



## Home Care Glossary

**Activity of Daily Living (ADL)** refers to an individual's daily habits. ADLs are often used to help determine an individual's ability to function at home. Examples of ADLs include bathing, dressing, eating, moving around, using the bathroom, and walking.

**Care Plan** means ranging from 4 to 24-hour support, ensuring that each client remains independent in the comfort of their own home.

**Home Care** means providing ongoing support that is typically non-medical in nature. It offers help with daily activities of living (ADLs) that keep your loved one safe, well cared for and independent in their own home.

**Home Health Care** means providing skilled medical care in addition to the services offered by home care. These services can include wound care, monitoring vital signs, pain, and medication management, physical, occupational, and speech therapies.

**Occupational Therapy** means if a client has suffered an injury or illness that has affected motor skills, reasoning abilities, or other loss of function.

**Physical Therapy** means if a client has suffered from an injury or illness which has affected motor skills or function. This service is geared toward helping the client attain his/her maximum functional motor potential.

**Range of Motion (ROM) Exercises** means movements designed to keep the body flexible, especially if there is a medical problem that restricts normal movement or exercise.

**Speech Therapy** means to treat cognition, communication, and issues with swallowing.

h = @ = #  
@

@ = U #  
O " h

- @ = # #  
u

@ = U #

= @ = #

U U

# V ° #V°

grooming, monitoring vital signs, mobility assistance and fall prevention, and medication reminders.

**Personal Care Associates (PCA)** enhance comfort and quality of life for seniors through essential non-medical support such as: health & wellness monitoring, transportation, housekeeping, companionship and emotional well-being, and supporting independence and dignity.