Senior care glossary

Plain-language definitions of the terms you will hear during a senior move.

- **ADLs:** activities of daily living, like bathing, dressing, toileting, moving and eating.
- **Assisted living facility (ALF):** licensed housing with help for daily activities and medications.
- **ECC / LNS / LMH:** Florida ALF specialty licenses: extended congregate care, limited nursing services, limited mental health.
- **Memory care:** secured assisted living for people with dementia.
- **Skilled nursing facility (SNF):** 24-hour nursing and rehab; short-term rehab or long-term care.
- **Observation status:** a hospital stay billed as outpatient; does not count toward Medicare's 3-day rule.
- **Respite care:** a short stay to give caregivers a break.
- **ADRC:** Aging and Disability Resource Center, your local free information and referral office.
- **Health care surrogate:** the person named to make medical decisions.
- **Ombudsman:** a free advocate for residents of long-term care facilities.

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