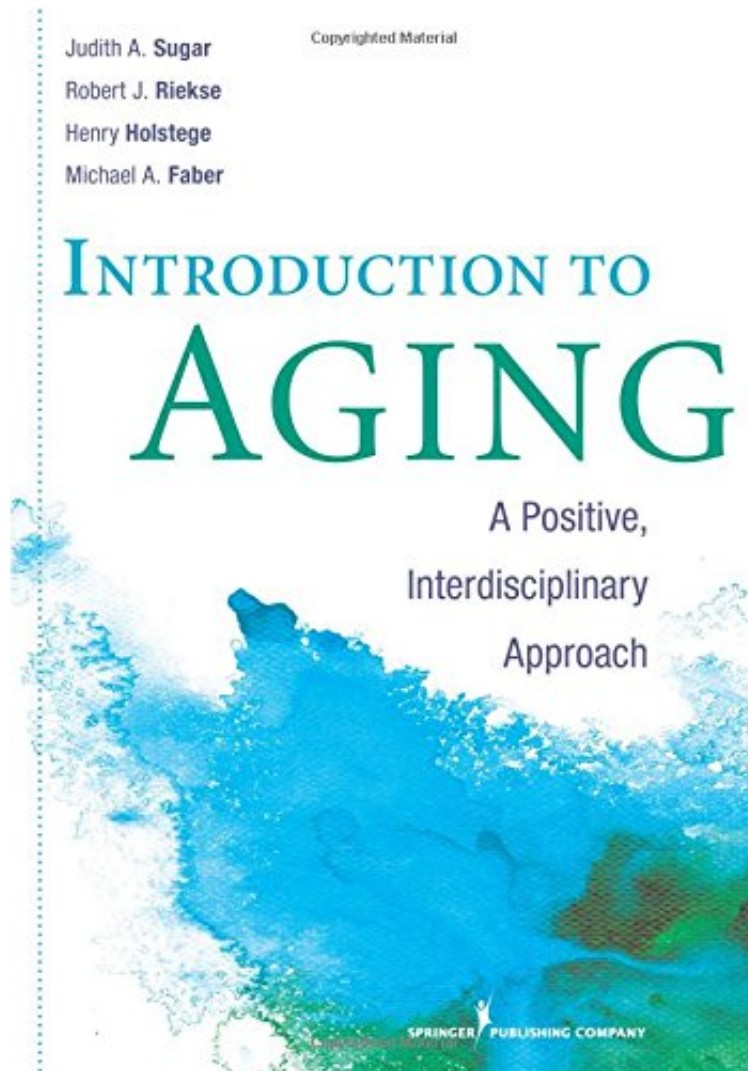


Introduction to Aging: A Positive, Interdisciplinary Approach

Judith A. Sugar PhD, Robert Riekse EdD, Henry Holstege PhD, Michael Faber MA
**Download PDF | ePub | DOC | audiobook | ebooks*



 Download

 Read Online

#237852 in Books Judith Sugar 2013-12-03 2013-12-03 Original language: English PDF # 1 10.00 x .76 x 7.00l, .0 #File Name: 0826108806336 pages Introduction to Aging | File size: 39.Mb

Judith A. Sugar PhD, Robert Riekse EdD, Henry Holstege PhD, Michael Faber MA : Introduction to Aging: A Positive, Interdisciplinary Approach before purchasing it in order to gauge whether or not it would be worth my time, and all praised Introduction to Aging: A Positive, Interdisciplinary Approach:

This new textbook creates a paradigm shift with a very practical approach to problem solving. Aging is an asset. Its focus on well care rather than just sick care by understanding physical fitness, sexual fitness, consumer fitness, nutritional fitness and social fitness among others, all point to aging as an asset leading to civic fitness and the

potential for intergenerational support. This text may help springboard Gerontology into the 21st Century as the field creating excitement and hope for students and teachers alike. Cullen T. Hayashida, Ph.D. Director, Kupuna (Elder) Education Center Kapi'olani Community College University of Hawaii This research-based yet highly engaging textbook for undergraduate and masters-level college students ushers in a new paradigm of aging-that of aging as a positive stage of life. It offers an interdisciplinary perspective on the broad range of topics that comprise gerontology, using theoretical and research-based information while providing engrossing narratives and real examples of new trends, surprising findings, and controversial topics. The volume dispels many of the myths about aging through careful reporting of facts, issues, and trends. It sheds a positive light on getting older by viewing the elderly and near old as a diverse, capable subset of our population. A discussion of roles in the family, workplace, and greater society along with physical changes, health, sexuality, living environment, work, retirement, and cultural considerations reveal the challenges and opportunities faced by our rapidly aging population. This text comes with access to PowerPoint slides and an instructor's manual including learning objectives, key terms, test questions, suggested topics for essays and discussion, and suggested classroom activities and homework assignments. Key Features: Conceptualizes aging in America as a positive social revolution with far-reaching consequences Dispels negative myths about aging Engages the reader with vivid narratives Includes practical applications of knowledge throughout the text Includes instructor's manual, PowerPoint slides, and resources for additional learning opportunities Targeted to the needs of undergraduate and masters-level gerontology students