



WISECARER

Beyond Caregiving, Into Wellbeing

SIMPLIFIED TERMINOLOGY GUIDE FOR CARERS

You should never feel lost in a conversation about your loved one's care. This user-friendly glossary is your tool for quickly understanding the common (and uncommon) words used by doctors, social workers, and government agencies.



GENERAL CARE TERM

Technical Term	Simple Term	Explanation
Activities of Daily Living (ADLs)	Everyday Tasks	Basic personal care activities like washing, dressing, eating, moving around, and using the bathroom
Respite Care	Break Time	Temporary care that gives the main caregiver a rest or time off
Primary Caregiver	Main Helper	The person who takes the most responsibility for someone's care
Care Team	Care helpers	A group of people who help and support the person receiving care
Care Plan	Care Road Map	A detailed plan that outlines the specific care needs and how they will be met
Holistic Care	Whole Person Care	Looking after someone's physical, mental, emotional, and social needs together
Person-Centred Care	Your-Choice Care	An approach that focuses on the individual's preferences, needs, and goals
Informal/ Unpaid Caregiver	Family/Friend Helper	Someone who provides care without being paid, usually a family member or friend
Continuity of Care	Smooth Care Journey	Ensuring consistent and coordinated care across different services and times
Case Management	Coordination and help	Organising and managing aspects of someone's care to meet their needs

MENTAL HEALTH TERM



Technical Term	Simple Term	Explanation
Psychological Wellbeing	Mental Wellness	Overall mental health and ability to cope with life's challenges
Mental Resilience	Bounce-Back Strength	Ability to recover quickly from difficulties and adapt to stressful situations
Emotional Intelligence	Understanding Feelings	Ability to understand and manage your own emotions and those of others
Trauma-Informed Care	Gentle, Understanding Care	An approach that recognises and responds to the effects of traumatic experiences
Cognitive Behavioural Therapy (CBT)	Thought-Changing Therapy	Treatment that helps people identify and change negative thinking patterns
Post-Traumatic Stress Disorder (PTSD)	Trauma Stress Condition	Mental health condition triggered by experiencing or witnessing traumatic events
Anxiety Disorders	Worry Conditions	Mental health conditions characterised by excessive fear or worry
Bipolar Disorder	Mood Swing Condition	A mental health condition with extreme mood changes, including highs and lows
Depression	Persistent Sadness	A mental health condition causing ongoing feelings of sadness and loss of interest
Neurodiversity	Brain Differences	Understanding that each person's brain has its own special way of thinking, learning, and experiencing the world

Technical Term	Simple Term	Explanation
Mental Health Assessment	Mental Check-Up	Professional evaluation of a person's emotional and psychological wellbeing
Psychological Support	Emotional Helping Hand	Professional assistance to help manage mental and emotional challenges
Coping Mechanisms	Stress-Handling Techniques	Strategies used to deal with difficult situations and manage stress
Emotional Regulation	Feelings Control	Ability to manage and respond to emotional experiences in a balanced way



MEDICAL AND HEALTHCARE TERMS

Technical Term	Simple Term	Explanation
Patient-Centred Care	You-First Care	A healthcare approach that considers the individual's unique needs and preferences
Chronic Condition Management	Long-Term Health Tracking	Ongoing care and support for long-lasting health conditions
Comorbidity	Multiple Health Conditions	Presence of two or more health conditions in the same person
Healthcare Proxy	Medical Decision Helper	Someone legally authorised to make medical decisions on behalf of another
Advance Directive	Future Care Wishes	Legal document explaining medical treatment preferences in advance

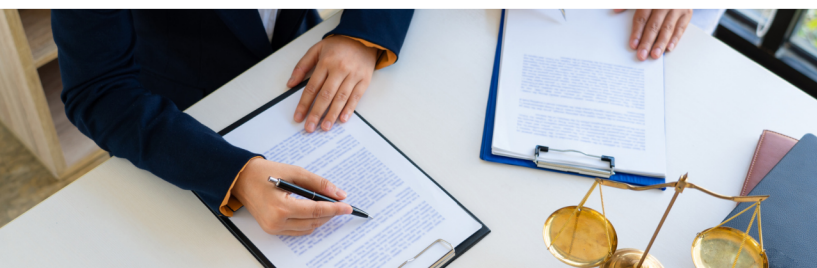
Technical Term	Simple Term	Explanation
Quality of Life Indicators	Happiness and Comfort Measures	Ways to assess overall wellbeing and satisfaction
Self-Management	Personal Health Control	Ability to manage one's own health conditions and treatment
Health Literacy	Health Understanding	Ability to understand and use health information to make good decisions
Functional Assessment	Ability Check-Up	Evaluation of a person's ability to perform daily activities
Care Coordination	Smooth Care Connection	Organising different healthcare services to work together effectively

EMOTIONAL SUPPORT TERMS



Technical Term	Simple Term	Explanation
Empathetic Listening	Active Listening with care	Listening with compassion and trying to understand the other person's feelings
Emotional Support	Feelings Comfort	Providing comfort, understanding, and care for someone's emotional needs
Psychological Safety	Feeling Safe to Share	Creating an environment where people feel comfortable expressing themselves
Burnout Prevention	Exhaustion Stopping	Strategies to prevent overwhelming stress and emotional exhaustion
Compassion Fatigue	Caring Tiredness	Emotional and physical exhaustion from prolonged caring for others

Technical Term	Simple Term	Explanation
Support Groups	Shared Experience Meetings	Groups where people with similar experiences can support each other
Peer Support	Friend-to-Friend Help	Support from people who have similar experiences
Emotional Resilience	Strength in your feelings	Ability to bounce back from emotional challenges
Interpersonal Communication	People-to-People Talking	Effective communication and interaction with others
Validation	Feelings Confirmation	Acknowledging and accepting someone's feelings as legitimate



LEGAL AND ETHICAL TERMS

Technical Term	Simple Term	Explanation
Capacity Assessment	Decision-Making Ability Check	Evaluation of a person's ability to make their own decisions
Informed Consent	Fully Understood Agreement	Agreeing to something after fully understanding what it means
Confidentiality	Private Information Protection	Keeping personal information safe and secret
Patient Rights	Care Receiver's Protections	Legal rights that protect the interests and dignity of people receiving care
Mission Statement	Service values	Standard of behaviour for treating people with respect, fairness, and integrity

Technical Term	Simple Term	Explanation
Duty of Care	Responsibility to Protect	Legal obligation to ensure the safety and wellbeing of those in your care
Professional Boundaries	Our Limits	Maintaining appropriate and respectful relationships in care settings
Advocacy	Speaking Up for Others	Supporting and defending the rights and needs of someone else who can't or needs help to speak up
Decision-Making Capacity	Choice-Making Ability	Understanding and the ability to make informed decisions

SPECIALISED CARE TERMS



Technical Term	Simple Term	Explanation
Palliative Care	Comfort-Focused Care	Specialised care to improve the quality of life for those with serious or terminal illnesses
Dementia Care	Memory Loss Support	Specialised care for people with memory and thinking difficulties
Disability Support	Ability Assistance	Help and support for people with physical or mental challenges
Rehabilitative Care	Recovery Support	Treatment to help people regain skills or recover after illness or injury
Long-Term Care	Ongoing Support	Continuous care for people with long-lasting health and wellbeing needs

Technical Term	Simple Term	Explanation
Specialised Nursing	Expert Medical Care	Nursing care with advanced skills for specific health conditions
Geriatric Care	Elderly Support	Specialised care focusing on the health needs of older adults
Paediatric Care Support	Child Health Help	Specialised care designed for children's unique health needs (0-17 years of age)
Intervention	Targeted Mental Help	Specific actions to support mental health and wellbeing
Integrated Care	Whole-System Support	Coordinated care across different health and social services



PSYCHOLOGICAL ASSESSMENT TERMS

Technical Term	Simple Term	Explanation
Mental Status Examination	Mind Health Check	Professional assessment of a person's mental state and functioning
Psychological Screening	Early Mental Health Check	Initial assessment to identify potential mental health concerns
Risk Assessment	Potential Risk Checking	Evaluating possible risks to a person's behaviour and environment
Diagnostic Criteria	Identificatory the condition	Specific guidelines used to diagnose mental health conditions

Technical Term	Simple Term	Explanation
Behavioural Observation	Action and Reaction Watching	Carefully observing a person's behaviours and responses
Cognitive Assessment	Thinking Ability Test	Evaluation of mental processes like memory and problem-solving
Emotional Screening	Feelings Health Check	Assessment of emotional wellbeing and potential concerns
Psychosocial Evaluation	Life and Feelings Assessment	Comprehensive review of personal, social, and emotional factors - what's going on

SUPPORT TERMS



Technical Term	Simple Term	Explanation
Therapeutic Intervention	Healing Support	Specific actions taken to help improve mental or physical health
Pre-data	Before information	Collection of clinical information at the beginning of the service
Post-data	After information	Collection of clinical information at the end of the service
Psychosocial Support	Emotional and Social Help	Support that addresses both emotional and social needs
Crisis Intervention	Emergency Emotional Help	Immediate support during intense emotional or mental health challenges

Technical Term	Simple Term	Explanation
Therapy/ Counselling	Exploratory conversation	Professional guidance to help work through personal or emotional issues
Therapeutic Communication	Healing Conversation	Communication style that helps support emotional healing
Supportive Therapy	Ongoing Emotional Help	Continuous support to improve mental health and wellbeing
Rehabilitation	Recovery Support	Process of helping someone recover and regain abilities
Wellness/ Wellbeing Planning	Health Goal Setting	Creating a plan to improve overall health and wellbeing
Recovery-Oriented Practice	Healing-Focused Approach	An approach that emphasises personal growth and healing
Strength-Based Approach	Focusing on Abilities	Identifying and building on a person's existing strengths and skills

We gratefully acknowledge all the partners, **Queensland Mental Health Commission, ASPIRE, Gold Coast University Hospital and Southern Cross University.**



Queensland
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**Southern Cross
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