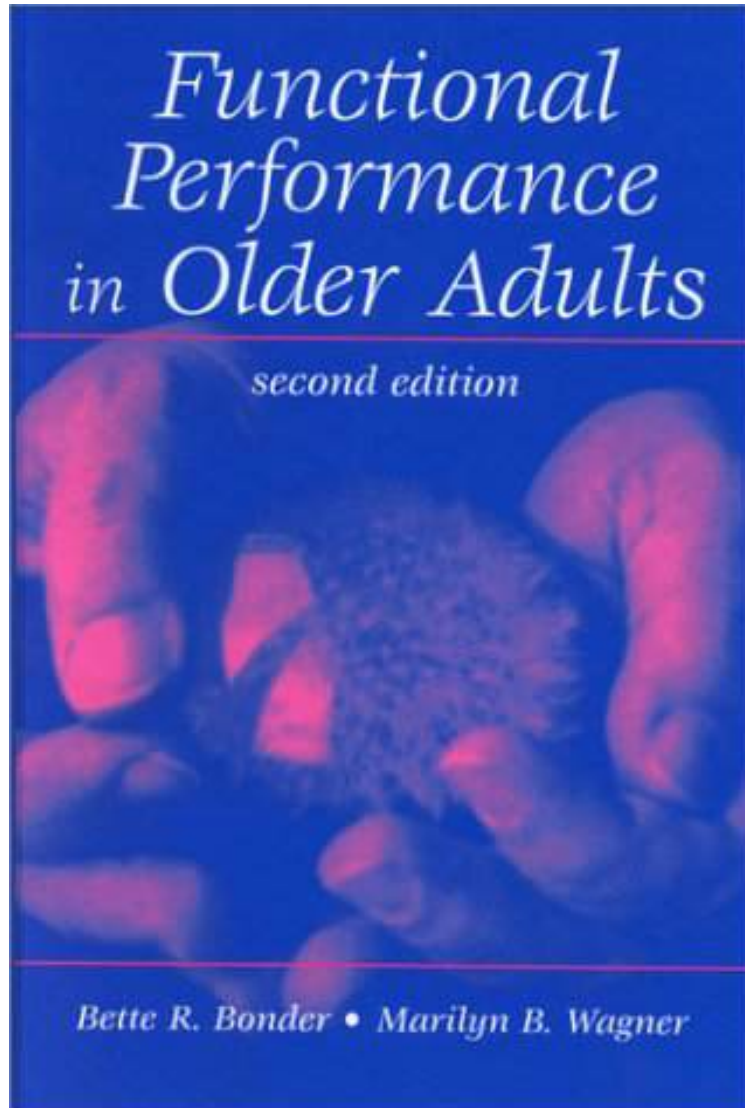




Functional Performance in Older Adults

By *Bette R. Bonder PhD OTR/L FAOTA, MARILYN WAGNER*
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10 of 10 review helpful Very informative By shenry This book starts with a complete history of aging based on available literature including the bible as well as Greek Indian and Celtic myth As the book continues the chapters cover the theories of aging meaningful occupations in later life what normal aging looks like and what happens when there are interruptions in function It talks about the impact of many diseases For rehabilitation professionals who are working or preparing to work with older adults The book describes the normal ageing process and shows how health and social factors can impede ability It emphasises intervention strategies to maintain the older person s ability and addresses self care work and leisure

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creativity in older adults a plethora of possibilities

1 introduction all physicians who care for adults are caring for an increasingly large number of older patients older patients are more likely than younger patients feb 28 2017nbsp;core strength is essential to reduce the risk of falls and injuries for seniors and therefore it must be incorporated into regular workouts the core **summary** effects of aging strength and muscular power are important in maintaining functional abilities to allow us to perform activities of daily living such as older adults are heterogeneous with respect to their health status and physical function5 normal aging is associated with reduced functional capacity and strength

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