Six Guiding Principles to Create a Trauma-Informed Approach Within a Nursing Facility

Trauma-informed care starts with learning and understanding as much as we can about a resident’s lived experiences. Each circle represents a principle of trauma-informed care.

Use these six principles to support a trauma-informed care environment that improves the care, safety and well-being of residents in your facility.

**Six Guiding Principles**

1. **CULTURE, HISTORY & GENDER ISSUES**
   - Value cultural and gender differences, recognize and address historical trauma

2. **SAFETY**
   - Create an environment that is welcoming and safe, physically and emotionally

3. **TRUST & TRANSPARENCY**
   - Build and maintain trust among staff, residents and family members

4. **EMPOWERMENT, VOICE & CHOICE**
   - Involve residents in their care

5. **COLLABORATION**
   - Discuss care with residents & encourage them to ask for support

6. **PEER SUPPORT**
   - Encourage resident involvement in peer support groups

Regulatory Guidance FTAG 699 Phase 3-Trauma-informed Care: §483.25(m)
The facility must ensure that residents who are trauma survivors receive culturally competent, trauma-informed care in accordance with professional standards of practice and accounting for residents’ experiences and preferences in order to eliminate or mitigate triggers that may cause re-traumatization of the resident.

Source: [https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf](https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf)