

Trauma Informed Care Example

Here's what one person-centered long-term care community uses to evaluate residents upon admission.

Questions we ask when a new resident is admitted:

1. In your life, have you had any experience so frightening, horrible or upsetting that you have a hard time not thinking about it?
2. Do you have nightmares or trouble sleeping because of it?
3. Do you ever feel detached from your surroundings, activities going on around you or other people because of it?
4. Additional comments/information:

If any of the above answers are yes, then complete the following Post Trauma Screening Tool:

Post Trauma Screening Tool

1. What are some of the things that make it more difficult for you when you're already upset?
2. Are there any particular "triggers" that will cause you to escalate (get more upset)?
 - A. Being touched
 - B. Being isolated
 - C. Door open
 - D. Door closed
 - E. Loud noises
 - F. Certain sounds (specify below)
 - G. Yelling
 - H. A certain time of day (specify below)
 - I. Certain time of year? (specify below)
 - J. Specific scents (explain below)
 - K. Not having input and/or control (explain below)
 - L. Other
- 2a. Additional Information:
3. Do any of the following help you feel better when you are having a hard time?
 - A. Listening to music (specify type below)
 - B. Reading (describe further below)
 - C. Sitting by the office or nurse's station
 - D. Watching TV (specify show/movie below)

- E. Talking with family or staff
- F. Walking
- G. Having your hand held
- H. Receiving a hug
- I. Physical exercise
- J. Writing in a journal/diary
- K. Playing a computer game (specify type below, if any)
- L. Participating in activities (Bingo, Sing-a-long, etc)
- M. Breathing exercises
- N. Lying down
- O. Using a warm blanket
- P. Quiet time
- Q. Other

3a. Additional Information:

4. In the past, who has helped you feel better when you are upset?

5. If a situation arises and you cannot give us information, is there someone we can call and speak to? If yes, then who?

6a. Was the trauma that occurred related to a specific gender?

6b. Do you have a preference regarding the gender of the staff assigned to respond during a crisis? A. Female staff B. Male staff C. No preference

7. Is there anything additional that would assist you in feeling safe here?

Care Plan Development:

- Focus:
- Goal:
- Intervention: