

TERM	DEFINITION
Activities of Daily Living (ADLs)	Refer to daily self-care activities within an individual's residence or in outdoor environments, such as bathing, toileting, feeding, dressing, functional mobility, and personal hygiene.
Advance Care Plan	A document that sets out your wishes for care at the end of life. It involves choosing one or more persons to represent you if you cannot speak for yourself due to illness or injury. It will only be used if you become unable to speak for yourself.
Anticipatory Grief	The process of grieving the loss of a person before his or her death.
Assistive Devices	Items that ease the strains of daily activities at home, at work, or during leisure activities, and help you and your care recipient to feel safe and secure. They include medical equipment, personal alarms, mobility aids, information technologies, or practical aids. Also called assistive technologies (AT).
Care Provider	A person who provides care and receives a salary or wage for their time, such as a continuing care assistant/home support worker, physician, nurse, physiotherapist, etc.
Care Recipient	A person who receives care, either at home or in a facility, from an unpaid caregiver or paid care provider.
Caregiver	A person who gives unpaid care to someone, either at home or in a facility, who has a physical or mental health condition, is chronically ill, frail, or elderly. A caregiver may be a spouse, adult child or in-law, sibling, young child, extended family member or friend. They care for individuals of all ages and health conditions, including in palliative situations. Also called <b>Carer</b> .
Caregiver Burnout	A state of physical, emotional, and mental exhaustion. Burnout can occur when caregivers don't get the help they need, or if they try to do more than they are able.
Caregiver Distress	When a caregiver is no longer able to continue in caring activities and express feelings of distress, anger, or depression due to the physical, psychological, and financial demands of caregiving.
Enduring Power of Attorney	An Enduring Power of Attorney lets one person give another person authority to act on their behalf. More specifically, it will remain in force if the person who has granted the authority or power becomes mentally incompetent.
Respite	A short interval of rest, temporary relief, or an interruption in the intensity of a caregiving activity. Respite care can also refer to a break for care recipients. It can take many forms, and can be provided by different people. Respite can be provided at home or can be facility-based.
Responsive Behaviour	A term that refers to how actions, words, and gestures are a response that conveys important information about someone's personal, social, or physical environment. Responsive Behaviour is often seen in people with Alzheimer's Disease or other dementias, Autism Spectrum Disorder, and other conditions that affect the brain and communication. Also called <b>Challenging Behaviour</b> .

Substitute Decision  
Maker

This is the person you choose, as part of your advanced care plan, to make medical decisions on your behalf. This can be anyone you trust and who is capable of honouring and carrying out your wishes. Also called a **Delegate**.

Unpaid Caregiver

Someone who gives care to another person, but does not receive a salary or wage for their time. See definition of **Caregiver**.

Young Caregiver

An individual under 19 years of age who gives unpaid care and support to someone who has a physical or mental health condition, is chronically ill, frail, or elderly. Also called **Young Carer**.