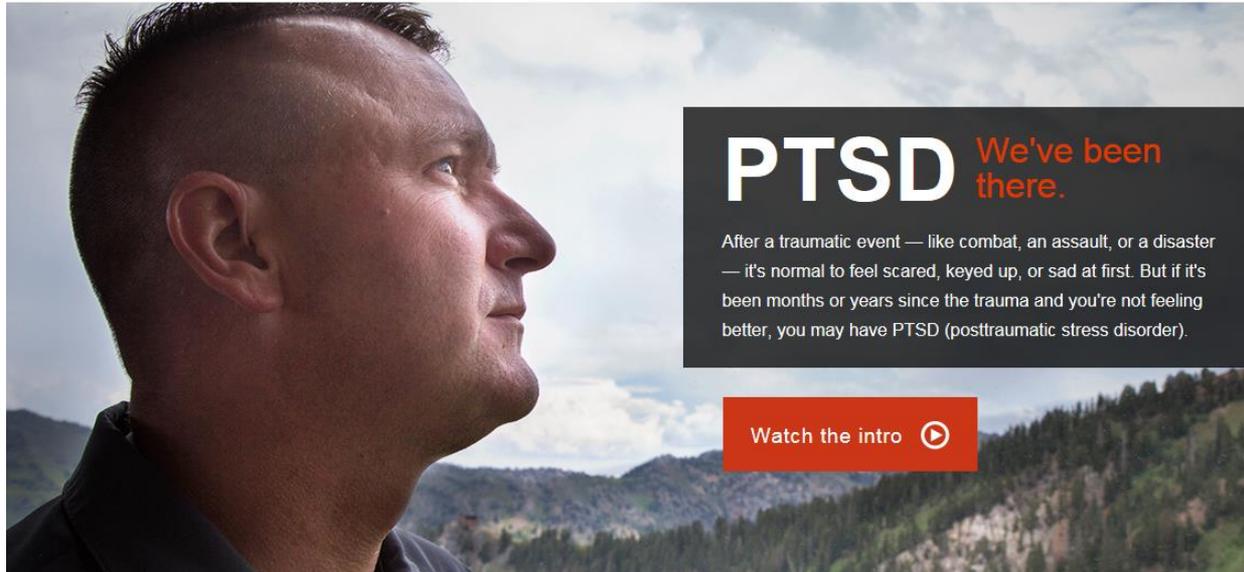
ABOUTFACE

Home

Watch ▾

Learn More ▾

Get Help



PTSD We've been there.

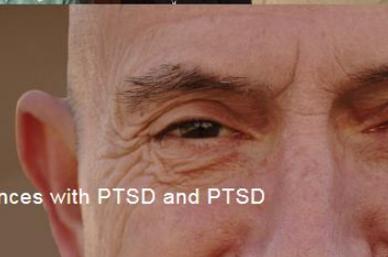
After a traumatic event — like combat, an assault, or a disaster — it's normal to feel scared, keyed up, or sad at first. But if it's been months or years since the trauma and you're not feeling better, you may have PTSD (posttraumatic stress disorder).

Watch the intro 



This is AboutFace

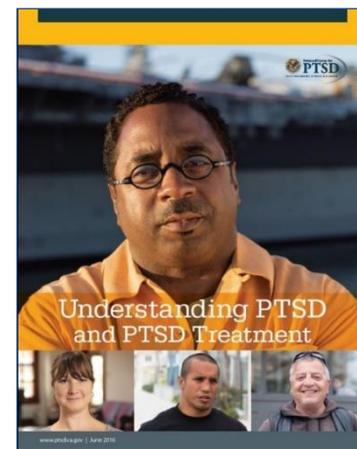
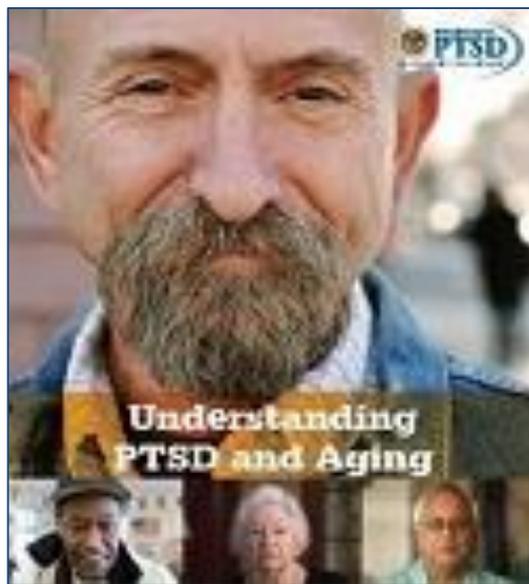
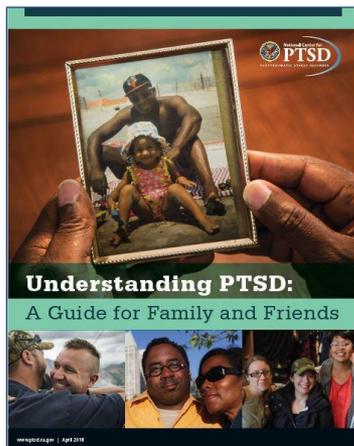
In these videos, Veterans, family members, and clinicians share their experiences with PTSD and PTSD treatment. Choose a topic below to hear what they have to say.



www.ptsd.va.gov/aboutface



- Aging Veterans and Posttraumatic Stress Symptoms
 - www.ptsd.va.gov/understand/what/aging_veterans.asp
- Understanding PTSD Educational Booklets



All booklets are also available in Spanish.
www.ptsd.va.gov/publications/print/index.asp

PTSD

TREATMENT DECISION AID: THE CHOICE IS YOURS

LEARN

Learn about PTSD and how this decision aid can help

COMPARE

Compare effective PTSD treatment options

ACT

Take action to start treatment



National Center for

PTSD

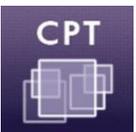
POSTTRAUMATIC STRESS DISORDER





PRESCRIPTION FOR BEHAVIORAL HEALTH

Mobile & Web Resources

- | | | | | | | | | |
|--------------------------|--|--|--------------------------|--|-------------------|--------------------------|--|---------------------------|
| <input type="checkbox"/> |  | PTSD Coach | <input type="checkbox"/> |  | ACT Coach | <input type="checkbox"/> |  | AIMS for Anger Management |
| <input type="checkbox"/> |  | PTSD Coach Online
https://go.usa.gov/xN9Hb | <input type="checkbox"/> |  | CBT-i Coach | <input type="checkbox"/> |  | Moving Forward |
| <input type="checkbox"/> |  | PTSD Family Coach | <input type="checkbox"/> |  | Mindfulness Coach | <input type="checkbox"/> |  | Parenting2Go |
| <input type="checkbox"/> |  | CPT Coach | <input type="checkbox"/> |  | Mood Coach | <input type="checkbox"/> |  | VetChange |
| <input type="checkbox"/> |  | PE Coach | <input type="checkbox"/> |  | STAIR Coach | <input type="checkbox"/> |  | Path to Better Sleep |

RECOMMENDATION:



More info on mobile apps:
www.ptsd.va.gov/appvid/mobile

Question about the Rx pads?
MobileMentalHealth@va.gov



PTSD COACH APP



- App provides:
 - Education about PTSD and PTSD treatment
 - A self-assessment tool
 - Portable skills to address acute symptoms
 - Direct connection to crisis support
- Used as stand-alone education and symptom management tool, or with face-to-face care.
- Tools are easily accessible when they are needed most.

www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp



PTSD COACH ONLINE



skip to content

National Center for PTSD
Posttraumatic Stress Disorder

PTSD COACH ONLINE

VA

U.S. Department of Veterans Affairs
Veterans Health Administration
National Center for PTSD

Home FAQs

I want to work on my

Choose a problem to work on from the list or [view all tools](#)

worry or anxiety

- anger
- sadness or hopelessness
- sleep problems
- trauma reminders
- avoidance of stressful situations
- disconnection from people
- disconnection from reality
- problem solving skills
- direction in life

Welcome to PTSD Coach Online.
Tools to help you manage stress.

VA PTSD Coach Online: Intr...

Cybele Morris, MA, MS
Education Specialist
National Center for PTSD

Meet a coach

PTSD Coach Online is for anyone who needs help with upsetting feelings. Trauma survivors, their families, or anyone coping with stress can benefit.

www.ptsd.va.gov/apps/ptsdcoachonline



CONTINUING EDUCATION COURSES

Over 50 hours of web-based courses aimed at professionals.

All courses are free and most offer continuing education for multiple disciplines.

Courses can be viewed without intention to seek certification credits.

Continuing Education

This section brings together free in-depth Continuing Education resources for the Professional community concerned with trauma.

Featured Find a Course Authors How to Get Credit Help



Learn from the experts and get CE/CME Credit!

Research-based courses at your convenience (24/7).

Find a Course

www.ptsd.va.gov/professional/continuing_ed/index.asp



- PTSD and Aging
 - www.ptsd.va.gov/professional/continuing_ed/ptsd_aging.asp
- Dementia and PTSD
 - www.ptsd.va.gov/professional/continuing_ed/dementia_ptsd.asp



NATIONAL CENTER FOR PTSD: PRESCRIBING

- National Center for PTSD webpages
 - [Clinician's Guide to Medications for PTSD](#)
Discusses evidence and general neurobiology for use of medications to treat PTSD, including effectiveness, common barriers, and important considerations.
 - [Use of Benzodiazepines for PTSD in Veterans Affairs](#)
Explains recommendation and evidence against use of benzodiazepines for treatment of PTSD and VA efforts to reduce use of these medications.
- PTSD 101 Course: Prescribing for Older Veterans with PTSD
 - www.ptsd.va.gov/professional/continuing_ed/prescribe_oldervets_ptsd.asp



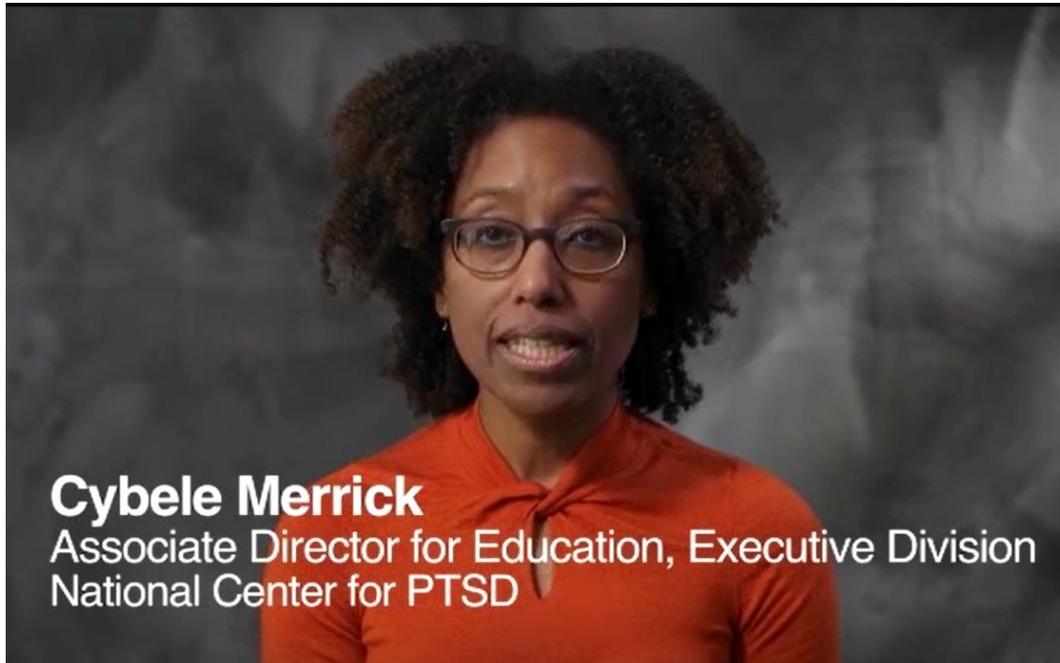


NATIONAL CENTER FOR PTSD: PROVIDER EDUCATION

- Posttraumatic Stress Symptoms among Older Adults: A Review
 - www.ptsd.va.gov/professional/treat/specific/symptoms_older_adults.asp
- PTSD Assessment and Treatment in Older Adults:
 - www.ptsd.va.gov/professional/treat/specific/assess_tx_older_adults.asp
- Assessment and Treatment for PTSD with Co-occurring Neurocognitive Disorder (NCD)
 - www.ptsd.va.gov/professional/treat/cooccurring/ncd_assess_cooccur.asp
- Co-occurring PTSD and Neurocognitive Disorder (NCD)
 - www.ptsd.va.gov/professional/treat/cooccurring/ncd_cooccurring.asp
- The Impact of Disaster on Older Adults
 - www.ptsd.va.gov/professional/treat/type/disaster_older_adult.asp



PTSD Awareness in Health Care Settings



- This 15-minute video for medical center staff shows how patients' PTSD symptoms may come into play in health care settings.
- Facilitator's guide for PTSD Awareness in Health Care Settings



COMMUNITY PROVIDER RESOURCES



COMMUNITY PROVIDER TOOLKIT SERVING VETERANS THROUGH PARTNERSHIP

www.mentalhealth.va.gov/communityproviders/



Older Veteran Behavioral Health Resource Inventory

www.mentalhealth.va.gov/communityproviders/docs/Older_Veteran_Behavioral_Health_Resource_Inventory_050418.pdf



NATIONAL CENTER FOR PTSD: MILITARY CULTURE

- Military Culture: Core Competencies for Healthcare Professionals
 - www.ptsd.va.gov/professional/continuing_ed/military_culture_compencies_hcp.asp
- Understanding the Context of Military Culture in Treating Veterans with PTSD
 - www.ptsd.va.gov/professional/continuing_ed/military_culture.asp





VETERANS CRISIS LINE

24 HOURS A DAY, 7 DAYS A WEEK



U.S. Department
of Veterans Affairs

**Veterans
Crisis Line**



1-800-273-8255
PRESS 1



**Your actions
could save a life.**

Showing you care can make a big
difference to someone in crisis.

VeteransCrisisLine.net

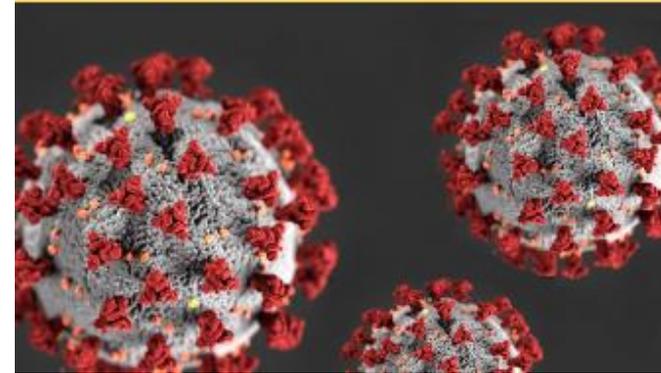
**800-273-8255 (then press 1)
or send a text message to 838255**



Resources from the National Center for PTSD

www.ptsd.va.gov/COVID

COVID-19: Resources for Managing Stress



Coronavirus (COVID-19): Resources for Managing Stress



INCLUDES A VARIETY OF RESOURCES FOR

- Everyone (including veterans, their families, and the general public)
- Health Care Workers and Responders
- Employers and Community Leaders



COVID-19 COACH

***A mobile application for Veterans, Servicemembers,
and anyone affected by the COVID-19 pandemic***

Features:

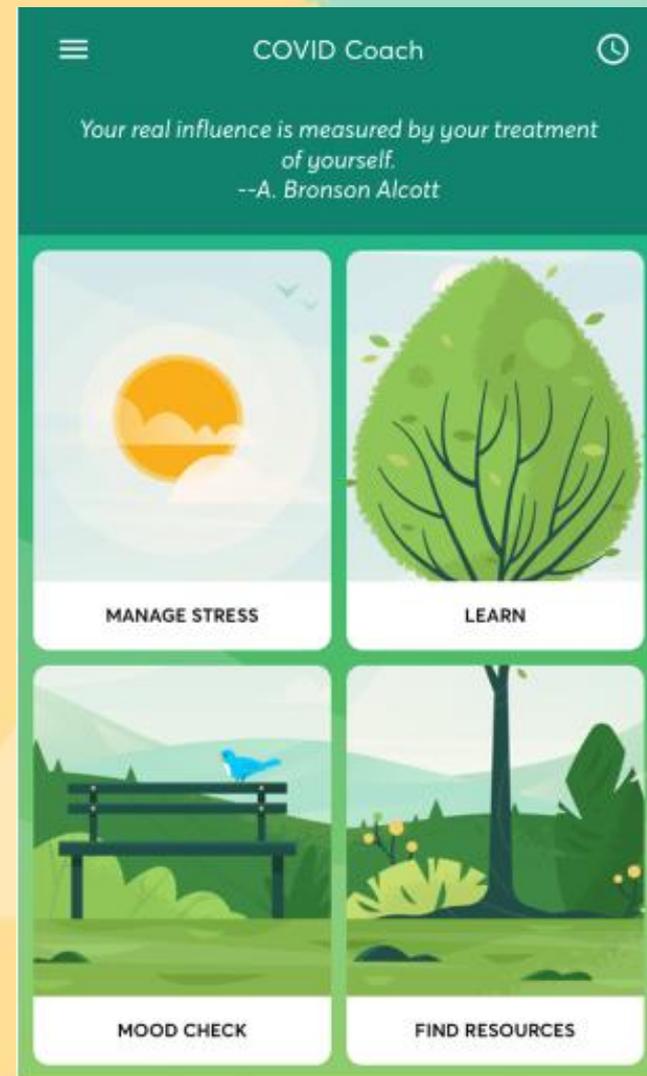
- Education to help you improve your well-being during this global pandemic
- Tools for coping and self-care
- Trackers for mental health and personal goals
- Resources for additional support

Developed by the Mobile Mental Health Apps Team at the VA's National Center for PTSD.

Contact our team with feedback to help us improve this app:
MobileMentalHealth@va.gov

Learn more at the National Center for PTSD website:

https://www.ptsd.va.gov/appvid/mobile/COVID_coach_app.asp





ORDER FREE PRINTABLE MATERIALS

ORDER FREE NATIONAL CENTER FOR PTSD MATERIALS AT:

<https://orders.gpo.gov/PTSD>





OTHER VHA RESOURCES

Geriatric and Extended Care programs:

www.va.gov/geriatrics/

Mental Health Services:

www.mentalhealth.va.gov/

Social Work Services:

www.socialwork.va.gov/

Caregiver Support Program:

www.caregiver.va.gov/



SPEAK
with expert
PTSD clinicians



E-MAIL
PTSDconsult@
va.gov



CALL
(866) 948-7880



ACCESS
free clinical
resources



PTSD Consultation Program FOR PROVIDERS WHO TREAT VETERANS

About the Consultants

- Experienced senior psychologists, psychiatrists, social workers, pharmacists, and other health professionals who treat Veterans with PTSD
- Available to consult on everything from your toughest cases to general PTSD questions

Ask about:

- Evidence-based treatment
- Medications
- Clinical management
- Resources
- Assessment
- Referrals
- Collaborating with VA on Veterans' care
- Developing a PTSD treatment program

Available Resources - www.ptsd.va.gov/consult

- Free continuing education
- Videos, educational handouts, and manuals
- PTSD-related publications
- PTSD and trauma assessment and screening tools
- Mobile apps, and more



WWW.PTSD.VA.GOV





PTSD CONSULTATION PROGRAM LECTURE SERIES

- Monthly one-hour webinar for providers
- Free continuing education credits
- Register and sign up for notifications at www.ptsd.va.gov/consult

SAVE THE DATE: Third Wednesday of the Month from 2-3PM (ET)

UPCOMING TOPICS INCLUDE

November 18	<i>PTSD and Suicide Risk</i>	Ryan Holliday, PhD
December 16	<i>The Nuts & Bolts of Providing PTSD Treatment over a Telehealth Modality: Clinical Considerations</i>	Leslie Morland, PsyD
January 20	[To be determined]	
February 17	<i>PTSD and Racial Trauma</i>	Monnica Williams, PhD



PTSD Consultation Program

We are here to help

HEALTHCARE PROVIDERS:

- Are you treating Veterans with PTSD? **We can help**
- Do you have questions about the mental health effects of the COVID-19 pandemic? **We can help**
- Are you looking for ways to care for yourself and your colleagues? **We can help**



PTSDconsult@va.gov



866-948-7880



www.ptsd.va.gov/consult





KEY POINTS

- PTSD may be under-recognized in older adults
- Screen for PTSD and offer treatment
- The National Center for PTSD has **LOTS** of resources to help support you and the care you provide www.ptsd.va.gov
- Questions? Contact the PTSD Consultation Program:
PTSDconsult@va.gov or **866-948-7880**



THANK YOU FOR YOUR TIME TODAY

Questions?



We are available any time to answer your questions about Veterans and PTSD

PTSDconsult@va.gov or **866-948-7880**



PTSD Consultation Program
FOR PROVIDERS WHO TREAT VETERANS

www.ptsd.va.gov/consult



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Additional Resources



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PTSD and Aging

Population aging is a key demographic trend characterizing the United States (U.S.) and many industrialized countries, and an important consideration for research aiming to improve public health. Despite significant scientific advances in understanding the etiology and treatment of posttraumatic stress disorder (PTSD) since it became a formal diagnostic entity in the third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-III; American Psychiatric Association [APA], 1980), PTSD and aging remains a largely understudied area. This issue of PTSD Research Quarterly provides a guide to some of the most important and well-conducted studies on this topic.

Population trends provide a context for understanding the lives of the aging population. Between 2016 and 2060, the proportion of the U.S. population aged 65+ is expected to rise from 15% (49 million) to 23% (86 million), and individuals aged 85+ will increase from 2% to 5% (19 million). Illustrating the female advantage in life expectancy, women comprised 50%, 56%, and 65% of the U.S. population under age 65, 65+, and 85+, respectively, in 2018 (United States Census Bureau, 2018). The social ecology of men and women appears to diverge in older ages: While men and women have similar marital status in midlife, among those aged 85+, 70% of women were widowed and 18% were married, compared to 33% and 58% men who were widowed or married, respectively (United States Census Bureau, 2018). The gender gap in poverty also widens with age: 9% of men and 11% of women aged 55-59 live in poverty, compared to 9% of men and 14% of women aged 85+ (United States Census Bureau, 2018). As discussed more fully below, it is important to note that age effects and cohort differences are confounded in these cross-sectional estimates. While military Veterans only made up 6% of the overall U.S. population in 2016,

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nearly one-fifth (19%) of those aged 65+ are Veterans. Giff (including post 9/11) and Vietnam era Veterans each comprise about one-third of the current U.S. Veteran population (National Center for Veterans Analysis and Statistics, 2016). Vietnam era Veterans are currently in their 60s, and the number of deaths in this cohort is expected to increase linearly and peak between 2030 and 2035 (National Center for Veterans Analysis and Statistics, 2016).

A. Epidemiology of PTSD in Older Populations

Epidemiologic studies have generally reported lower prevalence of PTSD in older relative to younger adults. Lifetime prevalence of DSM-IV PTSD was estimated cross-sectionally to be 6% in ages 18-29, 8% in ages 30-44, 9% in ages 45-59, and 3% in ages 60 and older in the U.S. nationally representative National Comorbidity Survey Replication (NCS-R; Kessler et al., 2005). PTSD was assessed in NCS-R using the World Health Organization Composite International Diagnostic Interview (WMH-CIDI), a structured interview administered face-to-face by lay interviewers. Twelve-month prevalence of DSM-IV PTSD in the U.S. was estimated to be 4% in ages 20-34, 5% in ages 35-64, and 3% in ages 65-90 in Wave 2 of the nationally representative National Epidemiologic Survey on Alcohol and Related Conditions (NESARC-2; Reynolds et al., 2016). PTSD was assessed face-to-face by lay interviewers using the Alcohol Use Disorders and Associated Disabilities Interview Schedule IV (AUDADIS-IV). As for DSM-5 PTSD, a similar pattern of lower lifetime and 12-month prevalence in older than younger adults was found in NESARC-3 (Goldstein et al., 2016). Of note, these estimates are an underestimation because NESARC-3 used higher diagnostic thresholds for Criteria D and E than those in DSM-5.

Continued on page 2

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CLINICIAN'S TRAUMA UPDATE

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ISSUE 10(1)

FEBRUARY 2016

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PTSD Monthly Update

News relevant to the issues of trauma and PTSD

Advancing Science and Promoting Understanding of Traumatic Stress

In This Issue	Feature Topic
Feature Topic	Honoring Them: Veterans Day 2012
For Providers	November 11th marks Veterans Day, a celebration in honor of America's Veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. On this day and always, we give our respect and sincere appreciation to our Veterans, fallen heroes, and their families.
For VA Providers	View 30 sec video PTSD treatment can turn your life around.
Research at the Center	To honor them, please work with the VA National Center for PTSD to raise Veterans' awareness that PTSD treatment can help. These men and women tell their stories in AboutFace, an online video gallery of Veterans who turned their lives around with PTSD treatment.
PTSD in the News	See the AboutFace Media Kit to help us spread the word.
November 2012 Issue	Understand the traumas of war. Also know that returning from war involves readjustment for many Service Members and their families. Learn about common reactions and problems to watch out for, like PTSD.
Subscribe	Help for Veterans with PTSD answers questions about PTSD and service-connected disability that are often asked by Veterans.
Forward this to others so they can subscribe to the PTSD Monthly Update or other products by the VA's National Center for PTSD.	Family and friends can talk to someone about finding the right words to encourage their Veteran to get needed care by contacting VA's Encouraging Into Care program. CoachingIntoCare@va.gov or call 1-888-823-7458

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[2017 Clinical Practice Guideline for the Management of PTSD](#)

The updated VA/DoD CPG includes objective, evidence-based information on the management of PTSD and related conditions, including diagnosis, treatment, and follow-up recommendations.

PTSD 101 courses:

- 2017 Revised Clinical Practice Guideline for PTSD: How it Impacts Primary Care
 - www.ptsd.va.gov/professional/continuing_ed/2017cpg_primary_care.asp
- 2017 Revised Clinical Practice Guideline for PTSD: Recommendations for Medications
 - www.ptsd.va.gov/professional/continuing_ed/2017cpg_medications.asp
- 2017 Revised Clinical Practice Guideline for PTSD: Recommendations for Psychotherapy
 - www.ptsd.va.gov/professional/continuing_ed/2017cpg_psychotherapy.asp



PROVIDER SELF-CARE TOOLKIT

Provider Toolkit

Home

Working with Trauma Survivors

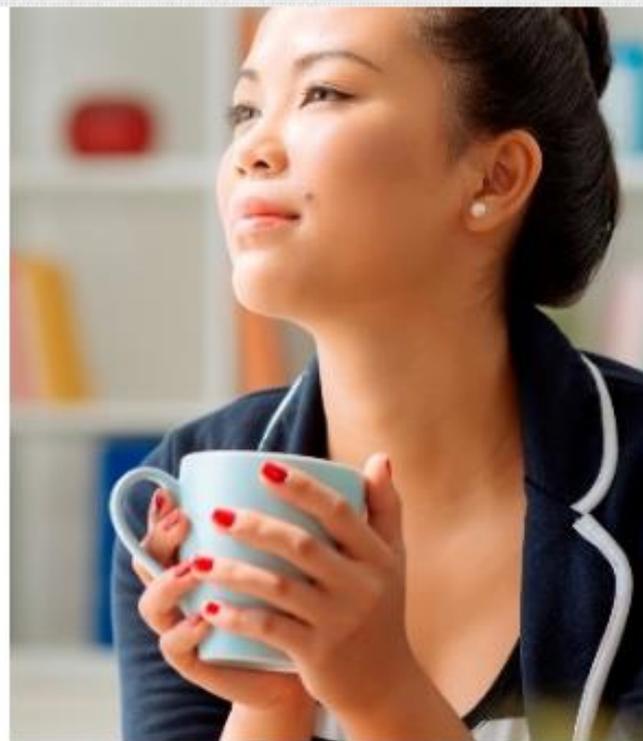
Self-Assessment

Self-Help Strategies

Resources

Provider Self-Care Toolkit

This toolkit is for providers who work with those exposed to traumatic events, to help reduce the effects of job-related stress, burnout, and secondary traumatic stress. Working with trauma survivors is rewarding, yet such work can create challenges. Hearing trauma survivors' stories can be difficult and some providers may find they experience burnout or secondary traumatic stress as a result. In this toolkit you will find assessment tools, strategies, and resources to help you care for yourself while working with those who have experienced trauma or have posttraumatic stress disorder (PTSD).



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