

# Glossary of Terms

## Caregiver

A caregiver is someone who is actively engaged in providing care to another such as a chronically ill, disabled or aged family member or friend. Often a caregiver finds themselves in this role with a lack of training, support or compensation.

## Direct Support Professional (DSP):

Direct support professionals (DSPs) are people who work directly with people with disabilities to help support them in activities of daily living. Staff in developmental sector agencies are typically called DSPs.

## Dual Diagnosis:

The term dual diagnosis means that someone has both an intellectual and developmental disability (IDD) and a mental illness or an addiction.

## H-CARDD:

H-CARDD stands for [Health Care Access Research and Developmental Disabilities](#). H-CARDD is a program with a team of researchers who study the health of adults with developmental disabilities. H-CARDD has developed the Family Matters Toolkit, and it has also developed other toolkits on health and developmental disabilities for DSPs, staff in emergency care departments and primary care settings.

## Health Care Provider (HCP):

It is true that all of us can be involved in health care, but health care providers are professionals who work in health care and who provide health care. This includes doctors, but it can also include other parts of the team like a nurse, social worker, psychologist, or x-ray technician.

## Intellectual and Developmental Disabilities (IDD):

Intellectual and developmental disabilities (IDDs) are conditions that are usually present at birth or at a young age and that affect the trajectory of the individual's physical, intellectual, and/or emotional development. Some people with IDD have genetic conditions such as Down syndrome, Prader-Willi syndrome, or Fragile X syndrome.

## Legal Capacity/Capacity to Consent:

Legal capacity means having the ability to understand the information that is being presented (knowing the risks and benefits of a decision), and to appreciate how it relates to you (for example, being able to explain what happens if you agree to treatment, but also understand the consequences if you refuse it).

## Mental Health:

Mental health refers to our emotional, psychological, and social well-being. Our mental health affects how we think, feel, and act. People with mental health disorders such as depression, anxiety, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), or post-traumatic stress disorder (PTSD) may have difficulties with their thinking, mood, and behaviour.

## Substitute Decision Maker:

When doctors see patients, they need to determine whether the person is capable or incapable of making their own health care decisions. When a person is found to be incapable, a substitute decision maker makes the decision.