

# SENIOR LIVING – TERMINOLOGY



## Retirement Home

A retirement home is focused on providing a range of services from independent to memory care and everything in between. Communities offer a full recreation schedule, meal preparation, cleaning services and a variety of a-la-carte services such as driving, hair dressing, foot care, hearing aid service as well as care options.

## Nursing Home

A nursing home, also called long-term care, is a publicly subsidized home. These homes are run by private companies as well as by municipalities. Seniors choose to move to these types of homes due to care needs and, sometimes, their (in)ability to pay for additional care or a retirement home.



## Instrumental Activities Of Daily Living (IADL)

Instrumental Activities of Daily Living are often tasks learned in our teen years, such as managing transportation, finances, medication, meal preparation, shopping, and general communications.

## Activities Of Daily Living (ADL)

Activities of Daily Living are self-care tasks we learn when we are young – walking, bathing, transferring (moving by ourselves from one place to another), toileting, dressing, grooming and feeding.



## Independent Living (IL)

Independent Living is often used to describe a lifestyle. Usually, the senior who is moving to “independent living” is looking for an environment where some of their daily chores are taken care of. In this context, assisted living is used to describe a lifestyle where meals and housekeeping are provided.

## Supportive Living

Supportive living is offered to seniors who are living independently, but require a small amount of help. This can include support with medications, bathing, and laundry, in addition to the meal and housekeeping services.





## One-Person Assist

One-person assist means that a senior requires one staff member to support them in completing their activities of daily living (ADLs). These activities may include helping someone to transfer out of a bed to a walker or wheelchair, getting dressed, get to and using the washroom etc.

## Two-Person Assist

A two-person assist means that a senior requires two staff members to provide those daily living services. This usually happens when the senior is non-weight bearing. An example of this would be if you were sitting on your bed and needed one person on each side of you to support you when getting out of bed.



## Physical Care Floor

A physical care floor is usually reserved for those who require a two-person assist. Additionally, clients may look to move to a physical care floor if their mobility is limited and they would like to have meals and activities more centralized. Most of these floors have their own, self-contained dining room and lounges.

## Memory Care Floor / Secured Floor

Seniors who have any form of dementia and/or other types of cognitive impairment may find that a memory care floor is most appropriate. Memory care is a locked, secure floor that is accessed only via a keypad and code. Seniors in memory care are not permitted to leave the floor without supervision.



## Mechanical Lift

In conjunction with a two-person assist, a mechanical lift may also be required. This device is most commonly used to move people who are unable to stand on their own or whose weight makes it unsafe to move them manually. When a senior requires the use of a lift, they usually also require a two-person assist in a retirement home.

## Continuum of Care or “Aging in Place” Model

As care needs increase, an individual can remain in the same home. The advantage of this approach is that the person can continue to live in the familiar place they have come to know, with their social connections, rather than having to move to a different residence if their care needs progress.

