

CONTENTS



Demographic Trends of an Aging Society	1
America, An Aging Society	2
Global Aging	5
Gender and Age	5
Race and Aging	5
Geographic Distribution: Where U.S. Elderly Live	7
Marital Status	10
Economic Status	11
Health Care	12
Long-Term Care	13
Summary	13
2	
Social Aspects of Aging	17
Ethnic Aging	18
Ageism	20
Political Involvement	22
Retirement	23
Lifestyles of the Elderly	28
Family and Social Roles	30
Financial Status of the Elderly	34
Health Perspective of the Elderly: An Overview	36
Summary	39
The Physiology and Pathology of Aging	45
Introduction	47
Theories of Biological Aging	52
	xvii



Pharmacodynamic Changes

Adverse Drug Reactions

Medication Management

Polypharmacy

Noncompliance

Summary

Age-Related Changes of the Organ Systems Summary	59 96
The Psychological, Behavioral, and Cognitive Aspects of Aging Introduction Personality Development Cognition Intelligence Sensation and Perception Praxis and Performance Quality of Life Depression in the Elderly Death and Bereavement Dementia Related Disorders Summary	107 109 110 113 120 123 127 129 131 135 136 141
Nutrition and the Elderly Introduction Screening and Intervention Basic Nutrition Overview Special Considerations Physiological Impact of Aging on Nutrition Summary	151 152 153 153 171 175 181
Drug Therapy in the Elderly Introduction Pharmacokinetic Changes	185 186

187

191

191 193

194 197

198





Sexuality and Aging	203
Introduction	204
Sexuality	205
Older Lesbians and Gays	211
Addressing Sexual Issues	211
Responsible Sexual Behavior	220
Summary	221
The Continuum of Care	227
Introduction—Housing and Environment	228
Independent Living	229
Life Care Communities	231
Other Group Housing Options Home Health Care Services	233
Rehabilitation	236 237
Long-Term Care	237
The Housing and Health Connection	240
Summary	249
Summary	249
Financing Health Care for the Elderly	257
Introduction	258
Financing Options for Long-Term Care	259
Proper Legal Authority	261
Public Sector Financing for Long Term Care	264
Medicare	265
Private Sector Funding	272
Cost Containment	278
Summary	280
Health Care Providers Working with the Elderly	285
Introduction	286
Health Care Teams	287
Health Care Professionals	288
	200

хх	Gerontology for the Health Care Professional	
	Case Managers	289
	Dietician	289
	Emergency Medical Services	290
	Gerontological Nursing	292
	Occupational Therapy	294
	Physical Therapy	297
	Radiography	299
	Respiratory Care	300
	Social Work	301
	Speech-Language Pathologist	303
	Therapeutic Recreation	304
	Pew Health Professions Commission Report	306
	Summary	308



Future Concerns in an Aging Society	313
On the Nature of Making Predictions	314
Significant Demographic Shifts	317
Future Elders	319
The Question of Generational Equity	325
Providing for the Elderly	328
Summary	334
Epilogue	341
Appendix	343
Index	345