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Conceptual and Methodological Issues on the Adjustment to Aging: Perspectives on Aging Well (International Perspectives on Aging)

Sofia von Humboldt

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This book approaches the concept of adjustment to aging and endeavors to build reader understanding of this construct through a critical review and discussion. Once the reader understands the origins and nature of adjustment to aging, a second innovation encompasses the development of a proposed empirical model of adjustment to aging and the analysis of its components and correlates. Measures to assess adjustment to aging, policies, programs and interventions comprising adjustment to aging and its components and correlates will also be addressed. Another innovation includes the multidimensional experience of adjustment to aging from the cultural perspective. Lastly, it addresses areas of future development related to this construct.
Future policies and interventions in older populations need to integrate and debate the role of adjustment to aging, and ultimately consider a variety of different strategies, each with a different set of costs and benefits. Health and social professionals will be at the vanguard of policy making and community and institutional interventions. Hence, resources and tools to adequately prepare these individuals for the future years will be vital. It is the author's hope that this resource can be valuable for professionals and students working within the field of aging, as they develop research and intervention policies encompassing adjustment to aging in the coming years.

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