

RESILIENCE

and

AGING

Research

and

Practice

Helen Lavretsky, MD, MS

Resilience And Aging Research And Practice

Michel Poulain, Jolanta Mackowicz



Resilience And Aging Research And Practice:

Resilience and Aging Helen Lavretsky, 2014-10-20 Resilience is a key component in maintaining health and happiness in old age. When aging adults struggle with social isolation, financial instability, or the difficult work of caring for a spouse with a chronic illness, their levels of stress can be enormous. But many older adults are living longer and are trying to make the best of their later years despite being more vulnerable to stress. In *Resilience and Aging*, renowned geriatric psychiatrist Dr. Helen Lavretsky explains how enhanced resilience, which involves positively adapting to adversity in a way that maintains a person's biological and psychological equilibrium, can counter that vulnerability. She describes how care practice and research all can be redirected toward emphasizing the positive aspects of aging and prevention. Lavretsky summarizes the most up-to-date research on resilience, neurobiology, and preventive care. She also describes novel interventions including yoga, tai chi, meditation, and allopathic techniques that can help older adults improve their cognition and quality of life. Finally, she explores relevant clinical cases from her practice. Designed for geriatric practitioners, researchers, and family caregivers, this practical book offers critical information on measuring resilience, the role of spirituality in reducing stress, and incorporating resilience-building procedures into clinical practice or everyday life. Throughout the book, its revolutionary integrative approach aims to amplify personal happiness by allowing aging adults to remain healthy and active while simultaneously reducing the cost of chronic disease to families and society. *Positive Ageing and Learning from Centenarians* Michel Poulain, Jolanta Mackowicz, 2021-09-28 *Positive Ageing and Learning from Centenarians* evaluates the mechanisms of positive ageing in a uniquely interdisciplinary way to explore the question of how we age and how some people age successfully. Drawing together the findings of recognised longevity researchers from around the world, the book applies an integrated vision to educational and social aspects of human ageing. It examines research into centenarians and considers most of the disciplines related to longevity and healthy aging, and aspects such as education, psychology, philosophy, anthropology, demography, sociology, economics, as well as those related to nutrition and biological factors of longevity. The book examines how the results of these scientific investigations could improve the well-being of the oldest olds in the future, especially in the context of ageing societies. It provides an answer to the question of what we can learn from centenarians and what lessons we can learn from their lifestyle, which can contribute to live longer, better, and happier. Based on cutting-edge research, the book will be highly relevant reading for researchers, academics, and students in the field of ageing and longevity, mental health, research, health science, gerontology, and psychology. *Active and Healthy Ageing: A Multifocal Novel Trend to Increase Resilience in Elderly* Gary Sinoff, Hein van Hout, 2021-12-02 **Resilience in Aging** Barbara Resnick, Lisa P. Gwyther, Karen A. Roberto, 2010-10-14 The many significant technological and medical advances of the 21st century cannot overcome the escalating risk posed to older adults by such stressors as pain, weakness, fatigue, depression, anxiety, memory, and other cognitive deficits, hearing loss, visual impairment, isolation, marginalization, and physical and mental illness. In order to

overcome these and other challenges and to maintain as high a quality of life as possible older adults and the professionals who treat them need to promote and develop the capacity for resilience which is innate in all of us to some degree The purpose of this book is to provide the current scientific theory clinical guidelines and real world interventions with regard to resilience as a clinical tool To that end the book addresses such issues as concepts and operationalization of resilience relevance of resilience to successful aging impact of personality and genetics on resilience relationship between resilience and motivation relationship between resilience and survival promoting resilience in long term care and the lifespan approach to resilience By addressing ways in which the hypothetical and theoretical concepts of resilience can be applied in geriatric practice Resilience in Aging provides inroads to the current knowledge and practice of resilience from the perspectives of physiology psychology culture creativity and economics In addition the book considers the impact of resilience on critical aspects of life for older adults such as policy issues e g nursing home policies Medicare guidelines health and wellness motivation spirituality and survival Following these discussions the book focuses on interventions that increase resilience The intervention chapters include case studies and are intended to be useful at the clinical level The book concludes with a discussion of future directions in optimizing resilience in the elderly and the importance of a lifespan approach to aging

Convergence Mental Health Harris A. Eyre, Michael Berk, Helen Lavretsky, Charles Reynolds, 2021 Convergence science is the process whereby innovation comes from the cross pollination of diverse disciplines industries and cultures carrying ideas and approaches across boundaries This book is a blueprint for how this could and should occur in mental health in order to solve the complex multi system problems that the field faces Complementary and Integrative Therapies for Mental Health and Aging Helen Lavretsky, Martha Sajatovic, Charles F. Reynolds (III), 2016 A comprehensive summary of the state of the art of the field in clinical practice and research in the second decade of the 21st century Features future directions for research and clinical practice in integrative medicine and aging **Ways of Seeing Women's Leadership in Education: Stories, Images, Metaphors, Methods and Theories** Kay Fuller, Pontso Moorosi, Victoria Showunmi, Saeeda J. A. Shah, 2022-01-04 New Frontiers in Resilient Aging Prem S. Fry, Corey L. M. Keyes, 2010-07-29 A typically pessimistic view of aging is that it leads to a steady decline in physical and mental abilities In this volume leading gerontologists and geriatric researchers explore the immense potential of older adults to overcome the challenges of old age and pursue active lives with renewed vitality The contributors believe that resilience capacities diminishing with old age is a misconception and argue that individuals may successfully capitalize on their existing resources skills and cognitive processes in order to achieve new learning continuing growth and enhanced life satisfaction By identifying useful psychological resources such as social connectedness personal engagement and commitment openness to new experiences social support and sustained cognitive activity the authors present a balanced picture of resilient aging Older adults while coping with adversity and losses can be helped to maintain a complementary focus on psychological strengths positive emotions and regenerative

capacities to achieve continued growth and healthy longevity *Handbook of Social Work Practice with Vulnerable and Resilient Populations* Alex Gitterman, 2014-05-06 When community and family support systems are weak or unavailable and when internal resources fail populations that struggle with chronic persistent acute and or unexpected problems become vulnerable to physical cognitive emotional and social deterioration Yet despite numerous risk factors a large number of vulnerable people do live happy and productive lives This best selling handbook examines not only risk and vulnerability factors in disadvantaged populations but also resilience and protective strategies for managing and overcoming adversity This third edition reflects new demographic data research findings and theoretical developments and accounts for changing economic and political realities including immigration and health care policy reforms Contributors have expanded their essays to include practice with individuals families and groups and new chapters consider working with military members and their families victims and survivors of terrorism and torture bullied children and young men of color *Frailty* Jorge G. Ruiz, Olga Theou, 2024-05-28 This book offers a thorough examination of frailty covering its complexity through sections on foundational concepts pathogenesis research assessment methods management strategies care settings its relation to other chronic conditions and societal implications It provides a deep understanding of frailty s scientific basis advanced assessment tools innovative management and prevention approaches and examines frailty within diverse care settings and in relation to other health conditions By integrating multidisciplinary insights it presents a holistic view of frailty addressing its clinical societal and policy related aspects aiming to enhance well being and inform clinical practitioners educators and policymakers This book can serve as a reference guide with up to date information on frailty in older adults for geriatric medicine physicians primary care clinicians geroscience researchers nurses therapists OT PT ST and social workers

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