

1. Record Nr.	UNINA9910789404403321
Autore	Powell Douglas H.
Titolo	The aging intellect / / Douglas H. Powell
Pubbl/distr/stampa	New York : , : Routledge, , 2011
ISBN	1-135-84211-6 1-283-24151-X 1-135-84212-4 9786613241511 0-203-88250-4
Descrizione fisica	1 online resource (309 p.)
Classificazione	PSY008000PSY036000PSY043000
Disciplina	155.67/13
Soggetti	Cognition in old age Cognition - Age factors Aging Quality of life
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 and index.
Nota di contenuto	Front Cover; The Aging Intellect; Copyright Page; Contents; Acknowledgments; Introduction; 1. Maximizing Intellectual Powers in the Third Age of Life; 2. How Health Affects the Intellect; 3. How the Mind Ages; 4. Healthy Lifestyle Habits Benefiting the Aging Body and Mind; 5. Direct Actions That Benefit the Intellect; 6. Optimal Cognitive Aging; 7. Normal Cognitive Aging; 8. High-Risk Cognitive Aging; 9. Writing and Learning About the Aging Intellect; Glossary of Frequently Used Terms; Notes; Index
Sommario/riassunto	"The Aging Intellect is written for the large number of professionals, including social workers, nurses, retirement home administrators, doctors, psychologists, pastors and others, who oversee the well being of elderly women and men. It provides elder care workers with an array of suggestions (beyond exercising and eating right) that can improve, maintain or maximize the quality of their client's mental abilities for as long as possible. The Aging Intellect serves its purpose by addressing four major issues associated with age-related cognitive decline, each of

which has a solid research footing and is within the reach of most seniors"--
