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The leading reference in the field of geriatric care, Brocklehurst's Textbook of Geriatric Medicine and Gerontology, 8th Edition, provides a contemporary, global perspective on topics of importance to today's gerontologists, internal medicine physicians, and family doctors. An increased focus on frailty, along with coverage of key issues in gerontology, disease-specific geriatrics, and complex syndromes specific to

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the elderly, makes this 8th Edition the reference you'll turn to in order to meet the unique challenges posed by this growing patient population. Consistent discussions of clinical manifestations, diagnosis, prevention, treatment, and more make reference quick and easy. More than 250 figures, including algorithms, photographs, and tables, complement the text and help you find what you need on a given condition. Clinical relevance of the latest scientific findings helps you easily apply the material to everyday practice. A new chapter on frailty, plus an emphasis on frailty

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throughout the book, addresses the complex medical and social issues that affect care, and the specific knowledge and skills essential for meeting your patients' complex needs. New content brings you up to date with information on gerontechnology, emergency and pre-hospital care, HIV and aging, intensive treatment of older adults, telemedicine, the built environment, and transcultural geriatrics. New editor Professor John Young brings a fresh perspective and unique expertise to this edition.

Finalist for the Pulitzer Prize in General Nonfiction A New York Times Bestseller

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Longlisted for the Andrew Carnegie Medal for Excellence in Nonfiction Winner of the WSU AOS Bonner Book Award As revelatory as Atul Gawande's Being Mortal, physician and award-winning author Louise Aronson's Elderhood is an essential, empathetic look at a vital but often disparaged stage of life. For more than 5,000 years, "old" has been defined as beginning between the ages of 60 and 70. That means most people alive today will spend more years in elderhood than in childhood, and many will be elders for 40 years or more. Yet at the very moment that humans are living longer than ever before, we've made old age

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into a disease, a condition to be dreaded, denigrated, neglected, and denied.

Reminiscent of Oliver Sacks, noted Harvard-trained geriatrician Louise Aronson uses stories from her quarter century of caring for patients, and draws from history, science, literature, popular culture, and her own life to weave a vision of old age that's neither nightmare nor utopian fantasy--a vision full of joy, wonder, frustration, outrage, and hope about aging, medicine, and humanity itself. Elderhood is for anyone who is, in the author's own words, "an aging, i.e., still-breathing human being."

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Discover a vital source of volunteers for your organization By the year 2020, there will be 65 million people aged 65 and over living in the United States—a new generation of active older adults expecting to use the expertise, experience, and life skills they've gained to make valuable contributions to society in their retirement years. Civic Engagement and the Baby Boomer Generation presents the latest research findings and evaluation studies that help promote a thorough understanding of the programs, policies, and civic opportunities available to people aged 50 and older. This unique book

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is an essential resource for nonprofit organizations seeking to meet their needs with a generation of volunteers eager to explore new options, work in new capacities, and continue lifelong learning. More than any previous generation, baby boomers (born between 1946 and 1964) are defying stereotypes about aging while seeking new and meaningful lifestyles. Civic Engagement and the Baby Boomer Generation defines an agenda for future policy, research, and practice to help reverse the well-documented decline in civic engagement in the United States, providing older Americans with opportunities

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to have an impact in their local, national, and global communities. The book's contributors focus attention on the value of civic engagement in creating vital social capital and social networks. Civic Engagement and the Baby Boomer Generation examines: current issues and trends in civic engagement results from senior corps. examinations expanding youth service concepts lifelong learning institutes the relationship between civic engagement and leadership issues in elder service and volunteerism outcomes of a national agenda setting meeting intergenerational relations and civic

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engagement Civic Engagement and the Baby Boomer Generation is an important source of information for anyone working with nonprofit, government, and corporate organizations concerned with public policy, community affairs, volunteerism, research, practice, and education.

This open access book takes a multidisciplinary approach to provide a holistic understanding of late old age, and situates the aged person within the context of family, caregivers, clinical and other institutions. All through the book, the author discusses preparedness for an aging

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individual as well as the society in the Indian context. The book highlights inevitable but mostly neglected health issues like depression, dementia, fall, and frailty and provides detailed analyses of solutions that are practicable in low resource settings. It also brings up intergenerational differences and harmony in the context of holistic care of older Indians. Alongside clinical perspectives, the book uses narratives of elderly patients to dwell on the myriad of problems and issues that constitute old age healthcare. Demonstrating cases that range from the most influential to

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the most underprivileged elderly in India, the book enlightens multiple caregivers—doctors, nurses, and professional caregivers as well as family members—about the dynamic approach required in dealing with complex issues related to late old age. The narratives make the book relatable and interesting to non-academic readers, with important lessons for gerontological and geriatric caregiving. It is also of use to older adults in preparing for active aging. Engagement in Productive Activities and Well-being in Later Life

Productive Engagement in Later Life

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Perspectives and Narratives from India
Overcome Organizational Drag and Unleash Your Team s Productive Power
The Progress Principle
Encyclopedia of Aging and Public Health
Disrupt Aging

Later years are changing under the impact of demographic, social and cultural shifts. No longer confined to the sphere of social welfare, they are now studied within a wider cultural framework that encompasses new experiences and new modes of being. Drawing on influences from the arts and humanities, and deploying diverse methodologies –

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visual, literary, spatial – and theoretical perspectives Cultural Gerontology has brought new aspects of later life into view. This major new publication draws together these currents including: Theory and Methods; Embodiment; Identities and Social Relationships; Consumption and Leisure; and Time and Space. Based on specially commissioned chapters by leading international authors, the Routledge Handbook of Cultural Gerontology will provide concise authoritative reviews of the key debates and themes shaping this exciting new field.

The growing number of older adults in the United States poses a significant challenge to families, healthcare

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systems, mental health services, and many other caregiving groups. Using the Grand Challenges for Social Work initiative as a framework, this text evaluates critical policies and issues pertaining to older adults, identifying both the overall systemic inequalities currently working against older adults as well as specific areas that require updated policies and interventions. It calls for active attention to the implementation of science-based research, policy, and practices to promote health and well-being. Among the topics addressed: Family violence against older adults Disaster planning and preparedness Building financial capability for aging families Health needs of incarcerated older adults Closing the gap in

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healthcare services for older adults Social isolation and its effects on mental health and well-being A useful gerontology resource for students, social work scholars, and practitioners, Gerontological Social Work and the Grand Challenges advocates for justice and equal opportunity for older adults, and highlights important social issues that must be urgently addressed in the near future.

Conversations can be critical and destructive, or they can be generative and productive. This book shows how to guarantee your conversations will help people, organizations, and communities flourish. --

The COVID-19 pandemic struck the global economy

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after a decade that featured a broad-based slowdown in productivity growth. Global Productivity: Trends, Drivers, and Policies presents the first comprehensive analysis of the evolution and drivers of productivity growth, examines the effects of COVID-19 on productivity, and discusses a wide range of policies needed to rekindle productivity growth. The book also provides a far-reaching data set of multiple measures of productivity for up to 164 advanced economies and emerging market and developing economies, and it introduces a new sectoral database of productivity. The World Bank has created an extraordinary book on productivity, covering a large group of countries and using a wide variety of data

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sources. There is an emphasis on emerging and developing economies, whereas the prior literature has concentrated on developed economies. The book seeks to understand growth patterns and quantify the role of (among other things) the reallocation of factors, technological change, and the impact of natural disasters, including the COVID-19 pandemic. This book is must-reading for specialists in emerging economies but also provides deep insights for anyone interested in economic growth and productivity. Martin Neil Baily Senior Fellow, The Brookings Institution Former Chair, U.S. President's Council of Economic Advisers This is an important book at a critical time. As the book notes,

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global productivity growth had already been slowing prior to the COVID-19 pandemic and collapses with the pandemic. If we want an effective recovery, we have to understand what was driving these long-run trends. The book presents a novel global approach to examining the levels, growth rates, and drivers of productivity growth. For anyone wanting to understand or influence productivity growth, this is an essential read. Nicholas Bloom William D. Eberle Professor of Economics, Stanford University The COVID-19 pandemic hit a global economy that was already struggling with an adverse pre-existing condition—slow productivity growth. This extraordinarily valuable and timely book brings

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considerable new evidence that shows the broad-based, long-standing nature of the slowdown. It is comprehensive, with an exceptional focus on emerging market and developing economies. Importantly, it shows how severe disasters (of which COVID-19 is just the latest) typically harm productivity. There are no silver bullets, but the book suggests sensible strategies to improve growth prospects. John Fernald Schrodgers
Chaired Professor of European Competitiveness and Reform and Professor of Economics, INSEAD
Aging and the Macroeconomy
Routledge Handbook of Cultural Gerontology
Handbook of Sociology of Aging

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A Global Perspective

Elderhood

Time, Talent, Energy

Productive Activity Profiles and Depressive Symptoms of
Urban Chinese Elderly

What really sets the best managers above the rest? It's their power to build a cadre of employees who have great inner work lives—consistently positive emotions; strong motivation; and favorable perceptions of the organization, their work, and their colleagues. The worst managers undermine inner work life, often unwittingly. As Teresa Amabile and Steven

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Kramer explain in The Progress Principle, seemingly mundane workday events can make or break employees' inner work lives. But it's forward momentum in meaningful work—progress—that creates the best inner work lives. Through rigorous analysis of nearly 12,000 diary entries provided by 238 employees in 7 companies, the authors explain how managers can foster progress and enhance inner work life every day. The book shows how to remove obstacles to progress, including meaningless tasks and toxic relationships. It also explains how to activate two forces that enable progress: (1)

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catalysts—events that directly facilitate project work, such as clear goals and autonomy—and (2) nourishers—interpersonal events that uplift workers, including encouragement and demonstrations of respect and collegiality.

Brimming with honest examples from the companies studied, The Progress Principle equips aspiring and seasoned leaders alike with the insights they need to maximize their people's performance.

The book Lifehack calls "The Bible of business and personal productivity." "A completely revised and updated edition of the blockbuster bestseller from

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'the personal productivity guru'—Fast Company Since it was first published almost fifteen years ago, David Allen's Getting Things Done has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the

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book fresh and relevant for years to come. This new edition of Getting Things Done will be welcomed not only by its hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles. Productive Ageing is the involvement of older adults in society through employment, volunteering, caregiving, education and skill building. In 2020 there will be 248 million people in China aged 60 and over. At the same time, the birth rate continues to drop and family structures are being transformed. In the face of such pressing demographic challenges, the productive

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engagement of older adults is a clear-cut strategy to strengthen families and communities while simultaneously promoting the health of older adults. From a human capital perspective, an ageing population represents resources to address societal needs; and the active engagement of older adults can enhance and maintain the physical, mental and cognitive health of the older adults. The challenge is to develop policies that support productive engagement and implement evidence-based programs that create opportunities for older adults in active engagement in the community.

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Contributions of older adults will be necessary for social and economic development of families, communities, and society. Productive Engagement in Later Life covers the 2009 China conference on productive aging and discusses how to initiate and build productive aging agenda in China and around the globe. This book was originally published as a special issue of China Journal of Social Work.

A plan for conquering collaborative overload to drive performance and innovation, reduce burnout, and enhance well-being. Most organizations have created always-on work

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contexts that are burning people out and hurting performance rather than delivering productivity, innovation and engagement. Collaborative work consumes 85% of employees' time and is drifting earlier into the morning, later into the night, and deeper into the weekend. The dilemma is that we all need to collaborate more to create effective organizations and vibrant careers for ourselves. But conventional wisdom on teamwork and collaboration has created too much of the wrong kind of collaboration, which hurts our performance, health and overall well-being. In Beyond Collaboration Overload, Babson professor

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Rob Cross solves this paradox by showing how top performers who thrive at work collaborate in a more purposeful way that makes them 18-24% more efficient than their peers. Good collaborators are distinguished by the efficiency and intentionality of their collaboration—not the size of their network or the length of their workday. Through landmark research with more than 300 organizations, in-depth stories, and tools, Beyond Collaboration Overload will coach you to reclaim close to a day a week when you: Identify and challenge beliefs that lead you to collaborate too quickly Impose structure in your

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work to prevent unproductive collaboration Alter behaviors to create more efficient collaboration It then outlines how successful people invest this reclaimed time to: Cultivate a broad network—not a big one—for innovation and scale Energize others—a strong predictor of high performance Connect with others to reduce micro-stressors and enhance physical and mental well-being Cross' framework provides relief from the definitive problem of our age—dysfunctional collaboration at the expense of our performance, health and overall well-being.

Productive Engagement and Well-being in Later

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Life

*A Bold New Path to Living Your Best Life at Every
Age*

*Rules for Focused Success in a Distracted World
Redefining Aging, Transforming Medicine,
Reimagining Life*

The 5 Choices

Health and Wellbeing in Late Life

Social Exclusion in Later Life

*Look no further for the book that provides the
information essential for successful practice in the
rapidly growing field of gerontological occupational
therapy! Occupational Therapy with Aging Adults is a*

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new, comprehensive text edited by OT and gerontological experts Karen Frank Barney and Margaret Perkinson that takes a unique interdisciplinary and collaborative approach in covering every major aspects of geriatric gerontological occupational therapy practice. With 30 chapters written by 70 eminent leaders in gerontology and OT, this book covers the entire continuum of care for the aging population along with special considerations for this rapidly growing demographic. This innovative text also covers topical issues spanning the areas of ethical approaches to treatment; nutrition and oral health concerns; pharmacological issues; low vision

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interventions; assistive technology supports; and more to ensure readers are well versed in every aspect of this key practice area. UNIQUE! Intraprofessional and interprofessional approach to intervention emphasizes working holistically and collaboratively in serving older adults. Case examples help you learn to apply new information to actual patient situations. Questions at the end of each chapter can be used for discussion or other learning applications. Chapter on evidence-based practice discusses how to incorporate evidence into the clinical setting. Chapter on ethics provides a deeper understanding of how to address challenging ethical dilemmas. UNIQUE! Chapter on the wide range of

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physiological changes among the aging patient population highlights related occupational performance issues. UNIQUE! Chapter on oral health explores the challenges faced by older adults.

Drawing on interdisciplinary, cross-national perspectives, this open access book contributes to the development of a coherent scientific discourse on social exclusion of older people. The book considers five domains of exclusion (services; economic; social relations; civic and socio-cultural; and community and spatial domains), with three chapters dedicated to analysing different dimensions of each exclusion domain. The book also examines the interrelationships

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between different forms of exclusion, and how outcomes and processes of different kinds of exclusion can be related to one another. In doing so, major cross-cutting themes, such as rights and identity, inclusive service infrastructures, and displacement of marginalised older adult groups, are considered. Finally, in a series of chapters written by international policy stakeholders and policy researchers, the book analyses key policies relevant to social exclusion and older people, including debates linked to sustainable development, EU policy and social rights, welfare and pensions systems, and planning and development. The book's approach helps to illuminate the comprehensive

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multidimensionality of social exclusion, and provides insight into the relative nature of disadvantage in later life. With 77 contributors working across 28 nations, the book presents a forward-looking research agenda for social exclusion amongst older people, and will be an important resource for students, researchers and policy stakeholders working on ageing.

"Time management for the 21st century"--Cover.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on

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a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep-spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the

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power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories-from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from

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distraction in the air-and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

Productive Engagement Across the Life Course

The Rowman & Littlefield Handbook on Aging and Work Focusing on Policy and Practice

Gerontological Social Work and the Grand Challenges

Conversations Worth Having

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A Selection of Female Portraits of the Sixteenth and Nineteenth Centuries, Showing in Strong Contrast the Style of the Art of These Periods as Adopted by Those Eminent Painters, Holbein and Hayter
Evidences from a National Survey

Handbook of Aging and the Social Sciences, Eighth Edition, presents the extraordinary growth of research on aging individuals, populations, and the dynamic culmination of the life course, providing a comprehensive synthesis and review of the latest research findings in the social sciences of aging. As the complexities of population dynamics, cohort succession, and

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policy changes modify the world and its inhabitants in ways that must be vigilantly monitored so that aging research remains relevant and accurate, this completely revised edition not only includes the foundational, classic themes of aging research, but also a rich array of emerging topics and perspectives that advance the field in exciting ways. New topics include families, immigration, social factors, and cognition, caregiving, neighborhoods, and built environments, natural disasters, religion and health, and sexual behavior, amongst others. Covers the key areas in sociological gerontology

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research in one volume, with an 80% update of the material Headed up by returning editor Linda K. George, and new editor Kenneth Ferraro, highly respected voices and researchers within the sociology of aging discipline Assists basic researchers in keeping abreast of research and clinical findings Includes theory and methods, aging and social structure, social factors and social institutions, and aging and society Serves as a useful resource—an inspiration to those searching for ways to contribute to the aging enterprise, and a tribute to the rich bodies of scholarship that comprise aging research in the

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social sciences

The president of New York's Mount Sinai Hospital and a professor of public health present the findings of a MacArthur Foundation Study, showing healthy aging is dependent on diet, exercise, and self-esteem rather than on genes. (Health & Medicine).

This dissertation, "Successful Ageing: a Study of Age Identity Among Chinese Older Adults" by Kun, Liang, ☐☐, was obtained from The University of Hong Kong (Pokfulam, Hong Kong) and is being sold pursuant to Creative Commons: Attribution 3.0 Hong Kong License. The content

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of this dissertation has not been altered in any way. We have altered the formatting in order to facilitate the ease of printing and reading of the dissertation. All rights not granted by the above license are retained by the author. Abstract: Age identity has long been considered a more meaningful and accurate reflection of the aging process than chronological age. However, it is still a mostly unexplored concept among Chinese older adults. What are the correlates of age identity from the perspective of a multidimensional, culturally-shared model of aging? How do Chinese older adults describe

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their age identities, and are there any recent related trends? Does the adaptive value of youthful age identity in later life, which promotes well-being and successful aging, also exist in the Chinese context? Six studies using quantitative methods were devised to answer the above questions. Data were drawn from the three waves of the Sample Survey on Aged Population in Urban/Rural China (SSAPUR), with Study I using data from the 2006 SSAPUR, Study II using data from the 2000, 2006, and 2010 SSAPURs, and Studies III-VI using 4-year-panel data from the 2006 and 2010 SSAPURs. Study I

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examined correlates of age identity among Chinese older adults (N = 18,925). The findings reveal that multidimensional age markers, including chronological age, number of chronic conditions, widowhood, loss of both parents, and perceived onset of forgetfulness were all positively associated with age identity. Among these, perceived onset of forgetfulness was the strongest predictor. Study II investigated how Chinese older adults describe their age identities, and whether or not there have been any trends over the most recent decade (N = 20,166 in 2000; N = 19,922 in 2006; N = 19,874

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in 2010). The findings reveal that old age is perceived to start at around the chronological age of 60 years, but that women are perceived as becoming old four years earlier than men. The findings also indicate that a majority of Chinese older adults reported feeling old. Nevertheless, there has been a general upward trend for increasingly higher percentages of them to report not feeling old over the recent years. Study III determined the effect of age identity on subjective well-being among Chinese older adults (N = 11,306). The findings indicate that a baseline youthful age identity is associated with

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better subjective well-being. Study IV investigated the impact of age identity on physical functioning among Chinese older adults (N = 11,366), and its findings indicate that a baseline youthful age identity is related to better physical functioning. Study V examined the impact of age identity on productive engagement, including paid work and volunteering among Chinese older adults (N = 11,473). The findings indicate that relative to a baseline old age identity, a baseline youthful age identity is associated with higher odds of productive engagement. On the basis of Studies

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III-V, Study VI explored the impact of age identity on a multidimensional conceptualization of successful aging among Chinese older adults (N = 10,070), and its findings indicate that a baseline youthful age identity is associated with higher odds of successful aging. The practical and theoretical implications of the present research are discussed in this thesis, along with its limitations and recommendations for future research. DOI: 10.5353/th_b5089981 Subjects: Aging - China Older people - China This eight-volume encyclopedia brings together a comprehensive collection of work highlighting

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established research and emerging science in all relevant disciplines in gerontology and population aging. It covers the breadth of the field, gives readers access to all major sub-fields, and illustrates their interconnectedness with other disciplines. With more than 1300 cross-disciplinary contributors—including anthropologists, biologists, economists, psychiatrists, public policy experts, sociologists, and others—the encyclopedia delves deep into key areas of gerontology and population aging such as ageism, biodemography, disablement, longevity, long-term care, and much more.

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Paying careful attention to empirical research and literature from around the globe, the encyclopedia is of interest to a wide audience that includes researchers, teachers and students, policy makers, (non)governmental agencies, public health practitioners, business planners, and many other individuals and organizations.

**Occupational Therapy with Aging Adults
Using Small Wins to Ignite Joy, Engagement, and
Creativity at Work
Concepts and Challenges
Research, Policy, and Practice Perspectives**

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Brocklehurst's Textbook of Geriatric Medicine and Gerontology E-Book

How to Work Smarter, Get Ahead, and Restore Your Well-Being

Paid Work and Beyond

Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere – and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is a big one, Gallup ' s research and experience have discovered. In particular, organizations have been slow to adapt to breakneck

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changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers ' unique demands. Gallup ' s 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers ' potential; and hire great managers to implement the positive change their organizations need not only to survive – but to thrive.

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To better understand the issues of population ageing and its impact on the Australian workforce, this paper examines productivity across the life course. It uses data from the Household, Income and Labour Dynamics in Australia (HILDA) Survey to study both paid and unpaid work - including volunteering, caregiving, childcare, and domestic work - across all age groups. Data is studied with reference to gender, health, education, income, occupation and marital status, and with particular reference to baby boomer cohort now in late middle age. The policy implications are also discussed.

Managing Your Scarcest Resources Business leaders know that the key to competitive success is smart

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management of scarce resources. That's why companies allocate their financial capital so carefully. But capital today is cheap and abundant, no longer a source of advantage. The truly scarce resources now are the time, the talent, and the energy of the people in your organization--resources that are too often squandered. There's plenty of advice about how to manage them, but most of it focuses on individual actions. What's really needed are organizational solutions that can unleash a company's full productive power and enable it to outpace competitors. Building off of the popular Harvard Business Review article "Your Scarcest Resource," Michael Mankins and Eric Garton, Bain & Company experts in organizational design and

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effectiveness, present new research into how you can liberate people's time, talent, and energy and unleash your organization's productive power. They identify the specific causes of organizational drag--the collection of institutional factors that slow things down, decrease output, and drain people's energy--and then offer a pragmatic framework for how managers can overcome it. With practical advice for using the framework and in-depth examples of how the best companies manage their people's time, talent, and energy with as much discipline as they do their financial capital, this book shows managers how to create a virtuous circle of high performance.

Handbook of Aging and the Social Sciences, Seventh

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Edition, provides extensive reviews and critical evaluations of research on the social aspects of aging. It also makes available major references and identifies high-priority topics for future research. The book is organized into four parts. Part 1 reviews developments in the field of age and the life course (ALC) studies and presents guidelines on conducting cohort analysis. Part 2 covers the demographic aspects of aging; longevity trends; disability and aging; and stratification and inequality research. Part 3 includes chapters that examine socioeconomic position and racial/ethnic disparities in health at older ages; the role of social factors in the distribution, antecedents, and consequences of depression; and aspects of private

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wealth transfers and the changing nature of family gift-giving. Part 4 deals with pension reform in Europe; the political activities of older Americans; the future of retirement security; and gender differences in old age. The Handbook is intended for researchers, professional practitioners, and students in the field of aging. It can also serve as a basic reference tool for scholars, professionals, and others who are not presently engaged in research and practice directly focused on aging and the aged. Contains all the main areas of social science gerontological research in one volume Begins with a section on theory and methods Edited by one of the fathers of gerontology (Binstock) and contributors represent top scholars in gerontology

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Civic Engagement and the Baby Boomer Generation

Productive Roles in an Older Society

The Path to Extraordinary Productivity

A Study of Age Identity Among Chinese Older Adults

Global Productivity

Individual, Environmental and Societal Perspectives

Successful Ageing

This handbook is a comprehensive resource for students, scholars, and practitioners seeking a broad overview of interrelated topics concerning the aging workforce.

This second volume in the Institute of Medicine's series on America's Aging explores the various productive roles that the growing number of elderly individuals can play in society through volunteer work. Some of the issues addressed include the main

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incentives and impediments to elderly volunteerism, the various forms of unpaid productive work and how they affect the health and well-being of the volunteer, and the recruitment of elderly volunteers that is done by various organizations. For policymakers, economists, sociologists, gerontologists, and social services agencies, this is an indispensable resource for the future.

This book was nurtured by the belief that the new dynamics of today's and tomorrow's aging has not yet been treated well in the gerontology literature. Several questions drove the choice of substance for the book: What kind of new dynamics of aging deserves consideration? What kinds of theories and fields are at the core of treating such a new dynamics? And what kind of empirical evidence should be considered? The master hypothesis on which the book is based maintains that the new dynamics of old age is best

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observed in a range of everyday aging contexts that have been undergoing major change since the second half of the 20th century. In particular, five areas of new and persistent dynamics are treated in depth: the social environment, with a focus on cohort effects in social relations and the consideration of family relations and elders as care redelivers; the home environment, with emphasis on housing and quality of life, relocation and urban aging issues; the outdoor environment, with consideration of out-of-home activity patterns, car-driving behaviour and the leisure world of aging; the technological environment, with treatments of the role of the Internet and the potential of technology for aging outcomes and; and the societal environment with a focus on global aging, the new politics of old age and older persons as market consumers. The book's main purpose is to provide the scholarly gerontology

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community with a comprehensive and critical discussion of these new trends related to old age. The book will be of interest for the scholarly community of gerontology in a variety of disciplines; sociology, psychology, demography, epidemiology, humanities, social policy and geriatrics; students in gerontology education and in the disciplines named above who have an interest in aging issues (graduate level); professionals in practical and applied fields related to aging such as community and urban planners, health and care providers and policymakers; people involved in senior citizens' organizations and those in industry who wish to serve older people with new products.

In their later years, Americans of different racial and ethnic backgrounds are not in equally good--or equally poor--health. There is wide variation, but on average older Whites are healthier than

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older Blacks and tend to outlive them. But Whites tend to be in poorer health than Hispanics and Asian Americans. This volume documents the differentials and considers possible explanations. Selection processes play a role: selective migration, for instance, or selective survival to advanced ages. Health differentials originate early in life, possibly even before birth, and are affected by events and experiences throughout the life course. Differences in socioeconomic status, risk behavior, social relations, and health care all play a role. Separate chapters consider the contribution of such factors and the biopsychosocial mechanisms that link them to health. This volume provides the empirical evidence for the research agenda provided in the separate report of the Panel on Race, Ethnicity, and Health in Later Life.

Managing Energy, Not Time, Is the Key to High Performance and

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Personal Renewal

Trends, Drivers, and Policies

The Power of Full Engagement

Handbook of Aging and the Social Sciences

Promoting Quality of Life Through Collaborative Practice

Successful Aging

Deep Work

This book addresses the rising productivity gap between the global frontier and other firms, and identifies a number of structural impediments constraining business start-ups, knowledge diffusion and resource allocation (such as barriers to up-scaling and relatively high rates of skill

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mismatch).

This book treats the implications of productive aging as challenges. It combines the theories of gerontology with practical considerations and acknowledging the contributions of leading researchers in the field of aging. As baby boomers are aging , they can hope to maintain a quality of life that previous generations have not enjoyed.

This dissertation, "Productive Activity Profiles and Depressive Symptoms of Urban Chinese Elderly: Evidences From a National Survey" by Huiying, Liu, □□□, was obtained from The University of

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Hong Kong (Pokfulam, Hong Kong) and is being sold pursuant to Creative Commons: Attribution 3.0 Hong Kong License. The content of this dissertation has not been altered in any way. We have altered the formatting in order to facilitate the ease of printing and reading of the dissertation. All rights not granted by the above license are retained by the author. Abstract: Background Engaging in productive activities has been suggested as crucial for the maintenance of well-being during the later life. In urban China, engaging older adults in a variety of productive

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activities has been increasingly recognized as a workable way in supporting senior citizens to age fruitfully and healthily. However, few attempts have been made on developing the individual-based categorization of later-life productivity, as well as to utilize this categorization to differentiate the psychological well-being outcomes of subgroups of elders. Objectives The purpose of this study is to identify definite profiles of productive activity engagement amongst urban Chinese elders by considering multiple productive activities simultaneously. Once distinct profiles

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were identified, we further assess whether these identified profiles of productive activity engagement would predict depressive symptoms amongst older adults in urban China two years later. Methods The data used in Study 1 was driven from the 2011 baseline survey of the China Health and Retirement Longitudinal Study (CHARLS). Using a sample of urban residents aged 60 or over (N= 3,019), we employed a latent class cluster analysis (LCA) approach to empirically investigate whether meaningful latent classes would emerge from the analytical sample,

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according to six observational indicators of productive activities (formal volunteering, grandchild care provision, parental care provision, spouse care provision, informal help, and paid working,). Multinomial logistic analysis was used to assess how an array of selected factors were related to individuals' locations to these classes. Study 2 used both the CHARLS baseline and follow-up survey (2013) data. Based on a sample containing urban older adults (aged 60 or over in 2011) who completed both the 2011 and 2013 follow-up survey interviews (N = 2,398), a LCA

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was first conducted to confirm the existence of four distinct profiles of productive activity engagement. Then, a Generalized Estimating Equations (GEE) approach was employed to examine whether and how these identified profiles contributed to differentiate elders in terms of their level of two-year later depressive symptoms. Results Our use of LCA determined four distinct profiles of later-life productivity existed amongst a representative sample of urban senior residents: Super helper, Work-Care Engager, Civic Contributor, and Spousal Caregiver. After

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adjusting the effects of selected variables measured at baseline, all of the other three profiles significantly differed from Spousal Caregiver in that exhibiting lower levels of depressive symptoms after two years. The protective effects of locating in Civic Contributor and Super helper against two-year later depressive symptoms were more pronounced than that of Work-Care Engager. Conclusions This study advanced our understanding of later-life productivity amongst older adults by capturing the patterned ways various productive activities may

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intersect that correspond to later-life stages. Our established individual-based categorization of later-life productive engagement served well in differentiating well-being outcomes amongst older adults. The findings of this study underscored the value of later-life productivity in promoting mental health amongst senior residents in urban China, and show implications f

The United States is in the midst of a major demographic shift. In the coming decades, people aged 65 and over will make up an increasingly large percentage of the population: The ratio of

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people aged 65+ to people aged 20-64 will rise by 80%. This shift is happening for two reasons: people are living longer, and many couples are choosing to have fewer children and to have those children somewhat later in life. The resulting demographic shift will present the nation with economic challenges, both to absorb the costs and to leverage the benefits of an aging population.

Aging and the Macroeconomy: Long-Term Implications of an Older Population presents the fundamental factors driving the aging of the U.S. population, as well as its societal implications and

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likely long-term macroeconomic effects in a global context. The report finds that, while population aging does not pose an insurmountable challenge to the nation, it is imperative that sensible policies are implemented soon to allow companies and households to respond. It offers four practical approaches for preparing resources to support the future consumption of households and for adapting to the new economic landscape.

*Enhancing Vitality in Later Life
The Future of Productivity
Beyond Collaboration Overload*

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The Art of Stress-Free Productivity

Encyclopedia of Gerontology and Population Aging

Getting Things Done

New Dynamics in Old Age

The Handbook of Sociology of Aging is the most comprehensive, engaging, and up-to-date treatment of developments within the field over the past 30 years. The volume represents an indispensable source of the freshest and highest standard scholarship for scholars, policy makers, and aging professionals alike. The Handbook of

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Sociology of Aging contains 45 far-reaching chapters, authored by nearly 80 of the most renowned experts, on the most pressing topics related to aging today. With its recurring attention to the social forces that shape human aging, and the social consequences and policy implications of it, the contents will be of interest to everyone who cares about what aging means for individuals, families, and societies. The chapters of the Handbook of Sociology of Aging illustrate the field's extraordinary

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breadth and depth, which has never before been represented in a single volume. Its contributions address topics that range from foundational matters, such as classic and contemporary theories and methods, to topics of longstanding and emergent interest, such as social diversity and inequalities, social relationships, social institutions, economies and governments, social vulnerabilities, public health, and care arrangements. The volume closes with a set of personal essays by senior scholars who share their experiences and

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hopes for the field, and an essay by the editors that provides a roadmap for the decade ahead. The Handbook of Sociology of Aging showcases the very best that sociology has to offer the study of human aging.

Americans are living longer, and the elder population is growing larger. To meet the ongoing need for quality information on elder health, the Encyclopedia of Aging and Public Health combines multiple perspectives to offer readers a more accurate and complete picture of the aging

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process. The book takes a biopsychosocial approach to the complexities of its subject. In-depth introductory chapters include coverage on a historical and demographic overview of aging in America, a guide to biological changes accompanying aging, an analysis of the diversity of the U.S. elder population, legal issues commonly affecting older adults, and the ethics of using cognitively impaired elders in research. From there, over 425 entries cover the gamut of topics, trends, diseases, and phenomena: -Specific

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populations, including ethnic minorities, custodial grandparents, and centenarians
-Core medical conditions associated with aging, from cardiac and pulmonary diseases to Parkinson's and Alzheimer's
-Mental and emotional disorders
-Drugs/vitamins/alternative medicine
-Disorders of the eyes, feet, and skin
-Insomnia and sleep disorders;
malnutrition and eating disorders
-Sexual and gender-related concerns
-And a broad array of social and political issues, including access to care, abuse/neglect,

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veterans' affairs, and assisted suicide
Entries on not-quite-elders' concerns
(e.g., midlife crisis, menopause) are
featured as well. And all chapters and
entries include references and resource
lists. The Encyclopedia has been developed
for maximum utility to clinicians, social
workers, researchers, and public health
professionals working with older adults.
Its multidisciplinary coverage and scope
of topics make this volume an invaluable
reference for academic and public
libraries.

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A personal energy training program outlines strategies on how to prevent burnout and improve productivity, discussing such areas as how to work with four key sources of energy, balancing stress and recovery, expanding capacity, and implementing positive routines.

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Using Appreciative Inquiry to Fuel Productive and Meaningful Engagement

A Study of Activity Types, Levels, and Patterns

Critical Perspectives on Racial and Ethnic

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Productive Aging

State of The Global Workplace

Interdisciplinary and Policy Perspectives

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