

Senior Living Terminology

Aging in Place

A concept involving the senior being able to grow older in a familiar and comfortable environment while providing them with the necessary services and support to live relatively independently and not have to move multiple times.

Alzheimer's

Alzheimer's is the most common type of dementia. Dementia is a general term for memory loss and the degradation of intellectual abilities which interferes with daily activities.

Alzheimer Care

Specialized care and support services for those living with Alzheimer's Disease.

Assisted Living

Assisted Living residences provide nursing care, housekeeping, hospitality services, and personal assistance to adults who are able to live relatively independently but require some additional care in order to complete daily activities.

Arthritis

Arthritis is a condition where inflammation occurs in one or more of your joints. Symptoms include joint pain and stiffness, which typically worsen with age.

Convalescent Care

Convalescent Care is temporary health service provided for people who have recently suffered illness or injury and require additional time to recover, but no longer require acute hospital care. It can be delivered in a medical facility or a patient's home.

Dementia

A broad medical term used to describe the loss of memory and ability to perform everyday activities. The most common form of dementia is Alzheimer's.

Diabetes

Diabetes is a metabolic disease in which the patient cannot process glucose (sugar in the blood) and has abnormally high blood sugar levels. Most adults diagnosed have Type 2 Diabetes which can be treated with diet, exercise, oral medications, and sometimes insulin.

Geriatrician

A geriatrician is a medical doctor who specializes in the health, psychology, or social issues which affect the elderly.

Gerontology

Gerontology refers to a multi-disciplinary field of study concerning issues affecting older adults, including health, psychology, and social issues. A related but different field is geriatrics, the study of diseases affecting older adults.

Home Support Services

Support which is provided to enable senior's independence at home. Such services may include food preparation, home upkeep, cleaning, laundry, or transport.

Incontinence

Typically, incontinence refers to the inability to control urination or excretion of feces. Many older adults experience urinary incontinence which can have many underlying causes best diagnosed by a doctor.

Living Will

A legal document that stating the desires of a person regarding life saving procedures in the event of injury or a terminal illness and where the person is no longer capable of making decisions for themselves.

Long Term Care

Long Term care is provided in the form of health and supportive services to someone who has permanently lost the ability to care for themselves.

Occupational Therapy

Client centred practice focussed on developing, rehabilitating or maintaining skills required for everyday living. Occupational therapy is practiced by a licensed occupational therapist.

Palliative Care

Care in which the primary focus is to provide pain relief and preventing suffering for patients that suffer from a chronic or terminal illness, sometimes distinguished from curative treatment.

Parkinson's Disease

Parkinson's disease is a progressive disorder of the nervous system affecting coordination and movement. Symptoms include tremors, slowed movement over time, stiffness, loss of automatic movements, and impaired speech.

Physiotherapy

Physiotherapy (also called physical therapy in the United States) is a field of health care dedicated to improving the movement and function of those with physical impairments and disabilities through physical intervention, examination, evaluation and diagnosis.

Respite Care

Care provided in substitute of care provided by regular caregivers. This allows for some down time for the regular providers of care. Respite Care can be provided at home or in an assisted living or complex care facility.