

# Advertisement

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## Legal Terms – Elder Care

### **A:**

Activities of Daily Living (ADL's): The basic things you do every day to take care of yourself, like getting clean (bathing or showering), getting dressed, eating, using the bathroom, and moving around (getting out of bed or walking)

Assisted Living Facility: A facility that offers help for people who need assistance with daily care, but do not require the level of care that a skilled nursing home provides.

Asset Protection Trust: An irrevocable trust that has a year requirement to protect assets.

Assets: The things you own that have monetary value

### **E:**

Elder Law: An area of law that provides guidance and support to seniors and their families as they address legal and financial challenges associated with aging.

### **I:**

Irrevocable Trust: A legal arrangement in which you permanently transfer assets into a trust that cannot be changed or revoked.

### **M:**

Medicaid: A partnership program between the federal government and the state to assist with the high cost of medical services for people who meet certain eligibility requirements.

Medicare: Government health insurance for people 65 years or older (or younger, if disabled).

### **P:**

Personal Care Agreement/Contract: A written agreement where you pay a family member or friend to provide care for you at home.

### **S:**

Skilled Nursing Facility: An inpatient facility that provides medically necessary services 24 hours a day.

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