

Glossary

- accrue** [V-T-U14] To **accrue** something is to receive more of it at a regular rate over time. *gromadzić (coś, czego ilość przyrasta wraz z upływem czasu)*
- age-in-place** [PHRASE-U2] **Age-in-place** is the ability of a person to grow old and live in their own home regardless of factors like income and ability. *możliwość starzenia się i mieszkania w swoim miejscu zamieszkania (niezależnie od takich czynników, jak np. przychód)*
- aging** [ADJ-U1] If something is **aging**, it is getting older. *starzejący się, podstarzały*
- aid** [V-T-U3] To **aid** someone is to help him or her. *pomóc, wspomóc*
- alone** [ADJ-U11] If someone is **alone**, they are not with anyone. *samotny, samotna*
- amplify** [V-T-U10] To **amplify** something is to make it sound louder. *wzmocnić dźwięk*
- appointment** [N-COUNT-U9] An **appointment** is an agreement for people to meet each other at a certain time and place. *umówione spotkanie*
- assist** [V-T-U5] To **assist** someone is to help them accomplish something. *asystować, pomagać (komuś)*
- assisted living facility** [N-COUNT-U2] An **assisted living facility** is a place that provides housing, assistance in daily activities, and health care to elderly people or to people with disabilities. *ośrodek mieszkalno-opiekuńczy dla seniorów lub osób niepełnosprawnych, w którym zapewnione są warunki mieszkaniowe, pomoc w codziennych czynnościach i opieka zdrowotna*
- assistive** [ADJ-U10] An **assistive** device is something that gives the user some form of assistance. *(o urządzeniu) wspomagający*
- attentive** [ADJ-U12] If someone is **attentive**, he or she listens and pays attention to other people and things. *uważny*
- attitude** [N-COUNT-U12] An **attitude** is the way a person thinks and behaves towards something. *podejście, stosunek (do czegoś)*
- bib** [N-COUNT-U7] A **bib** is a piece of cloth or plastic worn around the neck to make sure clothes stay clean while eating. *śliniak*
- brace** [N-COUNT-U10] A **brace** is a device wrapped around part of the body to provide support to a joint. *aparat ortopedyczny*
- caregiver** [N-COUNT-U1] A **caregiver** is a person who helps and takes care of someone who's ill or with a disability. *opiekun, opiekunka (osoby starszej lub niepełnosprawnej)*
- caring** [ADJ-U12] If someone is **caring**, they are kind and helpful to others. *opiekuńczy, troskliwy*
- chair cushion** [N-COUNT-U10] A **chair cushion** is a pillow placed on the seat of a chair to make it more comfortable to sit on. *poduszka na krzesło*
- change** [V-I-U8] To **change** is to put on different clothes, usually ones that are clean. *tu: przebrać się*
- check for** [V-T-U8] To **check for** something is to examine it carefully in order to spot the presence or absence of something. *sprawdzić coś pod kątem czegoś*
- clean** [V-T-U6] To **clean** something is to remove dirt, dust, and germs from it. *czyścić, sprzątać*
- clear** [V-T-U6] To **clear** an area is to remove unwanted objects from it. *usuwać zbędne przedmioty (np. ze stołu)*
- CNA** [ABBREV-U4] A **CNA** (Certified Nursing Assistant) is someone who has received basic nursing training and works under an RN. *licencjonowany asystent pielęgniarstwa*
- communication** [N-UNCOUNT-U12] **Communication** is the act of exchanging information or feelings. *komunikacja*
- compassionate** [ADJ-U12] If someone is **compassionate**, they show understanding to other people's feelings. *pełen współczucia*
- continuing care community** [N-COUNT-U2] A **continuing care community** is a type of retirement community where the elderly are offered the option of independent living, assisted living and skilled nursing on a single campus. It is designed for people who mostly experience social isolation. *rodzaj wspólnoty domów spokojnej starości, przeznaczonej*

szczególnie dla seniorów doświadczających wykluczenia społecznego, gdzie mogą oni wybrać formę mieszkania, np. samodzielnego, ze stałą lub specjalistyczną opieką na jednym kampusie.

- cook** [V-T-U7] To **cook** something is to use heat and various ingredients to prepare a meal. *gotować*
- cover** [V-T-U13] If someone **covers** for someone else, he or she works in place of that person. *tu: zastępować kogoś w pracy*
- CPR** [ABBREV-U15] **CPR** (Cardiopulmonary Resuscitation) is when somebody repeatedly presses on a person's chest and breathes into his or her nose or mouth to get his or her heart beating and lungs breathing again. *resuscytacja krążeniowo-oddechowa*
- delicate** [ADJ-U8] If something is **delicate**, it is easily broken or it is weak. *delikatny, wątpliwy*
- deliver** [V-T-U7] To **deliver** something is to bring it to someone. *dostarczać coś (komuś)*
- denture** [N-COUNT-U10] A **denture** is a removable frame with artificial teeth placed in a person's mouth. *proteza dentystyczna, sztuczna szczęka*
- dietary** [ADJ-U7] If something is **dietary**, it is related to what a person eats. *żywnościowy*
- do the dishes** [PHRASE-U6] When someone **does the dishes**, they wash dishes such as plates, bowls, cups, etc. *zmywać naczynia*
- dry** [V-T-U8] To **dry** something is to wipe water off it, so it's no longer wet. *osuszyć, wytrzeć*
- elder care** [N-UNCOUNT-U1] **Elder care** is the practice of helping and taking care of people too old to care for themselves. *opieka nad osobami starszymi*
- emergency** [N-COUNT-U15] An **emergency** is a serious situation that must be dealt with immediately. *nagły wypadek, sytuacja awaryjna*
- encourage** [V-T-U5] To **encourage** someone is to support them and make them want to do something. *zachęcać, mobilizować (kogoś do zrobienia czegoś)*
- facilitate** [V-T-U5] To **facilitate** a process is to provide ways so as to make it easier to occur. *pomagać innym coś zrobić, ułatwiać coś*
- feed** [V-T-U7] To **feed** a person or an animal is to give them food and help them eat it. *karmić*
- flexible** [ADJ-U13] If something is **flexible**, it can be changed easily. *elastyczny*
- foot lifter** [N-COUNT-U11] A **foot lifter** is a rod with a foot strap that allows a person to lift their foot with their arm. *pasek do podnoszenia stopy*
- full-time** [ADV-U13] If someone works **full-time**, they work a full workday Monday through Friday. *na pełny etat*
- gap** [N-COUNT-U13] A **gap** is an empty space in time. *przerwa, odstęp*
- general practitioner** [N-COUNT-U4] A **general practitioner** (GP) is a doctor who provides care for all types of diseases that do not require a hospital visit. *lekarz ogólny, internista, lekarz rodzinny*
- geriatric** [ADJ-U1] If something is **geriatric**, it deals with the care of elderly people. *geriatryczny (związany z opieką nad osobami starszymi)*
- geriatric medicine** [N-UNCOUNT-U4] **Geriatric medicine** is a sector of medical study that focuses on preventing and treating diseases in elderly people. *geriatria*
- grabber** [N-COUNT-U10] A **grabber** is a device used for gripping things. *chwytak, przyrząd pomocny w chwytaniu przedmiotów*
- grocery store** [N-COUNT-U9] A **grocery store** is a shop that sells food. *sklep spożywczy*
- handle** [V-T-U15] To **handle** a situation is to deal with it. *radzić sobie (np. z trudną sytuacją)*
- headphone** [N-COUNT-U10] A **headphone** is a small speaker placed on the ear for listening to things. It usually comes in pairs connected by a headband. *słuchawka*

Glossary

- health** [N-UNCOUNT-U5] **Health** is the condition of a person's mind and body. *zdrowie*
- hearing aid** [N-COUNT-U10] A **hearing aid** is a device placed in or on a person's ear to help them hear better. *aparat słuchowy*
- holiday** [N-COUNT-U13] A **holiday** is a day when a person doesn't have to work. *dzień wolny od pracy*
- home care** [N-UNCOUNT-U2] **Home care** (or in-home care) is care provided at home to seniors who either recover from hospitalization or who want to avoid it. Professional caregivers or other professionals offer assistance with the daily activities and provide companionship in the patient's home. *opieka domowa nad osobą starszą*
- hospice** [N-COUNT-U3] A **hospice** is a place that provides housing and care for the terminally ill. *hospicjum*
- hospital** [N-COUNT-U2] A **hospital** is a place that provides medical treatment, including surgery. *szpital*
- hourly** [ADV-U14] If something is done **hourly**, it is done according to the number of hours recorded. *za godzinę, od godziny (np. płaca)*
- housekeeping** [N-UNCOUNT-U6] **Housekeeping** is the management of tasks required to keep a household clean. *prowadzenie domu*
- hygiene** [N-UNCOUNT-U8] **Hygiene** is the practice of keeping people clean and healthy. *higiena*
- identify** [V-I-U15] To **identify** something is to recognize what it is. *identyfikować, rozpoznawać*
- independence** [N-UNCOUNT-U5] **Independence** is the state of not needing or having outside support or control. *tu: niezależność od pomocy innych*
- independent** [ADJ-U3] If someone is **independent**, they are able to live and work on their own without help. *niezależny (będący w stanie funkcjonować bez niczyjej pomocy)*
- intermediate care facility** [N-COUNT-U2] An **intermediate care facility** is a medical facility that provides care for disabled, chronically ill, and elderly people who don't require as much care as those in a skilled nursing facility or hospital. *pośredni ośrodek opieki (placówka medyczna świadcząca opiekę nad osobami niepełnosprawnymi, przewlekle chorymi i osobami starszymi, które wymagają umiarkowanej pomocy)*
- involvement** [N-UNCOUNT-U5] One's **involvement** in something is their participation in it. *zaangażowanie, uczestnictwo*
- iron** [V-T-U6] To **iron** clothes is to remove the wrinkles from them by using an iron. *prasować*
- kind** [ADJ-U12] If someone is **kind**, they are nice to other people. *uprzejmy, miły, życzliwy*
- laundry** [N-UNCOUNT-U6] **Laundry** is clothing that needs to be washed or has recently been washed. *pranie*
- limitation** [N-COUNT-U7] A **limitation** is a condition that doesn't allow certain actions to take place. *ograniczenie*
- live-in** [ADJ-U3] If someone is a **live-in** caregiver, he or she lives with the person whom they care for. *(o opiekunce, opiekunie) mieszkający w tym samym miejscu, gdzie podopieczny*
- long-term care** [N-UNCOUNT-U3] **Long-term care** is the medical and non-medical care given to people who cannot care for themselves for a long period of time. *opieka długoterminowa*
- LPN** [ABBREV-U4] An **LPN** (Licensed Practical Nurse) is someone who has received enough training and been given a license to work in a particular state, in clinics or home settings. *licencjonowana pielęgniarka praktyczna*
- LVN** [ABBREV-U4] An **LVN** (Licensed Vocational Nurse) is someone who has received enough training and been given a license to work in a particular state, in clinics or home settings. LVNs have the same positions as LPNs. *licencjonowana pielęgniarka zawodowa*
- meal** [N-COUNT-U7] A **meal** is a combination of foods usually eaten at a regular time of day. *posiłek*
- medical** [ADJ-U1] If something is **medical**, it is related to illnesses, their treatment and prevention. *medyczny*

medical professional [N-COUNT-U4] A **medical professional** is a person who helps treat illness and injury. *personel medyczny*

messy [ADJ-U6] If something is **messy**, it is dirty and unorganized. *brudny, nieporządky*

mileage [N-UNCOUNT-U14] **Mileage** is the number of miles a vehicle has traveled. *przebieg samochodu*

non-medical [ADJ-U1] A **non-medical** intervention is one that relates to activities other than medication administration, such as daily assistance with eating, personal hygiene, mobility, etc. *niemedyczny*

NP [ABBREV-U4] An **NP** (Nurse Practitioner) is someone who is an RN with extra training so that he or she can do the work of a doctor. *dyplomowany pielęgniarz, pielęgniarka*

nursing home [N-COUNT-U2] A **nursing home** is a publicly or privately owned place that provides housing and skilled nursing care and supervision for aged or chronically ill people who cannot take care of themselves. *dom opieki*

on duty [PHRASE-U13] If someone is **on duty**, he or she is paid to work at that moment. *na służbie, w trakcie pracy*

overbed table [N-COUNT-U10] An **overbed table** is a portable table that can be adjusted so a person can use it in bed. *stolik przyłóżkowy*

overtime [ADV-U14] If someone works **overtime**, they work more than they are supposed to and get paid extra for it. *(pracować) poza stałymi godzinami pracy, dodatkowo*

palliative [ADJ-U3] If something is **palliative**, it relieves pain but does not help cure the cause of the pain. *łagodzący, uśmierający ból*

parent [N-COUNT-U1] A **parent** is a person who has a son or daughter. *rodzic*

part-time [ADV-U13] If someone works **part-time**, they work few hours of a full workday. *na pół etatu*

patient [ADJ-U12] If someone is **patient**, they don't get upset easily and are good at waiting. *cierpliwy*

personal [ADJ-U9] If a matter is **personal**, it relates to one person and no one else. *(o jakiejś sprawie) osobisty*

personal care assistant [N-COUNT-U3] A **personal care assistant** is a person who is paid to help an elderly or a disabled person with daily activities. *asystent osoby starszej*

physical therapist [N-COUNT-U4] A **physical therapist** is a person who treats physical injuries and disabilities through strengthening exercises. *fizykoterapeuta*

positive [ADJ-U12] If someone has a **positive** attitude about things, they have a constructive, optimistic attitude towards people and situations. *pozytywny (np. stosunek do czegoś)*

post office [N-COUNT-U9] A **post office** is a public building where people take their mail to be delivered. *poczta*

prepare [V-T-U7] To **prepare** something is to get it ready to be used or eaten. *przygotować (np. coś do jedzenia)*

provider [N-COUNT-U1] A **provider** is an organization or person that gives health care services to people. *tu: świadczeniodawca usług medycznych*

put away [PHRASAL V-U6] To **put** something **away** is to return it to its normal storage place. *odkładać coś (na swoje miejsce)*

quality of life [PHRASE-U5] **Quality of life** is the level of a person's well-being, in terms of health and happiness. *jakość życia*

raise [N-COUNT-U14] A **raise** is an increase in a person's salary. *podwyżka*

reduce [V-T-U11] To **reduce** something is to lower the amount or frequency of it. *redukować, obniżać, zmniejszać*

reimbursement [N-UNCOUNT-U14] **Reimbursement** is the act of paying back someone for an expense. *zwrot kosztów, pokrycie wydatków*

reliable [ADJ-U12] If someone is **reliable**, they can be depended on to do their duties. *rzetelny, wiarygodny, solidny*

require [V-T-U15] To **require** something is to need something for a scope. *wymagać (czegoś)*

Glossary

- residence** [N-COUNT-U2] A **residence** is a place where someone lives. *miejsce zamieszkania*
- respectful** [ADJ-U12] If someone is **respectful**, they are polite and treat other people well. *pełen szacunku*
- respond** [V-I-U15] To **respond** to a situation is to react to it with appropriate actions. *zareagować (na daną sytuację)*
- restriction** [N-COUNT-U7] A **restriction** is a rule that forbids or limits an action. *ograniczenie, restrykcja*
- retire** [V-I-U1] To **retire** is to quit working, usually because of old age. *przejsć na emeryturę*
- retirement home** [N-COUNT-U2] A **retirement home** is a place that provides housing for elderly people. *dom spokojnej starości, dom starców*
- ride** [N-UNCOUNT-U9] If you give someone a **ride** somewhere, you agree to take them to that place in your car. *podwózka, podwiezienie*
- risk** [N-COUNT-U11] A **risk** is a chance that something bad might happen. *ryzyko*
- RN** [ABBREV-U4] An **RN** (Registered Nurse) is someone who has graduated from a nursing program and oversees the work of LPNs, LVNs, and CNAs. *pielęgniarka dyplomowana*
- run an errand** [PHRASE-U9] To **run an errand** for someone is to do a small task outside home on someone else's behalf. *załatwić dla kogoś jakąś sprawę*
- salary** [N-COUNT-U14] A **salary** is a fixed amount that an employee gets paid over the course of a year. *pensja, płaca, wynagrodzenie*
- senior citizen** [N-COUNT-U1] A **senior citizen** is an elderly person who usually no longer works. *emeryt, emerytka*
- shift** [N-COUNT-U13] A **shift** is a period of time when a person works. *zmiana (określone godziny pracy)*
- shoehorn** [N-COUNT-U11] A **shoehorn** is a curved piece of plastic, wood, or metal used to help put shoes on. *łyżka do butów*
- shower chair** [N-COUNT-U11] A **shower chair** is a chair that allows a person to sit while taking a shower. *krzesło prysznicowe*
- sick time** [N-UNCOUNT-U14] **Sick time** is time that employees are allowed to not work due to sickness, and to still get paid. *czas spędzony przez pracownika na zwolnieniu lekarskim*
- skilled care** [N-UNCOUNT-U3] **Skilled care** is a level of care usually performed by a nurse that is less involved than inpatient care at a hospital. *wykwalifikowana opieka pielęgniarska*
- skilled nursing facility** [N-COUNT-U2] A **skilled nursing facility** is a type of nursing home that provides long-term medical care of a higher level than in an assisted living facility to patients who can potentially be independent after a period of care. *rodzaj domu opieki, który świadczy długoterminową, zaawansowaną opiekę medyczną osobom, które po pewnym czasie potencjalnie mogą wrócić do samodzielności*
- slippery** [ADJ-U8] If something is **slippery**, it is hard to grip or stand on because it is smooth and maybe wet. *śliski*
- social** [ADJ-U9] If something is **social**, it involves interacting with other people. *towarzyski*
- social care** [N-UNCOUNT-U3] **Social care** is services provided to elderly or disabled people, such as washing, dressing, and feeding. *opieka społeczna*
- social outlet** [N-COUNT-U5] A **social outlet** is a place or activity that allows a person to interact with other people. *miejsce lub czynność, która pozwala na interakcję z innymi ludźmi*
- sponge bath** [N-COUNT-U8] A **sponge bath** is a washing of someone's body with a wet sponge. This type of washing is given to a person confined in bed as it takes place on a bed or chair and not in the bathtub or shower. *mycie osoby przykutej do łóżka (np. za pomocą mokrej gąbki)*
- standard procedure** [N-COUNT-U15] If something is **standard procedure**, it is followed according to routine. *standardowa procedura*

Glossary

- stimulate** [V-T-U5] To **stimulate** someone is to provide them with an activity that excites them and creates interest in them. *pobudzać, zachęcać (kogoś do zrobienia czegoś, poprzez zapewnienie aktywności, która wywołuje zainteresowanie)*
- support** [V-T-U8] To **support** someone or something is to keep them upright so that they won't fall. *podierać*
- sweep** [V-T-U6] To **sweep** an area is to clean it by brushing it with a broom. *zamiatać*
- take a bath** [PHRASE-U8] To **take a bath** is to fill a tub with water and wash in it. *brać kąpiel, wykąpać się w wannie*
- technique** [N-COUNT-U15] A **technique** is a way of doing some task. *technika, sposób wykonania jakiegoś zadania*
- telescopic** [ADJ-U10] If something is **telescopic**, it is made of several tubes which can slide into or out of each other to make it shorter or longer. *składany*
- tidy** [ADJ-U6] If something is **tidy**, it is clean and organized. *czysty, uporządkowany*
- time and a half** [PHRASE-U14] If someone is paid **time and a half**, he or she is paid 1.5 times his or her normal hourly wage. *półtorej stawki (wynagrodzenia za pracę)*
- toilet lift** [N-COUNT-U11] A **toilet lift** is a device in the form of a seat fitted over a toilet. It reproduces sitting and standing movements at the touch of a button. *winda toaletowa, podnośnik toaletowy*
- toilet rail** [N-COUNT-U11] A **toilet rail** is a rail or handle attached to a toilet to provide support in getting on and off the toilet. *drążek toaletowy*
- towel** [N-COUNT-U8] A **towel** is a piece of cloth used to dry things. *ręcznik*
- train** [V-T-U15] To **train** a person is to teach him or her skills to do something. *tu: nauczyć kogoś robienia czegoś*
- transfer bench** [N-COUNT-U11] A **transfer bench** is a bench that rests half on the side of a bathtub and half in the bathtub itself for a person to sit on and gradually enter the bath. *ławka transferowa do wanny*
- transportation** [N-UNCOUNT-U9] **Transportation** is travel in a vehicle such as a car, train, or airplane. *transport, przewóz*
- trustworthy** [ADJ-U12] If someone is **trustworthy**, they can be trusted with responsibilities. *godny zaufania*
- vacation** [N-COUNT-U14] **Vacation** is the number of days an employee is allowed to not work but still get paid. *urlop wypoczynkowy*
- visit** [N-COUNT-U3] A **visit** is the act of going to a place to see or meet someone. *wizyta, odwiedziny*
- walk-in bath** [N-COUNT-U11] A **walk-in bath** is a bathtub with a door so people don't have to climb into it. *wanna z drzwiami*
- warning sign** [N-COUNT-U15] A **warning sign** is an indication that suggests something bad might happen. *znak ostrzegawczy*
- wash** [V-T-U6] To **wash** something is to clean it with water and soap. *myć*
- weekend** [N-COUNT-U13] A **weekend** consists of Saturday and Sunday. *weekend*
- weighted utensil** [N-COUNT-U7] A **weighted utensil** is a fork, knife, or spoon with extra weight in its handle used to steady the hands of people with tremors. *specjalistyczne sztucze stabilizujące drżenie rąk*
- widowed** [ADJ-U1] A **widowed** person is someone who has lost his/her spouse. *owdowiały*
- work nights** [PHRASE-U13] If someone **works nights**, he or she works regular hours during the evening and early morning. *pracować na nocne zmiany*
- zipper pull** [N-COUNT-U10] A **zipper pull** is the tab on a zipper that is grabbed and pulled to open or close the zipper. *suwak do zamka błyskawicznego, który ułatwia odsuwanie i zasuwanie*