The health care industry has continued its efforts to promote health and prevent disease among elderly populations. In this book, however, the authors argue that simple health promotion and disease prevention are not enough to address the many challenges of aging—whether it entails being physically frail, living with dementia, or approaching death. Instead, the unique focus of this groundbreaking text centers on maximizing function and well-being for the elderly.

This book promotes the development and maintenance of optimal physical, mental, and social functioning, irrespective of acquired disease and with due recognition of the senescent changes that accompany late life.

Updated, revised, and significantly expanded, this second edition contains new chapters that examine chronic disease, long-term care, and ethical issues in public health and aging. The book also serves as an excellent book for both graduate and undergraduate curriculums.