

## Memories may resurface during retirement years

**Lauri:** The retirees, all of a sudden, they've been busy, which is one way to deal with PTSD and battle trauma is to keep busy and not try think about it. Then all of a sudden, you retire and you're sitting at home and you start thinking about your life a little bit more when you come to that retirement age. And it really brings back a lot of memories that guys hadn't thought of for years and years, if ever. And they don't know why now.

Another big issue is a aunt or uncle or grandparent that has a grandchild or a niece or nephew that all of a sudden will go off to Iraq or Afghanistan and have been fine all these years. Saying that goodbye or knowing that they're there and having to watch the news will bring it all back.

And so, you struggle then with why now. And there the same issues that the younger generation is dealing with. We just take it step by step and say it's valid. Which is a lot of times they don't think it's why now, what's going on. It's a valid response. It's a trigger that has happened and we need to deal with that and find you the best assistance that we can for you.



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