LEARN TO RECOGNIZE AND PREVENT TRANSFER TRAUMA

WHAT IS TRANSFER TRAUMA?

It's a physical, behavioural and emotional reaction to a sudden change in a person's surroundings. Transfer trauma can happen with a loss of familiar surroundings, people and routines, such as a move from a hospital to a care facility, from a care facility to a hospital, or even from one room to another.

Moves that are sudden tend to be the hardest. People with cognitive impairment are affected more than others.

CASSELLHOLME'S BEHAVIOURAL SUPPORT [BSO] TEAM IS AVAILABLE TO SUPPORT YOU. REACH OUT BY CALLING 705-474-4250 EXT. 235.

WHAT ARE THE SIGNS AND SYMPTOMS?

While it's normal for people to worry about important changes, someone experiencing transfer trauma may exhibit one or more of these signs that are not normal for them. They may:

- withdraw from others
- express increased sadness
- feel uncertain or insecure
- change their sleep pattern
- become easily frustrated
- have a loss of appetite
- decline in health

- rise to anger easily
- despair or appear to lose hope
- be more confused or forgetful
- have paranoia or feelings of having been treated unfairly
- be unusually anxious or stressed

IF YOU NOTICE SOMEONE EXPERIENCING TRANSFER TRAUMA SYMPTOMS, TELL THEIR HEALTH CARE PROVIDER RIGHT AWAY.

HELPING SOMEONE ADJUST TO A MOVE

- Think about what has helped them to cope with change in the past.
- Encourage participation in enjoyable activities such as reading, listening to music, knitting, or doing puzzles.
- Point out the familiar faces of other Residents and staff.
- Help to introduce them to new people and make new acquaintances.

- Make sure to have up-to-date prescription glasses and working hearing aids.
- Visit as much as possible to provide reassurance. If you can't visit, record video or audio messages, send notes and cards.
- Keep a notebook in their room to help them: know where they are, when you last visited and when you are coming next.

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