

# 8. Glossary

**A. Glossary of Terms**

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## 8-A. Glossary

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**ABILITY:** The correct skills and/or mental and physical fitness to perform in a competent way.

**ABSTRACT THINKING:** The ability to apply abstract concepts to situations and surroundings. It is characterized by adaptability in the use of ideas and generalization.

**ACUTE:** Sharp, severe or having rapid onset, severe symptoms and a short course. The early stages of an injury (as opposed to chronic, which is long term.)

**ADAPTIVE / ASSISTIVE EQUIPMENT:** A special device that assists in the performance of self-care, work, play or leisure activities.

**ADL:** Activities of daily living. Routine activities carried out for personal hygiene and health such as eating, dressing, grooming, shaving, etc. Nurses, occupational and physical therapists are the main coaches for ADL, which is sometimes called DLS or daily living skills.

**ADVOCACY:** Support; help, promoting a cause.

**ADVOCACY ORGANIZATIONS:** A group or nonprofit agency that provides resource information, support services and/or educational opportunities for individuals and families in need, and makes those needs to known professional caregivers as well as to the general public.

**AFFECT:** Feeling tones; emotions; the outward signs of individual emotions.

**AFFECTIVE:** Having to do with emotions.

**ALCOHOL OR DRUG DEPENDENCY:** Extreme dependence on excessive amounts of alcohol and/or drugs.

**AMERICANS WITH DISABILITIES ACT:** A law that makes discrimination against people with disabilities illegal; the act applies to employment, access to public places, and places of accommodation.

**ANGER:** Is a very basic human emotion. It plays an important role in the way we communicate with others. It communicates strong feelings of displeasure and rage. Generally speaking, the word "**anger**" expresses the emotion but does not necessarily convey intensity, justification, and "form" of the anger.

**ANTIDEPRESSANT:** A drug prescribed to treat depression; standard tricyclic antidepressants include Tofranil, Imvate, Elavil, Norpramin, and Adapin. Side effects include some sedation, dry mouth, and visual problems. Another type of emotional problem often mistaken for depression is "emotional lability", which is characterized by, for example, sudden laughter changing to weeping.

**ANXIETY:** Feelings of apprehension, uneasiness, agitation, uncertainty and fear because of threat or danger.

**ASSESSMENT:** An evaluation of a patient based on the following information: subjective report of the symptoms by the patient; progress of the illness or condition; objective findings of the examiner based on tests, physical examination and medical history.

**ASSISTIVE TECHNOLOGY:** Adaptive, and rehabilitative devices that promote greater independence for people with disabilities by enabling them to perform tasks that they were formerly unable to accomplish, or had great difficulty accomplishing, by providing enhancements to or changed methods of interacting with the technology needed to accomplish such tasks.

**BALANCE:** The ability to use appropriate righting and equilibrium reactions to maintain an upright position. It is usually tested in sitting and standing positions.

**BEHAVIOR:** The total range of actions and reactions demonstrated by a person.

**BENEFITS:** The amount payable by an insurance company to a claimant, assignee or beneficiary. Also, the amount of payment (i.e. money or healthcare coverage) made by agencies such as the Social Security Administration and Income Support Division.

**BRAIN:** The brain has many parts including the cerebral cortex, brain stem and cerebellum. The brain is a very complex organ. It regulates every aspect of human behavior. Everything about the environment and ourselves is experienced through the brain. It has been described as a three-pound universe. It is thought to house the seat of the self, the place where the sense of self resides. Damage to the hippocampus interferes with the ability to store new memories. Likewise, the ability to use language recognize familiar faces, to count, read and many other higher functions are dependent on intact memory functions. Impairments in such basic functions are fundamental to personal identity. Wipe out one part of the brain and the person speaks fluent gibberish; other damage interferes with the ability to recognize familiar faces.

**BRAIN STEM:** The lower extension of the brain where it connects to the spinal cord. Neurological functions located in the brainstem include those necessary for survival (breathing, heart rate) and for arousal (being awake and alert).

**CASE MANAGEMENT:** Collaborative process of assessment, planning, facilitation and advocacy for options and services to meet an individual's health needs through communication and available resources to promote quality cost-effective outcomes.

**CENTERS FOR INDEPENDENT LIVING:** Local organizations where people with disabilities receive support, services, and are provided resource referral and independent living counseling. Assistance is provided to businesses and other entities in the community offering services for people with disabilities.

**CEREBELLUM:** The portion of the brain (located in the back) that helps coordinate movement. Damage may result in Ataxia.

**CLAIM:** A request for payment for a loss covered by an insurance contract.

**CLOSED HEAD INJURY:** Trauma to the head or brain that does not result in penetration of the skull, as when a person hits their head from a fall or motor vehicle crash, when the head is violently shaken, or when there is a nearby explosion such as those experienced by some military personnel.

**COBRA INSURANCE:** This is a type of extended insurance that may be available to an individual who no longer receives insurance from a former employer but would like to continue medical benefits. The insurance premium costs are usually the responsibility of the individual being insured. COBRA insurance can only last for a specific period of time. It is a temporary insurance option until long term insurance can be obtained.

**COGNITION:** The mental process involved in knowing, thinking, learning and judging.

**COGNITIVE DISSONANCE:** Individual awareness of inconsistencies in thoughts, feelings, rationale and opinions.

**COGNITIVE FUNCTION:** An intellectual process by which a person becomes aware of, perceives or understands ideas.

**COGNITIVE PROCESS:** Higher mental functioning; learning, memory, imagination, comprehension, decision making. The means by which an individual becomes aware of people, objects and situations in the environment and their subjective, symbolic meaning.

**COGNITIVE REHABILITATION:** Therapy programs that aid persons in the management of specific problems in thinking and perception. Skills are practiced and strategies are taught to help improve function and/or compensate for remaining deficits.

**COMA:** A state of profound unconsciousness. A state of unconsciousness from which the person is incapable of any conscious action. Typically, they do not respond to powerful stimulation; lack of any response to one's environment.

**COMMUNITY DEVELOPMENTAL DISABILITY ORGANIZATION (CDDO):** The single point of entry for an individual or family to obtain services through the developmental disabilities system in the State of Kansas.

**COMPENSATING STRATEGIES:** Activities or supports that are used to make up for lost cognitive or physical abilities an individual had prior to injury such as using an organizer and making lists. This will aid in strengthening weakened skills and facilitate the development of the highest level of independence possible.

**COMPUTED TOMOGRAPHY (CT):** A scanning technique that uses x-rays and computers to create pictures of the inside of the body; shows the structure of the brain; not as sensitive as MRI.

**CONCENTRATE:** To focus the mind on; to completely fix one's attention on.

**CONCUSSION:** A common term for a closed head injury often described as “mild” because the individual experiences brief or no loss of consciousness. Consequences of this type of brain injury are usually temporary, where the individual is simply dazed or confused. Concussions are usually not life threatening, although the effects can be serious, particularly if the individual experiences a second brain injury before fully recovering from the first injury.

**CONFUSION:** Disorientation regarding time, place and person. Confusion leads to bewilderment, lack of orderly thought and inability to choose or act decisively.

**CONSCIOUSNESS:** The state of awareness of the self and the environment.

**CONTROL:** To use constraint; the conscious limitation or suppression of impulses.

**COPING STRATEGIES:** Skills developed through experience for life situations.

**CT SCAN:** Computerized axial tomography is a cross-sectional X-ray enhancement technique that greatly benefits diagnosis with high-resolution video images, some in three dimensions.

**DENIAL:** Defense mechanism allowing an individual to maintain that a problem has been resolved with an increase in personal competence, although the problem still remains. It protects against physical or emotional conflict or loss.

**DEPRESSION:** An abnormal emotional state in which the individual experiences an exaggerated feeling of sadness, worthlessness and hopelessness, inappropriate and out of proportion to some personal loss or tragedy.

**DIAGNOSIS:** Identification of a disease or condition by a scientific evaluation of physical signs, symptoms, history, as well as laboratory tests and procedures.

**DISABILITY:** The loss, absence or impairment of physical or mental fitness that can be seen or measured.

**DISTRACTIBILITY:** Inability to maintain attention; over-reaction to stimuli.

**EDEMA:** Collection of fluid in the tissue causing swelling.

**EMOTION:** A complex feeling state with mental, physical and motor responses.

**ENVIRONMENT:** All of the things mental and physical that affect a person's life and survival.

**FATIGUE:** A state of exhaustion; the loss of strength or endurance.

**FRONTAL LOBE:** Front part of the brain; involved in planning, organizing, problem solving, selective attention, personality and a variety of cognitive functions.

**FUNCTIONAL:** The ability to carry out a purposeful activity.

**GRIEF:** The physical and emotional responses to the death, separation or loss of a beloved person or thing.

**HEAD INJURY:** Any traumatic injury to the head regardless of severity. Types of head injury include penetration of the skull by a foreign object such as a bullet. Others result from a blow to the head as in an impact injury.

**HISTORY:** An account of the medical, psychological and social events in a patient's life as well as certain details about family, ancestors and the environment that may have a bearing on the patient's condition.

**HOME AND COMMUNITY BASED SERVICES (HCBS):** The term used with Medicaid waiver programs that allow states to develop and implement alternatives to placing Medicaid-eligible individuals in hospitals, nursing facilities, or intermediate-care facilities. HCBS waiver programs recognize that many individuals at risk of being placed in these facilities can receive comparable supports and services in their homes and communities, thus preserving their independence and ties to families and friends at a cost no higher than institutional care.

**IMPAIRMENT:** A deficiency that interferes with normal activity.

**INDIVIDUALS WITH DISABILITIES EDUCATION ACT (IDEA):** A federal law designed to protect the rights of students with disabilities by ensuring that all students receive appropriate public education in the least restrictive environment at no cost, regardless of ability.

**JUDGMENT:** The ability to form a correct conclusion based on knowledge and experience.

**LEARNING:** The process of acquiring knowledge or skill through study, practice or experience.

**MAGNETIC RESONANCE IMAGING (MRI):** A scanning technique that creates pictures of the inside of the body and the brain; uses a strong magnet (does not use x-rays); more sensitive than CT.

**MEMORY:** The ability of the brain to retain and recall information.

**MEMORY, AUDIOVISUAL:** Auditory memory is the ability to recall a series of numbers, lists of words, sentences or paragraphs presented verbally. Visual memory involves the input of information through seeing. For example, being able to remember words, maps and photographs.

**MEMORY, DELAYED:** The ability to recall information several minutes after it has been presented.

**MEMORY, EPISODIC:** The ability to remember ongoing events in a person's life.

**MEMORY, LEARNING:** The extent of a person's ability to learn new information. If immediate memory is poor, learning will be poor because only a portion of the new information will be repeated.

**MEMORY, LONG-TERM:** The ability to remember information from a long time ago.

**MEMORY, RECALL:** The ability to remember information without continued exposure to the information.

**MEMORY, RECOGNITION:** The ability to remember information when something familiar is presented again.

**MEMORY, REMOTE:** Information that is remembered from the distant past.

**MEMORY, SHORT-TERM:** Being able to remember something that has occurred in the recent past.

**MRI (Magnetic Resonance Imaging):** A diagnostic tool to display tissues unseen in X-rays or by other techniques.

**NEUROLOGICAL EXAMINATION:** An examination of the nervous system, which includes an evaluation of mental Competency.

**NEUROLOGIST:** A physician who specializes in the nervous system and its disorders.

**NEURON:** A nerve cell that can receive and send information by way of synaptic connections.

**NEUROPSYCHOLOGIST:** A psychologist that evaluates (through tests) brain/behavior relationships, planning training programs to help the person's brain return to normal functioning and recommends alternative cognitive strategies to minimize the effects of brain injury.

**OCCIPITAL LOBE:** The region in the back of the brain that processes visual information. Damage to this area of the brain can cause vision problems.

**OCCUPATIONAL THERAPIST (OT):** The member of the rehabilitation team who helps maximize a person's independence. OTs teach daily living activities, health maintenance and self care, and consult on equipment choices.

**OCCUPATIONAL THERAPY:** Therapeutic use of activities designed to improve quality of life and independence for the participant.

**ORIENTATION:** A person's awareness of their surroundings, time, knowledge of themselves such as date of birth, age and name. The ability to describe their present circumstances accurately.

**PARALYSIS:** Condition involving loss of sensation or of muscle function.

**PARIETAL LOBE:** One of the two parietal lobes of the brain located behind the frontal lobe at the top of the brain.

**PARIETAL LOBE, RIGHT:** Damage of this area can cause visio-spatial deficits (e.g., the person may have difficulty finding their way around new or familiar places).

**PARIETAL LOBE, LEFT:** Damage to this area may disrupt a person's ability to understand spoken and/or written language.

**PERSONALITY:** The unique blend of behavior and attitude by which we are recognized as individuals.

**PHYSIATRIST:** A doctor whose specialty is physical medicine and rehabilitation.

**PHYSICAL THERAPIST (PT):** A member of the rehabilitation team. The PT examines, tests and treats persons to enhance their maximum physical activity.

**PROBLEM-SOLVING:** Ability of the individual to bring cognitive processes to the consideration of how to accomplish a task.

**PSYCHOLOGIST:** A professional specializing in counseling, including adjustment to disability. They may provide individual or group psychotherapy for the purpose of cognitive retraining, management of behavior and development of coping skills by the patient and members of the family.

**REHABILITATION:** A sequence of services designed to restore optimum physical, psychological, social and vocational levels of function.

**SEIZURE:** An uncontrolled discharge of nerve cells that may spread to other cells nearby or throughout the entire brain.

**SKULL:** The bony structure of the head and face.

**SKULL FRACTURE:** When the bones surrounding the brain are broken.

**SOCIAL WORKER:** Trained person who provides professional assistance of various kinds to families or individuals.

**SPATIAL ABILITY:** The ability to see things in two and three-dimensional ways. For example, being able to see the distance between an object and a person's body.

**SPEECH PATHOLOGIST:** A key member of the rehabilitation team. Directs, diagnoses, and conducts programs to improve communicative skills related to speech and language impairments.

**TEMPORAL LOBES:** There are two temporal lobes, one on each side of the brain, at about the level of the ears. These lobes allow a person to tell one smell from another and one sound from another. They also help in sorting out new information and are believed to be responsible for short-term memory.

**TRAUMA:** A physical injury caused by violent or disruptive action; a psychological injury caused by severe emotional shock.

**TRAUMATIC BRAIN INJURY (TBI):** An injury to the brain caused by an external physical force that results in a disruption in some area of brain function. The severity of the injury can range from "mild," that is, a brief change in mental status or consciousness, to "severe," where there is an extended period of unconsciousness or amnesia. A TBI can result in short or long-term problems with independent function.

**VOCATIONAL REHABILITATION (VR):** Services such as assistive technology, medical and psychiatric intervention to improve work-readiness, on-the-job to help an individual acclimate to a work setting and requirements of the job, job assistance, vocational training, college education related to employment preparation, and VR counseling and guidance.

**WHIPLASH INJURY:** A violent back and forth movement of the head and neck, such as in a rear end car collision, that causes injury to the neck. Such injuries have been known to cause brain injury even though there was no direct injury to the head.

**WORKER'S COMPENSATION:** This is an insurance system that entitles an individual to specific benefits if they are injured on the job.

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