

A/ A/Prof Leanne Humphreys, Director training and workforce development: Trauma is common in older Australians, and can impact physical and mental health. Support from family, loved ones and carers plays an important part in improving quality of life and recovery. It's particularly important as people enter an aged care facility.

Maria, Giuseppe's daughter: Moving dad into aged care has been a difficult decision, I love him dearly, but I know he needs more than I can give now.

Ellen, Thora's partner: Thora has been through some bad times in her life.

Sometimes she gets really anxious and upset. Being apart is really difficult

Maria, Giuseppe's daughter: When Dad moved into the residential home, dad, the staff and I talked about what he would need. We talked about who he is and what what makes him happy.

We also told the staff about Dad's trauma and what happened to him as a little boy. I told them about the things I do to help him cope.

Ellen, Thora's partner: When I can't visit we still talk. We chat online on her iPad. We can see and hear each other, and this gives her comfort.

When she talks about her trauma I just listen and tell her I love her. I tell her to not feel bad about needing help.

I also encourage Thora to take part in activities, and to have a chat with the staff or other residents.

Maria, Giuseppe's daughter: At first I felt like I had to be there every day but I was so tired. The staff helped me understand that I had to look after myself too.

So now I don't come every day, I spend more time with my kids and I go for regular walks. I even started going to painting classes. I think it's all really helping.

Ellen, Thora's partner: I know I have to balance Thora's needs with my own, I have to look after myself and manage my stress...so I get healthy meals delivered, I go for walks, see my friends and do my hobbies.

This way I can keep caring for Thora the best way I can.

A/Prof Leanne Humphreys: So remember: Most older Australians have experienced trauma and this can impact their mental health and wellbeing, and the support of families, loved ones and carers is very important

But supporting someone who has been through trauma can be hard, so remember to look after yourself too.