

Aging Services Glossary

Updated November 2021

501(c) Organization

A nonprofit organization that has been recognized by the US Internal Revenue Service as being tax-exempt by virtue of its charitable programs.

AAAs (Area Agencies on Aging)

Local (city or county) programs that provide information and services on a wide range of assistance for older adults and their caregivers, including transportation and housing assistance, meal plans, counseling and support groups, and respite care;

www.vda.virginia.gov/aaamap.htm

AARP (American Association of Retired Persons)

Large **non-profit** association that provides resources, information, and lobbying for members aged 50+; www.aarp.org

ACA (Affordable Care Act)

Health care reform law enacted in March 2010 that provides health insurance subsidies and expanded Medicaid access as well as supports health care innovation designed to lower health care costs; www.healthcare.gov

Accreditation

A formal process in which a senior care organization or provider undergoes evaluation to demonstrate it meets predetermined qualifications and standards set by an autonomous third-party such as the **Joint Commission** or **CARF-CCAC**.

Activity Director

An individual who coordinates recreational programming and life enrichment activities, like art, music, and exercise programming to improve engagement, socialization, and well-being of **residents**.

Acute Care

Medical treatment that is generally provided short-term, such as for an urgent medical emergency, after which it is expected that the patient will recover and resume normal daily activities.

ADA (Americans with Disabilities Act)

Civil rights law passed in 1990 that prohibits discrimination based on disability; www.ada.gov

ADLs (Activities of Daily Living)

Includes basic personal activities like bathing, eating, dressing, toileting, and mobility. A person's degree of independence in performing these activities is important in determining the appropriate level of care and services.

Administrator

Licensed individual who manages the day-to-day activities and operations of a senior care community or service.

Administrator in Training (AIT)

A person enrolled in an administrator-in-training program in nursing home administration in a **licensed nursing home** or assisted living administration in a licensed **assisted living** community. More information regarding AIT requirements can be viewed on the **Board of Long-Term Care Administrators'** website; www.dhp.virginia.gov/nha/default.htm

Adult Day

Provides a variety of structured, supervised programs for adults with disabilities who cannot remain alone at home during the day. These programs are regulated and licensed by **DSS**; <https://www.dss.virginia.gov/facility/adcc.cgi>. Some Virginians are eligible for Adult Day through **Medicaid**; <https://www.dmas.virginia.gov/for-providers/long-term-care/waivers/home-and-community-based-services-toolkit/adult-day-healthcare-settings/>

Advanced CNA (Certified Nurse Aide/Certified Nursing Assistant)

A health care professional certified by the **Board of Nursing** upon successful completion of an approved Certified Nurse Aide course through the Board. For more information, visit leadingagevirginia.org/mpage/AdvancedCNAHome

Advanced Directives

Legal documents that allow a person to convey decisions about end-of-life care should they be unable to communicate these decisions themselves. See **Living Will** and **Durable Power of Attorney for Health Care**. For more information: <https://www.vsb.org/site/public/healthcare-decisions-day/>

Affordable Senior Housing

Housing, including apartment communities, offering rents that are affordably priced to lower-income older adults allowing them to have money left over each month for groceries and other necessities. Creation and operation of new communities are funded by a combination of **HUD**, the US Department of Agriculture (USDA), and the **Low-Income Housing Tax Credit**.

Ageism

Stereotyping and discriminating against individuals, or groups, based on their age; a tendency to view older persons as debilitated, unworthy of attention, or unsuitable for employment;

leadingage.org/ageism-resources-0

Aging in Place

The concept of choosing to remain in one's home through the aging process, regardless of the physical and/or mental decline that may occur.

AL (Assisted Living) Facility

Residential settings that provide 24-hour personal and health care services, supervision, and assistance for adults including assistance with bathing, dressing, and taking medication.

Assisted living facilities are licensed and regulated by **DSS**; www.dss.virginia.gov/facility/alf.cgi

Alzheimer's Disease and Related Disorders Commission

Virginia advisory commission established to assist people with Alzheimer's disease and related disorders and their **caregivers**; alzpossible.org

Alzheimer's Association

Statewide and national organization committed to education, research, and support of people with Alzheimer's disease; www.alz.org/cwva

AOA (Administration on Aging)

Principal agency of **HHS** designated to administer the **Older Americans Act** by providing various social and health services programs for individuals over the age of 60; acl.gov

APS (Adult Protective Services)

Receives and investigates reports of abuse, neglect, and exploitation of adults 60 years of age or older and incapacitated adults aged 18 or older; www.vadars.org/aps/AdultProtServ.htm

ARPA (American Rescue Plan Act)

Law passed in March 2021 to provide economic assistance and relief during the COVID-19 pandemic. The law included funding for programs, services, and financial assistance specifically targeting older adults; www.whitehouse.gov/american-rescue-plan/. For more information about how this legislation impacts aging services: leadingage.org/legislation/2021-aging-related-state-legislation

Auxiliary grant

An income supplement to individuals receiving **Supplemental Security Income** who reside in a licensed **assisted living facility**. A payment is issued to the individual monthly and must be put towards ALF fees; www.vadars.org/aps/AuxGrants.htm

Board Committees

A group which advises the **Board of Directors** on specific areas, such as governance or finances.

Board of Directors

The group responsible for the governance of **LeadingAge Virginia**, providing strategic direction, fiduciary oversight, and development of policies;

leadingagevirginia.org/page/BoardofDirectors/

Board of Long-Term Care Administrators

Virginia's regulatory board overseeing the education and licensing of nursing home and assisted living **administrators**; www.dhp.virginia.gov/nha/

Board of Nursing

Virginia's regulatory board overseeing the regulation, licensing, and education of **nurses, nurse practitioners, licensed practical nurses**, and **medication aides** across the state;

www.dhp.virginia.gov/Boards/Nursing/

Bureau of Insurance

The **State Corporation Commission** Bureau of Insurance regulates **CCRCs** in Virginia. Oversight includes ensuring that proper disclosures are made by the CCRC as well as monitoring the CCRC's financial condition. For more information: scc.virginia.gov/getattachment/6c1252ee-0060-41c9-b3db-28fb3379cbb7/ccrcguide.pdf

Bylaws

The ruling documents of an organization's **board of directors**. For assistance, developing and updating bylaws: leadingage.org/developing-and-updating-bylaws

Capitated

A type of payment plan in which health care providers receive fixed, pre-arranged monthly payments regardless of how much care they provide. Compare to **Fee-for-Service (FFS)**.

Caregiver

An individual who provides support or assistance with **ADLs**. This individual can be a spouse, family member, friend, neighbor, or can be employed by an agency or business.

CARF-CCAC (Commission on Accreditation of Rehabilitation Facilities)

An **accreditation** program for **CCRCs** requiring communities to meet strict criteria in areas of finance, governance and administration, resident life, and health care; www.carf.org

CAST (LeadingAge Center for Aging Services Technology)

LeadingAge's international coalition of technology companies, aging services organizations, research universities, and government representatives working to expedite the development, evaluation, and adoption of emerging technologies that can improve the aging experience; www.leadingage.org/cast

CCC Plus (Commonwealth Coordinated Care Plus)

A **Medicaid** managed **LTSS** program assisting Virginians with complex medical care needs through comprehensive health plans and services; www.dmas.virginia.gov/for-members/managed-care-programs/ccp-plus/

CCRC (Continuing Care Retirement Communities)

Senior living communities that provide services and support across the **continuum of care**, including, but not limited to **independent living**, **assisted living**, and **nursing home** care. CCRCs usually require an entrance fee upon admission and offer varying types of **life care contracts**. CCRCs are regulated by the **State Corporation Commission**; scc.virginia.gov/pages/Senior-Resources

CDC (Centers for Disease Control and Prevention)

The branch of the U.S. Public Health Service under **HHS** charged with the investigation and control of contagious disease; www.cdc.gov

Center for Managed Care Solutions and Innovations

LeadingAge's center for information, resources, networking, and assistance for the relationship between managed care, both **Medicare** and **Medicaid**, and **post-acute care** and **LTSS** providers; leadingage.org/managedcaresolutions

Center for Workforce Solutions

LeadingAge's center featuring workforce resources for older adult services, including recruitment tools and policy advocacy support; leadingage.org/workforce

Certified/Federally Certified

A health care facility that meets federal **Medicare** and/or **Medicaid** requirements such as a **nursing home** or **hospice**; www.cms.gov/Medicare/Provider-Enrollment-and-Certification/CertificationandCompliance/NHs

CFRE (Certified Fund Raising Executive)

An independent nonprofit organization which sets standards in philanthropy through a valid and reliable certification process for fundraising professionals; www.cfre.org

CMP (Civil Money Penalty)

A monetary penalty **CMS** may impose against nursing homes noncompliant with one or more **Medicare** and **Medicaid** participation requirements for **LTC** facilities. These funds are reinvested in projects that directly benefit individuals residing in a **nursing home** to help protect and improve the quality of life and care for these individuals;

www.dmas.virginia.gov/for-providers/long-term-care/programs-and-initiatives/civil-monetary-penalty/

CMS (Centers for Medicare and Medicaid Services)

Federal agency administering and overseeing **Medicare**, **Medicaid**, and other federal health financing programs; www.cms.gov

CNA (Certified Nurse Aide/Certified Nursing Assistant)

A person trained and certified to assist individuals with non-clinical tasks, such as eating, walking, and personal care, under the supervision of a **RN** or **LPN**. **Certifications** are regulated by the **Board of Nursing**. See **Advanced CNA**.

Cognitive impairment

A diminished mental capacity, such as difficulty with learning, memory, or mental reasoning.

Commonwealth Council on Aging

Virginia advisory council established to promote and meet the needs of older Virginians by assisting and advising the governor on aging issues, aging policies, and community planning for the growing number of older adults; www.vda.virginia.gov/boardsandcouncils.htm

Community Based Continuing Care (CBCC)

A program that provides a range of services in the individual's private residence if medically required and feasible. Residents sign an agreement with the community-based continuing care provider and pay an entrance fee. In Virginia, Community-Based Continuing Care is regulated by the **State Corporation Commission**. For more information, visit:

leadingagevirginia.org/page/CCRCsLifePlanComm

Companion Care

A form of home care offering non-medical services including emotional support and socialization, household chores, transportation, and meal preparation to older adults and those with disabilities.

Conditions for Coverage/ Conditions for Participation

Health and safety standards set by **CMS** that health care organizations must meet to begin participating in **Medicare** and **Medicaid**; www.cms.gov/Regulations-and-Guidance/Legislation/CFCsAndCoPs

Conflict of Interest

A situation in which an individual is in a position to personally benefit from the activities of the organization in an unethical or illegal way. For information about managing conflicts of interest: leadingage.org/managing-conflicts-interest

Congregate Care

A residential community that provides basic non-medical services that may include dining, recreational rooms, pharmacy, and a banking service.

Continuum of Care

A concept referring to an integrated system of care that provides residents with a comprehensive range of health services including **independent living**, **assisted living**, **nursing home**, **adult day**, and **home health** and **hospice**.

Culture change

The ongoing national movement transforming older adult services from care-based to **person-directed care** values and practices. Culture changes may require shifts in organizational practices, physical environments, and workforce models.

DARS (Department of Aging and Rehabilitative Services)

Virginia department overseeing many services designed to improve the employment, quality of life, security, and independence of older adults and their families, including **APS**, **Division for Community Living**, and the Office of the State **Long-Term Care Ombudsman**; www.vadars.org

DEI (Diversity, Equity, and Inclusion)

A continuous improvement process promoting the principles of **diversity**, **equity**, and **inclusion**.

Dementia

Describes a group of diseases (including Alzheimer's Disease) which are characterized by memory loss and other declines in mental functioning.

Dementia Friendly America (DFA)

A national network of communities, organizations, and individuals seeking to ensure that communities across the country are equipped to support people living with **dementia** and their **caregivers**; www.dfamerica.org

Dementia Friends USA

Part of a global movement changing the way people think, act, and talk about **dementia** through training and education programs; dementiafriendsusa.org

Dementia Friends Virginia

The Virginia chapter of **Dementia Friends USA** providing Dementia Friends training including activities and discussions promoting greater understanding of **dementia**; leadingagevirginia.org/DFVA_Home

DHP (Department of Health Professions)

Virginia department dedicated to ensuring safe and competent patient care by **licensing** health professionals, enforcing standards of practice, and providing information to health care practitioners; www.dhp.virginia.gov

Direct Care

Any activities by a health professional involving direct interaction, treatment, administration of medications, and/or other therapy or involvement with a **resident** or patient.

Direct care workers

Supervisors, assistants, aides, or other staff of a health care facility (e.g., **assisted living**) who assist residents in the performance of personal care or daily living activities.

Director of Nursing (DON)

An individual responsible for leading and supervising a nursing unit including overseeing the day-to-day operations, managing staff, implementing new policies and procedures, and ensuring compliance with federal and state regulations.

Discharge

The transfer of a resident out of a **level of care**, such as from a hospital to a rehabilitation facility or a **nursing home** to **home health care**.

Diversity

All of the attributes that make us human and how those attributes shape the way we live in the world.

Division for Community Living

Division of **DARS** providing aging and community-based disability services, oversight, advocacy, and funding to more than 60 community-based organizations serving older Virginians; www.vadars.org/dcl

DMAS (Department of Medical Assistive Services)

Virginia department overseeing Medicaid programs

DME (Durable Medical Equipment)

Medically necessary equipment prescribed by a physician and covered under **Medicare Part B**, including canes, wheelchairs, oxygen equipment, and hospital beds.

DSS (Department of Social Services)

Virginia state agency that provides services and benefits for vulnerable Virginians. DSS regulates **Adult Day** and **assisted living**; www.dss.virginia.gov

Dual Eligible

A person who is eligible for two health insurance plans, often referring to a **Medicare** beneficiary who also qualifies for **Medicaid** benefits.

Durable Power of Attorney for Health Care

A legal document authorizing an individual to act as one's behalf when incapacitated or is otherwise unable to handle one's affairs; law.lis.virginia.gov/vacodepopularnames/uniform-power-of-attorney-act/

EAGLE (Educational Assessment Guidelines Leading toward Excellence) Accreditation

Faith-based **accreditation** organization for **CCRCs** focusing on excellence in Christian ministry as well as health outcomes, regulatory requirements, and confidentiality; www.eagle1.org

Elder Abuse

Refers to any knowing, intentional, or negligent act by a caregiver or other person that causes harm or serious risk of harm to a vulnerable adult; www.vda.virginia.gov/abuseandfraud.htm

Equity

The state, quality or ideal of being just, impartial, and fair. The concept of equity is synonymous with fairness and justice. To achieve and sustain equity, it needs to be thought of as a structural and systemic concept; <https://www.aecf.org/blog/racial-justice-definitions>

Executive Committee

A standing committee of current **Board of Directors** members who perform the functions of the Board in all matters as necessary and appropriate between Board meetings. The Executive Committee is also responsible for the employment of the President/CEO.

Family Council

A self-governing group of family members and friends of **residents** of a **nursing home** which works to improve the quality of care and quality of life of those residents.

Fee-for-Service (FFS)

A payment mechanism in which medical providers bill for each service they provide. **Medicare** and/or traditional insurance companies pay their share, and the patient pays the balance through co-payments and deductibles. In a **CCRC**, an FFS contract (**Type C**) includes a lower entrance fee and/or monthly fee, however if nursing care is required, the resident's monthly fee will increase to reflect the market rate for care.

Fiduciary

An individual named in a legal document to assume responsibility for the affairs of an individual and who must act in that individual's best interest.

Five-Star Quality Rating System

CMS rating system developed to help consumers, families, and caregivers compare health care facilities across three main areas: health inspections, staffing, and quality measures;

www.cms.gov/Medicare/Provider-Enrollment-and-Certification/CertificationandCompliance/FSQRS

For-Profit

An organization or company in which profits are distributed to shareholders or private owners (compare to **Not-for-Profit**).

General Assembly

The state legislature of the Commonwealth of Virginia, including the Virginia House of Delegates and Senate of Virginia; viriniageneralassembly.gov

Geriatrics

Medical field specializing in care for older adults.

Gerontology

Social science field studying the biological, psychological, and social aspects of aging.

Green House Model

A small community for a group of older adults and staff with the purpose of providing a home-like place where older adults can receive assistance and support with activities of daily living and clinical care. The Green House Model promotes **culture change**, individual dignity, and high-quality individualized care; thegreenhouseproject.org

Guardianship

A legal relationship created when a court appoints an individual to care for an older adult who is no longer able to care for him or herself.

HCBS (Home and Community-Based Services)

Supportive services delivered to an individual's home or other noninstitutional setting in the community with the goal of helping the person to maintain independence. HCBS may include **home health**, **adult day**, and other medical services/interventions.

HHR (Secretary of Health and Human Resources)

Virginia office overseeing many state agencies including the **DARS**, **VDH**, **DHP**, **DMAS**, and **DSS**; www.hhr.virginia.gov

HHS (U.S. Department of Health and Human Services)

US federal agency responsible for protecting public health and providing important health services and programs. Agencies within HHS include the Food and Drug Administration (FDA), the **CDC**, and the **CMS**; www.hhs.gov

HIPAA (Health Insurance Protection and Accountability Act)

Federal law that required the creation of a national standard to protect sensitive patient health information from being disclosed without the patient's consent or knowledge; www.cdc.gov/php/publications/topic/hipaa.html

Home Health Aide

A professional health care worker who provides assistance in the home with household chores, bathing, personal care, and other daily living needs.

Home Health Care

Services provided at an individual's home in compliance with a physician's written plan of care. Services can include nursing care, **home health** aide services, **physical therapy**, **occupational therapy**, and more.

Hospice

Palliative and supportive care for the terminally ill. Services include medical, psychosocial, spiritual, and clerical support offered in the home or a health care facility.

Household model

A person-directed approach to nursing home care where residents have a significant say in their daily lives, care, and living environment.

HRCI

A credentialing and education organization for human resources professionals;

<https://www.hrci.org/about-hrci/overview/about-hrci>

HUD (U.S. Department of Housing and Urban Development)

Federal agency that administers housing programs, including **Section 8** housing; www.hud.gov

HUD Housing

Housing provided by **HUD** for low-income and disabled adults including subsidized apartments and **Section 8**; www.hud.gov/states/virginia

IADLs (Instrumental Activities of Daily Living)

Slightly more complex skills than **ADLs**, these skills include shopping, cleaning, managing medications, and paying bills. An individual's degree of independence in performing these activities is an important part of determining the appropriate level of care and services.

ICF/ID (Intermediate Care Facilities for individuals with Intellectual Disability)

An optional **Medicaid** benefit that enables states to provide comprehensive and individualized health care and **rehabilitation services** to individuals who need continuous, specialized treatment or health-related services to promote their functional status and independence; www.medicare.gov/medicaid/long-term-services-supports/institutional-long-term-care/intermediate-care-facilities-individuals-intellectual-disability/index.html

IL (Independent Living)

Living arrangement for those individuals who can live on their own with limited to no assistance with **ADLs**. IL in a **CCRC** is typically considered "independent living not regulated as a **level of care**". CCRCs can choose to be regulated as **assisted living** through the **DSS**. Affordable independent living housing is typically regulated by **HUD**.

Inclusion

Inclusion is the action or state of including or of being included within a group or structure. More than simply diversity and numerical representation, inclusion involves authentic and empowered participation and a true sense of belonging; <https://www.aecf.org/blog/racial-justice-definitions>

Inpatient

A patient staying in a hospital or other health facility for treatment.

ISP (Individualized Service Plan)

The written description of actions to be taken by a health care provider or staff member, including coordination with other services providers, to meet the assessed needs of the

resident. In **assisted living** and a **nursing home**, ISP can be referred to a “care plan” or “plan of care”.

The Joint Commission

Non-profit accreditation commission for health care organizations and programs. Accreditation of **LTC** facilities is a requirement for **Medicaid** and **Medicare** reimbursement; www.jointcommission.org

Joint Commission on Health Care

Standing commission of the Virginia **General Assembly** providing policy analysis, recommendations, and advocacy to ensure quality, cost-effective delivery of health care services across the state; jhc.virginia.gov

LeadingAge National

LeadingAge’s national office; leads research, advocacy, education, and community-building efforts alongside more than 5,000 nonprofit aging services providers and other mission-minded organizations across 38 states; leadingage.org

LeadingAge Virginia

A **not-for-profit** association providing educational opportunities, public resources, provider connections, and policy advocacy to not-for-profit provider members including **life plan communities**, **CCRCs**, **affordable senior housing**, **assisted living**, **nursing homes**, **adult day centers**, and **home and community-based services**; leadingagevirginia.org

Level of Care

Generally, refers to how much assistance a person needs with **ADLs** and health maintenance needs. Levels of care can be divided into **independent living**, **assisted living**, **nursing home**, **adult day**, and **home health** and **hospice**.

Licensed

A person, facility, or organization that meets the regulatory and legal requirements to operate in Virginia. Licensing is regulated through **DHP**.

Licensed Care

Licensing and regulation are dependent on the organization and level of care provided. In Virginia, **adult day** and **assisted living** are licensed and regulated by **DSS**. **Nursing homes** are licensed and regulated by **VDH**.

Life Care Contract

Promises routine services at all **levels of care** to a **resident** of a **CCRC** for the duration of his or her life. Different life care contracts vary in fee structure and additional services included. See **Life Care Contracts Type A, Type B, and Type C**.

Life Care Contract Type A

Provides residents of **CCRCs** with lifetime, unlimited access to **independent living**, **assisted living**, and **skilled nursing care**, including housing, services, and amenities for a large one-time fee when the resident moves in, with little or no increase in monthly fees as age or level of care increases.

Life Care Contract Type B (Modified Contract)

Like **Type A** contracts, these contracts include a one-time fee when the **CCRC** resident moves in, as well as monthly fees to provide housing, services, and amenities. However, as **level of care** increases additional services may be provided for free only for a limited time or at a discounted rate.

Life Care Contract Type C (Fee-for-Service Contract)

Provides housing and amenities for a lower move-in and monthly fee than **Type A** and **Type B**. However, when health care services are provided, they are charged at the full daily market rate, which are typically higher than they would be under Type A and B contracts.

Life Plan Communities

CCRCs can also be referred to as Life Plan Communities. The term Life Plan Community is not statutorily defined in Virginia, but in many instances the terms CCRC and Life Plan are used interchangeably.

Living Will

Directs, in advance, an individual's wishes concerning the use of life-sustaining devices and procedures in the event of an incapacitating illness or injury.

Long-Term Care Insurance (LTCI)

Insurance policies which pay for long-term care services that **Medicare** and **Medigap** policies do not cover. Policies vary in terms of what is covered and may be expensive. Benefits vary widely among policies, but most have some type of coverage for long-term **nursing home** care, **assisted living**, **home health care**, and **adult day**.

Long-Term Care Ombudsman

An individual designated by a state or a local agency responsible for investigating and resolving complaints made by or for older people in **LTC** facilities. Also responsible for monitoring federal

and state policies that relate to LTC facilities, for providing information to the public about the problems of older people in facilities, and for training volunteers to help in the ombudsman program; lcombudsman.org/about/about-ombudsman

Low-Income Housing Tax Credit Program

Federal program issuing tax credits for the acquisition, rehabilitation, or new construction of rental housing targeted to lower-income households, including **affordable senior housing**; www.huduser.gov

LPN (Licensed Practical Nurse)

A health care worker who has a current license with the **Board of Nursing**, who assists **RNs** with medications and treatments, care planning, and monitoring of a resident's conditions.

LTC (Long-Term Care)

Provides a range of medical and/or social services designed to help people who have disabilities or chronic care needs. Services may be short-term or long-term, and may be provided in a person's home, in the community, or in residential facilities (e.g., **assisted living** or **nursing home**). LTC in Virginia primarily refers to nursing home and assisted living, but also includes **adult day**.

LTSS (Long-Term Services and Supports)

Encompasses a variety of health, health-related, and social services that assist individuals with functional limitations due to physical, cognitive, or mental conditions or disabilities, including assistance with **ADLs** and **IADLs**. The goal of LTSS is to facilitate optimal functioning among people with disabilities.

LTSS Center @ UMass Boston

LeadingAge Center partnering with the University of Massachusetts Boston, researchers, and providers of **LTSS** to conduct research designed to address the challenges and identify opportunities associated with a growing older population; www.ltsscenter.org

Managed Care

A type of health insurance plan in which the health insurance company contracts with specific health care providers to provide care for their members at reduced costs.

MDS (Minimum Data Set)

A standardized screening and assessment tool of health status which forms the foundation of the comprehensive assessment for residents of **LTC** facilities participating in **Medicare** and/or **Medicaid**; www.healthypeople.gov/2020/data-source/minimum-data-set

Medicaid (Title XIX)

A health insurance program that uses federal and state tax dollars to provide medical services to low-income individuals who are aged, blind and/or disabled.

Medicare (Title XVII)

Federal health insurance program that covers health care costs for persons aged 65 and older. There are four categories of coverage **Part A**, **Part B**, **Part C**, and **Part D**.

Medicare Advantage

See **Medicare Part C**

Medicare Part A

Pays toward hospital room and board, **home health care**, skilled nursing care and rehabilitation in a **SNF**, and **hospice** care.

Medicare Part B

Pays toward doctors' fees and other outpatient services.

Medicare Part C (Medicare Advantage Plan)

Allows people to choose a Medicare Advantage Plan, thus opting out of traditional **Medicare Part A** and **Part B**.

Medicare Part D

Pays toward prescription drug coverage.

Medication aide/Med aide

A staff person who is registered with the **Board of Nursing** to administer drugs to residents in an **assisted living facility** or **nursing home**.

Medigap

Individual health insurance policies to insure expenses not covered by Medicare, such as copayments and deductibles

Memory Care Units

Separate facilities or specialized units of an **assisted living** community focused on helping people with **dementia**. Staff are specifically trained to deal with memory recall problems and other impairments.

NAB (National Association of Long Term Care Administrator Boards)

Leading nationwide authority on licensing, credentialing, and regulating **administrators** of organizations along the continuum of long term care; www.nabweb.org/about-us

NaCCRA (National Continuing Care Residents' Association)

Non-profit organization of **CCRC** residents with a mission of promoting, protecting, and improving the CCRC lifestyle; www.naccra.com

NADSA (National Adult Day Services Association)

A professional membership association dedicated to advancing development, recognition, and use of **adult day** services including developing standards and guidelines, conducting research, and advocating for legislative policies; nadsa.org

NCCAP (National Certification Council for Activity Professionals)

Credentialing body that fulfills federal requirements for **Activity Directors** to run life enrichment and activity programs in **LTC** settings; www.nccap.org

Not-for-Profit (often called Non-Profit)

An organization with **501(c)** status operating to provide a public or social good, rather than to benefit owners, investors, or stakeholders. Compare to **For-Profit**.

Nurse Practitioner

A nurse with a graduate degree in advanced practice nursing and **licensed** to treat certain medical conditions without the supervision of a doctor.

Nursing Home

A facility in which the primary function is the provision of 24-hour nursing care, personal care, room and board, medication, and therapies to adults with cognitive and physical impairments. Nursing homes are regulated by **VDH** and **CMS** if they are **federally certified**.

OBRA '87 (Omnibus Budget Reconciliation Act of 1987)

Revised federal criteria for **nursing home** surveys and regulatory enforcement. Each state must adhere to this federal mandate.

Occupational Therapy

Form of **rehabilitative therapy** focused on long-term health and well-being; works to address a patient's clinical condition and recommend strategies and adaptations to maintain optimal functioning and independence.

OCR (Office for Civil Rights)

Part of **HHS**; enforces federal civil right laws, conscience, and religious freedom law, **HIPAA** rules; and the **Patient Safety Act**; www.hhs.gov/ocr/office

Office of Licensure and Certification

Division within **VDH** that licenses hospitals, **nursing homes**, **home health**, and **hospice** organizations, and conducts state surveys for **CMS**; www.vdh.virginia.gov/licensure-and-certification

Older Americans Act (OAA)

Federal legislation passed in 1965 that specifically addresses the needs of older adults in the United States. OAA creates the structure of federal, state, and local agencies that oversee aging services programs and provides some funding for aging services (such as home-delivered meals, congregate meals, senior center, and employment programs). See also **Title III** services.

Olmstead Decision

U.S. Supreme Court decision requiring states to place persons with disabilities in the least restrictive living arrangement possible; www.ada.gov/olmstead

Outpatient

A patient who is receiving care at a hospital or other facility without being admitted as an inpatient in the facility.

PACE (Program of All-Inclusive Care for the Elderly)

Helps adults aged 55+ living with chronic health care needs and/or disabilities, who would otherwise be in a **nursing home**, receive community-based health care services and supports to allow them to remain at home; www.dmas.virginia.gov/for-providers/long-term-care/programs-and-initiatives/program-of-all-inclusive-care/

Palliative Care

A comprehensive approach to treating serious illness that focuses on the physical, psychological, and spiritual needs of the patient and their family. Its goal is to achieve the best quality of life available to the patient with respect for the patient's culture, beliefs, and values.

Participant

An adult who takes part in and receives services from an **adult day** center.

Patient Safety Act

Established a voluntary reporting system designed to enhance the data available to assess and resolve patient safety and health care quality issues; www.hhs.gov/hipaa/for-professionals/patient-safety/statute-and-rule/index.html

Person-Directed Care

Holistic approach to care and treatment that gives **residents** control and choices in their own treatment, care, and lifestyle. This model promotes dignity, respect, self-determination, personal choice, and purposeful living.

Physical Therapy

Form of **rehabilitative therapy** that uses specialized exercises and equipment to help an individual restore or improve their physical abilities.

Positive Aging

An approach that refocuses negative perceptions to aging as a healthy, normal part of life.

LeadingAge Virginia embodies this approach through its mission, vision, and values;

leadingagevirginia.org/page/MissionVisionValue

Post-Acute Care

Transitional care, typically delivered in **LTC** facilities, **SNFs**, rehabilitation hospitals, or through a **home health** agency, to aid a patient's recovery after discharge from an **acute care** setting.

PRAC (Project-Based Rental Assistance)

Provides critical **affordable housing** to low-income individuals and families. This type of rental assistance allows tenants to live in an affordable unit and pay rent based upon their income.

See **Section 8**. www.nhlp.org/resource-center/project-based-rental-assistance/

Private pay

Refers to a **resident** whose costs are not covered by a government program like **Medicare** or **Medicaid**. For example, Medicare covers health care services provided in an **assisted living** facility but does not cover the cost of long-term residency.

Provider

A person, corporation, facility, or institution **licensed** within Virginia to provide health care or other professional service, including physicians, nurses, hospitals, and **nursing homes**.

Public pay

Refers to a **resident** whose costs are covered by a government program such as the **Auxiliary Grant** or **Medicaid**.

QA (Quality Assurance)

A process through which the organization is assessed to assure that care is maintained at acceptable levels of standards for quality of service and outcomes;

www.cms.gov/Medicare/Provider-Enrollment-and-Certification/QAPI/qapidefinition

QI (Quality Improvement, also called Process Improvement)

The continuous study and improvement of processes with the intent to provide better services or outcomes. QI in **nursing homes** aims to improve processes involved in health care delivery and **resident** quality of life; www.cms.gov/Medicare/Provider-Enrollment-and-Certification/QAPI/qapidefinition

Quorum

The minimum number of board members required to hold a valid **Board of Directors** meeting.

RAD (Rental Assistance Demonstration)

Allows **not-for-profit** and **for-profit** owners of other **HUD**-assisted properties to convert units from their original sources of HUD financing to project-based **Section 8** contracts; www.hudexchange.info/programs/rad/

Rehabilitative services

Activities that are ordered by a physician or other qualified health care professional and provided by a rehabilitative therapist (e.g., **physical therapist**, **occupational therapist**). These activities may be necessary when a **resident** has demonstrated a change in his or her capabilities and are provided to restore or improve functioning.

Resident

Any adult residing within the **continuum of care** (see **Participant**).

Resident Council

An independent, self-governing group of **residents** in a senior living community which meets regularly to provide advice and recommendation to organizational leaders regarding improvements in care or quality of life in the community.

Respite care

Temporary or periodic care provided in a **nursing home**, **assisted living**, or other type of **LTC** program to provide the usual **caregiver** with some rest or time off.

RN (Registered Nurse)

A nurse who has graduated from a school of nursing and has passed a national licensing exam. RNs are regulated through the **Board of Nursing**.

RUG (Resource utilization group)

Classification system for **nursing home residents'** care needs which forms the basis of **Medicare** reimbursement to the facility.

Sales tax exemption

Virginia law allowing businesses to make purchases without paying sales tax if they or their purchase meet certain criteria. To qualify for an exemption a business must meet the requirements of the **Virginia Department of Taxation**; www.tax.virginia.gov/nonprofit-organizations

Sarbanes-Oxley Act

Federal legislation created to help protect the public by implementing regulations organizations must follow regarding management and financial transparency; www.congress.gov/bill/107th-congress/house-bill/3763

Section 202

Provides capital advances through **HUD** to finance the construction, rehabilitation or acquisition of structures that will serve as supportive housing for very low-income elderly persons, including the frail elderly, and provides rent subsidies for the projects to help make them affordable; www.hud.gov/program_offices/housing/mfh/progdesc/eld202

Section 232

Provides loans to help finance **nursing homes, assisted living facilities**, and other residential care facilities;
www.hud.gov/federal_housing_administration/healthcare_facilities/residential_care/fha_insurance

Section 8

Multifaceted federal housing program that includes direct rental assistance and housing subsidies for low-income families, the elderly, and the disabled;
www.hud.gov/topics/housing_choice_voucher_program_section_8

Senior Center

A type of community center for individuals aged 50+ offering a variety of programming and services including health and wellness programs, social and recreational activities, public benefits counseling, and transportation assistance.

SHRM (Society for Human Resources Management)

Professional society dedicated to serving human resources professionals at all levels and functions; www.shrm.org

SILC (Statewide Independent Living Council)

A council appointed by the governor of Virginia to ensure that the state is providing the appropriate planning, financial support and coordination, and other assistance to address the needs of citizens with disabilities; www.vasilc.org

SNF (Skilled Nursing Facility)

A facility which provides inpatient skilled nursing care and related services to patients who require medical, nursing, or **rehabilitative services** but does not provide the **level of care** or treatment in a hospital. SNFs are licensed by **VDH**.

State Corporation Commission

Virginia state agency with regulatory authority over many business and economic interests, including **CCRCs**; www.scc.virginia.gov

State survey

A detailed, unannounced yearly inspection of every licensed health care facility such as **nursing homes**, **assisted living**, and **adult day** by **VDH** in accordance with federal regulations.

Strategic Plan

A plan outlining the goals and actions steps an organization will complete within a predetermined timeframe. See **LeadingAge Virginia's** Strategic Plan: leadingagevirginia.org/page/StrategicPlan

Subacute Care

More intense medical care than is ordinarily provided in a nursing facility, though less complex or critical than acute hospital care.

Supplemental Security Income/State Supplemental Payment (SSI/SSP)

Provides monthly payments to adults and families who have low incomes and resources as well as those who are blind or disabled; www.ssa.gov/ssi/

Supportive housing

A residential setting for **LTSS** such **assisted living facilities** that provides or arranges for services and assistance with **ADLs**.

Tax-Exempt Bonds

Financing through an uninsured loan that facilitates the construction or rehabilitation of affordable multifamily rental housing;

www.vhda.com/BusinessPartners/MFDevelopers/MFFinancing/Pages/Tax-exempt-Bond-Financing.aspx

The Global Ageing Network

An international network of leaders in aging services, housing, research, technology, and design working to improve best practices, lead education initiatives, and promote innovation ideas in senior care; formerly known as the International Association of Home and Services for the Ageing (IAHSA); globalageing.org

The Joint Commission

Non-profit accreditation commission for health care organizations and programs. Accreditation of **LTC** facilities is a requirement for **Medicaid** and **Medicare** reimbursement; www.jointcommission.org

The Knowledge Center

LeadingAge Center providing conferences and events, leadership development programs, and online learning opportunities designed to address the diverse educational needs of aging services providers and their staff; leadingage.org/knowledge-center

Title III Services

Funded under Title III of the **OAA**, services include congregate and home-delivered meals, supportive services (e.g., transportation, information and referral, legal assistance, and more), in-home services (e.g., homemaker services, personal care, chore services, and more), and health promotion/disease prevention services (e.g., health screenings, exercise programs, and more).

V4A (Virginia Association of Aging Agencies)

Private, **non-profit** association working to improve the lives of older adults, individuals with disabilities, and their families through advocacy, education, and connections with local **AAAs**; vaaaa.org

VaCCRA (Virginia Continuing Care Retirement Association)

Virginia chapter of **NaCCRA**, promotes and protects the interests of **CCRC residents** and the people who care for them. It is the only state-wide, resident-based organization that advocates for CCRC residents on the local, state, and national levels; www.naccra.com

VDH (Virginia Department of Health)

Ensures health and wellbeing for all Virginians through public health initiatives, programs, and services; www.vdh.virginia.gov

VEC (Virginia Employment Commission)

Virginia agency offering employment and unemployment services to individuals and businesses; www.vec.virginia.gov

Veterans' Affairs (VA)

Federal department administering lifelong health care to military veterans; www.va.gov

Virginia Department of Taxation

State department administering Virginia's tax laws; www.tax.virginia.gov