



# CONNECTICUT Clearinghouse

A Program of Wheeler Clinic

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www.ctclearinghouse.org



## Aftermath of Disaster

### Older Adults: Stronger Than Sorrow

A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

*"I was in the army and saw a lot of bad things in World War II, but this is different. It seems like we're helpless against this kind of thing." --Sam*

Almost everyone felt a loss of safety after the Oklahoma City explosion. Now, after the attacks on the Pentagon and the World Trade Center, we again feel vulnerable. Some people may have trouble sleeping or began to have nightmares. Others may feel uneasy about going downtown or into large buildings. If you are feeling less safe these days, it can be very helpful to talk about what frightens you. Discuss your feelings with a trusted relative or friend. You may find that he or she is having the same kind of feelings you're having.

*"My daughter keeps fussing at me to eat, but my stomach's been upset a lot and I'm usually just not hungry." --Virginia*

Experiencing a disaster can make us feel ill. Nausea, body aches, headaches, bowel problems, and skin disorders often appear when we are under stress. Some people lose their appetites; others begin to overeat.

There are several things you can do to protect your health. Do take care to eat adequate and nutritious meals, to participate in recreation, and to get enough rest. If your doctor has prescribed medication, be sure to take it as directed, but never take other medicines without your doctor's okay. Avoid drinks that are high in caffeine, and stay away from alcoholic beverages--they can make your health problems worse.

*"If I were younger, I'd go and help. I want to, but I figure I'd just be in the way." --Edward*

We find as we get older that our strength and stamina are not what they used to be. It's frustrating when we can't just jump in and set things right, but we can still find ways to help. For example, being a concerned listener to someone who has been affected by the disaster is an excellent way to contribute.

*"The devastation is so total. It just breaks my heart." --Ann*

In grieving for the people and property lost in the disaster, you may be reminded of other losses you have experienced over your lifetime. It's also possible that the disaster will bring back long-forgotten memories of other frightening experiences. If so, think about the skills you've developed that have helped you in other times of crisis, and use them now.

*"I don't need anybody's help. I've always taken care of myself and my family." --William*

People who have survived war, the Great Depression, and other hard times have earned a reputation as self-reliant. But no one should cut himself off from others or try to "go it alone." Stay in touch with family and friends. Allow them to help and comfort you. Learn what your community agencies have to offer, and let them know if you need assistance.

*"How long will it be before these feelings fade?" --Margaret*

There's no standard timetable for healing. Don't compare yourself to others. Just take care of your health, talk honestly about your feelings, make time for recreation, and stay involved with your family and friends. You will, in time, feel like yourself once more.

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Information Provided by:  
New York State  
Office of Alcoholism and Substance Abuse Services  
2001

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**Funded by the  
Federal Substance Abuse and Mental Health Services Administration (SAMHSA)**

For additional information, please contact:

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| ▶ Connecticut Helps, Office of Family Support                    | (860) 418-6262 |
| ▶ United Way Infoline  | 2-1-1          |
| ▶ Connecticut Department of Mental Health and Addiction Services | (800) 446-7348 |
| ▶ Connecticut Department of Children and Families                | (860) 550-6484 |
| ▶ Connecticut Clearinghouse                                      | (800) 232-4424 |

