

1. Record Nr.	UNINA9910527268803321
Autore	Haber David <1944->
Titolo	Health promotion and aging : practical applications for health professionals // David Haber
Pubbl/distr/stampa	New York, New York : , : Springer Publishing Company, , [2020] ©2020
ISBN	0-8261-8493-6
Edizione	[Eighth edition.]
Descrizione fisica	1 online resource (510 pages)
Disciplina	613
Soggetti	Health promotion Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction to health promotion and aging -- Clinical preventive services and aging -- Empowering older adults -- Exercise and aging -- Nutrition, weight management, and aging -- Complementary and alternative medicine and aging -- Selected health education and aging topics -- Mental health and aging -- Community health and aging -- Long-term care and end-of-life care -- Public health policy and aging -- Diversity and aging.
Sommario/riassunto	This acclaimed text promotes healthy aging by demonstrating how health practitioners, program developers, and policymakers can prevent or manage disease and make large-scale improvements toward health and wellness in the older adult population. The eighth edition encompasses major new research that substantially updates previous recommendations. It provides important new content on Medicare, Medicaid, Social Security and the ACA; clinical preventive services; global aging; sexual health; saving for retirement; long-term care alternatives; and much more. Accessible and comprehensive, this text is supported by abundant tables, figures, and illustrations. It describes practical strategies—including model community and government initiatives—that have proven markedly successful, as well as health-promotion tools, resource lists, assessment tools, and checklists. New trends such as green burials, LGBT aging, yoga, and dancing exercise regimens are also covered. Additionally, each chapter features key

terms, learning objectives, summary, and thought-provoking questions.--publisher.
