

## Glossary

- **Caregiver** – friend or family member who provides regular support and assistance to another person.
- **Guide to LTSS/GEC website** – online information resource that describes long term care (LTC) services and supports and provides information about shared decision making (SDM) as well as *Worksheets*.
- **Long Term Services and Supports (LTSS)** – a range of services including home and community based services such as homemaker/home health aides, and adult day health as well as residential settings such as assisted living, adult foster care and nursing homes.
- **SDM Worksheet for Veterans** – helps Veterans consider their long term care needs, explore their options, and involve others in their long term care planning and decision making.
- **Self-Assessment Worksheet for Caregivers** – helps caregivers or other support persons identify their needs and the needs of the Veteran, and think about what help they can provide.
- **Shared Decision Making (SDM)** – a structured process in which the Veteran, their informal caregiver or family and the health care team work together to make long term care plans and decisions.

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