

Glossary of Senior and Long Term Care Terms

A helpful guide to many of the terms commonly used in senior care, long term care and rehabilitation.

Activities of Daily Living (ADLs) - The tasks a person does to function throughout each day. Basic ADLs include many personal care tasks such as bathing, dressing, grooming, eating and using the bathroom. Instrumental ADLs include those tasks that allow a person to live independently such as housework, managing money, shopping and driving.

Alzheimer's Disease - The most common type of dementia. Alzheimer's Disease affects memory, thinking (especially with regards to executive function) and behavior and worsens over time. It can affect people at many ages but most often affects those over 65.

Alzheimer's Care Residence (also referred to as Dementia Care Unit or Memory Care Community) - A residence specially designed that has staff specifically trained to best meet the needs both physically and socially for those living with Alzheimer's Disease, related dementias or other significant memory loss.

Assisted Living Facility - A place that provides housing and supportive services including help with Activities of Daily Living as well as meals, housekeeping and activities. Most commonly staffed full-time with Certified Nursing Aides or Home Health Workers and during the day a nurse is available who is available for oversight but limited in what services they can provide.

Continuing Care Retirement Community - A place that normally provides Independent Living, Supportive Living (assisted or enhanced) and Skilled Nursing Care on one campus so residents can fully age-in-place.

Convalescent Home - Most commonly referred to as a Nursing Home or Skilled Nursing Facility, a residence that provides care for people who require continual medical care, rehabilitation or long-term care.

Dementia Care Unit (also referred to as Alzheimer's Care Residence or Memory Care Community) - A residence specially designed that has staff specifically trained to best meet the needs both physically and socially for those living with Alzheimer's Disease, related dementias or other significant memory loss.

Enhanced Living - North Hill's innovative approach to supportive living using the Small House Model to provide residents with a true home experience where they receive all the necessary support to live the life of their choosing.

Geriatric Care Manager (GCM) - A social worker who helps seniors and their families navigate the various issues that may arise throughout the aging process. Often looked at as your "expert friend in the industry".

Habilitation Model - A method of interacting with those affected by Alzheimer's Disease that promotes positive emotion throughout the day, maintaining those positive feelings by enabling the person to fully use the skills and abilities that remain while successfully and discreetly supporting their needs.

Long-Term Care - Most commonly used to refer to care provided in a Skilled Nursing Facility to meet the medical and non-medical needs of people with a chronic illness or disability who can no longer care for themselves.

Long-Term Care Facility - A term used mostly to refer to Skilled Nursing Facilities where a person with a chronic illness or disability who can no longer care for themselves receives support for medical and non-medical needs.

Medicare-Certified Home Health Agency - An agency certified by Medicare to provide intermittent skilled nursing care, physical therapy, speech therapy and occupational therapy to homebound patients via doctor's orders. Services are covered by Medicare as long as certain criteria are met.

Memory Care Community (also referred to as Alzheimer's Care Residence or Dementia Care Unit) - A residence specially designed that has staff specifically trained to best meet the needs both physically and socially for those living with Alzheimer's Disease, related dementias or other significant memory loss.

Occupational Therapy (OT) - Treatments used to develop, recover or maintain daily living and work skills of people with a physical, cognitive or developmental condition.

Personal Care - Assistance with Activities of Daily Living

Personal Care Home - Term sometimes used to describe supportive living environment for seniors, other terms used include Assisted Living, Convalescence Home, Enhanced Living, Old Folks Home, Residential Care Facility, Senior Care Home, Skilled Nursing Facility.

Person-Centered Care (also referred to as resident-directed care) - Approach to supporting a person by ensuring they are at the center of all decision-making involving their care, living arrangement and honoring all of their personal preferences.

Physical Therapy (PT) - Treatment of a physical dysfunction or injury by the use of therapeutic exercises intended to restore as close to full functioning as possible.

Rehabilitation - Refers to the process of supporting a person's restoration to a condition of good health and ability level as close to before an injury or illness as possible.

Resident-Directed Care (also referred to as person-centered care) - Approach to supporting a person by ensuring they are at the center of all decision-making involving their care, living arrangement and honoring all of their personal preferences.

Residential Care Facility - Term sometimes used to describe supportive living environment for seniors, other terms used include Assisted Living, Convalescence Home, Enhanced Living, Old Folks Home, Personal Care Home, Senior Care Home, Skilled Nursing Facility.

Respite Care - Provision of temporary care for a person to either give relief to a caregiver or allow the person time to recover from an injury before they return to their regular place of residence.

Senior Care Home - Term sometimes used to describe supportive living environment for seniors, other terms used include Assisted Living, Convalescence Home, Enhanced Living, Old Folks Home, Personal Care Home, Residential Care Facility, Skilled Nursing Facility.

Senior Move Manager - Professional that assists an older adult and their family with the physical and emotional aspects of relocating. Often special emphasis on best practices for downsizing, preparing a home for sale and maximizing use of a new space.

Short-term Rehabilitation - Therapy for a person recovering from a surgery, illness or accident.

Skilled-Nursing Facility - Often referred to as a Nursing Home or Convalescent Home, a residence that provides care for people who require continual medical care, rehabilitation or long-term care.

Sliding Scale - Term used most commonly to refer to insulin treatment for a person with diabetes where blood is drawn throughout the day for blood sugar readings that determine the proper dosage of insulin with each injection.

Small House Model - A small house is an intentional community of 10 to 14 persons and a staff of highly trained workers who live and work in a well-designed environment organized and operated around the humanistic guiding principles of autonomy and dignity

Speech Therapy - Evaluation of and treatment for communication and swallowing disorders.