

1. Record Nr.	UNINA9910483399003321
Titolo	Social Capital as a Health Resource in Later Life: The Relevance of Context [[electronic resource] /] / edited by Fredrica Nyqvist, Anna K. Forsman
Pubbl/distr/stampa	Dordrecht : , : Springer Netherlands : , : Imprint : Springer, , 2015
ISBN	94-017-9615-7
Edizione	[1st ed. 2015.]
Descrizione fisica	1 online resource (267 p.)
Collana	International Perspectives on Aging, , 2197-5841 ; ; 11
Disciplina	302
Soggetti	Aging Geriatrics Geriatrics/Gerontology
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.
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Sommario/riassunto

This book examines the social aspects of healthy ageing for older individuals. It features more than 15 papers that explore the relevance of the social environment for health on the micro, meso, and macro level. Overall, the book applies a comprehensive contextual approach that includes discussion of how family and friends, neighborhoods, nations, and welfare regimes influence health. The book first explores the issue on the individual level. It looks at the importance of social capital for health among older people, examines types of social networks and health among older Americans, as well as discusses dynamic social capital and mental health in late life. Next, the book looks at the issue through a neighborhood and societal context, which takes into account day-to-day interaction in the immediate environment as well as the social, health, and economic policies in place in different regions in the world, including America, Europe, Asia, and Africa. From there, the book goes on to offer implications and recommendations for research and practice, including the management of related concepts of research on well-being and health. It also offers a psychosocial approach to promoting social capital and mental health among older adults. This book provides health professionals as well as researchers and students in gerontology, sociology, social policy, psychology, and social work with vital insights into the social factors that increase healthy life years and promote well-being.
