



FIT FOR THE FUTURE

GLOSSARY OF TERMS

Activities of Daily Living	The things we normally do on a daily basis to look after ourselves such as feeding ourselves, bathing, dressing, grooming, using the toilet, transferring from a bed to a chair and back, maintaining continence, work and leisure activities.
Assistive Technology	Assistive Technology is an umbrella term for any alarm or system that allows individuals to perform tasks they would otherwise be unable to do or increases the ease and safety with which tasks can be performed with the general aim to increase or maintain independence.
Carer	Someone who cares for a person who has a disability and who needs help with daily living activities, these services usually range from helping people to wash, dress, go to the toilet, etc.
Community care	Community care services provide health care to people in their own homes who have chronic medical conditions and who require regular nursing support; and social care to people in their own homes who require care services for assistance with daily living activities, and/or support services to help encourage independent living. Services are delivered by integrated teams including Home Helps (people who help with house cleaning), Senior Carers (people who provide assistance with daily living activities), Occupational Therapists, District Nurses, etc.
Day centres and day services	<p>Are provided for people who need help and support to continue living at independently. This may be support to retain or regain independence or short term care to give carers a break.</p> <p>The service would normally operate on a daily basis and cater for between 10 to 30 people. The planned programmes of care and support could include practical help such as learning or relearning daily living skills such as cookery, gentle exercise groups and help with mobility, as well as activities such as craft and hobbies, games, outings and entertainment which help to combat social isolation. The service would also normally include lunch and opportunities to use assisted bathing facilities, hairdressing services, etc.</p> <p>Day services can also be provided for people with specialist needs such as physical and learning disabilities, dementia, etc. or for people recovering from illness such as a stroke, where they can re-learn skills that may have become difficult.</p>
Dependency	Describes how reliant a person is on someone else for help with daily living activities or for medical support – low dependency means not very reliant, high dependency means very reliant.
Domiciliary Care (Also known as personal care)	Are generally used to describe services provided to help someone with daily living activities like help with bathing, dressing, going to the toilet, etc.. (Care Services should not be confused with Support Services.)
'Extra care' housing	Independent housing units (flats generally) where an on-site care team

GREATER INDEPENDENCE AND CHOICE FOR ISLANDERS

NEEDING CARE AND SUPPORT



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	provides 24/7 care services to assist with daily living activities as well as providing support services. ‘Extra care’ housing schemes may also provide outreach care or support services into the surrounding community and may be a base for community facilities such as restaurants, hairdressers, etc.
Health care	Describes services which support the prevention, treatment, and management of illness and the preservation of mental and physical well-being through the services offered by the medical and allied health professions.
‘In reach’ services	Are services <u>delivered into an extra care scheme</u> by an external health or social care professional or team. An example would be a specialist nurse coming into the scheme to run a falls clinic, or continence advice or a community nurse coming into the scheme to promote flu vaccinations or other health promotion programmes. ‘In reach’ services may also include social security clinics for advice on benefits, allowances, etc.
Instrumental Activities of Daily Living	This term describes the activities performed by a person who is living independently in a community setting during the course of a normal day, such as managing money, shopping, telephone use, travel in community, housekeeping, preparing meals, and taking medications correctly. Inability to perform such activities generally indicates a person’s requirement for Support Services.
Nursing Care Home	Similar built environment to residential care providing care for short-term rehabilitation and for people with long-term chronic ailments which require regular nursing assistance as well as help with daily living activities
‘Outreach’ services	Describe those services or facilities which <u>are based within an extra care scheme</u> for the benefit of both residents and people from the local community. An example might be a day centre which provides a day service for individuals from the community or for residents who may be referred by social workers. Outreach services might also be a specialist care or support <u>service located and managed within an extra care scheme</u> for the benefit of both residents and the local community. An example of this kind of outreach service might be an Assistive Technology response service where staff based at a scheme respond to community alarms triggered by people who live in the surrounding community.
Preventative services	These services are associated with preventing the onset of situations or conditions that could lead to acute service responses. Services are associated with the promotion of health and the prevention of disease. An example of a preventative health programme would be ‘Walk Your Way to Health’, a programme offered by the Guernsey Health Promotion Unit.
Residential care home	Usually a communal living environment characterised by single rooms with an en suite bathroom or shared bathroom and toilet facilities, and providing a meal service for people who do not have severe medical problems but who need help with daily living activities.



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Sheltered housing	Independent housing units (flats, bungalows, houses) that are linked to a community alarm service and with a warden who can help people access support services which enable them to live independently for as long as possible.
Social care	Social care is associated with people who are disadvantaged by age, frailty, disability, social isolation, substance abuse, etc. and who require help with daily living activities. Social care services include the activities, services and relationships that help people to be independent, active and healthy – as well as able to participate in and contribute to society – throughout their lives.
Supported housing	Independent housing units (flats, bungalows, houses) that are designed to help people with a range of needs to live independently for as long as possible.
Support services	Support services include services which enable independent living, such as helping to arrange shopping; housekeeping; helping to complete benefit claims; providing links to other community or voluntary services like Age Concern, Guernsey Voluntary Service, etc.; providing links to States’ services where necessary; arranging social events; help with laundry, etc.
Telecare (an Assistive Technology)	Telecare is a service which relies on alarm technology which supports safety and independence at home. Telecare sensors can sense risks such as smoke, floods and gas, can remind individuals to take pills and call for help in the case of a fall. A help centre can be contacted automatically if any of these problems occur.
Telehealth (an Assistive Technology)	Telehealth covers the electronic exchange of personal health data from a patient at home to medical staff at hospital or similar site to assist in diagnosis and monitoring. Examples include monitoring and support for people with a heart condition, lung function problems or diabetes.
Third Sector	The third sector refers to organisations that are not-for-profit and non-government. While they differ between themselves, third sector organisations differ as a group from for-profit businesses and from government departments and authorities. Third sector organisations vary in size and in their activities. They include churches, charitable trusts and foundations, community and voluntary organisations.