

GLOSSARY OF TERMS

AGING AND AGING-RELATED SERVICES, PROGRAMS, AND ORGANIZATIONS

Activities of Daily Living {ADLs}: a term that refers to bathing, dressing, transferring {getting in and out of bed or chairs}, eating, using the toilet {bowel and/or bladder control} and eating.

Administration for Community Living {ACL}: the unit of the U.S. Department of Health and Human Services that has responsibility for administration of the Older Americans Act.

Assisted Living Residences: there is no commonly accepted definition. In Virginia, by statute these homes serve four or more aged, disabled, or infirm individuals by providing shelter, meals, laundry services, at least one activity per day, and other supervisory services. Assisted Living Residences are licensed by the Virginia Department of Social Services.

Adult Day Care: an all-day therapeutic program for individuals who are incapable of caring for themselves during the day. Day Care programs typically offer health care services, therapeutic recreation, support and counseling, one or more meals, socialization with a peer group, and constant supervision. Participants in day care programs may have had strokes, memory impairments, or other severely debilitating conditions. Day care programs are licensed by the Virginia Department of Social Services. This service is one form of respite for caregivers.

Aging Network: Term used to refer collectively to ACL, state units on aging, AAAs, the over 20,000 service providers that receive Older Americans Act funds; even more broadly, the term is used to refer to the many national, state, regional, and local organizations, that provide aging services, or are involved in advocacy efforts on aging issues.

Area Agency on Aging {AAA - pronounced triple A}: a local or regional entity {government unit, planning commission, private non-profit organization} that has been designated by the State Unit on Aging to coordinate services for the elderly in the planning and service area, and administer Older Americans Act funds. There are 620 AAAs in the country and 25 in Virginia. In the DC metropolitan area all the AAAs are components of local government.

Auxiliary Grants: a Virginia state/local funding program for payment of services for low-income individuals in an Assisted Living Residence. Virginia pays 80% of the cost and the locality pays 20% in addition to the payment made by the resident. The rate is determined by a particular home's actual costs up to a state set maximum. Homes in Northern Virginia are paid 15% more than in the rest of the state, and the maximum Northern Virginia rate is \$1,850 per month (effective January 1, 2022). This maximum amount is comprised of monies paid by the individual and the public supplement. For

example, if an individual has a monthly income of \$1,082, \$82 would be retained for personal expenses, \$1,000 would be given to the assisted living residence, and the auxiliary grant would pay \$850 (\$1,850 - \$1,000).

Centers for Medicare and Medicaid Services (CMS). unit of the United States Department of Health and Human Services. This unit administers the Medicare program, and the Medicaid program at the federal level.

Instrumental Activities of Daily Living {IADLs}: a term that refers to preparing meals, shopping for personal items, doing light and/or heavy housework, using the telephone and managing money.

Long-term Care: a general term that applies to services that are needed for some length of time, as opposed to acute care in a hospital. The services can be provided in the community or in nursing homes or assisted living residences. Often these services are called long term services and supports. "Long term Care is also used by Medicaid to refer specifically to care in a nursing home funded by Medicaid. In that case, people have to be "pre-screened" as meeting the state's definition of service need as well as income eligibility. In Virginia the screening for service need is done by the local Adult Services program of the local government and financial eligibility is determined by the local government's human services Benefits Office.

Long-term Care Ombudsman Program {LTCOP}: This program works to resolve problems related to the health, safety, welfare, and rights of individuals who live in nursing homes, assisted living residences, and other residential care communities. The LTCOP promotes policies and consumer protections to improve long-term services and supports at the facility, local, state, and national levels.

Medicaid: a program established under the Social Security Act to pay for the health care needs of certain low-income individuals. This program is jointly funded by the federal and state governments and is administered by the states. Within very broad guidelines, states establish their own criteria for service. {One can remember that the term Medicaid is used to serve low-income persons by remembering "financial aid."}

Medicare: a multi-part (hospital and physicians' services, prescription drugs and a managed care option) federal health insurance program established under the Social Security Act that covers the cost of certain medical and health care needs for eligible persons age 65 and over and for some disabled persons of any age who meet specific eligibility requirements.

Medigap: refers to health insurance policies sold by a wide array of private sector insurance companies that supplement Medicare -- fill in the gaps that Medicare leaves, i.e., annual deductibles and co-payments for service.

NORC: Naturally Occurring Retirement Community – a building or neighborhood that has a very large proportion of older people. The area was never designed to serve older adults, but became that way over time, “naturally.”

Northern Virginia Aging Network (NVAN): An association comprised of the Chairs of the 5 Northern Virginia Commissions on Aging, the Chairs of the Legislative Committees of the Commissions, the Directors of the 5 Area Agencies on Aging, representatives of other interested groups, such as Legal Services of Northern Virginia, and the Northern Virginia Chapter of the Alzheimer's Association and individual advocates. The Northern Virginia Regional Commission provides limited staff support to NVAN.

PACE Program of All-Inclusive Care for the Elderly is a comprehensive medical and supportive services program, financed by Medicare and Medicaid for people who meet the screening criteria for a nursing home.

Paratransit: curb-to-curb or door-to-door transportation service; sometimes the service includes an escort. The Americans with Disabilities Act {ADA} mandates only curb-to-curb paratransit service for persons unable to use mass transit. The ADA mandated paratransit service in this region is managed by Metro and is called MetroAccess.

Personal Care Allowance: an amount of money which may be retained by a resident of a nursing facility or assisted living residence for use in purchasing personal items. The current monthly personal care allowance is \$40 in nursing homes and \$82 in assisted living.

Department of Social Services, DSS: a department of state government which administers a variety of programs for low-income individuals. Each city and county in the Commonwealth also has a department of social services. In Alexandria, Arlington and Fairfax the units that comprise local social service departments are found within an interdisciplinary human services department.

Supplemental Security Income (SSI): a federally financed income-maintenance program for extremely poor aged, blind or disabled people. Even the maximum SSI payment, currently \$841 for an individual, is below the federally determined poverty rate. As of February 2022, the poverty level for a single person age 65 or over is \$13,590 per year, or \$1,133 per month.

Virginia Association of Area Agencies on Aging (V4A): the association of the 25 area agencies on aging in Virginia.

Virginia Department for Aging and Rehabilitation Services {DARS}, Virginia Division for Aging {VDA}: the unit of Virginia State Government {a State Unit on Aging} that is

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responsible for coordinating aging services in the Commonwealth and has responsibility for state administration of Older Americans Act funds. There are 57 state units on aging.

Virginia Joint Commission on Health Care: a study commission established by the Virginia General Assembly; membership is made up of members of both houses of the General Assembly. The Secretary of Health and Human Resources serves ex officio.

Virginia State Plan for Medical Assistance Services: formal term for Medicaid; administered in Virginia by the Virginia Department of Medical Assistance Services, DMAS {pronounced dee-mass}