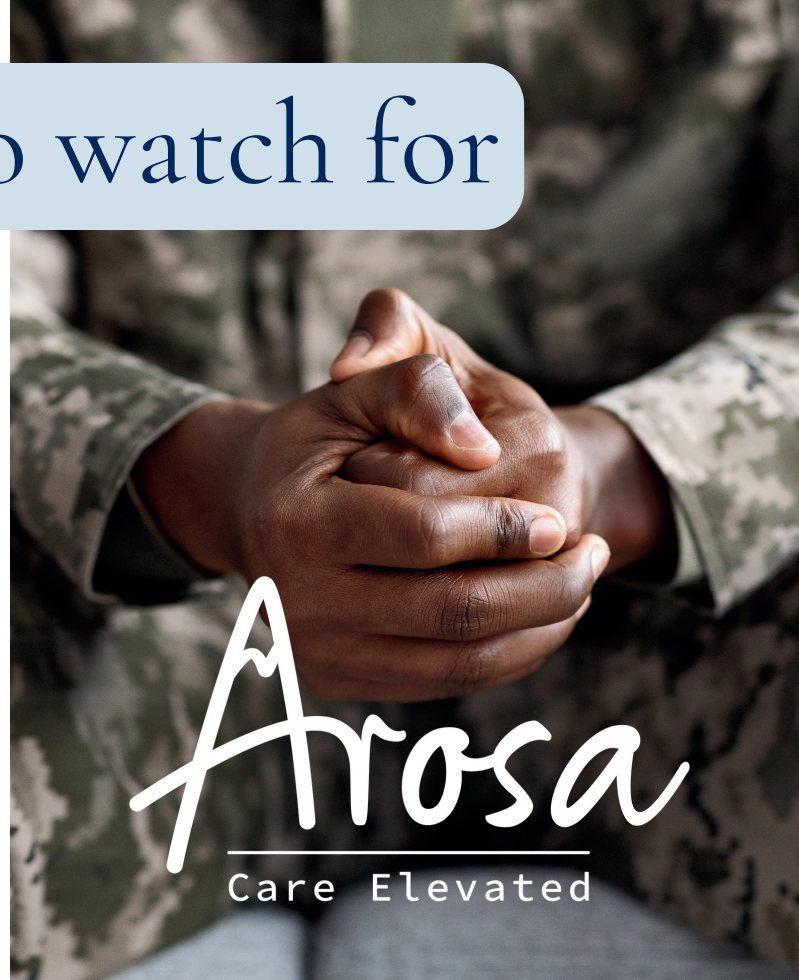


# PTSD - What to watch for & how to help

## Supporting Veterans & Trauma Survivors with Compassionate, Coordinated Care

Post-Traumatic Stress Disorder (PTSD) is a condition that can develop after someone experiences or witnesses a traumatic event. While often associated with military veterans, PTSD also affects survivors of accidents, abuse, violence, or loss.

In aging adults, PTSD may be undiagnosed, resurface later in life, or worsen due to cognitive changes, illness, or isolation.



## Common Signs To Look For

Watch for these signs, especially in clients with a history of trauma or military service:

- Increased agitation, irritability, or emotional outbursts
- Withdrawal or social isolation
- Sleep disturbances, nightmares, or frequent waking
- Hypervigilance (always “on edge”) or exaggerated startle responses
- Unexplained physical complaints (headaches, stomach issues, pain)
- Difficulty with memory or concentration
- Avoidance of certain topics, people, or places



## Need Help Supporting a Veteran or Trauma Survivor?

Arosa is here to guide families & professionals through care planning for aging adults with PTSD.





# How Arosa Helps

Our Care Managers & Caregivers are trained to recognize the signs of PTSD & respond with sensitivity, structure, & respect. We work closely with families, medical providers, & VA resources to create stable, trauma-informed care environments.

## We help by:

- Developing personalized care plans that reduce known triggers
- Offering daily support & companionship to reduce isolation
- Coordinating with mental health professionals & VA programs
- Supporting family education & communication strategies
- Monitoring mood & behavior changes over time

## What You Can Do to Help:

- **Validate their experience:** Use calm, nonjudgmental language.
- **Establish routines:** Predictability can reduce anxiety.
- **Limit overstimulation:** Avoid chaotic environments or loud noises.
- **Respect boundaries:** Don't force conversations about the past.
- **Get support:** Contact Arosa or a mental health provider if signs of PTSD are impacting daily life.



Call us: 775 993 9600.  
Or send us an email: [startcare@arosacare.com](mailto:startcare@arosacare.com)

