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HEALTH, ILLNESS, *and* OPTIMAL AGING

Biological and Psychosocial Perspectives



Third Edition

Carolyn M. Aldwin | Heidi Igarashi
Diane Fox Gilmer | Michael R. Levenson

Health Illness And Optimal Aging Biological And Psychosocial Perspectives

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Health Illness And Optimal Aging Biological And Psychosocial Perspectives:

Health, Illness, and Optimal Aging, Third Edition Carolyn Aldwin, Carolyn M. Aldwin, Heidi Igarashi, Diane Gilmer, Michael R. Levenson, 2017-10-28 Health Illness and Optimal Aging Biological and Psychosocial Perspectives Third Edition shows the continuity and advancements in our understanding of human life span development It offers a solid foundation for exploring the art and science of successful aging Robert M Kaplan Stanford University Health, Illness, and Optimal Aging Carolyn M. Aldwin, Diane F. Gilmer, 2003-07-17 FROM THE FOREWORD by James Birren Gaining understanding of aging is one of the most complex issues facing twenty first century science This book addresses the complexity of the factors that interact and influence the course of our longer life expectancy How we humans grow old is a product of our genetic background as members of a species and our families But the genome expresses itself in physical and social environments that modulate the appearance of heredity traits In a sense aging is an ecological problem in which the dynamics are often difficult to explain This book brings information from the sciences together in a way that is rarely done It provides an integration of knowledge about the dynamics of aging and can promote wisdom about how we can modify the life course to our advantage In Health Illness and Optimal Aging Biological and Psychosocial Perspectives Carolyn M Aldwin and Diane F Gilmer undertake the challenging task of assembling an objective and holistic picture of human aging The authors provide comprehensive multidisciplinary coverage of the physical aspects of aging including age related changes and disease related processes the demography of the aging population theories of aging and the promotion of optimal aging In addition the book covers the psychosocial aspects of aging including mental health stress and coping spirituality and care giving in later years Features of this book Integrated Discusses both the biological aspects and psychosocial factors of aging thus providing integrated coverage of information from the fields of biology psychology and the social sciences Discusses both the biological aspects and psychosocial factors of aging thus providing integrated coverage of information from the fields of biology psychology and the social sciences Comprehensive Covers every part of the aging process including the physical effect on the different systems of the human body quality of life social support and health promotion programs Covers every part of the aging process including the physical effect on the different systems of the human body quality of life social support and health promotion programs Pedagogical Examples in each chapter enhance students understanding of real life situations and methodological issues help students become more critical consumers of research and data Examples in each chapter enhance students understanding of real life situations and methodological issues help students become more critical consumers of research and data Discusses both the biological aspects and psychosocial factors of aging thus providing integrated coverage of information from the fields of biology psychology and the social sciences Covers every part of the aging process including the physical effect on the different systems of the human body quality of life social support and health promotion programs Examples in each chapter enhance students understanding of real life situations and methodological issues help students

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Health, Illness, and Optimal Aging, Second Edition Carolyn Aldwin, Carolyn M. Aldwin, Diane Gilmer, 2013-01-17 Aldwin and Gilmer have supplied an interesting textual model for examining health illness and aging Their homogenized approach to aging research is refreshing and insightful Anthropology and Aging Quarterly Clearly written at a level for college students this is an excellent resource on aging Highly recommended Choice Current Reviews for Academic Libraries 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 The authors address demographic theoretical and methodological issues on aging including a worldwide overview of aging demographics The book reviews biological and psychosocial theories and offers much needed information on longitudinal design and statistics as they relate to aging research It discusses the aging of the major organ systems the brain and sensory systems and the endocrine and immune systems basic anatomy and physiology normal impaired and optimal aging and functional health Psychosocial factors that affect health are addressed including the interplay between physical health and mental health stress coping and social support The text also covers current issues in social gerontology including such promising new trends as gerontechnology and Green Houses and provides information on health promotion programs 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

Health, Illness, and Optimal Aging Carolyn M. Aldwin, Diane F. Gilmer, 2004 In *Health Illness and Optimal Aging: Biological and Psychosocial Perspectives* Carolyn M Aldwin and Diane F Gilmer undertake the challenging task of assembling an objective and holistic picture of human aging The authors provide comprehensive multidisciplinary coverage of the physical aspects of aging including age related changes and disease related processes the demography of the aging population theories of aging and the promotion of optimal aging In addition the book covers the psychosocial aspects of aging including mental health stress and coping spirituality and care giving in later years *Health Illness and Optimal Aging* is recommended for researchers seeking an overview of health psychology and aging as well as undergraduate and graduate students taking classes in the social behavioral and health sciences This text is also valuable for practitioners working with the elderly in fields such as nursing social work occupational and physical therapy day care and nursing home administration psychology and rehabilitation

Stress, Coping, and Development Carolyn M. Aldwin, 2009-10-14 How do people cope with stressful experiences What makes a coping strategy effective for a particular individual This volume comprehensively examines the nature of psychosocial stress and the implications of different coping strategies for adaptation and health across the lifespan Carolyn M Aldwin synthesizes a vast body of knowledge within a conceptual framework that emphasizes the transactions between mind and body and between persons and environments She analyzes different kinds of stressors and their psychological and physiological effects both negative and positive Ways in which coping is influenced by personality relationships situational factors and culture are explored The book also provides a methodological primer for stress and coping research critically reviewing available measures and data analysis techniques

Active Aging Rocío Fernández-Ballesteros, 2008-10-01 Aging well and continuing to be active are often regarded as THE goals in life from individual family community and population perspectives This implies good health and physical fitness good cognitive and positive emotional motivational functioning and social participation and engagement Increasing life expectancy by means of biomedical advances is not on its own enough however Research shows that an individual's psychological condition contributes to their quality of life and well being in old age and that behavioral and psychological interventions can also prevent illness improve cognitive and physical fitness and increase positive emotional functioning and social participation This book shows how psychologists and psychological science as a whole can face the challenge of promoting optimal and active aging in a society that is growing ever older

Psychodynamic Perspectives on Aging and Illness Tamara McClintock Greenberg, 2009-06-13 More than ever the aging process is recognized as carrying a special set of emotional

challenges especially when acute or chronic medical conditions are involved In this light Psychodynamic Perspectives on Aging and Illness presents a fresh contemporary application of psychodynamic theory addressing the complex issues surrounding declining health Informed by the spectrum of psychodynamic thought from self relational and classical theories this forward looking volume offers more modern interpretations of theory and techniques for working with a growing complicated but surprisingly resilient population It illuminates how to enhance the therapeutic relationship in key areas such as addressing body and self image issues approach sensitive topics and understand the disconnect that can occur between medical patients and the often impersonal technology driven health care system At the same time the author cogently argues for pluralism in a therapeutic approach that is frequently threatened by forces both within and outside the field Among the topics covered Medical illness as trauma Idealization and the culture of medicine Normative and pathological narcissism in the ill and or aging patient Noncompliant and self destructive behaviors Transference and countertransference issues Psychotherapy with cognitively impaired adults Grief loss and hope Expanding on what we know and candid about what we don't Psychodynamic Perspectives on Aging and Illness offers mental health researchers and practitioners an insightful framework for improving the lives of older patients

Handbook of the Psychology of Aging James E. Birren, K Warner Schaie, 2011-04-27 *Handbook of the Psychology of Aging* 6e provides a comprehensive summary and evaluation of recent research on the psychological aspects of aging The 22 chapters are organized into four divisions Concepts Theories and Methods in the Psychology of Aging Biological and Social Influences on Aging Behavioral Processes and Aging and Complex Behavioral Concepts and Processes in Aging The 6th edition of the Handbook is considerably changed from the previous edition Half of the chapters are on new topics and the remaining half are on returning subjects that are entirely new presentations by different authors of new material Some of the exciting new topics include Contributions of Cognitive Neuroscience to Understanding Behavior and Aging Everyday Problem Solving and Decision Making Autobiographical Memory and Religion and Health Late in Life The Handbook will be of use to researchers and professional practitioners working with the aged It is also suitable for use as a textbook for graduate and advanced undergraduate courses on the psychology of aging The Handbook of the Psychology of Aging Sixth Edition is part of the Handbooks on Aging series including Handbook of the Biology of Aging and Handbook of Aging and the Social Sciences also in their 6th editions

The Nurse's Role in Promoting Optimal Health of Older Adults Jean W Lange, 2011-09-02 Awarded a 2012 AJN Book of the Year Award Why focus on the negative aspects of growing old while most older adults are leading positive fulfilling and active lives even while dealing with the changes associated with aging and chronic illnesses Promote healthy aging learn what it means to age successfully and develop the tools and resources that can optimize well being during the later years in life with the guidance you'll find inside The author a nationally recognized expert in the field of gerontology addresses the physical psychosocial and spiritual needs of older adults based on a holistic mid range nursing theory of successful aging

Contributions from healthcare professionals in exercise physiology nutrition pharmacy and elder law help you understand how these disciplines work together to benefit patients

Issues in Aging Mark Novak,2015-07-22 Opportunities and optimism in Aging Issues in Aging 3rd edition takes an optimistic view of aging and human potential in later life This book presents the most up to date facts on aging today the issues raised by these facts and the societal and individual responses that will create a successful old age for us all Mark Novak presents the full picture of aging exhibiting both the problems and the opportunities that accompany older age The text illustrates how generations are dependent on one another and how social conditions affect both the individual and social institutions Learning Goals Upon completing this book readers will be able to Understand how large scale social issues social attitudes the study of aging and demographic issues affect individuals and social institutions Identify the political responses to aging and how individuals can create a better old age for themselves and the people they know Separate the myths from the realities of aging Recognize the human side of aging Trace the transformation of pension plans health and opportunities for personal expression and social engagement to the new ecology of aging today

The Handbook of Life-Span Development, Volume 2 ,2010-08-09 In the past fifty years scholars of human development have been moving from studying change in humans within sharply defined periods to seeing many more of these phenomenon as more profitably studied over time and in relation to other processes The Handbook of Life Span Development Volume 2 Social and Emotional Development presents the study of human development conducted by the best scholars in the 21st century Social workers counselors and public health workers will receive coverage of the social and emotional aspects of human change across the lifespan

Handbook of Health Psychology and Aging Carolyn M. Aldwin, Crystal L. Park, Avron Spiro,2007-01-26 Offering a fresh authoritative take on a topic of increasing relevance this book is comprehensive in scope yet concise and accessible Key contributors from health psychology gerontology and related fields pool their knowledge

Aging in America John C. Cavanaugh, Christine K. Cavanaugh,2009-12-14 This three volume set provides insightful and understandable summaries of the state of the art studies of aging the most important social demographic issue facing America today Aging in America will help us plan for the future and meet the needs of what has already become an 11 fold increase in the number of U S residents 65 or older Organized around three broad themes related to aging psychological issues mental and physical health and social issues with a volume devoted to each this unique set rallies respected scholars from across disciplines to discuss a phenomenon that will profoundly affect each of us individually and our society as a whole The volumes cover a wide range of topics including neuroscience memory end of life choices health care giving medication adherence the benefits of exercise personal relationships elder abuse and other vital issues The gains of longevity are explored as are the agonies of loss as we age As a society we need to assure that older adults not only survive but thrive This set helps point the way

Handbook of Health Psychology Tracey A. Revenson, Regan A. R. Gurung,2018-12-07 This rich resource provides a thorough overview of current knowledge and new directions in the study of

the biological psychological social and cultural factors that affect health health behavior and illness Chapters review the latest theories and research with an emphasis on how research is translated into behavioral medicine interventions Featuring contributions from top researchers and rising stars in the field authors provide a theoretical foundation evaluate the empirical evidence and make suggestions for future research clinical practice and policy The handbook reflects the latest approaches to health psychology today including Emphasis throughout on the socio cultural aspects of health including socioeconomic status gender race ethnicity sexual orientation and age developmental stage A new section on emerging areas in health psychology including behavioral genomics military veterans health and digital health Coverage of prevention interventions and treatment in the applications section An expansion of the biopsychosocial model across several levels of analysis including cultural macro social and cellular factors Sustained emphasis on translating research into practice and policy The handbook considers the intersections of concepts behavior change populations women s and sexual minority health cultural groups African American Asian American and Latino risk and protective factors obesity coping and diseases cancer diabetes HIV making it essential reading for scholars of health psychology public health epidemiology and nursing Novices to the field appreciate the accessibly written chapters while seasoned professionals appreciate the book s deep cutting edge coverage

Resilience in Aging Barbara Resnick, Lisa P. Gwyther, Karen A. Roberto, 2018-12-27 This updated and expanded second edition of *Resilience in Aging* offers a comprehensive description of the current state of knowledge with regard to resilience from physiological including genetic psychological including cognitive and creative cultural and economic perspectives In addition the book considers the impact of resilience on many critical aspects of life for older adults including policy issues economic cognitive and physiological challenges spirituality chronic illness and motivation The only book devoted solely to the importance and development of resilience in quality of life among older adults *Resilience in Aging* 2nd Edition continues to offer evidence based theory clinical guidelines and new and updated case examples and real world interventions so professional readers can make the best use of this powerful tool The critical insights in this volume are concluded with a discussion of future directions on optimizing resilience and the importance of a lifespan approach to the critical component of aging The book s coverage extends across disciplines and domains including Resilience and personality disorders in older age Cultural and ethnic perspectives on enhancing resilience in aging Sustained by the sacred religious and spiritual factors for resilience in adulthood and aging Building resilience in persons with early stage dementia and their care partners Interdisciplinary geriatric mental health resilience interventions Developing resilience in the aged and dementia care workforce Using technology to enhance resilience among older adults This wide ranging and updated lifespan approach gives *Resilience in Aging* 2nd Edition particular relevance to the gamut of practitioners in gerontology and geriatrics including health psychologists neuropsychologists clinical psychologists psychiatrists social workers geriatricians family physicians nurses occupational and physical therapists among others

The SAGE Encyclopedia of Marriage, Family,

and Couples Counseling Jon Carlson, Shannon B. Dermer, 2016-10-11 The SAGE Encyclopedia of Marriage Family and Couples Counseling is a new all encompassing landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field Marriage and family counseling programs are established at institutions worldwide yet there is no current work focused specifically on family therapy While other works have discussed various methodologies cases niche aspects of the field and some broader views of counseling in general this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories approaches and techniques and how they address various life events within the unique dynamics of families couples and related interpersonal relationships Key topics include Assessment Communication Coping Diversity Interventions and Techniques Life Events Transitions Sexuality Work Life Issues and more Key features include More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field a Resource Guide to key associations websites and journals a selected Bibliography of classic publications and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey *Handbook of Personality Development* Daniel K. Mroczek, Todd D. Little, 2014-02-25 This handbook is the first volume to provide a comprehensive look at personality development It features a state of the art examination of the field an area that is enjoying a resurgence in popularity Five major types of advances all of which are represented in this volume are the result of the recent burst in research activity in this area 1 new theoretical perspectives 2 higher quality empirical studies 3 more sophisticated research designs and analyses 4 attention to development across the lifespan and 5 the growing prominence of interdisciplinary approaches to personality development The Handbook of Personality Development is comprehensive across the lifespan in its range of personality constructs and in its coverage of theoretical and methodological frameworks It is the first volume to address the most important personality development theoretical frameworks in one location the evolutionary physiological behavioral genetic and socio cultural perspectives The book also reviews new statistical techniques that allow for the estimation of individual differences in stability and the analysis of change The latter part of the book focuses on personality development over the lifespan from infancy to older adulthood The authors address personality variables such as emotion regulation temperament and self concept across the lifespan The book concludes with a compelling capstone chapter by Dan McAdams on how personality develops The Handbook of Personality Development provides an historical account of and summary of the most significant and important findings in the area along with suggestions for future research Intended for researchers and advanced students in personality developmental social clinical and educational psychology as well as related fields such as family studies sociology education nursing behavioral genetics neuropsychology and psychophysiology the handbook also serves as a valuable resource in advanced courses that address personality development Social Welfare Policy and

Advocacy Bruce S. Jansson, Ph.D.,2019-03-11 Social Welfare Policy and Advocacy presents a multi level framework to show students how micro mezzo and macro policy advocacy can be used effectively by social workers in eight policy sectors healthcare gerontology safety net child and family mental health education immigration and criminal justice Author Bruce S Jansson identifies seven core problems within each sector and discusses the skills social workers need the challenges they face and the interventions they can use at each level of advocacy Readers will gain knowledge of social welfare policy issues and be equipped with essential tools for engaging in policy advocacy **The Routledge Handbook of Family**

Communication Anita L. Vangelisti,2021-12-27 This third edition again brings together interdisciplinary contributions to provide a comprehensive and multifaceted resource that reflects the breadth and depth of research on family communication and family relationships Chapters continue to address theoretical and methodological issues influencing current conceptions of family and cover communication occurring in a variety of family forms and across social cultural and physical contexts This third edition includes key updates such as The use and influence of social media and technology in families Parenting and communication in culturally and structurally diverse families Communication and physical health of family members Managing personal information about difficult topics in families The influence of the COVID 19 pandemic on family members This handbook is ideal for students and researchers interested in interpersonal and family communication relationships and family therapy within the disciplines of communication social psychology clinical psychology sociology and family studies

Clinical Neurology of Aging Martin L. Albert,Janice E. Knoefel,2011-03-03 This clinically focused book is designed to help clinicians help older persons maintain that joy Now divided into 9 comprehensive sections this edition contains subjects ranging from geriatric assessment to pain management and palliative care

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