

Adverse Childhood Experiences (ACE)

Hardship is part of everyone's life experience in one way or another and childhood hardships can be especially challenging. The Adverse Childhood Experience (ACE) study (1997) demonstrated that traumatic experiences during childhood may have a direct impact on the health of adults, especially if they have not been given the opportunity to talk about these events in a safe and empathetic space. Your social history is a very important part of your health history and is confidential. If you feel comfortable disclosing this information to your Physiotherapist, it may bring some understanding to how events in other chapters of your life may be affecting your current health status. If you do not feel comfortable disclosing this information it will not affect the quality of the care that you receive.

In your childhood years:

1. Did you feel you did not have enough to eat, had to wear dirty clothes, or had no one to protect or take care of you? Yes No
2. Did you lose a parent through divorce, abandonment, death or other reason? Yes No
3. Did you live with anyone who was depressed, mentally ill, or attempted suicide? Yes No
4. Did you live with anyone who had a problem with drinking or drugs? Yes No
5. Did your parents or adults in your home ever hit, punch, or threaten to harm each other? Yes No
6. Did you live with anyone who went to jail or prison? Yes No
7. Did a parent or adult in your home ever insult you, or put you down? Yes No
8. Did a parent or adult in your home ever beat, kick or physically hurt you in any way? Yes No
9. Did you feel that no one in your family loved you or thought you were special? Yes No
10. Did you experience unwanted sexual contact? (such as fondling or oral/anal/vaginal intercourse/penetration?) Yes No

If you have answered "yes" to any of the above questions, please answer the following two questions:

1. Have you had a safe and empathetic conversation with someone you trust about the meaning of the hardships that you experienced during childhood? Yes No
2. Would you be interested in exploring this further with an appropriately trained support person in trauma counselling? Yes No