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Descrizione fisica	1 online resource (186 pages)
Collana	Practical Issues in Geriatrics, , 2509-6079
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Soggetti	Older people - Sexual behavior
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Nota di contenuto	1) Introduction to the area (sexual activity as a health resource in older age) -- 2) Levels and trends of sexual activity in older adults -- 3) Sexual activity and physical health benefits in older adults -- 4) Sexual activity and mental health benefits in older adults -- 5) Sexual activity and psychosocial benefits in older adults -- 6) Sexual orientation, sexual activity, and health in older adults -- 7) Risky sexual activity and its impact on mental and physical health in older adults -- 8) Lifelong sexual practice and its influence on health in later life -- 9) Medication to enhance sexual activity in older adults -- 10) Barriers to sexual activity in older adults -- 11) Facilitators to sexual activity in older adults -- 12) How to promote sexual activity in older adults? -- 13) Future directions for research and practice in sexual health for older adults -- 14) Concluding summary -- 15) Glossary.
Sommario/riassunto	This book provides a comprehensive overview for those interested in research and promoting sexual health in older people, as well as a “go-to” guide on the topic of sexual behaviour in older adults. Sexual activity is an essential part of intimate relationships, though it tends to decline in frequency as people grow older. Nevertheless, for many older people, sex still remains an important part of their life. There’s a common misconception that as people age, they lose their interest in sex and capacity for sexual behaviour. This is not the case, as a number of national surveys show. The new research presented here indicates that the less sex older people have, the more likely they are to

experience mental and physical health problems. Men and women who reported a decrease in the frequency of sexual activities were also more likely to report a deterioration in self-perceived health. Additionally, men with erectile dysfunction were also more likely to be diagnosed with cancer or coronary heart disease. This research has also determined that older adults who experience a decline in sexual activity report poorer well-being than those who maintain their levels of sexual desire, activity and function in later life, and that men who remain sexually active in later life continue to have better cognitive performance compared to those who don't. Despite these health benefits, medical professionals do little to promote sexual activity in older adults, and the literature suggests that there is a lack of knowledge on how to approach the subject and how to promote such activities. This is the first comprehensive book specifically exploring all areas of sexual behaviour and health in older adults, and drawing on the latest research in this area. It offers a valuable resource for researchers and clinicians in various health fields (medicine, nursing, occupational therapy, psychology, public health, etc.), as well as students in undergraduate and graduate programs.
