

Appendix B: Trigger Cards & Chance Cards

These trigger cards were created with the same method listed in Appendix A. In addition, a bio-psychosocial model was integrated to ensure a more robust set of Trigger cards. The element of environment is also highlighted in a separate column to increase awareness of this category as a trigger.



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Click on this icon, to print a ready-to-print trigger and chance card deck.

BIO	Psycho	Social	Environment
can't share that s/he is uncomfortable in his/her position	doesn't remember what to do	lived in a warm place in his/her youth	sees something shiny
having difficulty swallowing	afraid to fall	used to sleep without clothes	it is crowded where the resident is right now
has not masturbated for a month	can't recognize the washroom sign	has a history of domestic violence	the TV is on CP24
was in bed all day	feels overwhelmed	providing intimate care to resident	co-resident was yelling all night
unable to hear	frustrated because s/he can't perform activity	does not like the taste	an announcement overhead
being moved without warning	complicated instructions provided	always walked when s/he was younger	room is dark
wet briefs	wants to know what the object does	not wearing favourite clothes	wheelchair is too tilted
did not sleep	hearing unfamiliar voice	newly admitted	new clothes are itchy
medication change	believes they are independent	doesn't trust the staff	loud noisy neighbours
experiencing leg cramps	unable to recognize anyone	was sexually abused	the door is left open
feels restless	thinks the PSW is	worked in an office	seeing pictures of war

BIO	Psycho	Social	Environment
	trying to hurt them.		
needs to void	does not understand what is happening	was a manager in earlier life	seeing staff and visitors leave the exit door.
experiencing pain from arthritis.	can't remember where to go	visitors have just left	the radio is on
is constipated.	thinks it is poison	seeing a new staff member	did not know where the toilet is
is unable to communicate that s/he needs to go to the bathroom	can't understand what is written	receiving care from a new private companion.	too bright in the room
can't see what the staff put in front of him/her	sexual disinhibition.	receiving care from a male PSW	A new coat was left hanging on the back of their door
is in pain	feels anxious.	Interacting with workers who look like their grandson	
thinks s/he is clean	can't recognize the objects' purpose	separation from their spouse who lives at home.	
is tired	feels threatened by people around him/her	The co-resident looks like their former spouse who they loved.	
increase in blood pressure medications	believes that they can do the task	A co-resident who looks like their abusive former spouse.	
does not like the food	Can't recognize the person in front of them	being separated from a friendly co-resident.	
has a toothache	does not know what a shower is	Seeing an attractive co-resident.	
a headache that has just started	thinks somebody is behind them.	A noisy co-resident who won't stop talking.	

BIO	Psycho	Social	Environment
feeding him/her too fast	thinks they don't need help.	female staff member is caring for resident	
is hungry	does not understand why s/he is in a wheelchair	was robbed in his youth.	
a painful pressure ulcer.	remembers that spouse died.	believing they are a school teacher	
	believes they saw the resident steal from another resident.	other person looks like a neighbour from the past	
	Doesn't know where to go	does not feel comfortable with a stranger	
		thinks s/he is checking in on his/her kids	
		wants to touch the ground	
		lived through the great depression	
		was a farmer in his younger years	
		does not feel included	
		offended by the music played.	
		was a holocaust survivor	
		thinks it's the Great Depression	
		woken up too early.	
		feels lonely	
		feels like s/he is left alone for too long	
		Thinking they are a lawyer.	

BIO	Psycho	Social	Environment
		is bored	
		thinks she is still a nurse	
		wants to be alone	
		Afraid of the dark	
		Previous phobia	
		Grew up in poverty	
		Feel unwanted	
		Has not been hugged in weeks	