



Contents

List of figures	<i>page</i> vii
List of tables	viii
List of contributors	x
1 Introduction	1
Ian Stuart-Hamilton	
2 The biology of ageing: a primer	21
João Pedro de Magalhães	
3 Fostering resilience, promoting health and preventing disease in older adults	48
Sharon Ostwald and Carmel Dyer	
4 Ageing and health: managing co-morbidities and functional disability in older people	87
Carmel Dyer and Sharon Ostwald	
5 Social care and older people	126
Raymond Ngan	
6 Cognitive processes and ageing	159
Paul Verhaeghen	
7 The psychology of atypical ageing	194
Bob Woods	
8 Sociological perspectives on ageing	226
Kate Davidson	

Contents

9 Retirement	251
Lynn McDonald	
10 Sexuality and ageing	283
Rebecca Flyckt and Sheryl A. Kingsberg	
11 Policies on ageing	317
Suzanne Wait	
12 Cross-cultural differences in ageing	340
Sandra Torres	
13 Technology and ageing	363
Anthea Tinker	
14 Literary portrayals of ageing	389
Diana Wallace	
15 Palliative care for older adults	416
Lynn O'Neill and Sean Morrison	
16 Conclusions	430
Ian Stuart-Hamilton	
Index	438