

Frequently Used Words



Anger

An emotional state that varies in intensity from mild irritation to intense rage.

Anxiety

Can be mild fear or worry (a first date) to chronic worry or fear most of the time. Symptoms may include muscle tension, increase heart rate, sweating palms, difficulty concentrating, etc.

Attention

Ability to focus and concentrate.

Barriers

Restrictions resulting from an activity limitation that causes an individual to have difficulty being part of his/her community.

Basic Activities of Daily Living

Self-care activities such as bathing, dressing, shaving, eating, etc.

Basic Visual Skills

Acuity or clearness in which you see visual fields (peripheral vision), the ability to move your eyes around and the ability to focus.

Blast Injury

A brain injury that occurs when a person is exposed to an explosion.

Canalith Repositioning Techniques

Technique used to reposition crystal in ear canal.

Cognitive Behavioral Therapy

Help patients change negative thoughts and actions that can lead to depression.

Cognitive Behavioral Therapy

Addresses everyday problems by focusing on the thoughts that impact feelings (physical and emotional) and behavior.

Cognitive Communication

Use of language with the skills needed for thinking and learning. CC skills use language along with attention, memory, self-awareness, organization, problem solving and reasoning to communicate effectively.

Cognitive Functioning

Ability for memory, processing of information, attention, language skills, visual-perceptual ability, planning/organizing, regulating emotions.

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Convergence

The ability to move both eyes inward to focus on an object and see one image.

Cluttering

Speech that is difficult for listeners to understand due to rapid speaking rate, erratic rhythm, poor word order or grammar, and words or groups of words unrelated to the sentence.

Communication

Ways that people use to understand an idea or express a thought, including listening, speaking, reading, writing and gesturing.

Community Navigation

The ability to get around the community or find your way in the community.

Community Re-integration

Interventions designed to assist clients with returning to the community. These interventions typically include learning functional skills needed to interact with one's physical and social environment and activities that allow clients to apply these functional behaviors in natural community settings.

Competency

Ability to make decisions and understand medical and financial related issues.

Depression

A person feels down or sad more days than not, does not find things enjoyable or interesting. May have problems with eating, sleeping, concentrating. A person may feel hopeless or helpless or suicidal. Irritability may be a factor.

Dynamic Balance

The ability to maintain balance while moving.

Dysarthria

Speech that can be slurred, slow and difficult to produce (difficult to understand). Problems occur controlling the pitch, loudness, rhythm and voice qualities of speech.

Dysphagia

A swallowing disorder that makes swallowing difficult or impossible. It can impact health and wellbeing.

Endoscopic Assessment

A lighted scope is put into the nose, and then the swallow is viewed on a screen.

Esophageal Phase of Swallowing

Relaxing and tightening the openings at the top and bottom of the feeding tube (esophagus) and squeezing the food through to the stomach.

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Executive Functioning

Ability to initiate, plan, organize, make judgments, problem solve, think abstractly.

Functional Intervention

Services designed to help reduce functional limitations that prevent an individual from increasing leisure-related awareness, knowledge, skills, skills, abilities and involvement.

Instrumental Activities of Daily Living

Home management activities, such as cooking, cleaning, doing laundry, etc.

Language

Use of words and sentences to understand and express ideas; ability to understand others and express yourself.

Leisure

The quality of an activity/experience characterized by perceived freedom, intrinsic motivation and satisfaction.

Leisure Awareness

The cognitive awareness of leisure and its benefits, valuing of leisure experience and a conscious decision-making process to activate involvement.

Leisure Counseling

Individual or group sessions focusing on topics including, but not limited to, the following: problem solving, self-advocacy, stigma management, time management, budgeting, community resource awareness and recreation resource awareness.

Leisure Education

An individualized process through which a person develops an understanding of self and leisure and identifies and learns the skills necessary to participate in freely chosen activities.

Memory

Ability to recall events, details, people.

Metabolic Changes

Chemical changes that occur within body (hormones).

Modified Barium Swallow Study

An individual eats or drinks food or liquid with barium in it, and the swallow process is viewed on an X-ray.

Neuropsychologist

A psychologist who specializes in brain behavior.

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Oculomotor Skills

Related to the eye muscles and the movement of the eyeball.

Oral Phase of Swallowing

Sucking, chewing and moving food or liquid into the throat.

Pharyngeal Phase of Swallowing

Starting the swallow, squeezing food down the throat and closing off the airway.

Post-Traumatic Stress Disorder (PTSD)

In the anxiety disorder family, PTSD occurs days, weeks, months following a traumatic event. Symptoms may include, flashbacks, increased irritability, difficulty falling or staying asleep, difficulty concentrating, always on the alert for danger, emotional numbing, avoidance of feelings or activities, self-blame, guilt, shame and problems with interpersonal relationships.

Postural Responses

The reaction of muscles in response to external forces.

Pragmatics

Verbal and nonverbal social communication skills.

Pre-driving

Those skills required to drive. These may include vision (being able to see clearly, peripheral vision, identify safety risks and important landmarks), problem solving, memory, reaction speed, multi-tasking, coordination and overall endurance.

Prism Glasses

Glasses/lenses that redirect the light into the eye so that someone is able to see one image with both eyes.

Processing Speed

Ability to think quickly.

Recreation

Voluntary, non-work activity that is organized for the attainment of personal and social benefits, including restoration and social cohesion.

Saccades

Rapid eye movement, where one's eye focuses on one point after another.

Skin Receptors

Receptors within the skin that allow us to feel different things.

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Spasticity

The increased resistance of muscle causing stiff awkward movements.

Speech

Producing sounds that make up word and sentences.

Speech-Language Pathologist

Professional licensed in the evaluation and treatment of speech, language, pragmatic and cognitive communication disorders.

SSDI

Social Security Disability Insurance is a payroll tax-funded, federal insurance program designed to provide income to people who are unable to work because of a disability. SSDI is intended to be provided until their condition improves, and is intended to guarantee income if the individual's condition does not improve. https://en.wikipedia.org/wiki/Federal_Insurance_Contributions_Act_tax

SSI

Supplemental Security Income is a federal income supplement program funded by general tax revenues (not Social Security taxes) to help aged, blind and people with disabilities who have little or no income. It provides cash to meet basic needs for clothing, food and shelter.

Static Balance

A state of being at rest. Forces on the body acting equally in all directions causing no movement.

Stuttering

Interrupted natural flow of speech by repetitions and prolongations of sounds, syllables, words or phrases, with silent pauses or blocks unable to produce sounds.

Substance Abuse

Problematic use of alcohol, street or prescribed drugs.

Substance Dependence

Problematic use of alcohol, street or prescribed drugs that can affect work, school, personal lives. Withdrawal symptoms may start occurring. There may be an increased desire for the substance. There may be an increased amount to obtain the desired effect. The desire to cut down may be present. One may increase time planning or buying the substance. There may be continued use despite the knowledge of health problems resulting in use.

Substance Use

Use of any mind-altering substance (alcohol or drugs).

Therapeutic Recreation

The systematic and planned use of recreation and other activity-based interventions with the intent of

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effecting change in a client's attitudes, beliefs, behaviors and skills necessary to enhance health, functional abilities, independence and to improve overall quality of life.

Traumatic Brain Injury

An injury that occurs when the head hits an object or an object penetrates into the brain.

Vestibular System

Assists with standing upright, maintaining balance and moving through space.

Verbal Apraxia

An impairment of speech caused by damage to the area of the brain responsible for planning orderly movements of speech muscles.

Vestibulo-Ocular Reflex

Reflex responsible for generating eye movements, which enable clear vision while the head is in motion.

Visual Accommodation

The ability for one's eyes to adjust from focusing on objects at changing distances (i.e., focusing on something close up and then quickly adjusting to seeing an object far away).

Visual Acuity

The sharpness at which someone sees something.

Visual Perception

Your brain's ability to process what you see.

Visual Perceptual Ability

Ability to for depth perception and perceive visual details.

Visual Tracking/Pursuits

The ability for your eyes to follow a moving target.

VRC

Vocational Rehabilitation Counselor