



Understanding Trauma-Informed Disability Supports

What Is Trauma-Informed Care?

Trauma-informed care recognises the impact trauma can have on behaviour, emotional regulation, relationships and daily functioning.

What Good Support Looks Like

Consistency, predictability, emotional safety, clear communication and respectful boundaries all help reduce distress and build trust.

Why It Matters

Participants often respond best when they feel emotionally safe, respected and understood.