

# A Bittersweet Season Caring For Our Aging Parents And Ourselves

**A Bittersweet Season Food for the Ageing Population** *Retooling for an Aging America*  
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**The Epidemiology of Aging** Aug 26 2019 The average age of the world's population is increasing at an unprecedented rate and this increase is changing the world. This "Silver tsunami" emphasizes the need to provide advanced training in epidemiology and increase the cadre of experts in the study of aging. This book is designed to summarize unique methodological issues relevant to the study of aging, biomarkers of aging and the biology/physiology of aging and in-depth discussions of the etiology and epidemiology of

common geriatric syndromes and diseases. Contributing authors in the book represent many disciplines, not only epidemiology and clinical geriatrics, but also demography, health services, research, cardiovascular disease, diabetes, psychiatry, neurology, social services, musculoskeletal diseases and cancer. The aim of the book is to provide a broad multidisciplinary background for any student/researcher interested in aging. The material in the book is organized and comprehensive. It represents the most up-to-date information on the scientific issues in aging research written by academics who specialize in research and training in the broad field of aging. The structure and organization of the book reflects our course series in the Epidemiology of Aging starting with the broad issues of demography and methodology, and then addressing specific health conditions and geriatric conditions common to older persons.

Bioactive Food as Dietary Interventions for the Aging Population Feb 22 2022 Bioactive Food as Dietary Interventions for the Aging Population presents scientific evidence of the impact bioactive foods can have in the prevention and mediation of age related diseases. Documents foods that can affect metabolic syndrome and ways the associated information could be used to understand other diseases, which share common etiological pathways.

**A Bittersweet Season** Nov 02 2022 Wise, smart, and ever-helpful, an essential guide to caring for aging parents. When Jane Gross found herself suddenly thrust into a caretaker role for her eighty-five year-old mother, she was forced to face challenges that she had never imagined. As she and her younger brother struggled to move her mother into an assisted living facility, deal with seemingly never-ending costs, and adapt to the demands on her time and psyche, she learned valuable and important lessons. Here, the longtime New York Times expert on the subject of elderly care and the founder of the New Old Age blog shares her frustrating, heartbreaking, enlightening, and ultimately redemptive journey, providing us along the way with valuable information that she wishes she had known earlier. We learn why finding a general practitioner with a specialty in geriatrics should be your first move when relocating a parent; how to deal with Medicaid and Medicare; how to understand and provide for your own needs as a caretaker; and much more. Includes chapters on the following subjects: Finding Our Better Selves The Myth of Assisted Living The Vestiges of Family Medicine The Best Doctors Money Can Buy The Biology, Sociology, and Psychology of Aging Therapeutic Fibs

**Families Caring for an Aging America** Jul 30 2022 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

**When Your Aging Parent Needs Help** Aug 19 2021 It's scary and stressful when it

happens ... noticing changes in your parent and becoming increasingly worried about their health and safety. Maybe it's Mom leaving the stove on, Dad getting lost on his way home, or unpaid bills that trigger this realization. Or perhaps there have been falls or emergency room visits. Whatever it is, you know something's wrong. You wonder about a diagnosis. And you want your aging parent to accept help, or perhaps move. Helping an older parent can be gratifying. But it's especially hard if they're blowing off your concerns, refusing to make changes, or otherwise resisting your efforts. You want them to listen, but they get upset or withdraw when you try to talk about this. What to do? You don't have to remain stuck in conflict with your parent (or other family members). You don't have to keep getting the runaround from doctors or feel stumped about next steps. Instead, use an expert's clear plan on how to help your aging parent. In this practical, step-by-step guide, geriatrician Leslie Kernisan, MD, walks you through what to do and what to say in order to offer respectful assistance and intervention to a declining elderly parent. Full of actionable advice and insider tips, *When Your Aging Parent Needs Help* provides practical and flexible steps that move concerned families toward effective elder care action, while respecting a parent's dignity and autonomy. You'll discover: How to communicate with your aging parent to reduce conflicts and enhance cooperation The A-B-C-D-E assessment framework for Alzheimer or other dementia concerns, safety issues, or independent living - and steps to implement change Strategies to overcome parental resistance, health provider reluctance to share information, and family disagreement How to get a medical evaluation for memory loss and, if applicable, a diagnosis for Alzheimer's or another dementia What to know about possible mental "incompetence," powers of attorney, HIPAA, and other options for gaining legal authority as a caregiver How to find geriatric care managers and other eldercare professionals to assist Downloadable worksheets, symptom checkers, and checklists to bring to doctor visits "What this looks like" family stories that show you what these action steps look like in real-world situations Transform good intentions into workable solutions and improved relationships. If you're concerned about an aging parent's health, wellbeing, or safety, you'll find encouragement and direction for this next life stage in *When Your Aging Parent Needs Help*.

**Providing Healthy and Safe Foods As We Age** Nov 21 2021 Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults.

**Changing with Aging** Jul 26 2019 Don Kuhl, founder of The Change Companies®, shares the 10 big lessons he learned throughout life's little moments. We all have one thing in common. We're getting older – and that's a good thing. In *Changing with Aging*, Don Kuhl, founder of The Change Companies, shares 10 big lessons he has learned through a lifetime of love, courage and misadventures. Don Kuhl has brought inspiration and transformation to millions by creating Interactive Journals that help people reflect on where they've been, where they are, and where they wish to go. Now it's Kuhl's turn to share his stories of growing older and the wisdom he has gained along the way. Before he founded The Change Companies, Kuhl managed motel properties, started several sports publications, worked in college and health care administrations, and launched about a dozen corporations. Some of

them failed miserably, a few flourished. From his unique perspective, Kuhl touches upon themes of gratitude, taking risks, appreciating the ordinary, and remaining open to all possibilities, giving readers a glimpse of living life to its fullest at every age. During their 30-year history, The Change Companies has served over 10,000 public and private organizations to help over 25 million individuals make wise and healthy life choices through their unique Interactive Journaling products.

**Care Managers: Working with the Aging Family** Jun 16 2021 Care Managers: Working with the Aging Family addresses the unmet needs of care managers working with aging clients as well as the client's entire family. With its in-depth focus on the “aging family system, this book fills a gap for medical case managers and geriatric care managers giving them tools to better meet the treatment goals of aging clients and their families, as the older clients move through the continuum of care in institutional based settings or community based settings. Care Managers: Working With the Aging Family uniquely focuses on helping the entire family unit through the process of death and dying, helping midlife siblings to work together to render care to aging parents. It adds proven techniques to the care manager repertoire such as family meetings, forgiveness, technology, and care giver assessment. It offers multiple tools to do an effective care plan so that both the needs of the family and the older client are met.

**Aging With a Plan: How a Little Thought Today Can Vastly Improve Your Tomorrow** May 16 2021 This book offers a concise, comprehensive resource for middle-aged readers who are facing the prospects of their own aging and of caring for elderly relatives—an often overwhelming task for which little in life prepares us. • Covers a broad range of topics and offers a wealth of practical advice that should be considered by individuals who are planning for old age, supplying a comprehensive "one-stop" resource on the subject • Presents interdisciplinary perspectives that draws on the author's background in law and bioethics as well as personal experience with health care and the elderly • Combines thorough scholarly research and analysis with engaging anecdotes and personal observations • Provides a preparedness checklist at the end of each chapter that summarizes take-away messages and outlines practical next steps for the reader

**Aging in the Family** May 04 2020 With a rapidly aging population throughout the world, the issue of larger percentages of older adults has repercussions for both policy and the job market. Whether a university student about to seek a full-time job or a caregiver for an older person, Aging in the Family should enhance the reader's knowledge and skills. The main topics covered in this volume include marital status of older adults, support systems within families, crises with older adults within families, the resilience of older adults entering the latter stages of life, practical information involving caregiving, aging in place, and various social services for an aging population. The reader will be made aware of intergenerational interactions between older adults and other family members in various cultures. The role of ethnicity and socio-economic status in health issues of older adults will be discussed, as will the application of technology to an aging population. Though problems certainly exist as one ages, the overall thrust of the book is toward the positive aspects of growing old. Numerous theories exist to probe research and understanding of older adults in families. The relation between theory and research will be helpful to many students of aging in the family. Older adults are generally married, yet cohabitation and other options are alive and

well too. Ageism, death, and abuse, unfortunately, are issues affecting aging. Yet, most older adults in the US and Western Europe report living independently and being satisfied with their lives. *Aging in the Family* will be an interesting read for anyone wanting to learn about older adults and family relationships, as it exhibits a blend of both theoretical and practical matters.

**Frailty in Aging** Nov 29 2019 Frailty represents an important challenge for aging populations. As a concept it is full of 'known unknowns' such as which mechanisms lead to frailty and how it is best managed. In order to examine these circumstances, the new science of understanding and managing frailty requires an appropriate framing of the problem. This publication investigates the biology and management of frailty and its social aspects. It considers these and related questions: How can we recognize frailty? How does an understanding of frailty increase our comprehension of the aging process? What are its implications for health care systems, including primary care, hospitals and rehabilitation? How will a growing number of frail older adults affect society more generally? The book focuses on frailty as a state of vulnerability, which is related to aging, but which can occur across the life course, and aims to improve the life of frail people and those around them. The book is highly recommended to researchers in aging, health science researchers, health care professionals and anyone interested in the understanding of the aging process.

**Food for the Ageing Population** Oct 01 2022 The world's ageing population is increasing and food professionals will have to address the needs of older generations more closely in the future. This unique volume reviews the characteristics of the ageing population as food consumers, the role of nutrition in healthy ageing and the design of food products and services for the elderly. Chapters in part one discuss aspects of the elderly's relationship with food such as appetite and ageing, ageing and sensory perception, food and satisfaction with life, and the social significance of meals. The second part of the book reviews the role of nutrition in extending functionality into later years, with chapters on topics such as undernutrition and conditions such as Alzheimer's disease, bone and joint health and eye-related disorders. Concluding chapters address the issues of food safety and the elderly, designing new foods and beverages for the ageing and nutrition education programmes. With its distinguished editors and contributors, *Food for the ageing population* is an essential reference for those involved in the research, development and provision of food products for the older generation. A unique review of the characteristics of the ageing population as food consumers Discusses aspects of the elderly's relationship with food, including appetite, ageing and sensory perception and the social significance of meals Examines the role of nutrition in extending functionality in later years, focusing on undernutrition, Alzheimers and bone and joint health

**That You May Live Long** Dec 11 2020 This collection of essays by Jewish professionals based on Jewish text-based insights is interspersed with personal reflections of those involved in caring for an aging parent. Among the topics covered: respecting the dignity of aging parents, the spirituality of aging, attempting to share responsibilities with siblings and other relatives, and, lastly, letting go. *That You May Live Long: Caring for Our Aging Parents, Caring for Ourselves* provides guidance, support, solace, and inspiration for those facing these difficult questions.

**Demography of Aging** Jul 18 2021 As the United States and the rest of the world face the

unprecedented challenge of aging populations, this volume draws together for the first time state-of-the-art work from the emerging field of the demography of aging. The nine chapters, written by experts from a variety of disciplines, highlight data sources and research approaches, results, and proposed strategies on a topic with major policy implications for labor forces, economic well-being, health care, and the need for social and family supports.

**A Vision for the Aging Church** Jan 12 2021 James M. Houston and Michael Parker believe now is the time for the church to offer ministry to its increasing numbers of seniors and to benefit from ministry they can offer. They issue an urgent call to reconceive the place and part of the elderly in the local congregation, showing that seniors aren't the problem--they are the solution.

**Smart Technology for Aging, Disability, and Independence** Apr 02 2020 Independent living with smart technologies Smart Technology for Aging, Disability, and Independence: The State of the Science brings together current research and technological developments from engineering, computer science, and the rehabilitation sciences, detailing how its applications can promote continuing independence for older persons and those with disabilities. Leading experts from multiple disciplines worldwide have contributed to this volume, making it the definitive resource. The text begins with a thorough introduction that presents important concepts, defines key terms, and identifies demographic trends at work. Using detailed product descriptions, photographs and illustrations, and case studies, subsequent chapters discuss cutting-edge technologies, including: \* Wearable systems \* Human-computer interactions \* Assisted vision and hearing \* Smart wheelchairs \* Handheld devices and smart phones \* Visual sensors \* Home automation \* Assistive robotics \* In-room monitoring systems \* Telehealth After considering specific high-technology solutions, the text examines recent trends in other critical areas, such as basic assistive technologies, driving, transportation and community mobility, home modifications and design, and changing standards of elder care. Students and professionals in the rehabilitation sciences, healthcare providers, researchers in computer science and engineering, and non-expert readers will all appreciate this text's thorough coverage and clear presentation of the state of the science.

*Retooling for an Aging America* Aug 31 2022 As the first of the nation's 78 million baby boomers begin reaching age 65 in 2011, they will face a health care workforce that is too small and woefully unprepared to meet their specific health needs. *Retooling for an Aging America* calls for bold initiatives starting immediately to train all health care providers in the basics of geriatric care and to prepare family members and other informal caregivers, who currently receive little or no training in how to tend to their aging loved ones. The book also recommends that Medicare, Medicaid, and other health plans pay higher rates to boost recruitment and retention of geriatric specialists and care aides. Educators and health professional groups can use *Retooling for an Aging America* to institute or increase formal education and training in geriatrics. Consumer groups can use the book to advocate for improving the care for older adults. Health care professional and occupational groups can use it to improve the quality of health care jobs.

**Health, Illness, and Optimal Aging** Oct 28 2019 The authors undertake the difficult task of assembling an objective and holistic picture of human aging, including the physical

aspects of aging, chronic disease and health promotion in the later years, for students and professionals.

*The Caregiving Season* Jun 04 2020 Caring for elderly parents is challenging. It's a season of life that requires grace and strength that can only come from God. In *The Caregiving Season*, Jane Daly shares personal caregiving stories, offering practical advice to help you honor your aging parents well and deepen your personal relationship with Christ along the journey.

**Our Aging Bodies** Mar 14 2021 People in developed countries are living longer and, just as the aged population around the world is steadily growing, the number of adults eighty-five and older in the United States is projected to quadruple to twenty-one million people by 2050. The aging of our population has huge implications for baby boomers and their children, and has generated a greater interest in the causes and effects of aging. *Our Aging Bodies* provides a clear, scientifically based explanation of what happens to all the major organ systems and bodily processes—such as the cardiovascular and digestive systems—as people age. The first section is an overview of secondary aging—changes that occur with age that are related to disease and the environment—and include the effect of such things as diet, humor, and exercise. Readers will also learn about primary aging—intrinsic changes that occur with the aging of specific organs and body systems (including the prostate, the heart, the digestive system, and the brain). Throughout the book, Gary F. Merrill weaves in personal anecdotes and stories that help clarify and reinforce the facts and principles of the underlying scientific processes and explanations. *Our Aging Bodies* is accessible to a general reader interested in the aging phenomenon, or baby boomers wanting to be more informed when seeing their doctor and discussing changes to their bodies as they age.

*Digital Health Technology for Better Aging* Mar 02 2020 This book describes the multidisciplinary approach needed to tackle better aging. Aging populations are one of the 21st century's biggest challenges. National health systems are forced to adapt in order to provide adequate and affordable care. Innovation, driven by digital technology, is a key to improving quality of life and encouraging healthy living. Well-designed technology keeps people empowered, independent, and mobile; however, despite widespread adoption of ICT in day-to-day life, digital health technologies have yet to catch on. To this end, technology needs to be effective, usable, cheap, and designed to ensure the security of the managed data. In the era of mHealth, mobile technology, and social design, this book describes, in six sections, the collaboration of polytechnic know-how and social science and health sectors in the creation of a system for encouraging people to engage in healthy behavior and achieve a better quality of life.

**Social Policy for an Aging Society** Apr 14 2021 As people age, they are at increased risk of having their basic human rights threatened or violated. When age is perceived as incompetence, it can easily lead to discrimination that impacts human rights. Based on the premise that social policy must reflect human rights principles, this graduate-level textbook views the challenges associated with aging as opportunities for policy development that stresses the rights of older adults rather than needs. The text distinguishes between "needs" and "rights" and describes those policies and services that best ensure that the rights of older adults are actually met—particularly programs that enable people to remain in their own communities so they can benefit from continued integration and participation in society.

Issues and challenges surrounding such efforts, and gaps in social policies faced by specific subsets of older people, are critically examined. The book first analyzes current aging policies and rights and considers the Older Americans Act as a basic policy framework. With an eye to promoting independence, the book discusses issues of income, housing, transportation, health, and home care and what constitutes a "livable community," along with policies that promote wellbeing and focus on preventing senior abuse and exploitation. Challenges faced by older workers are covered, as are issues particular to family caregivers, older women, and grandparents as caregivers. Gaps in social policies for LG BT seniors and older members of specific ethnic groups are discussed. Particular attention is given to global issues and aging policies in diverse countries and the ways in which they reflect human rights concerns. Each chapter concludes with probing discussion questions for classroom use. **KEY FEATURES:** Presents a human rights framework for aging policy Distinguishes between needs and rights of older persons Focuses on policies and programs that can help older people to remain in the community Explores the issues and challenges of specific older populations Discusses global responses and concerns with regard to older persons and human rights

Carole B. Cox, MSW, PhD, is professor at the Graduate School of Social Service, Fordham University. She is a fellow of the Gerontological Society of America and a Fulbright scholar. She is the author of more than 50 journal articles and chapters dealing with various aspects of aging and caregiving, with extensive research on caregivers for persons with dementia, their needs, and their use of services. Her recent work includes a study of the impact of dementia on the workplace. Her caregiving research also includes that of grandparents raising grandchildren, leading to the development of a curriculum, *Empowering Grandparents Raising Grandchildren: A Training Manual for Group Leaders* (Springer Publishing Company, 2000). She is the editor of *To Grandmother's House We Go and Stay: Perspectives on Custodial Grandparents* (Springer Publishing Company, 2000). Her other books include *Home Care for the Elderly: An International Perspective*, coauthored with Abraham Monk (1991); *The Frail Elderly: Problems, Needs, and Community Responses* (1993); *Ethnicity and Social Work Practice*, coauthored with Paul Ephross (1998); *Community Care for an Aging Society: Policies and Services* (Springer Publishing Company, 2005); and *Dementia and Social Work Practice* (Springer Publishing Company, 2007).

**Global Aging** Jun 28 2022 Print+CourseSmart

**The Oxford Book of Aging** Nov 09 2020 Illuminating the pleasures, pains, dreams, and triumphs of aging, an abundance of writings from a variety of perspectives includes Mozart's letter to his dying father, Mark Twain's sardonic formula for reaching seventy, and thoughts from Huang Ti, an ancient Chinese physician. UP.

*Nutritional Modulators of Pain in the Aging Population* Aug 07 2020 Nutritional Modulators of Pain in the Aging Population provides an overview on the role of foods, dietary supplements, obesity, and nutrients in the prevention and amelioration of pain in various diseases in the aging population. Headaches, fibromyalgia, joint pain, arthritis pain, back pain, and stomach pain are discussed. In addition, the potential health risks of using foods to reduce symptoms is evaluated. Each chapter reviews pain causing conditions before reviewing the role of food or exercise. Both researchers and physicians will learn about dietary approaches that may benefit or harm people with various types of pain.

Chapters include current research on the actions of nutrients in pain treatment, the effects of lifestyle and exercise on pain management, and discussions of dietary supplements that provide pain relief from chronic conditions like arthritis. Presents a comprehensive overview that details the role of nutrition in pain management for the aging population. Written for researchers and clinicians in neurology, pain, and food and nutrition. Reviews the pain symptoms and role of food and/or exercise associated with each disease.

**Pressure Ulcers in the Aging Population** Sep 07 2020 Medical practitioners receive little, if any, formal training in the prevention, assessment and management of pressure ulcers and other chronic wounds. *Pressure Ulcers in the Aging Population: A Guide for Clinicians* is a resource primarily aimed at physicians interested in the fundamentals of wound care. This book is written for geriatricians, internists, general practitioners, residents and fellows who treat older patients and unlike other texts on the market addresses the specific issues of wound prevention and management in older individuals. *Pressure Ulcers in the Aging Population: A Guide for Clinicians* emphasizes prevention, proper documentation and the team care process which are often overlooked in standard texts. Chapters are written by experts in their fields and include such evolving topics as deep tissue injury and the newer support surface technologies.

**Future Directions for the Demography of Aging** Oct 21 2021 Almost 25 years have passed since the *Demography of Aging* (1994) was published by the National Research Council. *Future Directions for the Demography of Aging* is, in many ways, the successor to that original volume. The Division of Behavioral and Social Research at the National Institute on Aging (NIA) asked the National Academies of Sciences, Engineering, and Medicine to produce an authoritative guide to new directions in demography of aging. The papers published in this report were originally presented and discussed at a public workshop held in Washington, D.C., August 17-18, 2017. The workshop discussion made evident that major new advances had been made in the last two decades, but also that new trends and research directions have emerged that call for innovative conceptual, design, and measurement approaches. The report reviews these recent trends and also discusses future directions for research on a range of topics that are central to current research in the demography of aging. Looking back over the past two decades of demography of aging research shows remarkable advances in our understanding of the health and well-being of the older population. Equally exciting is that this report sets the stage for the next two decades of innovative research—a period of rapid growth in the older American population.

*Designing User Interfaces for an Aging Population* Dec 31 2019 *Designing User Interfaces for an Aging Population: Towards Universal Design* presents age-friendly design guidelines that are well-established, agreed-upon, research-based, actionable, and applicable across a variety of modern technology platforms. The book offers guidance for product engineers, designers, or students who want to produce technological products and online services that can be easily and successfully used by older adults and other populations. It presents typical age-related characteristics, addressing vision and visual design, hand-eye coordination and ergonomics, hearing and sound, speech and comprehension, navigation, focus, cognition, attention, learning, memory, content and writing, attitude and affect, and general accessibility. The authors explore characteristics of aging via realistic personas which

demonstrate the impact of design decisions on actual users over age 55. Presents the characteristics of older adults that can hinder use of technology Provides guidelines for designing technology that can be used by older adults and younger people Review real-world examples of designs that implement the guidelines and the designs that violate them

**Occupational Therapy with Aging Adults** Jul 06 2020 Look no further for the book that provides the information essential for successful practice in the rapidly growing field of gerontological occupational therapy! Occupational Therapy with Aging Adults is a new, comprehensive text edited by OT and gerontological experts Karen Frank Barney and Margaret Perkinson that takes a unique interdisciplinary and collaborative approach in covering every major aspects of geriatric gerontological occupational therapy practice. With 30 chapters written by 70 eminent leaders in gerontology and OT, this book covers the entire continuum of care for the aging population along with special considerations for this rapidly growing demographic. This innovative text also covers topical issues spanning the areas of ethical approaches to treatment; nutrition and oral health concerns; pharmacological issues; low vision interventions; assistive technology supports; and more to ensure readers are well versed in every aspect of this key practice area. UNIQUE! Intraprofessional and interprofessional approach to intervention emphasizes working holistically and collaboratively in serving older adults. Case examples help you learn to apply new information to actual patient situations. Questions at the end of each chapter can be used for discussion or other learning applications. Chapter on evidence-based practice discusses how to incorporate evidence into the clinical setting. Chapter on ethics provides a deeper understanding of how to address challenging ethical dilemmas. UNIQUE! Chapter on the wide range of physiological changes among the aging patient population highlights related occupational performance issues. UNIQUE! Chapter on oral health explores the challenges faced by older adults.

*Aging in the Past* Jan 30 2020 Thanks to improved food, medicine, and living conditions, the average age of the population is increasing throughout the modern industrialized world. Yet, despite the recent upsurge of scholarly interest in the lives of older people and the blossoming of historical demography, little historical demographic attention has been paid to the lives of the elderly. A landmark volume, *Aging in the Past* marks the emergence of the historical demographic study of aging. Following a masterly explication of the new field by Peter Laslett, leading scholars in family history and historical demography offer new research results and fresh analyses that greatly increase our understanding of aging, historically and across cultures. Focusing primarily on post-Industrial Europe and the United States, they explore a range of issues under the broad topics of living arrangements, widowhood, and retirement and mortality. This important work provides a much-needed historical perspective on and suggests possible alternative solutions to the problems of the aged. Contributors: George Alter, Rudolf Andorka, Allen C. Goodman, Myron P. Gutmann, Michael R. Haines, E. A. Hammel, Tamara K. Hareven, Nancy Karweit, David I. Kertzer, Peter Laslett, Andrejs Plakans, Roger L. Ransom, Daniel Scott Smith, Richard Sutch, Peter Uhlenberg, Richard Wall, Charles Wetherell This title is part of UC Press's Voices Revived program, which commemorates University of California Press's mission to seek out and cultivate the brightest minds and give them voice, reach, and impact. Drawing on a backlist dating to 1893, Voices Revived makes high-quality, peer-reviewed scholarship accessible

once again using print-on-demand technology. This title was originally published in 1995.

**Technology for Adaptive Aging** Oct 09 2020 Emerging and currently available technologies offer great promise for helping older adults, even those without serious disabilities, to live healthy, comfortable, and productive lives. What technologies offer the most potential benefit? What challenges must be overcome, what problems must be solved, for this promise to be fulfilled? How can federal agencies like the National Institute on Aging best use their resources to support the translation from laboratory findings to useful, marketable products and services? *Technology for Adaptive Aging* is the product of a workshop that brought together distinguished experts in aging research and in technology to discuss applications of technology to communication, education and learning, employment, health, living environments, and transportation for older adults. It includes all of the workshop papers and the report of the committee that organized the workshop. The committee report synthesizes and evaluates the points made in the workshop papers and recommends priorities for federal support of translational research in technology for older adults.

**Working Daughter** May 28 2022 *Working Daughter* provides a roadmap for women trying to navigate caring for aging parents and their careers. Using the author's own experiences as a prime example, it's ideal for readers who want straight talk and real advice about the challenges and rewards of eldercare while managing a career and family.

*The Upside of Aging* Apr 26 2022 *The Upside of Aging: How Long Life Is Changing the World of Health, Work, Innovation, Policy and Purpose* explores a titanic shift that will alter every aspect of human existence, from the jobs we hold to the products we buy to the medical care we receive - an aging revolution underway across America and the world. Moving beyond the stereotypes of dependency and decline that have defined older age, *The Upside of Aging* reveals the vast opportunity and potential of this aging phenomenon, despite significant policy and societal challenges that must be addressed. The book's chapter authors, all prominent thought-leaders, point to a reinvention and reimagination of our older years that have critical implications for people of all ages. With a positive call to action, the book illuminates the upside for health and wellness, work and volunteerism, economic growth, innovation and education. The authors, like the baby boom generation itself, posit new ways of thinking about aging, as longevity and declining birthrates put the world on track for a mature population of unprecedented size and significance. Among topics they examine are: The emotional intelligence and qualities of the aging brain that science is uncovering, "senior moments" notwithstanding. The new worlds of genomics, medicine and technology that are revolutionizing health care and wellness. The aging population's massive impact on global markets, with enormous profit potential from an explosion in products and services geared toward mature consumers. New education paradigms to meet the needs and aspirations of older people, and to capitalize on their talents. The benefits that aging workers and entrepreneurs bring to companies, and the crucial role of older people in philanthropy and society. Tools and policies to facilitate financial security for longer and more purposeful lives. Infrastructure and housing changes to create livable cities for all ages, enabling "aging in place" and continuing civic contribution from millions of older adults. The opportunities and potential for intergenerational engagement and collaboration. *The Upside of Aging* defines a future that

differs profoundly from the retirement dreams of our parents and grandparents, one that holds promise and power and bears the stamp of a generation that has changed every stage of life through which it has moved.

*Navigating the Journey of Aging Parents: What Care Receivers Want* Feb 10 2021

Navigating the Journey of Aging Parents proposes an entirely unique approach to the field of gerontology, giving dependent care receivers a voice. Caregivers will be made aware of what care receivers truly want during life's final chapters. Exploring issues of housing, spirituality, personal care and death, Cheryl Kuba has created a testament to the dependent elderly. This book draws on numerous interviews with aging people and discusses common caregiver mistakes and interpretations, what a caregiver should expect when an aging parent moves in, and how to care for an aging parent from afar. Kuba also delves into such phenomena as guilt, role reversal, changing family dynamics, financial stress, and caring for oneself while caring for another. The 22.4 million elderly people being cared for in the United States comprises the fastest growing segment of the population, making this reference on the opinions and concerns of care receivers invaluable.

**Elderhood** Jun 24 2019 Finalist for the Pulitzer Prize in General Nonfiction A New York Times Bestseller Longlisted for the Andrew Carnegie Medal for Excellence in Nonfiction Winner of the WSU AOS Bonner Book Award As revelatory as Atul Gawande's *Being Mortal*, physician and award-winning author Louise Aronson's *Elderhood* is an essential, empathetic look at a vital but often disparaged stage of life. For more than 5,000 years, "old" has been defined as beginning between the ages of 60 and 70. That means most people alive today will spend more years in elderhood than in childhood, and many will be elders for 40 years or more. Yet at the very moment that humans are living longer than ever before, we've made old age into a disease, a condition to be dreaded, denigrated, neglected, and denied. Reminiscent of Oliver Sacks, noted Harvard-trained geriatrician Louise Aronson uses stories from her quarter century of caring for patients, and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that's neither nightmare nor utopian fantasy--a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and humanity itself. *Elderhood* is for anyone who is, in the author's own words, "an aging, i.e., still-breathing human being."

**Preparing for an Aging World** Jan 24 2022 Aging is a process that encompasses virtually all aspects of life. Because the speed of population aging is accelerating, and because the data needed to study the aging process are complex and expensive to obtain, it is imperative that countries coordinate their research efforts to reap the most benefits from this important information. *Preparing for an Aging World* looks at the behavioral and socioeconomic aspects of aging, and focuses on work, retirement, and pensions; wealth and savings behavior; health and disability; intergenerational transfers; and concepts of well-being. It makes recommendations for a collection of new, cross-national data on aging populations—data that will allow nations to develop policies and programs for addressing the major shifts in population age structure now occurring. These efforts, if made internationally, would advance our understanding of the aging process around the world.

*Aging in Place* Sep 27 2019 Provide a comfortable living environment for the aging! *Aging in Place: Designing, Adapting, and Enhancing the Home Environment* gives you a complete examination of current trends in adaptive home designs for older adults. As a therapist,

designer, architect, builder, home planner, social worker, community organizer, or gerontologist, *Aging in Place* will show you innovative home designs and studies for creating environments that offer optimal living for aging adults. Complete with diagrams, floor plans, and tables, *Aging in Place* helps you to improve the quality of life for the elderly by offering them state-of-the-art designs that encourage independence and dignity. This unique and exciting book covers topics such as universal design which strives to create everyday environments and products like door handles and light switches that are usable by all people to the greatest extent possible, regardless of age or ability. *Aging in Place* will also show you how to: use follow-up visits by occupational therapists to ensure successful use of home modifications create environments that are helpful for vision rehabilitation by using controlled lighting and color schemes evaluate the quality of life for elderly people living in personal dwellings, specialized housing, and nursing homes explore architectural barriers and the uses of helping devices for elderly people examine research critiques of adaptive toilet equipment investigate modifications that have been made in homes for the elderly in India analyze ways in which elderly people have changed their homes to make the telephone more accessible *Aging in Place* is a complete guide to understanding the needs and latest trends in optimizing the living space of elderly persons. The book gives you access to several studies on elderly people's environmental needs and preferences in regard to modifications in personal and public dwellings. This information will assist you with better serving the elderly by helping them live more independently.

*How to Care for Aging Parents* Dec 23 2021 Thoroughly updated and expanded, a compassionate, single-volume reference to the many emotional, legal, financial, medical, and logistical issues associated with caring for aging parents covers such areas as nursing homes, finances, finding a good doctor, legal arrangements, redefining parental relationships, and handling emotional challenges. Original.

**Geriatric Dentistry** Mar 26 2022 *Geriatric Dentistry: Caring for Our Aging Population* provides general practitioners, dental students, and auxiliary members of the dental team with a comprehensive, practical guide to oral healthcare for the aging population. Beginning with fundamental chapters on the psychological, environmental, and social aspects of aging, the book approaches patient care from a holistic point of view. Subsequent chapters show the importance of this information in a practical context by discussing how it affects office environment, decision-making and treatment planning, and the management and treatment of common geriatric oral conditions. Case studies and study questions are used to illustrate application of educational presentations to practice settings. Contributed by leaders in the field, *Geriatric Dentistry* will strengthen readers' understanding and clinical acumen in addressing this special population.

*Complementary and Alternative Therapies and the Aging Population* Sep 19 2021 The major objective of this book is to review in detail health problems occurring with significant frequency in aging adults which are proposed to be treated or ameliorated using nutraceuticals as foods and dietary supplements as well as other complementary and alternative therapies. Chapters primarily focusing on nutrients have been excluded to maintain a focus on complementary and alternative medicine (CAM). The book is divided into three general sections: 1. Nutraceuticals and Botanicals in Health Promotion - including Specific Nutraceuticals Used in Treating Aged; and General Nutraceutical Approaches to

Therapy with emphasis on cancer. 2. Non-nutritional CAM Therapies – including Mind-mediated Therapies; and Physically Applied CAM Therapies 3. Non-dietary Complementary and Alternative Medicine (CAM) Use and Benefits to the Elderly in Health Identifies the important nutritional requirements of the aging population, and how nutraceuticals and other CAM options affect those Addresses the many disease entities and cancers are found with higher frequency in the aged, including cancer, trauma, or infectious disease that can alter intakes of nutraceutical containing foods and/or requirements for various nutrients. Explores the nutritional materials botanical extracts and components that can have important health promotion benefits and risks, to ensure safe consumption Reviews the frequently used non-traditional and often unproven CAM therapies, beyond nutritional and nutraceutical supplements, including a variety of physical and psychosocial treatments.