

# Glossary

- **Activities of Daily Living (ADLs):** Actions that would usually be done independently that take place every day such as toileting, grooming, dressing, mobility, cooking, eating.
- **Acute Care:** Level of care offered when an individual is in need of immediate medical attention such as in a hospital setting, unless otherwise specified this is a short-term stay under the management of a physician with nurses, rehabilitation therapists, social workers, dieticians also available to assist.
- **Acute Inpatient Rehab Hospital:** An inpatient rehabilitation facility that offers a hospital level of care involving registered nurses, physicians, social workers, speech therapy, physical therapy, and occupational therapy. Together with the individual and their family the multidisciplinary team creates goals for level of care at discharge and work together to achieve these goals.
- **Adult Day Care Center (ADC):** Programs offered during daytime hours to offer interactive activities and socialization for individuals, some rehabilitation and nursing may also take place at some Centers.
- **Advance Directive:** Legal document complete with witnesses (often times notarized) that states a patient's medical wishes. This may include a Living Will and designation of a Health Care Surrogate (HCS).
- **Assisted Living Facility (ALF):** Residence not covered by Medicare or Medicaid that helps with ADLS and some medication management. These may be an apartment setting or a home setting. Depending on the level of care they are licensed to serve, some ALF's may have nurses on staff to assist with more serious medical needs.
- **Care Plan:** A documented request of expectations regarding an individual's medical treatment that is prepared by the patient (sometimes with guidance from their primary physician) for hospitals, specialists, or any entity involved in a person's medical needs to be aware of.
- **Caregiver:** A person who may be a spouse, significant other, family, friend, who assist with care for an individual unable to care for themselves. Caregivers can also be individuals hired by the individual or loved one to provide assistance.
- **Chronic Illness:** An on-going illness requiring medical follow-up and likely altering day to day activities.
- **Cognition:** Level of awareness and ability to reason. Recognizing who you are, where you are, and having an accurate idea of time.
- **Companionship Care/Private Duty Care:** Individuals who are employed either privately or through an agency and assist with meals, medical management, transportations, ADLS wherever the patient resides (a residence, assisted living facility). Long-term care insurance may assist in paying for this service, but this is not generally covered by Medicare or Medicaid plans.
- **Dementia/Memory Care Unit:** A facility that offers specific care for individuals living with memory deficiencies and has nursing available. Some skilled nursing facilities and some ALF's may offer a unit like this.
- **Discharge Planner:** A person who coordinates a patient's care as they transition from one level of care to the next.

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- **Driving:** Safety with driving should be discussed with your doctor. There are various programs that provide education on safe driving and driver skill assessments.
- **Elder Abuse:** Causing physical harm, emotional turmoil or financially exploiting an older, vulnerable individual.
- **Elder Law Attorney:** An attorney that advocates for and specializes in legal issues faced by the elderly community and their caretakers.
- **Geriatrician:** A physician who specializes in elderly care.
- **Hands-On Assistance:** Physical help (minimal, moderate, or maximal) an individual needs to do an activity of daily living.
- **Health Care Surrogate (HCS):** An individual designated to make medical decisions in the event that the person named is incapacitated and unable to make decision for themselves.
- **Health Insurance Portability and Accountability Act (HIPAA):** Provides patient protection of private health and medical information.
- **Long-Term Care Insurance:** Privately purchased policies that assist in covering costs for Assisted Living Facilities or Private caregivers not generally covered by Medicare or Medicaid. This insurance will offer some tax benefits.
- **Home Health Care:** Care ordered by a doctor for individuals who are homebound. This includes an RN for skilled nursing such as medication management, wound care or home rehabilitation such as speech, physical or occupational therapy. Social workers are often available as well. Home Health Care benefits are generally covered by insurance companies by agencies in their network.
- **Hospice:** Health care philosophy of providing comfort, care, and dignity for individuals terminally ill. Hospice services may be provided.
- **Independent Living:** A residential community generally designated for individuals above the age of 55. Often additional services such as social events. No assistance with ADLs or medical assistance is offered in these settings.
- **Living Will:** A signed document listing a person's wishes for their medical care, this document often addresses life saving measures to be withheld or administered.
- **Long-Term Care Center/Facility:** A facility where individuals reside and receive on-going nursing care to patients or residents in need of assistance with activities of daily living.
- **Long-Term Acute Care (LTAC) Hospital:** Level of care necessary when an individual requires an extended period under a hospital level of care.
- **Managed Medicare:** Commercial insurance plans that govern Medicare plans that provide access to networks within those plans.
- **Medicare:** Per Medicare.gov "Medicare is federal health insurance for people 65 or older, some younger people with disabilities, people with End-Stage Renal Disease".

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- **Nursing Home:** A state licensed facility that provides nursing care, rehabilitation, respite care, or a residence to individuals. Nursing homes may also be called a Skilled Nursing Facility (SNF) for short-term stays or Long-Term Care (LTC) facility for patients who reside in the nursing home.
- **Ombudsman/Long-Term Care Ombudsman:** Under the federal Older Americans Act (OAA), every state is required to have an Ombudsman program that addresses complaints and advocates for improvements in the long-term care system. To find the Ombudsman nearest you, visit the National Long-Term Care Ombudsman Resource Center.
- **Palliative Care:** Comfort care offered to individuals living with serious and/or chronic illness. Not to be mistaken with Hospice care, palliative care is often offered by clinics, hospital's and some Home Health Care Agencies to provide a compassionate multidisciplinary approach to an individual's needs concerning their disease process focusing on relief from pain and addressing symptoms related to the illness.
- **Power of Attorney (POA):** The appointment of a person or entity responsible for decision making on behalf of the named individual. A POA may address medical, financial, and personal decision-making abilities.
- **Primary Care Physician/Practitioner (PCP):** General care doctor who does annual physicals and monitors an individual's overall care, often referrals to other specialists will come from a PCP.
- **Respite Care:** Care offered by an individual (Private Duty Care), agency (Adult Day Care Program), or facility (SNF, ALF) to offer an opportunity for one's caretaker to have a reprieve from care of their loved one, generally over 48 hours.
- **Senior Centers:** Per the National Institute of Senior Centers this is a place where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the center and the community.
- **Stand-By-Assistance:** A person able to stand needing someone present to offer help if needed.
- **Sub-Acute Care:** A residential facility that offers short-term skilled-nursing and rehabilitation. This facility is appropriate for individuals who have experienced a change in their level of functioning (due to acute illness, stroke, or falls) or require skilled nursing care (complicated wound care, IV infusions, etc.). This level of care is less intense than the hospital setting.
- **Substantial Assistance:** Hands-on or stand-by help required to do ADLs.
- **Survey (or State Survey):** All federally funded nursing homes are surveyed at least annually to ensure compliance with CMS (Center for Medicare & Medicaid Services) regulations. The results of the latest survey must be posted [54] Pioneer Network and readily accessible in all nursing homes and is also available online at Nursing Home Compare ([www.medicare.gov/NHcompare/](http://www.medicare.gov/NHcompare/)).
- **Transportation:** Transportation may be covered by some managed care plans. There are private non-emergent transportation companies that will transport charging per mile.

Find inspiration for caring for a loved one in the book *Love Cares: Encouraging Words and Stories from an Alzheimer's Caregiver* from [AdventHealthPress.com](http://AdventHealthPress.com)  
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