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Annual Review of Gerontology and Geriatrics, Volume 33, 2013

Healthy Longevity, A Global Approach

Jean-Marie Robine, PhD; Carol Jagger, PhD; Eileen Crimmins, PhD (Editors)

Developed countries and certain regions of economically emerging nations have seen their oldest-old-nonagenarian, centenarian, and supercentenarian populations rapidly grow. As this trend continues, we must redirect some of our research on aging to the experience of advanced old age and to discovering individual and community factors that improve the quality of life during this life stage. This state-of-the-science, multidisciplinary annual provides a comprehensive discussion of the factors promoting healthy survival and/or ensuring a good quality of life for the oldest elderly, and disseminates the most current research regarding this population. Contributors include those from Denmark, Finland, France, Italy, the Netherlands, the United Kingdom, Sweden, Japan, and North America.

The book addresses ongoing demo-epidemiological changes regarding longevity, estimates of oldest-old populations, and prevalence of chronic and degenerative diseases, frailty, and old-age dependency. The meaning of healthy longevity as a theoretical concept is explored. Grounded in the fundamental issue of whether or not the prevalence of poor health or poor quality of life inevitably increases with age, recent research and ongoing studies from a variety of perspectives are presented from several nations. The book clarifies the known and hypothetical factors favoring healthy longevity, from genes to social integration. Additionally, chapters explore gender differences in age trajectories and changes over time. Special attention is given to the social and cognitive dimensions of healthy longevity.

Key Features:

- Disseminates new scholarly research about a rapidly growing segment of the population—the oldest old
- Offers multidisciplinary and international perspectives about the factors that promote healthy survival and improve quality of life
- Addresses the social and cognitive dimensions of healthy longevity
- Provides important information regarding health care costs for this population

280 pp | Hardcover | 9780826109941 | $109.00

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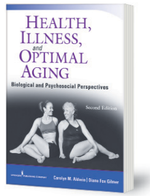


Health, Illness, and Optimal Aging, Second Edition

Biological and Psychosocial Perspectives

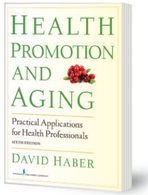
Carolyn M. Aldwin, PhD; Diane Fox Gilmer, PhD

Spanning the biological and psychosocial aspects of aging, this upper-level undergraduate and graduate text integrates current findings in biology, psychology, and the social sciences to provide comprehensive, multidisciplinary coverage of the aging process. This new edition incorporates the tremendous amount of research that has come to light since the first edition was published. From a physical perspective, the text examines age-related changes and disease-related processes, the demography of the aging population, aging theories, and how to promote optimal aging. Coverage of the psychosocial aspects of aging encompasses mental health, stress and coping, spirituality, and caregiving in later years.

New to the Second Edition:

- Information involving retirement, volunteer opportunities, housing, and adaptation to health changes
- Coverage of economics and aging, including information on social security and other retirement income, and the future of Medicare and Medicaid
- Significant new information about the regulatory systems
- Revised and updated chapters on death and dying and optimal aging
- Discussions on two models of optimal aging and valuable tips for its promotion
- URLs to relevant websites for additional information

416 pp | Softcover | 9780826193469 | $90.00



Health Promotion and Aging, Sixth Edition

Practical Applications for Health Professionals

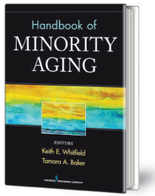
David Haber, PhD

Substantially revised and updated, the sixth edition of this classic text continues to define healthy aging by illustrating how to prevent disease and make large-scale improvements toward health and wellness. New to this edition is current information regarding the future of Medicare, Social Security, and the Affordable Care Act, information about the Healthy People 2020 initiative supported with examples, up-to-date and comprehensive medical screening recommendations, and an extensive review of new developments in complementary and alternative medicine, geriatric mental health, community health, and public health policy. A new section on technology and aging is also included, as well as an instructor's manual.

New to the Sixth Edition:

- Up-to-date coverage of the future of Medicare, Social Security, the Affordable Care Act, and the Healthy People 2020 initiative
- New section on technology and aging
- Current developments in complementary and alternative medicine
- New findings regarding geriatric physical and mental health and community health
- Current information about exercise, nutrition, and weight management
- Updated information on public health policy
- Current trends in long-term care and end-of-life-care
- Updated sociodemographic trends
- Instructor's manual

528 pp | Softcover | 9780826199171 | $90.00



Handbook of Minority Aging

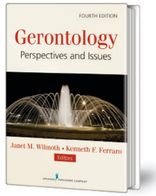
Keith Whitfield, PhD; Tamara Baker, PhD (Editors)

This text provides up-to-date, multidisciplinary, and comprehensive information about aging among diverse racial and ethnic populations in the United States. It is the only book to focus on paramount public health issues as they relate to older minority Americans, and addresses social, behavioral, and biological concerns for this population. The text distills the most important advances in the science of minority aging and incorporates the evidence of scholars in gerontology, anthropology, psychology, public health, sociology, social work, biology, medicine, and nursing. Additionally, the book incorporates the work of both established and emerging scholars to provide the broadest possible knowledge base on the needs of and concerns for this rapidly growing population.

Key Features:

- Provides current, comprehensive information about minority aging through a multidisciplinary lens
- Integrates information from scholars in gerontology, anthropology, psychology, public health, sociology, social work, biology, medicine, and nursing
- Emphasizes the principal public health issues concerning minority elders
- Offers "one-stop shopping" regarding the development of a substantial knowledge base about minority aging
- Includes recent progressive research pertaining to the social, cultural, psychological and health needs of elderly minority adults in the U.S.

544 pp | Hardcover | 9780826109637 | $95.00



Gerontology, Fourth Edition

Perspectives and Issues

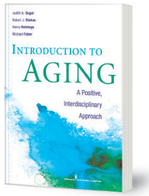
Janet M. Wilmoth, PhD; Kenneth F. Ferraro, PhD (Editors)

This newest edition of a core graduate level textbook has added six new chapters to further enrich the "gerontological imagination," and encourage an interdisciplinary approach to the study of aging. Academically rigorous yet clear and accessible, the text provides the most current findings from leading gerontological researchers and practitioners. New and updated chapters examine biology, exercise science/nutrition, communication science, geriatric medicine and nursing, demography, anthropology, economics, human development, psychology, political science, sociology, social work, and law, to provide broadly drawn perspectives on the study of aging.

Key Features:

- Interweaves current gerontological research and ideas from multiple disciplines
- Addresses biology, psychology, human development, sociology, and economics as they relate to gerontology
- Presents additional disciplinary perspectives including those of exercise science/nutrition, communication science, geriatric medicine and nursing, demography, anthropology, political science, social work, and law
- Includes Ferraro's classic chapter on "The Gerontological Imagination"

368 pp | Softcover | 9780826109651 | $75.00



Introduction to Aging

A Positive, Interdisciplinary Approach

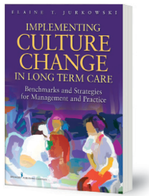
Judith A. Sugar, PhD; Robert Riekse, EdD; Henry Holstege, PhD; Michael Faber, MA

This highly engaging textbook for undergraduate and masters-level college students ushers in a new paradigm of aging—that of aging as a positive stage of life. It offers an interdisciplinary perspective on the broad range of topics that comprise gerontology, using theoretical and research-based information while providing engrossing narratives and real examples of new trends, surprising findings, and controversial topics.

Key Features:

- Conceptualizes aging in America as a positive social revolution with far-reaching consequences
- Dispels negative myths about aging
- Engages the reader with vivid narratives
- Includes practical applications of knowledge throughout the text
- Targeted to the needs of undergraduate and masters-level gerontology students
- Provides instructor's manual and resources for additional learning opportunities

296 pp | Softcover | 9780826108807 | $75.00



Implementing Culture Change in Long-Term Care

Benchmarks and Strategies for Management and Practice

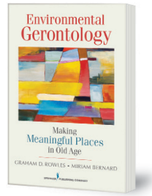
Elaine T. Jurkowski, MSW, PhD

This text offers a strategic approach for promoting an active culture of change in long-term care facilities for older adults and people with disabilities. It discusses the philosophical framework for the delivery of care in these settings and addresses the changing landscape of our long-term care population. With the aim of transforming these facilities from institutional settings to person-centered, homelike environments, the book offers administrators and practitioners numerous strategies and benchmarks for culture change, and addresses tools and resources to support the culture change process. The text describes how these benchmarks have been met and provides ways to address not just knowledge, but also attitudes and behavior, important components of a culture change strategy.

Key Features:

- Elucidates benchmarks that can be implemented in long-term care settings, using the Centers for Medicare/Medicaid's "Long-Term Care Artifacts" assessment tool as an intervention
- Focuses on care practices, the environment, the inclusion and integration of family and community, leadership benchmarks, and workplace practices
- Includes robust examples of best practices within each of the main artifact arenas
- Incorporates tools and strategies for assessing the philosophical paradigm of a long-term facility that can help or hinder the culture change process
- Provides discussion and reflection questions, and websites for additional resources

304 pp | Softcover | 9780826109088 | $65.00



Environmental Gerontology

Making Meaningful Places in Old Age

Graham D. Rowles, PhD; Miriam Bernard, PhD (Editors)

The environments in which people live out their later lives have a strong impact on their identity and provide opportunities for nourishing social interactions. This volume translates the insights derived from contemporary research on residential environments and public spaces that enhance well-being into practical recommendations for the design of such beneficial community environments.

The text is grounded in the conceptual and theoretical underpinnings of current research on place attachment, environmental meaning, and community living in later life. Emphasis is placed on how to design residential spaces that facilitate the development of a sense of place or home, and investigation is made into the kinds of lifestyles such spaces foster and support. A major theme pervading the text is the juxtaposition of private and public space. The book also addresses such themes as the transformation of spaces into places of personal identification and attachment, the need for shared intergenerational spaces, and consideration of diverse populations when designing public spaces. The book also considers how emerging public policy agendas affect the development and management of environments for the elderly. *Environmental Gerontology* includes the contributions of scholars in anthropology, architecture, economics, education, geography, gerontology, planning, psychology, sociology, and numerous health sciences, who hail from North America, Europe, and Asia. With its strong interdisciplinary focus, this text offers innovative and judicious recommendations for the creation of community environments that are truly beneficial for older adults.

Key Features:

- Provides an up-to-date synthesis of the latest research on the meaning of place to older people and its relationship to well-being
- Offers fresh insight and critical perspectives on community planning and environmental design
- Considers private residences, retirement communities, long-term care facilities, and public and private community spaces
- Includes guiding principles for environmental design and practice relevant to the documented needs of older people
- Synthesizes contributions from international scholars in many disciplines

336 pp | Softcover | 9780826108135 | $65.00