

## Important long-term care definitions

**Activities of daily living (ADL):** Routine activities that individuals tend to do each day (including eating, bathing, dressing, walking, getting in or out of bed/chair, and toileting).

**Adult day health care:** Program that provides eligible individuals with supervision, personal care, nutrition, and other services in a monitored environment.

**Assisted-living facility:** Housing for elderly and/or disabled individuals that provides assistance with medications, ADL, meals, housekeeping, and nursing care (but a lower level of nursing care than individuals living in nursing homes).



**Care manager:** Individual employed by a health plan who works directly with the plan members to help coordinate their care needs.

**Coordinated care:** Care model in which providers communicate with each other, the beneficiary, and the beneficiary's caregivers (as requested) to share information, assess beneficiary needs, and determine the best way to meet those needs.

**Custodial care:** Assistance with day-to-day household activities (including light housekeeping, laundry, limited personal care, and meal preparation).

**Dually eligible individual:** Person enrolled in both Medicare and Medicaid.



**Homemaker services:** See custodial care.

**Improper billing:** When a provider inappropriately bills a beneficiary for Medicare cost-sharing. Also called balance billing.

**In-network:** Term that applies to doctors and other providers, such as hospitals and home health agencies, that contract with the beneficiary's plan.

**Long-term care (LTC):** A range of services and supports to help individuals perform everyday activities.



**Nursing home:** Facility that primarily provides medical care, therapy, 24-hour care, and other skilled care, in addition to room and board and personal care

**Out-of-network:** Term that applies to doctors and other providers who do not contract with the beneficiary's plan.

**Patient-centered care:** Care model in which an effort is made to take into account the patient's unique needs, preferences, and priorities.

**Personal care:** See activities of daily living.

**Skilled Nursing Facility (SNF):** See nursing home.