

Download Gerontological Nursing Promoting Successful Aging With Older Adults

Carolyn I. Speros, DNSc, APRN, ANP/FNP-BC. Abstract. Inadequate health literacy disproportionately affects older adults in the United States. The complexities associated with managing chronic disease and the cognitive and sensory changes associated with aging compound the challenges of teaching this highly vulnerable group. Healthy aging is not merely the absence of disease or disability, but requires physical and mental health and ongoing social engagement (1). As the average U.S. life expectancy increases, recognition that public health can play a vital role in promoting healthy, successful aging even in the face of increased prevalence of chronic diseases, including types of dementia, among older adults (i.e. ...Fayron Epps, PhD, RN, is the author of the Western Schools' course, Healthy Aging, 2nd Edition, she has been a registered nurse for 16 years. She recently completed her postdoctoral fellowship with the National Hartford Center of Gerontological Nursing Excellence. Donna Fick, PhD, RN, FGSA, FAAN, is the Elouise Ross Eberly Professor of Nursing, professor of medicine, and director of the Center of Geriatric Nursing Excellence, at Penn State. In addition to her Penn State faculty appointments, Fick serves as editor of the Journal of Gerontological Nursing and is a Fellow of both the American Academy of Nursing and the Gerontological Society of America.