

UNDERSTANDING PTSD IN OLDER ADULTS



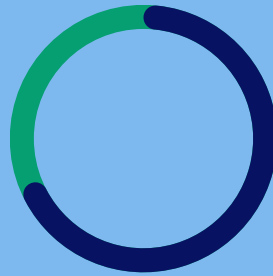
LATE-STAGE ONSET

PTSD can emerge for the first time many years after a trauma, often triggered by aging-related stressors like retirement, declining health, or bereavement.

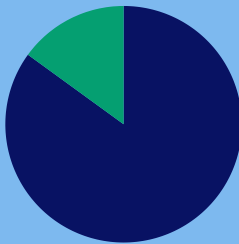


WORSENING EFFECTS

Untreated PTSD can lead to substance misuse, increased risk of suicide, and worsening memory or mood disorders. But with the right support, many older adults experience meaningful recovery.



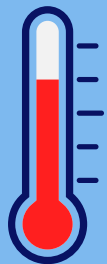
30%
OF VIETNAM
VETERANS STILL
REPORT PTSD
SYMPTOMS



7-15%
OF OLDER ADULTS
WITH TRAUMA
HISTORY MEET
CRITERIA FOR PTSD



X2
PTSD CAN DOUBLE
THE RISK OF
DEMENTIA

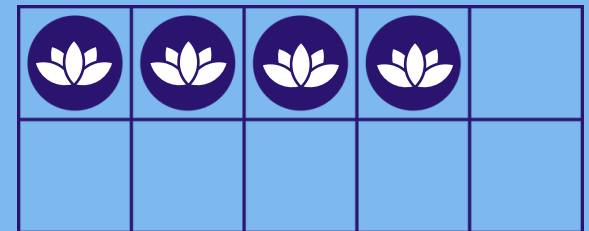


**INCREASED
RISK**
OF CHRONIC ILLNESS

COMMON SYMPTOMS

- Appearing withdrawn or emotionally flat
- Complaining of physical symptoms without a clear cause
- Avoiding talking about the past
- Experiencing sleep disturbances or increased anxiety
- Feeling guilt or shame tied to the trauma

TREATMENT HELPS



Up to 40% of patients recover after 1 year of treatment.

Sources:
U.S. Department of Veterans Affairs
World Health Organization
Canadian Medical Association Journal