

Jargon Buster

- **Assessment;** The process of working out what your needs are. A community care assessment looks at how you are managing everyday activities such as looking after yourself, household tasks and getting out and about. You are entitled to an assessment if you have social care needs, and your views are central to this process.
- **Adult Support and Protection Scotland (AP)** – legislation designed to protect those adults who are unable to safeguard their own interests and are at risk of harm/neglect and abuse.
- **ASC** = Adult Social Care and support for adults who need extra help to manage their lives and be care independent – including older people, people with a disability or long-term illness, people with mental health problems, and carers. Adult social care includes assessment of people’s needs, provision of services or allocation of funds to enable you to purchase your own care and support. It includes residential care, home care, personal assistants, day services, the provision of aids and adaptations and personal budgets.
- **Aids and Help** to make things easier for you around the home. If you are struggling or adaptations disabled, you may need special equipment to enable you to live more comfortably and independently. You may also need changes to your home to make it easier and safer to get around. Aids and adaptations include things like grab rails, ramps, walk-in showers and stair-lifts.
- **Advocacy** – an advocate can help you to express your needs, wishes and weigh up all decisions about the options available to you.
- **Benefits** – Payments from the government that you may receive because of your age, disability, income or caring responsibilities.
- **Commissioning** - is the process of assessing needs, planning, and prioritising, purchasing and monitoring health services, to get the best health outcomes
- **Care/Support Plan:** A written plan after you have had an assessment, setting out what your care
 - See also: and support needs are, how they will be met (including what you or anyone
 - Support plan who cares for you will do) and what services you will receive. You should have
 - the opportunity to be fully involved in the plan and to say what your own
 - priorities are. If you are in a care home or attend a day service, the plan for
 - your daily care may also be called a care plan.
- **CI = Care inspectorate** – looks at the quality of care within Scotland to ensure it meets high standards.
- **CBT = Cognitive Behavioural Therapy** – talking therapy that can help you manage your problems by changing the way you think and behave.
- **CQC = Care Quality Commission** – is an executive non – department of health and social care of the United Kingdom. It was established in 2009 to regulate and inspect social care services within England.
- **Direct Payments** – Money that is paid to you (or someone acting on your behalf) on a regular basis by your local council so you can arrange you own support.
- **GDPR = General Data Protection regulations** – Legislation that updated and unified data privacy laws across the European union.

- **HIS = Health Improvement Scotland/England and Wales** – is the national healthcare improvement organisation represented in each nation. It is a public body which is part of the National Health Service.
- **HSE = Health and Safety Executive** - The Health and Safety Executive is a UK government agency responsible for the encouragement, regulation and enforcement of workplace health, safety and welfare, and for research into occupational risks in Great Britain.
- **Independent Living** – It does not necessarily mean living by yourself or doing everything for yourself. It means the right to receive the assistance and support you need so you can participate in your community and live the life you want.
- **Local Authority** - A local authority is an organization that is officially responsible for all the public services and facilities in a particular area.
- **MAR** (Medication Administration Record) - A MAR chart is the record that details for each individual medication currently prescribed and what has been administered (including self-administered medicines). The trained team member or nurse signs each time a drug or device is administered to a person we support.
- **MDT = Multi-disciplinary Team** – a group of health care workers who are members of different professions (Psychiatrist, Social workers etc ..) each providing a specific service to
- **NICE = National Institute of Health and Care Excellence** – Provides national guidelines and advice to improve health and social care, <https://www.nice.org.uk/>
- **OT = Occupational Therapist** – A professional with specialist training in working with people with therapist different types of disability or mental health needs. An OT can help you learn new skills or regain lost skills, and can arrange for aids and adaptations you need in your home. Occupational therapists are employed both by the NHS and by local councils.
- **Outcomes** - In social care, an ‘outcome’ refers to an aim or objective you would like to achieve or need to happen – for example, continuing to live in your own home, or being able to go out and about. You should be able to say which outcomes are the most important to you, and receive support to achieve them.
- **PBS; Positive Behaviour Support**, the use of various support techniques that ensures we enhance a person’s quality of life and decreases behaviours that challenge that may result in incidents.
- **Pre-Assessment** - The point at which you make contact with your local council and a decision is made about whether a full assessment is necessary. This is based on the information given by you or the person who refers you to adult social care. It is often conducted over the phone.
- **Referral** - A request for an assessment of a person’s needs, or for support from a social care organisation. A referral to adult social care may be made by your GP, another health professional or anyone else who supports you. You can also refer yourself, or a member of your family, by contacting the adult social care department at your local council.
- **Residential Care** - Care in a care home, with or without nursing, for older people or people with care disabilities who require 24-hour care. Care homes offer trained staff and an adapted environment suitable for the needs of ill, frail or disabled people.
- **Risk Assessment** - An assessment of your health, safety, wellbeing and ability to manage assessment your essential daily routines. You might also hear the term risk enablement, which means finding a way of managing any risks effectively so that you can still do the things you want to do
- **Safeguarding** - the process of protecting children (and adults) to provide safe and effective care.

- **S.A.L.T** Speech and language therapist can help provide treatment, to enhance life and support care for children and adults who have difficulties with communication, eating, drinking and swallowing.
- **Social Worker** - A professional who works with individual people and families to help improve their lives by arranging to put in place the things they need. This includes helping to protect adults and children from harm or abuse, and supporting people to live independently. Social workers support people and help them find the services they need. They may have a role as a care manager, arranging care for service users. Many are employed by councils in adult social care teams; others work in the NHS or independent organisations
- **Wellbeing** - Being in a position where you have good physical and mental health, control over your day-to-day life, good relationships, enough money, and the opportunity to take part in the activities that interest you.