

## **Glossary of Senior Living Terms**

**ADLs** are activities of daily living, which include eating, bathing and dressing.

**Alzheimer's and Memory Support Care** offers specialized services, programs as well as safe and secured communities for individuals suffering from Alzheimer's disease or another kind of dementia.

**Assisted Living** is for seniors who may need some support with their ADLs. All care is personalized; those needing assistance with bathing, dressing and medication management.

**CCRC** refers to a "continuing care retirement community" that offers a variety of settings for senior adults so they never have to move again.

**CNA** is a Certified Nursing Assistant, who is supervised by a Licensed Nurse or Registered Nurse.

**Dementia Care** see Alzheimer's and Memory Support Care.

**Individualized and Person-Centered Care** refers to the programs, care plans and residences offered by Smith Senior Living communities to ensure the utmost independence for every resident.

**Life Enrichment** is so much more than merely filling the day with activities. At Smith Living communities, it weaves cultural, social, educational and recreational elements for a full, rich life.

**LTC** refers to long-term care.

**Worry-free** means no responsibilities for maintenance and house-keeping, meal preparation and other tasks necessary for homeowners. Smith residents, for example, can forget about mowing the lawn, raking leaves or shoveling snow and get on with enjoying life to its fullest.

**Medicaid** provides healthcare and related services to those with very limited income. Federally funded, it is administered by the state after certain eligibility criteria are met by individuals.

**Medicare** is a federal, national health insurance program for people 65 years of age and older. It reimburses doctors, hospitals and skilled nursing care programs and services for care provided to qualified individuals.

**Not-for-Profit** organizations like Smith Senior Living are motivated by the foresight, dedication, innovation and vision of their mission. Although these organizations are not motivated by financial gain, their trustees serve as the fiscal stewards of the organizations' resources. They are registered with the federal and state government and must meet standards regarding fiscal stewardship of the organizations' resources.

**PT** is physical therapy combining specific exercise and physical activity to restore functional abilities such as walking and lifting.

**Refundable Entrance Fee and Monthly Fee** is the amount new residents pay to enter Smith Senior Living's Independent Living communities. Ninety percent of this fee is refunded to residents when they move away or to their estate. All residents pay a monthly fee to cover the costs of dining, housekeeping and maintenance, as well as educational and social programs.

**Rehab** or rehabilitation programs are designed to restore patients' highest possible level of functionality and quality of life after an injury, surgery or a hospitalization.

**RN** is a Registered Nurse.

**Skilled Nursing Care** is the highest level of care delivered at Smith Senior Living communities for residents needing the safety and security of round-the-clock healthcare.

**Speech Therapy** is a specialized program in Skilled Nursing Care and Rehabilitation for those with cognitive problems or trouble communicating verbally.

**Wellness Programs** are conducted to improve the lives of residents and to maximize their independence.