<table>
<thead>
<tr>
<th>Term</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aacd</td>
<td>see age-associated cognitive decline</td>
</tr>
<tr>
<td>Aami</td>
<td>see age-associated memory impairment</td>
</tr>
<tr>
<td>Abuse, elder</td>
<td>113–15, 137</td>
</tr>
<tr>
<td>Ace units</td>
<td>see acute care of elderly units</td>
</tr>
<tr>
<td>Aced test</td>
<td>see Assessing Capacity for Every Decision test</td>
</tr>
<tr>
<td>Acetyl cholinesterase inhibitors</td>
<td>98</td>
</tr>
<tr>
<td>Active ageing</td>
<td>49, 61, 143–4</td>
</tr>
<tr>
<td>Active care of elderly units</td>
<td>109</td>
</tr>
<tr>
<td>ADAS-cog test</td>
<td>93</td>
</tr>
<tr>
<td>ADL</td>
<td>see activities of daily living</td>
</tr>
<tr>
<td>Adult protective service</td>
<td>113</td>
</tr>
<tr>
<td>Adult care planning</td>
<td>419–23</td>
</tr>
<tr>
<td>Advanced directives (wills)</td>
<td>116</td>
</tr>
<tr>
<td>Adventures of the Spirit</td>
<td>402</td>
</tr>
<tr>
<td>Age discrimination</td>
<td>329–30, 335</td>
</tr>
<tr>
<td>Age equality</td>
<td>310–1</td>
</tr>
<tr>
<td>Age stratification perspective</td>
<td>233, 263</td>
</tr>
<tr>
<td>Age-associated cognitive decline</td>
<td>209</td>
</tr>
<tr>
<td>Age-associated memory impairment</td>
<td>209</td>
</tr>
<tr>
<td>Aged by Culture</td>
<td>399</td>
</tr>
<tr>
<td>Ageing and society paradigm</td>
<td>233, 263</td>
</tr>
<tr>
<td>Ageing as levelling hypothesis</td>
<td>345</td>
</tr>
<tr>
<td>Ageing: definition</td>
<td>1–3</td>
</tr>
<tr>
<td>Ageing in place</td>
<td>129</td>
</tr>
<tr>
<td>Ageing well</td>
<td>141–4</td>
</tr>
<tr>
<td>Ageism</td>
<td>329</td>
</tr>
<tr>
<td>Agesilaus</td>
<td>228</td>
</tr>
<tr>
<td>Aging and Its Discontents</td>
<td>407</td>
</tr>
<tr>
<td>Aging and Modernization</td>
<td>342</td>
</tr>
<tr>
<td>Aging as a Feminist Issue</td>
<td>400</td>
</tr>
<tr>
<td>Aggressive symptom management</td>
<td>422</td>
</tr>
<tr>
<td>AIDS</td>
<td>322, 323–5</td>
</tr>
<tr>
<td>Alarms</td>
<td>371</td>
</tr>
<tr>
<td>Alcohol</td>
<td>64, 65, 180, 200</td>
</tr>
<tr>
<td>AlF</td>
<td>see assisted living facility</td>
</tr>
<tr>
<td>Alternative living</td>
<td>111</td>
</tr>
<tr>
<td>Alzheimer's disease</td>
<td>206</td>
</tr>
<tr>
<td>See also Ch. 4 passim</td>
<td></td>
</tr>
<tr>
<td>Androgens</td>
<td>296–7</td>
</tr>
<tr>
<td>Antagonistic pleiotropy theory of ageing</td>
<td>25</td>
</tr>
<tr>
<td>Anthologies, literary</td>
<td>402–3</td>
</tr>
<tr>
<td>Anthropo-gerontology</td>
<td>345</td>
</tr>
<tr>
<td>Anthropology</td>
<td>341, 343</td>
</tr>
<tr>
<td>Anti-ageing medicine</td>
<td>39–40</td>
</tr>
<tr>
<td>Anticholinergic drugs</td>
<td>102</td>
</tr>
<tr>
<td>Anxiety</td>
<td>202–4</td>
</tr>
<tr>
<td>Age of onset</td>
<td>203</td>
</tr>
<tr>
<td>And health</td>
<td>203</td>
</tr>
<tr>
<td>Presentation</td>
<td>203</td>
</tr>
<tr>
<td>Prevalence</td>
<td>202–3</td>
</tr>
<tr>
<td>Types of fear</td>
<td>201–4</td>
</tr>
<tr>
<td>Apoe</td>
<td>see apolipoprotein E</td>
</tr>
<tr>
<td>Apolipoprotein E</td>
<td>32</td>
</tr>
<tr>
<td>Aps</td>
<td>see adult protective service</td>
</tr>
<tr>
<td>Aristotle</td>
<td>33</td>
</tr>
<tr>
<td>Artificial hydration and nutrition</td>
<td>422–3</td>
</tr>
<tr>
<td>As We Are Now</td>
<td>390, 394, 398, 400</td>
</tr>
<tr>
<td>As You Like It</td>
<td>391</td>
</tr>
<tr>
<td>Assessed cognition</td>
<td>161, 181</td>
</tr>
<tr>
<td>Assessing Capacity for Every Decision test</td>
<td>95</td>
</tr>
<tr>
<td>Assessment of daily living</td>
<td>52, 56, 65, 71, 108</td>
</tr>
<tr>
<td>See also activities of daily living</td>
<td></td>
</tr>
<tr>
<td>Assisted living facility</td>
<td>111</td>
</tr>
<tr>
<td>Assistive technology</td>
<td>371, 381</td>
</tr>
<tr>
<td>AT</td>
<td>see assistive technology</td>
</tr>
<tr>
<td>Attention</td>
<td>163–5</td>
</tr>
</tbody>
</table>
Index

attention shift 164
and global cost 165
and local cost 165
attentional field 165
attitudes to ageing and old age 11–12
atypical ageing 194
autism 432
autobiographical memory 172–3
autobiography: see life writing

baby boomers 9
Bach 183
badanti 317–18
balance 66
Baltimore Longitudinal Study of Aging 285
Bangkok Charter for Health Promotion 61
Barcelona European Council 260, 329
BDI: see Beck Depression Inventory
Beck Depression Inventory 151
behavioural and psychological symptoms of dementia 206
benign senescent forgetting 209
Bennett, Alan 331
bereavement 198–9, 424–6
Berlin Ageing Study 175, 180
beta amyloid plaques 98
Beveridge Report 236
biogerontology: definition 22
bioinformatics 41
Bismarck, Otto von 253
blood pressure 107
body image 240–1
and gender 241–2
bone resorption 108
Bonner Längsschnittstudie des Alterns 175
brain: age changes in 178–80
Brinley plot 163
BSF: see benign senescent forgetting
Caenorhabditis elegans 30
caloric restriction and lifespan 28–9, 38, 40, 41
cancer: see Chs 3 and 4 passim
capacity assessment 95
Capacity to Consent to Treatment Instrument 95
cardiovascular disease 326
care, family: see Ch. 5 passim
care, formal 129–30
care, social
and dementia 146–9
changing concepts of 139–41
dynamics of 128–9
care and neighbours 138–9
cares dilemma 136–8
formal and integration with informal care 149–51
in post-industrial society 133–41
informal, limitations of 132–3
settings of 423–4
urban versus rural family 134–5
caregiver burden 423–4
caregivers 73–6
and dementia 217
daughters as 134, 136, 137
catastrophic cognition 204
CBT: see cognitive behavioural therapy
CCM: see chronic care model
CCTI: see Capacity to Consent to Treatment Instrument
cellular senescence 37–8
central nervous system, examination of 93
Cézanne 183
CGA: see comprehensive geriatric assessment
challenging behaviour 146
challenging behaviours 216
chess 181
childhood amnesia 172
China, People’s Republic of 128, 135
chronic care model 72–3
chronic disease: see Chs 3 and 4 passim
chronic obstructive pulmonary disease (COPD) 418
Citizen Kane 4
classical evolutionary theory of ageing 25
clock drawing test 93
Cockayne syndrome: see progeroid syndrome
cognition/cognitive performance: see Ch. 2 passim
cognitive behavioural therapy 215
cognitive skills and depression: see depression
and cognitive impairment
cohort effect 173, 175
Index

cohort flow 233
communication, patient–clinician 107–8
compensation, cognitive 187–8
comprehensive geriatric assessment 89–96, 111
definition 89
compression of morbidity 52, 77, 230
conservatorship: see guardianship
continuity theory 232, 262
convoys (social relations) 135–6
creativity 183–4, 395–7
peak of 183–4
critical gerontology 234–5
critical theory 264
cross-cultural gerontology 341–4
crystallized intelligence 175
cubic model of suicide 151
daf genes: see genes and ageing
damage-based theories of ageing 34–7
death
gender differences in 238
increased probability with age 23–4, 53, 55
preparedness 425–6
principal causes of 10, 21–2, 88, 417
unacknowledged role in gerontology 433
Death in Venice 408
decisional capacity 95
Declining to Decline 399
delirium 96, 99–100, 104
clinical signs and symptoms 100
definition 99
evaluation 100
intervention 100
prevalence 100
dementia 97–8, 104, 112, 139, 205–17
and brain pathology 208
and caregivers 217
and depression 197, 202
and education 211–12
and family support 136
and normal ageing 207–9, 210
and palliative care 419, 420, 421, 422, 423
and pre-morbid intelligence 211–12
and social care 146–9
and technology 374
ascertainment bias 212
brain reserve capacity model 212
cognitive reserve model 212
communication in 146–8
definition 97
evaluation 98
fear of 160
intervention 98, 214–17
Kitwood’s model 213–14
prevalence 97, 210–11
risk factors 212–13
symptoms and prognosis 97–8, 205–7
therapeutic approaches 216–17
types 206–7
demographic change 228, 229
demographics 6–10, 366–8
need for better data 328–9
dependence 64, 77
depression 93–4, 98–9, 104, 151, 196–202
and bereavement 198–9, 200
and cognitive impairment 201–2
and dementia 197, 202
and life events 197
and Parkinson’s disease 197–8
and physical health 197–8
and suicide 199–201
definition 98
evaluation 99
prevalence 99, 196–7
symptoms 99, 196
treatment 99, 215
depth of processing 169
design for all 375
developmental theory of ageing 38
Dewey’s paradox of ageing 5
diabetes 66, 180, 294
see Chs 3 and 4 passim
Diaries of Jane Somers 394
diet 64, 65, 66–9
dietary reference intake 67
digit span 166–7
disease: prevention 53–5
diseases associated with ageing 22
disengagement theory 14, 231–2, 262
and gender 231–2
disposable soma theory of ageing 24–5
divided attention 163–5
divorce 239
DNA damage and repair 35, 36
Donne, John 416
double jeopardy 244, 345
'double standard of aging’ 400
DRI: see dietary reference intake
drinking: see alcohol
driving
and attention 163, 165
and response times 162
see also motor vehicle accidents
drugs, new, caution in use 106
DSM (Diagnostic and Statistical Manual) 206, 301, 305
dual task paradigm 164
Duke Longitudinal Study 175
dyspareunia 304, 328
eyearly retirement plans 268
ecological validity 175
ED: see erectile dysfunction
El Niño 435
electroconvulsive therapy 99
employment, extending time in 260, 271
encoding specificity 169
endocrine theory of ageing 38
endocrinology 295–7
energy consumption hypothesis 34
episodic memory 167, 168–9
erectile dysfunction 305–7
see also Ch. 10 passim
Erikson’s stage theory 13
ethnic lens 344
ethnicity 243–5, 344–6
ethnogerontology 344–8
history of 346–8
UK–USA comparison 347–8
European Senior Watch 370, 377
euthanasia 422
everyday problem solving 176–7
evolutionary theory of ageing 24–5
examination, physical 92–4
Executive Interview Test 95
exercise 64, 65–6, 105
and cognitive skills 185–6
and dementia onset 98
EXIT test: see Executive Interview Test expertise 181–3
‘explain’ and ‘improve’ goals 5
explicit memory 167–8
falls 56–7, 101, 203
definition 101
evaluation 101
intervention 58, 101
prevalence 101
risk factors and outcomes 101
social and family consequences of 128
families: and retirement 271–3
family support
and gender 137–8
and health 136
feminization of ageing 243, 325–6
fiction, contemporary 393–5
Fictions of Old Age in Early Modern Literature 410
Figuring Age 408
Fisher, H.A.L. 430
fluid intelligence 175
Ford Motor Company 255
free radical theory 35–6
Freudian model of ageing 12–13
FSD: see sexual dysfunction: female
function 105–6
functional assessment 94–6
functional impairment: causes of 88–9
Gemeinschaft 133–4
gender 400–2
differences 228–9
and gerontology 235–9
and health 237–8
and inequality 236–7
genes and ageing 30–2
genital prime 298
genome 40, 41
geriatric management principles 103–9
geriatric syndromes 96–103
gerontotechnology: definition 363
Gerontology Journal 364
gerontology
and gender 235–9
definition 1–3, 15–16, 230
feminist critique of 234
need for 5–6
scope of interests 432
gerotranscendence 50
Gesellschaft 133–4
GH: see growth hormone
Index

Giorgione 4
Global Study of Sexual Attitudes and Behaviors 285
global warming 435
globalization 351–6
goals of care 419–21
Goethe 183
Greer, Germaine 400
greying population 6
grief 424–6
Growing Older programme 127, 142
growth hormone 38, 39
guardianship 116
happiness: promotion in later life 151
Haslemere Home for the Elderly 11
Hayflick limit 37
HCAI: see Hopemont Capacity Assessment Interview
head and neck, examination of 92
health
and behavioural factors 64–5
and cultural factors 61–2
and educational factors 64
and environmental factors 70–2
and gender 63
and intervention 69–70
and nutrition 66–9
and physical activity 65–6
and retirement 268–9
and sexual dysfunction 292–4
and social care 72–3
determinants of 61–73
personal 63–4
health promotion 53–4, 58–61, 73–6
Health Promotion Model 61
health screening 55–8
heart disease: see Chs 3 and 4 passim
heart, examination of 92
HELP: see Hospital Elder Life Program
Herrick, Robert 391
HIA: see home improvement agencies
hippocampus 167–8, 179
home improvement agencies 372
home safety 57
homeostasis 24
Hong Kong 128
Hopemont Capacity Assessment Interview 95
Hospital Elder Life Program 109
housebound older adults 135
HSDD: see hypoactive sexual desire disorder
humanistic gerontology 390
Hutchinson–Gilford syndrome: see progeroid syndrome
hyperactive delirium 100
hypoactive delirium 100
hypoactive sexual desire disorder (female) 301–3
hypoactive sexual desire disorder (male) 307–8
hypogonadism 307
IADL: see instrumental activities of daily living
iatrogenic problems 108
ICD-10 (International Classification of Diseases) 206
ICF 56
IGF: see insulin/insulin-like growth factor
immobility 58
implicit memory 167, 168
inclusive design 375
incontinence 102
clinical signs and symptoms 102
definition 102
evaluation 102
intervention 102
prevalence 102
individual-level theories of retirement 261–2
information processing: see speed of processing
instrumental activities of daily living 94
insulin/insulin-like growth factor 30, 31–2, 38
insurance, for long-term care 116
intelligence 173–7
intelligence change
and biological changes 178–80
and health 180
and racial/cultural differences 180
job skills and performance 182–3
Jonson, Ben 392
Index

KELS: see Kohlman Evaluation of Living Skills
King Lear 391, 394
Kitwood’s equation 214–17
Kitwood’s model of dementia 146–7, 213–14
limitations of 147
Kohlman Evaluation of Living Skills 95
LAT: see living apart together
LBD: see Lewy body dementia
Leipzig principles 108–9
Lewy body dementia 206
Lewy body disease 97, 98
life-course perspective 265–6
life expectancy 6–10, 21, 51–2
best practice 7, 8
disability-free 52
economic differences 10
gender differences 6, 22–3, 52, 63–4
geographical differences 10, 63–4
historical differences 6–8
longevity fan 8
surviving 9
life history theory of ageing 25–7
life writing 398–9
life expectancy theory 27
life span versus longevity 27
lifestyle monitoring 373
lifetime homes 375
lighting 375–6
limited cognitive disturbance 209
literary gerontology: models of 406–9
literature
as a resource for gerontologists 404–6
future directions 409–11
Litwak’s theory of social functions 138–9, 149
living alone 368
living apart together 242
Lockerbie air crash 205
Long Life, The 410
long-term memory 166
longevity fan 8
longevity increases: side effects 433–5
Longevity Revolution 416
longitudinal research 173–5
Lost Horizon 4
Lubben Social Networks Scale 139
lung disease: see Chs 3 and 4 passim
lungs, examination of 92
MacArthur Competency Assessment Tool 95
Madrid International Plan of Action on Ageing 321–2, 326
malnutrition 331–3
managing older patients: see geriatric management principles
marriage 229
Marxism 233, 264
masculinities 238
Massachusetts Male Aging Study 242, 286, 297
Matthew effect 186
MCI: see mild cognitive impairment
mechanical senescence 33
mechanistic theories of ageing 32–3
Medawar, Peter 4
memory 166–73, 200
for context 170
for names 169–70
organization 169
retrieval 169
Memory and Desire 406
‘men die quicker, but women are sicker’ 325
menopause 300, 302
midlife Bildung 393
migrants and migration 351–6
mild cognitive impairment 98, 209–10
mild dementia 209
Mini-cog test 93
Mini-Mental State Examination 93, 112
minimal dementia 209
MIPAA see Madrid International Plan of Action on Ageing
misidentification syndrome 206
mistreatment 113–15
mitochondria 35, 36
MMSE: see Mini-Mental State Examination
mobility 377–8
modernity 1 and 2 235
modernization theory 263
mood disorders 196–205
motor vehicle accidents 111–13, 165
Mozart 183
Index

MSD: see sexual dysfunction: male
musculoskeletal system, examination of
94
mutation accumulation theory of ageing
25
'My Picture Left in Scotland' 392
MyPyramid 68
myths of ageing
antediluvian 4
fountain of youth 4, 39, 40
hyperborean 4
Tithonus 4, 5, 17, 39, 40, 107, 433
National Health and Social Life Survey
(NHSIS) 286
NCEA incidence study 113
neglect 113
negligible senescence 26
network mapping 139
NHSIS: see National Health and Social Life
Survey
NMDA inhibitors 98
Nun Study 208
Nurses Improving Care for Hospitalized Elders
109
obesity 68–9
occult symptoms 96
old age
as motif/metaphor 391–3
as punishment 4
definition 1–3, 366
historical concepts 3
Old Age (de Beauvoir) 390, 398, 401
old age dependency ratio 322
Old Age in English History 409
Older Woman in Recent Fiction 402
osteoporosis 57–8
Ottawa Charter for Health Promotion 61
over-justification hypothesis 299
over-management of disease 106–7
Oxford Book of Aging 403
oxidative damage 35
pain 418
management 418–19
palliative care 417–23
Palmore Facts on Aging Quiz 12
paranoid delusions 104
patient history 90–1
collateral 91
medical 90–1
medication 91
social 91
PDE-5 inhibitors 283, 305, 306
PEG: see percutaneous endoscopic
gastrostomy
pensions
government policy 266, 268
history of 253
impoverishment model 254
industrialization hypothesis 254
shift from benefit to contribution plan 267
social security model 254
perceptual speed 161
percutaneous endoscopic gastrostomy 422
Personal Wellbeing Index 144–6
personality 160, 200
personhood model: see Kitwood’s model of
dementia
Peter the Hermit 227
Phestilla sibogae 38
Philemon and Baucis 5
physical performance test 95
physiological ageing 22
Picasso 183
Pick’s disease 207
Picture of Dorian Gray 407
plasticity of ageing 27–9
Plato 228
pneumonia 58
policies on ageing
and heterogeneous populations 324
and technology 383–4
cross-nation comparison 322–4
formulation and implementation 319
history 319–22
scope 318–19
political economy of ageing theory 263
political economy of old age 233–4
polypharmacy 103
causes 103
definition 103
prevention 103
population heterogeneity 324
increasing proportion of older people 6, 9
population trends: see demographics
positive psychology 151
post-traumatic stress disorder 204–5
poverty 71–2
power of attorney 419
PRESIDE study 287
pressure ulcers 58, 105, 108
Prester John 4
prevention of disease/early death 53–5
primary 54, 77
secondary 54, 77
tertiary 54, 58, 77, 109
productive ageing 262
progeroid syndrome 29–30
programmed theories of ageing 38–9
Project AGE 349
prolonged grief disorder 425
Prop1 gene 31, 32
prophylactic treatment 107
prospective memory 170–1
Proulx, Annie 183
proxy, health care 419
pseudodementia 202
PTSD: see post-traumatic stress disorder
PWI: see Personal Wellbeing Index
QOL: see quality of life
quality of life 143, 144–6
in China 143
questionable dementia 209
Quetelet, Adolphe 2–3
r and K selections 27
Rabbit Is Rich 394
rainbow analogy 2
rate of living theory 33–4
RDA: see recommended daily allowance
reaction times: see speed of processing
reactive oxygen species 35, 36
Reckoning, A 404
recommended daily allowance 67
rectangular survival curve 52
Reifungssroman 394
relationships 242–3
reminiscence bump 172
reminiscence therapy 215
replicative senescence 37–8
residential care 237
resilience 49–51, 75, 78
resveratrol 40
retirement
age of 260–1, 267
age stratification theory 263
ageing and society paradigm 263
and families 271–3
as rite of passage 257
assumed norm 267
Atchley’s theory 264
critical theory 264
decision-making theory 262
definition of 256–8
ethnicity/country 270
factors shaping decision to retire 269–71
gender differences 259, 269, 271, 272
health and wealth 268–9
history of 252–6
individual level theories of 261–2
issues in retirement 266–9
late retirees 271
length 261
mandatory, creation of 255
micro- and macro-perspectives 265–6
modernization theory 263
national/cultural differences 255–6
percentage in different countries 258–60
political economy of ageing theory 263
process approach 258
revision of concept 266–8
scope 258–60
societal theories 263–4
theories of 261–6
retirement: transitional job into 268
type of employment 270
Retooling for an Aging America 117
reversible dementia of depression: see pseudodementia
Role of the Aged in Primitive Society 342
ROS: see reactive oxygen species
RS: see replicative senescence
Index

'Sailing to Byzantium' 392
Seattle Longitudinal Study 173–5
secondary memory 171–2
selective attention 163
selective optimization with compensation 50, 187–8
selective serotonin reuptake inhibitors 99, 294
self-harm 201
self-neglect 115
Self-Neglect Severity Scale 95
self-perception theory 298
self-reported health 51
self-transcendence 50
semantic memory 167, 168
semelparous animals 26, 38
Seneca 48
senior moment 161
sensory functioning; role in cognition 178
services for older adults
cross-nation comparisons 327
dedicated versus age-inclusive 326–7
economic cost 327
human resources 327
sustainability 327
sexual behaviour
and psychosocial factors 297–301
attitudes towards 285–6
frequency of intercourse 285
gender differences 285–6, 287
satisfaction with 288
sexual dysfunction
and endocrinology 295–7
and medical conditions 292–4
and medication 294
and psychiatric conditions 297
and psychosocial factors 299–300
assessment and treatment 308–11
female 287–8, 301–4
male 305–8
prevalence 286–8
see also erectile dysfunction
sexual response
female 290–2
male 288–90
sexuality 239–40
sexually transmitted disease 309, 322, 323–5
SF–36 measure 144
shared functions: see Litwak’s theory of social functions
Singing in Tune with Time 402
sirtuins 40
6R method 147–8
skin, examination of 92
SLUMS test 93
smart housing 375–6
smoking: ban 434–5
smoking: see tobacco
SOC: see selective optimization with compensation
social capital 141–2
social gerontology: history of 230–5
socio-economic status 324–5
Socrates 228
Sophocles 228
Space Crone 402
speed of processing 161–3, 177–8
SPT: see self-perception theory
SSRIs: see selective serotonin reuptake inhibitors
Star Trek: Insurrection 4
'start slow and go slow' 106
stereotypes 11–12, 228
Stockholm European Council 260
Stravinsky 183
stress management model of dementia care 148–9
Stroop task 163
subjective well-being 144–6
successful ageing 48–9, 52, 262, 340, 348–51
and culture 349–51
suicide 199–201
support network
size of 135
informal 127–31, 133
see also Ch. 5 passim
support ratios 368
support systems, natural 129
symbolic interactionism 233
symptom management 418–19, 421, 422
target heart rate 66
target of rapamycin pathway 40
technology
and dementia 374
and gender 379
cohort differences in use 369–70
costs 381
ethical issues 378–9
future developments 382–3
health and social care 376–7
institution/home environment 374–6
policy 383–4
transport/mobility 377–8
types and purpose 370–3
usability 379–81
telecare 372–3
telemedicine 372–3
telomerase 37, 39, 40
telomeres 37–8, 39
temporal medial lobes 167
Tennyson, Alfred, Lord 16–17
terms for older people 227
tertiary memory 171–2
theory, need for gerontological 431–2
therapy: and applicability to older people 215–16
therapy: psychological 215
Third World 356
THR: see target heart rate
three-generation household 133
threshold age 2–3
tip of the tongue (memory) 170
Tithonus 107
Tithonus myth 433
tobacco 64, 65, 68
Tönnies’ society model 133–4
TOR pathway: see target of rapamycin pathway
training, cognitive 186
treatment: withholding/withdrawing 421–2
triple jeopardy 244

‘Ulysses’ 16–17
UN Principles for Older Persons 319
UN Programme on Ageing 319, 321
universal design 375
vaccination 55–6
vagina: atrophy of 300
vaginismus 304
vascular dementia 206
vascular depression 201
Verdi 183
very mild cognitive decline 209
Viagra 242, 284
Vienna Assembly on Ageing 319
Vollendungsroman 394
vulnerability 139
addressing 115–16
of older patients 109–16
walking
and balance 164
and thinking 164
ward of court: see guardianship
Werner syndrome 29–30, 36
wet rales 92
WHO-QOL measure 144
widowhood 229, 237
wills 115
Winnie the Pooh 431
wisdom 184–5
WONCA 118
woozle hunting 431–2
workforce, ageing 368–9
role in cognition 178
see also memory passim