Trauma-informed care is about:
• Recognising how those you care for can be affected by trauma
• Helping residents feel safe and giving them choices about how care is provided
• Developing respectful and trusting relationships
• Focusing on what residents can do, not on what they can’t do

TIC applies to everyone across an organisation – staff, managers, and residents.

Remember: Looking after yourself helps you maintain your own wellbeing. It also helps you practice trauma-informed care to support both your residents and your teammates.