



UNDERSTANDING THE LANGUAGE OF SENIOR LIVING.

Information from our House to yours.

TERMS, ACRONYMS AND MORE.

There are many things to learn as you begin exploring senior care. As you research, you may encounter terminology that is confusing or hear unfamiliar acronyms. To give you a better understanding of the language of senior living, we've compiled a general list of often-used acronyms, terms and titles.

TERMINOLOGY

Advanced Directives | A written statement of an individual's preferences and directions regarding health care.

Aging in Place | The concept of remaining in one's home regardless of changes in health or care needs. This can take place in a senior living community, an apartment or home.

Ambulatory | The ability to walk independently, including walking with the use of an assistive device like a cane or walker.

Continuum of Care | The complete range of health care services and other service options available within a particular community or campus. These services often evolve to meet an individual's needs over time.

Comorbidity | The presence of two or more conditions or diseases in the same individual.

Living Will | A document stating, in advance, an individual's wishes concerning the use of life-saving devices and procedures in the event of terminal illness or injury should the individual no longer be competent.

Health Care Proxy | A document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

Medicaid | A federal- and state-funded program that assists low-income individuals with

coverage for medical care and other health-related services.

Medicare | A federal health insurance program for individuals 65 years of age and older. Medicare also provides health insurance for individuals under the age 65 who meet the eligibility requirements.

Power of Attorney | An instrument granting someone, often referred to as an "agent," authority to act as agent or attorney-in-fact for the grantor.

VA Aid & Attendance | A supplementary monthly payment, over and above a standard VA pension payment, for qualifying veterans and survivors.

YOUR STORY. TO BE CONTINUED.

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SENIOR LIVING COMMUNITIES

ACRONYMS

Senior Living Accommodations

- AL | Assisted Living
- ALF | Assisted Living Facility
- ANP | Adult Nurse Practitioner
- CCRC | Continuing Care Retirement Community
- CNS | Clinical Nurse Specialist
- GNP | Gerontological Nurse Practitioner
- IL | Independent Living
- LTC | Long-Term Care
- MC | Memory Care
- NH | Nursing Home
- RCF | Residential Care Facility
- SNF | Skilled Nursing Facility

Care Providers

- CNA | Certified Nursing Assistant
- CNE | Certified Nurse Educator
- LPN | Licensed Practical Nurse
- LVN | Licensed Vocational Nurse
- NP | Nurse Practitioner
- OT | Occupational Therapist, Occupational Therapy
- PCP | Primary Care Physician (or Provider)
- PT | Physical Therapist, Physical Therapy
- RN | Registered Nurse
- SW | Social Worker



Care-Related

- ADL | Activities of Daily Living
- ALP | Assisted Living Program
- EOAD | Early Onset Alzheimer's Disease
- MCI | Mild Cognitive Impairment
- QOL | Quality of Life
- TBI | Traumatic Brain Injury

Sources of Assistance

- ALFA | Assisted Living Federation of America
- CELA | Certified Elder Law Attorney

- CMS | Centers for Medicare & Medicaid Services
- LTCI | Long-Term Care Insurance
- SSA | Social Security Administration
- SSDI | Social Security Disability Insurance
- SSI | Supplemental Security Income
- VA | U.S. Department of Veterans Affairs



YOUR STORY. TO BE CONTINUED.

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At American House, our mission, Living Well Is Being Well,[™] promotes whole-person health and wellness of the mind, body and spirit. Our brain health, wellness and enhanced mindfulness programs help our residents discover and grow and make personal choices that improve and support a healthy lifestyle.

Our maintenance-free lifestyle is designed around our belief that if you live well, you will be well. It presents our residents with extra time to concentrate on health and wellness goals, explore new interests and continue their story in the company of friends and loved ones.