

Scenario Deck

You head to Home Depot to get some supplies to finish the coffee tables you are working on.

You recently moved to a seniors' apartment in suburban Buffalo from your larger rural property that had become too much for you to take care of.

You receive a note from a friend who lost a dear family member recently.

You have a couple of visitors for afternoon coffee and cookies.

You and a friend go to see a movie with a gift card you won.

You have to go downtown to get help with your Medicaid application.

This afternoon you have an appointment to get bloodwork done.

You go out for lunch with three friends.

Your adult child is traveling overseas for work.

You lose your balance and fall. Luckily, you feel ok—just shaken up.

You lose your balance and fall. You're dizzy and you've cut your hand badly.

You wake up on the floor. The fridge door is open and it's hard to move.

Your neighbor is going through a difficult time and needs someone to talk to.

You play a game of cards with your friends.

The whole family gets together for a meal.

Your child comes over for a visit and sees you have rotten food in the fridge. They scold you and want you to throw it out despite your wishes.

You ask your child to teach you how to use your new iPad. They are impatient with you and speak to you in a condescending way.

You retired two months ago. You wake up and don't know how to fill your day.

You had oral surgery recently and struggle to talk to anyone due to the pain in your mouth and throat.

You have a visit with the doctor you have had for the last 20 years. They look at their computer for most of the visit and barely make eye contact with you. Near the end of the visit it's clear they forget a pivotal part of your recent health history.

Your insurance company will no longer cover the diabetes medication you've been using so you change medications and need to learn how to give yourself the new injection.

A volunteer driver calls to confirm you need a ride to your appointment today. You thought it was next week, and now have to cancel a planned outing with friends.

While walking to do some errands, you slip and fall on the snowy ground your neighbor didn't shovel. You've twisted your ankle, scraped your hands and knees, and broken your glasses. You are unable to finish your errands because of the pain.

This morning you lost the filing in your front tooth while brushing your teeth.

Your neighbors stopped in this morning for a quick visit with their two young children and ended up staying for two hours.

You experience a workplace injury that forces you into early retirement.

Your sibling has stage 4 cancer.

You are living in the same community you have for most of your life and you recently came out as LGBTQA+.

The arthritis in your hands is so painful today that you don't play the piano or knit like you typically would.

Your bad hip is limiting your mobility and preventing you from dancing.

You wake up after having fallen asleep with guests over. You need visitors to know it's because of medication, not them.

A scam phone call empties your savings account, leaving you financially unstable.

A recent election resulted in a change of government, and you've heard your Medicare coverage will change in ways you don't understand.

Your partner asked for a divorce, which will mean you are no longer covered on their medical insurance.

It starts to snow badly as you're waiting for your ride to do errands.

You can't walk on your own anymore due to a stroke you suffered three months ago and now use a walker. You need to find out about new health insurance coverage downtown but aren't sure how you will get there.

A loved one has become ill and can no longer take care of themselves. You are the only person in their life able to take care of them.

You're dropped off at a scheduled appointment and realize you're in the wrong place. It is the middle of winter and you don't have a cellphone to call anyone.

You're suddenly very ill and are taken to the hospital. The doctor's explanation of what's happening doesn't make any sense to you. You're unsure if any loved ones know you're there.

After a few tours looking into seniors housing options, you feel like the homes are either filthy and lacking fire escapes or way beyond your budget.

You call 211 for information but it is rattled back to you at such a speed that you can't write things down.

You love to read but you are going blind, and learning braille at your age feels quite difficult.

You are sitting at the front of the bus when a physical altercation between two inebriated passengers breaks out.

You love to smoke cigarettes but pressure from all sides to quit forces you to hide your smoking. You find yourself locked on your balcony in the middle of the night in just a housecoat.

This morning was the first time your partner's dementia caused them to become violent. You've locked yourself in the bathroom and are waiting until you feel safe enough to engage your partner again.