

# SUBON HOME CARE



## Home Care Terminology: A Glossary for Families

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*Understand the Language of Care with Confidence*

### Introduction

Choosing a home care provider is a significant decision for any family. At SuBon Home Care, we aim to provide clarity and confidence by answering the most common questions about our services, caregiver qualifications, costs, and what to expect. This guide is designed to address your concerns and help you make an informed choice.



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### Section 1: Definitions of Key Terms

## Activities of Daily Living (ADLs)

Basic tasks essential for daily living, including eating, bathing, dressing, toileting, transferring (mobility), and continence.

- **Example:** If a loved one struggles with dressing or bathing, they may require assistance with ADLs.

## Instrumental Activities of Daily Living (IADLs)

More complex tasks that support independent living, such as managing finances, grocery shopping, preparing meals, and using transportation.

- **Example:** A caregiver might help an elderly client manage medications or shop for groceries.

## Care Plan

A personalized document outlining the specific care needs, goals, and services for an individual.

- **Example:** A care plan may include a schedule for medication reminders and physical therapy sessions.

## Respite Care

Short-term care provided to give family caregivers a break. This can be at home or in a care facility.

- **Example:** A family caregiver might use respite care to take a vacation or attend to personal responsibilities.

## Home Health Aide (HHA)

A trained caregiver who assists with ADLs and basic health monitoring, often under the supervision of a nurse.

- **Example:** An HHA may check vital signs and help with mobility exercises.

## Companionship Care

Non-medical support focused on providing emotional and social engagement.

- **Example:** A caregiver may play cards, go for walks, or simply chat with a client to reduce feelings of loneliness.

## Dementia Care

Specialized care for individuals with memory-related conditions, focusing on safety, routine, and cognitive support.

- **Example:** Dementia care may include gentle reminders for daily tasks and creating a safe environment to prevent wandering.

## Hospice Care

Supportive care focused on comfort and quality of life for individuals with terminal illnesses.

- **Example:** Hospice care may involve pain management and emotional support for both the patient and their family.

## 24-Hour Care

Around-the-clock care provided by a team of caregivers or live-in support.

- **Example:** This type of care is ideal for individuals who need constant supervision due to health or safety concerns.

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## Section 2: Real-World Applications

### Scenario 1: ADLs and IADLs

Mrs. Smith, recovering from surgery, can no longer prepare meals or drive to her doctor's appointments (IADLs). A caregiver steps in to assist with grocery shopping and meal prep while also helping her dress and shower (ADLs).

### Scenario 2: Respite Care

John is the primary caregiver for his father, who has Parkinson's disease. To attend his daughter's wedding, John arranges for a respite caregiver to assist his father for the weekend.

### Scenario 3: Dementia Care

Mrs. Jones, diagnosed with Alzheimer's, becomes anxious in the evening (a symptom known as sundowning). A dementia-trained caregiver provides companionship and calming activities to help her relax.

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## Section 3: FAQs About Home Care Terminology

### Q: What is the difference between ADLs and IADLs?

- **A:** ADLs are basic tasks essential for self-care, like bathing or eating. IADLs are more complex tasks like managing finances or cooking, which support independent living.

### Q: Is home health care the same as home care?

- **A:** Not necessarily. Home health care typically involves medical services provided by licensed professionals, while home care focuses on non-medical assistance like companionship or help with ADLs.

### Q: What is live-in care, and how does it differ from 24-hour care?

- **A:** Live-in care involves one caregiver staying with the client for extended periods, typically with scheduled rest breaks. 24-hour care involves a team of caregivers rotating to provide constant

supervision.

**Q: Do caregivers need special training for dementia care?**

- **A:** Yes, caregivers providing dementia care are trained to manage behaviors, ensure safety, and create routines that support cognitive health.

**Q: What does a care plan include?**

- **A:** A care plan includes an individual's health information, care goals, daily routines, required services, and emergency contacts.

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## **Conclusion**

This glossary is your go-to resource for understanding the terms and concepts associated with home care. At SuBon Home Care, we strive to communicate clearly and ensure that every family feels confident and informed throughout the caregiving journey.

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### **Download This Glossary**

Equip yourself with the knowledge you need to navigate home care services with confidence. Download now and take the first step toward informed caregiving.

*For personalized support, contact SuBon Home Care at **571-470-7541** or visit [SuBonHomeCare.com](https://SuBonHomeCare.com).*