

1. Record Nr.	UNINA9910300180303321
Titolo	Exercise for Aging Adults : A Guide for Practitioners // edited by Gail M. Sullivan, Alice K. Pomidor
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2015
ISBN	3-319-16095-8
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (163 p.)
Disciplina	610
Soggetti	Geriatrics Primary care (Medicine) Nursing Physical therapy Primary Care Medicine Physiotherapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	The Physiology of Aging and Exercise -- Benefits of Exercise for Older Adults -- Risks of Exercise for Older Adults -- Types of Exercise: Flexibility, Strengthening, Endurance, Balance -- Motivational Interviewing for Older Adults -- Writing an Exercise Prescription for Older Adults -- Cultural Considerations for Exercise in Older Adults -- Exercises for Older Adults in Nursing Home and Assisted Living Facilities -- Exercise for Hospitalized Older Adults -- Frailty and Older Adults -- Community-Based Exercise Programs for Older Adults -- Implementing and Disseminating Exercise Programs for Older Adult Populations. .
Sommario/riassunto	This book translates the new findings in exercise research for the elderly for busy practitioners, trainees, students and administrators. This book provides practical strategies that can be implemented immediately in the common settings in which practitioners care for adults. The format includes key points and case examples which showcase the strong evidence supporting exercise by older adults as a

key tool to enhance health, prevent serious outcomes, such as hospitalization and functional loss, and as part of the treatment plan for diseases that are common in older adults. Written by experts in the field of exercise in older persons, this book is a guide to maintaining quality of life and functional independence from frail to healthy aging adults. Strategies and exercises are discussed for specific care settings and illustrated via links to video examples, to ensure readers can immediately apply described techniques. Exercise for Aging Adults: A Guide for Practitioners is a useful tool for physicians, residents in training, medical students, physical therapists, gerontology advance practice nurse practitioners, assisted living facility administrators, directors of recreation, and long-term care directors.

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