



## Productive Aging: An Occupational Perspective (Hardback)

By Marilyn B. Cole, Karen C. Macdonald

SLACK Incorporated, United States, 2015. Hardback. Condition: New. Language: English . Brand New Book. Productive Aging: An Occupational Perspective is a concise and practical text that takes a fresh look at our rapidly expanding and diverse older population. Recognizing the unique identity of each older person, this text provides client-centered guidelines for maximizing function, independence, and wellness. Productive Aging also outlines self-management strategies for promoting participation and engagement in productive occupations for the older persons own continuing development, health, and well-being. Productive Aging not only summarizes current evidence, but it looks into the lives of forty productive agers who shared their personal perspective with the authors as part of an original qualitative study. These participant stories, often told in the participants own words, describe how current theories of aging are applied in the lives of older adults who are currently living the experience. Older adults ages 60 to 98 describe the effective strategies they used to manage their own aging process, to structure healthy lifestyles and social connections, and to intentionally direct their own productive occupations in satisfying and meaningful ways. The results of this qualitative research study have led to a grounded theory of Conditional Independence, which guides occupational therapy...



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Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Klara is a little different from the other cows, because she has a very special...