

Glossary of Terms

ADA - Americans with Disabilities Act

ADU - Accessory Dwelling Unit

Adult Day Services – Public or private planned program of activities designed to promote well-being through social and health related services. Adult day care centers operate during daytime hours, Monday through Friday, in a safe, supportive, cheerful environment.

Adult Family Homes - is a community based setting in a residential home licensed to care from two to six residents.

Aging in Place - "Aging in Place" is the ability of an older adult to continue to live at home safely and independently.

Architects Services – Certified Professionals to assist in a remodel that can assist in design needs, prepare material specifications, draw up construction plans, help with most of the steps in the ADU process, find you a contractor, develop contracts, get permits, supervise construction and oversee the budget.

Assisted Living - Living facilities that offer independence with medical care and support services available.

Barrier Free - Innovative accessible products, such as walk in bathtubs, handicap showers for ADA bathrooms, and accessories for accessible bathrooms.

Building Department - City Office with Permit Center where one gets required work permits for a level of remodeling. Not all work requires permits.

CAPS – Certified Aging in Place Specialist. Architects, builders, contractors, and consultants that have been trained in the unique needs of the older adult population, aging in place home modifications, common remodeling projects, and solutions to common barriers.

Caregivers - A family member or paid helper who regularly takes care of a child or a sick, elderly, or disabled person. Usually a Certified person qualified to assist Seniors.

Continuing Care Communities – Residential community for seniors, that offer housing option ranges based on health, level of activity and independence level desired.

Continuing Care Retirement Communities (CCRCs) – A fee-for-service continuing care retirement communities (FFSCRCs) are residential alternatives for adults that offer, under one contract, an independent living unit (an apartment or cottage), residential amenities

and access to a continuum of long term care services, as residents' health and social needs change over time.

Contractors - Professionals with construction and project management skills that the scope of your ADU project requires.

Elderly Care - Is the fulfillment of the special needs and requirements that are unique to senior citizens.

Family – Family members who are legally qualified to make choices for Seniors.

Financing – Financial services to assist with loans through lenders.

Geriatrics - is a sub-specialty of internal medicine that focuses on health care of elderly people.

Health Care - is the diagnosis, treatment and prevention of disease, illness, injury and other physical and mental impairments in humans.

Home Evaluation - A process to make home more useable for persons with disabilities and seniors.

Homemaking Services - Training offered by an occupational therapist that works with a client to help them achieve a fulfilled and satisfied state in life through the use of purposeful activity or interventions to help facilitate functional outcomes that promote health, prevent injury or disability and which develop, improve, sustain or restore the highest possible level of independence.

Housing Options – Senior Housing Option choices depending on the need.

Independent Living -To live independently either by yourself or with other people in a home.

Independent Living Communities – Independent living communities are homes or apartments, for seniors aged 55 or older in a complex that do not offer amenities or any medical care.

In-House Rehabilitation – A service provided within a senior facility, a temporary stay between the hospital and independent living.

Long Term Mobility – Therapy designed to improve mobility in elderly patients around diagnosing and treating specific impairments, like reduced strength, and poor balance.

MBA – Master Builders Association is a homebuilders association serving all of the Greater Seattle area and all of King and Snohomish Counties with local consumer resources for constructing, remodeling and locating members.

Medicaid - The United States health program for people and families with low incomes and resources.

Medical Care Housing – State licensed adult family homes.

Medicare – The United States health program for people 65 or older.

Memory Care – Facilities that are licensed to provide care for seniors who have memory loss.

Modifying your home - Through remodeling and updating to adhere to ADA compliancy.

NAIPC –The National Aging in Place Council.

Nursing Home/Skilled Care – For anyone who requires skilled nursing care for complex medical needs that do not require hospitalization.

Personal Care - Professionals who provide routine health and personal care support and assistance with activities of daily living to patients with physical impairments or disabilities in private homes, nursing care facilities, and other residential settings.

Professional Geriatric Care Managers - is the process of planning and coordinating the care of the elderly and/or disabled to improve their quality of life and to maintain their independence for as long as possible.

Quality of Life - Is used to evaluate the general well-being of individuals.

Retirement Community/Active Adult Community - is a very broad, generic term that covers many varieties of housing for retirees and seniors - especially designed or geared for people who no longer work, or restricted to those over a certain age.

Retirement Living - A retirement community includes varieties of housing for seniors and retirees, and may have facilities such as a common hall or clubroom or other programs for seniors.

Reverse Mortgages - A reverse mortgage enables older homeowners (62+) to convert part of the equity in their homes into tax-free cash without having to sell the home, give up title, or take on a new monthly mortgage payment.

Senior Housing – Housing for persons aged 55 or older.

Transitioning from home - To transition from home simply means to go from one home to another.

Transportation – Cabulance, Disabled Parking, Metro Transit and Sound Transit.

Universal Home Design – Customized Guide to build a home as comfortable and convenient for as many different people at as many stages of life as possible.

Zoning and Building Codes – Cities have their own individual codes with minimum setbacks from property lines for building structures and code limitations and requirement