

# GLOSSARY OF TERMS

## *Activities of Daily Living*

The tasks people perform each day, such as dressing, bathing, grooming, dining, and medication management.

## *Assisted Living*

Assisted Living offers individuals assistance with the activities of daily living—dressing, bathing, dining, and medication management. Services such as transportation, dining, housekeeping, and more usually are included.

## *Continuing Care*

A variety of options for accommodating changing needs. A continuing care retirement community (CCRC) offers residents the advantages of being able to “age in place”, moving into another area of the community when needs dictate.

## *Dementia*

Dementia can be a variety of diagnoses, the most common of which is Alzheimer's. This disease begins slowly, but over time, symptoms worsen. While occasional memory problems are common for individuals over age 65, people with dementia cannot retrieve information and, in most cases, lose the ability to remember.

## *Memory Care*

Memory Care provides a specialized atmosphere for residents coping with memory loss, Alzheimer's or other dementia-related disorders. Therapeutic activities and programs help maximize cognitive development, diminish anxiety, lessen confusion and increase peace of mind.

## *Long-term Care Insurance*

Long-term care insurance is a type of insurance developed specifically to cover the cost of skilled nursing, assisted living, home health care, and other long-term care services. These services are usually not covered by traditional health insurance or Medicare.

## *Veterans Benefits*

If you are a Veteran or the widow of a Veteran, you may be eligible for a wide variety of benefits available to all U.S. military Veterans. These include disability compensation, pension, education and training, health care, home loans, insurance, vocation rehabilitation and employment, and burial. For complete details, go to [www.benefits.va.gov](http://www.benefits.va.gov).



**ST. ANTHONY'S**  
GARDENS

*A Senior Living Community of the Archdiocese of New Orleans*