

Glossary of Terms

Activities of Daily Living (ADLs) - are activities such as bathing, dressing, toileting/continence, eating, mobility/transferring, and behavior.

Adult Day Care/Services – is a service that can help people with physical and cognitive impairments remain independent. They are offered in a variety of centers around Oregon. People with chronic or progressive health problems can be served by adult day services. Adult day programs typically provide socialization, reminiscing, recreational exercise, counseling, support groups, information, nutritious meals and snacks, health monitoring, and art/music therapy. Some day centers also offer nursing, physical therapy, and personal care.

Adult Foster Homes – are private residences licensed to provide care to five or fewer residents. They offer room and board, personal care from a caregiver in the home 24 hours a day. Planned activities and medication management are available, and some provide transportation services, private rooms, or nursing services. The type of care provided in an adult foster home varies greatly depending on the consumer's needs and the skills, abilities, and training of the provider. They are licensed, monitored and inspected by the state or local area agencies on aging.

Adult Protective Services - is a program that provides protection and intervention on behalf of those adults (aged, blind or disabled individuals 18 yrs. of age or older) who are unable to protect themselves from harm or neglect.

Americans with Disabilities Act (ADA) –Congress passed the American with Disabilities Act in 1990. It prohibits discrimination on the basis of disability in employment, state and local government, public accommodations, commercial facilities, transportation, and telecommunications.

Area Agencies on Aging (AAA) – are mandated by the federal government to function as state-based planning and service agencies for the administration of Older Americans Act Programs. In Oregon there are 18 area agencies on aging, individually operated by counties, council of governments, and private non-profit agencies.

O.R.S Chapter 410 allows area agencies on aging to optionally choose to administer state social, health, and independent living services for seniors and people with disabilities. As a result, the following options exist:

Type A - This agency model provides programs and services funded by the Older Americans Act and the state-funded Oregon Project Independence program. It serves only persons 60 years of age and older, and does not administer any Medicaid, Food Stamp, or Adult Protective Service programs. In Type A areas, the state also operates local multi-service offices that administer the Medicaid, General Assistance, Food Stamps, and Adult Protective Services programs to both seniors and people with disabilities.

Type B1 - This agency model must be sponsored by a governmental entity, which can be counties, councils of governments, or a consortium of counties. It administers Older Americans Act and Oregon Project Independence to seniors over 60, and Medicaid, Food Stamp, and Adult Protective Service programs and services to seniors over 65. It does not serve people with disabilities who are under the age of 65. In local areas operating as Type B1 agencies, the state also operates a disability services office, which provides Medicaid, General Assistance, Adult Protective Services, and Food Stamp programs to people with disabilities.

Type B2 - As the above, this agency model must be sponsored by a governmental entity. It administers all the programs that Type B1 agencies administer plus providing services to people with disabilities under the age of 65. In Type B2 areas there are no state operated offices for seniors or people with disabilities.

Assisted Living Facilities – are facilities with six or more private apartments. They are fully wheelchair accessible and offer full dining room services, housekeeping and call systems for emergency help when needed. Registered nurse consultation is available. Physical care and additional health care supervision and assistance can be provided in the consumer’s own apartment. Organized activities and transportation are available. They are licensed, inspected and monitored by the state.

Baby Boom Generation – is the generation of individuals born post World War II from 1946 through 1964.

Caregiver – as used in this document, is either a paid or unpaid individual who provides hands-on services for either an elderly individual or for a younger individual with disabilities. While this term is being used in this document, there is concern that using the term “care” is demeaning and implies that recipients of care are passive and dependent. This term is being used by the Task Force because it is universally understood and can be used throughout the

document for various individuals who provide services to others. It is not intended to be demeaning.

Cohort – is a group of individuals having a statistical factor in common in a demographic study (*Webster's New Collegiate Dictionary*)

Community-Based Care – is care provided in a home or facility that is not a nursing facility. In Oregon community-based care includes care provided in an individual's home, in a residential care facility, assisted living facility or an adult foster home.

Community Development Block Grants (CDBG) – are federal grants to communities designed to provide decent housing, a suitable living environment, and expand economic opportunities, principally for persons of low and moderate income. Community development block grants are issued through the Department of Housing and Urban Development to the Oregon Economic and Community Development Department (OECDD). These funds are allocated to communities for use in addressing housing needs for safety and health or structural soundness (e.g. replace failing septic systems, sewer connections, roof repairs, adding wheelchair ramps, etc.)

Consumer – as used in this document, refers to the individual receiving services, often referred to as a client. Consumer was the term chosen to reflect a more active involvement by many individuals in directing and evaluating the services they use.

Continuing Care Retirement Communities – are any provider that agrees to either directly furnish or indirectly make available, upon payment of an entrance fee and under a residency agreement, housing and health related services, including nursing or assistance with activities of daily living, for a period greater than one year.

Department of Human Services (DHS)– is an agency for the State of Oregon that includes the following policy and program groups: Seniors and People with Disabilities, Health Services, and Children, Adults, and Families. The Director of the Department of Human Services reports directly to the Governor.

Elders – for most purposes in this document, especially with regard to the demographic data, individuals 65 years of age and older are considered senior citizens or elders. However, for purposes of eligibility for Oregon Project Independence and Older Americans Act Programs, those individuals 60 years of age and older are considered seniors.

Family Caregiver Support Program – is a program established by the enactment of the Older Americans Act Amendments of 2000. The program calls for all states working in partnership with area agencies on aging and local community-service providers to provide five basic services for family caregivers, including: a) Information to caregivers about available services; b) Assistance to caregivers in gaining access to supportive services; c) Individual counseling, organization of support groups, and caregiver training; d) Respite care to enable caregivers to be temporarily relieved from their care giving responsibilities; and e) Supplemental services, on a limited basis, to complement the care provided by caregivers.

Fifty Five (55) Alive Program – a classroom driver improvement course developed and implemented by AARP specially designed for motorists age 50 and older. It is intended to improve their skills while teaching them to avoid accidents and traffic violations.

Home of Your Own Program – is a statewide project formed in 1996 for the purpose of promoting the use of affordable housing options and community supports by Oregonians with developmental disabilities. The program primarily focuses on assisting people who are not receiving formal services. The program is administered by The Arc of Lane County with major funding provided by the Oregon Council on Developmental Disabilities and the Office of Developmental Disability Services. The Oregon State Department of Housing and Community Services and the Federal Home Loan Bank have provided grants and loans to assist individuals in becoming homeowners through the HOYO Program.

Housing Authorities – The 22 Housing Authorities in Oregon are public and non-profit corporations created under law by a city, county or counties working together. Each authority has a defined service area and a mission that reflects the affordable housing needs of its local community and administers federal, state, and local programs in accordance with their respective missions. Administration for Housing Authorities is funded through the Department of Housing and Urban Development that also approves their five-year program plans.

In-home Services – are services provided in a person’s home. Those services include help with personal or health care needs and housekeeping. More specifically they include: meal preparation, shopping and transportation, home health services, assistance with medication, housekeeping and laundry, medication management, money management, assistance with medical equipment, and dressing and personal hygiene.

Long-Term Care – is care provided in an individual’s home or in a facility (either nursing or community-based care facility) to individuals, both young and old, on a daily basis, usually involving assistance with activities of daily living or instrumental activities of daily living. The need for long-term care is usually precipitated by a chronic disease or disability.

Long Term Care Insurance - is insurance coverage which provides at least 24 months of coverage on an expense incurred, indemnity, prepaid or other basis; for one or more functionally necessary or medically necessary services, including but not limited to nursing, diagnostic, preventive, therapeutic, rehabilitative, maintenance or personal care services, provided in a setting other than an acute care unit of a hospital.

Medicaid – (Title XIX of the Social Security Act) - is a medical assistance program jointly financed by the state and federal governments for eligible low-income individuals. Medicaid covers health care and long term care expenses for all recipients of Temporary Assistance to Needy Families (TANF), and most states also cover the needy elderly, blind and disabled who receive cash assistance under the Supplemental Security Income (SSI) program. Coverage also is extended to certain infants and low-income pregnant women and, at the option of the state, other low-income individuals with medical bills who qualify as categorically or medically needy.

Medical Provider – is a trained and licensed individual who provides health care to others and includes, but is not limited to: physicians, nurses, midwives, physician assistants, nurse practitioners, physical therapists, etc.

Medicare – (Title XVIII of the Social Security Act) is a federal health insurance program established in 1965 for people aged 65 or older. It now also covers people of any age with permanent kidney failure, and certain disabled people. It is administered by the Centers for Medicare & Medicaid Services of the U.S. Department of Health and Human Services. Local Social Security Administration Offices take applications for Medicare benefits and provide information about the program. Medicare pays only for care that it determines is medically necessary.

Medicare Part A - covers the following: inpatient care in a hospital , skilled care in a nursing facility, care from a home health agency or hospice. Part A is financed mainly from a portion of the Social Security payroll tax (FICA) deduction.

Medicare Part B - helps pay for physician services, outpatient hospital care, clinical lab tests, and various other medical services and supplies, including durable medical equipment. Part B is financed by monthly premiums paid by enrollees and from federal general revenues. Medicare pays 80 percent of the Medicare-approved amount for Part B

claims. If a physician accepts assignment, it means s/he will not charge over the Medicare-approved amount. The enrollee must pay the other 20 percent and more, if the physician does not accept assignment.

Nursing Facilities – are long-term care facilities that provide nursing care on a 24-hour basis in a more institutional environment. They provide skilled care, rehabilitation, and end-of-life care. They are inspected, licensed, and monitored by the state, in compliance with both state and federal regulations.

Older Americans Act - was enacted in 1965 to provide assistance in the development of...programs to help older persons through grants to the States for community planning and services... The objectives of the Act are to secure for older people of our nation: 1) adequate income in retirement; 2) best possible physical and mental health w/o regard to economic status; and 3) suitable housing...at affordable costs; 4) a comprehensive array of community-based long-term care services...to sustain people in their communities and homes, including support to family members providing voluntary care; 5) opportunity for employment without age discrimination; 6) retirement in health, honor and dignity; and 7) participating in and contributing to meaningful activity within the widest range of civic, cultural, educational, training and recreational opportunities. (See ML-1 — 7/1/93 — III-B& III-C for more detailed info.)

Oregon Economic and Community Development Department (OECDD) – is a cabinet-level agency, reporting directly to the governor. The department is funded by the Oregon Lottery, federal funds and other funds. The agency’s mission is to assist Oregon businesses and governments to create economic opportunities and build quality communities throughout Oregon. The department helps Oregon companies succeed and expand and encourages national and international companies to invest in Oregon communities. The department further assists communities to assess their business and community development capacity and to identify next steps in achieving their development goals.

Oregon Housing and Community Services Department (OHCS) – Oregon Housing and Community Services is the state housing finance agency, providing financial and program support to create and preserve opportunities for quality, affordable housing for lower income Oregonians; and it administers federal and state antipoverty, homeless and energy assistance community service programs.

Oregon Project Independence – funds a variety of in-home services to persons aged 60 or over and persons under 60 year of age who have a diagnosis of Alzheimer’s or related disorder.

People with Disabilities – as referred in this document are individuals under the age of 65 who have either a mental or physical impairment. The Americans with Disabilities Act of 1990 defines disability as a “physical or mental impairment that substantially limits one or more of the major life activities.”

Program of All-Inclusive Care for the Elderly (PACE) – is an optional benefit under Medicaid and Medicare that focuses entirely on older people who are frail enough to meet their state’s standards for nursing home care. The program brings together all the medical and social services needed for someone who otherwise might be in a nursing facility.

Provider – as used in this document, is either a supplier of long-term care or health care, such as an adult foster home provider or a physician. A provider does not necessarily provide direct care to consumers.

Reinvention Lab – are programs that allow public organizations to waive rules and procedures temporarily to experiment with new ways of meeting housing needs.

Residential Care Facilities – are facilities that serve six or more residents. They offer room and board with 24-hour supervision, assistance with physical care needs, medication monitoring, planned activities, and often transportation services. They are licensed, inspected and monitored by the state.

Respite Care – is a service given to families and other care givers temporarily to relieve them from providing care for frail adults. Companionship. Light assistance, recreational activities, and security are provided in a consumer’s home, out of home in a group setting, or overnight in a residential setting. Respite care fosters a healthier quality of life for both the caregiver and the care receiver.

Seniors and People with Disabilities (SPD) – is a policy and program group of the Department of Human Services (DHS) that provides services to elderly and individuals with disabilities of all ages. The mission of Seniors and People with Disabilities is “assisting seniors and people of all ages with disabilities to achieve well-being through opportunities for community living, employment, family support and services that promote choice, independence and dignity.” This office’s main program areas are:

- Community-based care licensing and quality assurance
- Community- based care nursing and health
- Nursing facilities licensing and corrective action
- Developmental disabilities county relations
- Federal waiver and resource development
- Community and family supports
- In-home supports
- State operated group homes
- Employment services, and
- Financial supports

Smart Cards – are cards that look like credit cards and contain a microchip that holds data germane to the cardholder. They assure security and can be programmed for an authorization number, providing efficient ways to retrieve information. They allow quick access to client/patient/consumer information and enhance portability and ease of data transmission.

Smart Home Technology -is the term commonly used to define a residence that uses a home controller to integrate the residence’s various home automation systems. Integration of the home systems allows them to communicate with one another through the home controller, thereby enabling single button and voice control of the various home systems simultaneously, in pre-programmed scenarios or operating modes.

Smart Homes can be used for older people and those with disabilities, providing safe and secure environments. The Smart Home allows the user to control many features or automate these features. The user can also be monitored by the Smart Home system to ensure their safety, and alert people should the user be in difficulty.

Universal Design Principles – are design principles that incorporate products and environments that are usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.

Visitability – refers to the design and construction of dwellings that enables easy access by individuals with a mobility impairment. Visitability construction typically includes items such as wider halls for wheelchairs, having at least one entrance without steps, lowering light switches to levels that can be reached from a wheelchair, and having accessible bathrooms on main floors when feasible.

X-10 – is a power line carrier protocol that allows compatible devices throughout the home to communicate with each other via the existing 110V wiring in the house. Using X10 makes it possible to control lights and virtually any other electrical device from anywhere in the house with no additional wiring.