

Aging and Long-Term Care

Bibliography

Acierno, R., Hernandez-Tejada, M. A., Muzzy, W., & Steve, K. (2010). Prevalence and correlates of emotional, physical, sexual, and financial abuse and potential neglect in the United States: The National Elder Mistreatment Study. *American Journal of Public Health*, 100(2), 292–297. <https://doi.org/10.2105/AJPH.2009.163089>

Administration for Community Living. (2023). 2023 Profile of older Americans. U.S. Department of Health and Human Services. <https://acl.gov>

Alexopoulos, G. S., Raue, P. J., Arean, P., & Bruce, M. L. (2011). Problem-solving therapy for the depressed elderly. In P. M. Arean (Ed.), *Treatment of late-life depression, anxiety, and cognitive disorders* (pp. 23–41). American Psychiatric Publishing.

Alzheimer's Association. (2023). 2023 Alzheimer's disease facts and figures. *Alzheimer's & Dementia*, 19(4), 700–789. <https://doi.org/10.1002/alz.13013>

Alzheimer's Association. (2024). 2024 Alzheimer's disease facts and figures. *Alzheimer's & Dementia*. Advance online publication. <https://doi.org/10.1002/alz.13884>

American College of Sports Medicine. (2021). ACSM's guidelines for exercise testing and prescription (11th ed.). Wolters Kluwer.

American Diabetes Association. (2024). Standards of medical care in diabetes—2024. *Diabetes Care*, 47(Suppl. 1), S1–S202. <https://doi.org/10.2337/dc24-Sint01>

American Geriatrics Society. (2023). Updated AGS Beers Criteria® for potentially inappropriate medication use in older adults. *Journal of the American Geriatrics Society*, 71(4), 978–1003. <https://doi.org/10.1111/jgs.18372>

American Psychiatric Association. (2019). The American Psychiatric Association practice guideline for the treatment of patients with major depressive disorder (3rd ed.). American Psychiatric Association Publishing.

American Psychiatric Association. (2022). Diagnostic and statistical manual of mental disorders (5th ed., text rev.; DSM-5-TR). American Psychiatric Association Publishing.

Antonucci, T. C., Ajrouch, K. J., & Birditt, K. S. (2014). The convoy model: Explaining social relations from a multidisciplinary perspective. *The Gerontologist*, 54(1), 82–92. <https://doi.org/10.1093/geront/gnt118>

- Atchley, R. C. (1989). A continuity theory of normal aging. *The Gerontologist*, 29(2), 183–190. <https://doi.org/10.1093/geront/29.2.183>
- Babor, T. F., Higgins-Biddle, J. C., Saunders, J. B., & Monteiro, M. G. (2001). AUDIT: The Alcohol Use Disorders Identification Test: Guidelines for use in primary care (2nd ed.). World Health Organization.
- Back, A. L., Arnold, R. M., & Tulsky, J. A. (2009). Mastering communication with seriously ill patients: Balancing honesty with empathy and hope. Cambridge University Press.
- Baltes, P. B., & Baltes, M. M. (1990). Psychological perspectives on successful aging: The model of selective optimization with compensation. In P. B. Baltes & M. M. Baltes (Eds.), *Successful aging: Perspectives from the behavioral sciences* (pp. 1–34). Cambridge University Press.
- Bastien, B. (2021). Indigenous understandings of aging and the role of elders. *Journal of Cross-Cultural Gerontology*, 36(3), 201–217. <https://doi.org/10.1007/s10823-021-09425-y>
- Belle, S. H., Burgio, L., Burns, R., Coon, D., Czaja, S. J., Gallagher-Thompson, D., Gitlin, L. N., ... & Zhang, S. (2006). Enhancing the quality of life of dementia caregivers from different ethnic or racial groups: A randomized, controlled trial. *Annals of Internal Medicine*, 145(10), 727–738. <https://doi.org/10.7326/0003-4819-145-10-200611210-00005>
- Bengtson, V. L., & Roberts, R. E. L. (1991). Intergenerational solidarity in aging families: An example of formal theory construction. *Journal of Marriage and the Family*, 53(4), 856–870. <https://doi.org/10.2307/352993>
- Berkman, L. F., Glass, T., Brissette, I., & Seeman, T. E. (2000). From social integration to health: Durkheim in the new millennium. *Social Science & Medicine*, 51(6), 843–857. [https://doi.org/10.1016/S0277-9536\(00\)00065-4](https://doi.org/10.1016/S0277-9536(00)00065-4)
- Bernacki, R., & Block, S. D. (2014). Communication about serious illness care goals: A review and synthesis of best practices. *JAMA Internal Medicine*, 174(12), 1994–2003. <https://doi.org/10.1001/jamainternmed.2014.5271>
- Bernard, J. M., & Goodyear, R. K. (2019). *Fundamentals of clinical supervision* (6th ed.). Pearson.
- Blow, F. C. (1991). Michigan Alcoholism Screening Test–Geriatric Version (MAST-G). University of Michigan Alcohol Research Center.
- Blow, F. C., & Brower, K. J. (1991). The Michigan Alcoholism Screening Test–Geriatric Version (MAST-G): A new elderly-specific screening instrument. *Alcoholism: Clinical and*

Experimental Research, 15(3), 537–544. <https://doi.org/10.1111/j.1530-0277.1991.tb00557.x>

Bodenmann, G. (2005). Dyadic coping and its significance for marital functioning. European Psychologist, 10(3), 182–192. <https://doi.org/10.1027/1016-9040.10.3.182>

Bonanno, G. A. (2004). Loss, trauma, and human resilience: Have we underestimated the human capacity to thrive after extremely aversive events? American Psychologist, 59(1), 20–28. <https://doi.org/10.1037/0003-066X.59.1.20>

Borg, G. (1998). Borg's perceived exertion and pain scales. Human Kinetics.

Boss, P. (2006). Loss, trauma, and resilience: Therapeutic work with ambiguous loss. W. W. Norton & Company.

Bowen, M. (1978). Family therapy in clinical practice. Jason Aronson.

Brandtstädtter, J., & Greve, W. (1994). The aging self: Stabilizing and protective processes. Developmental Review, 14(1), 52–80. <https://doi.org/10.1006/drev.1994.1003>

Breitbart, W., Poppito, S., Rosenfeld, B., Vickers, A. J., Li, Y., Abbey, J., ... & Cassileth, B. R. (2010). Pilot randomized controlled trial of individual meaning-centered psychotherapy for patients with advanced cancer. Journal of Clinical Oncology, 28(28), 4735–4740. <https://doi.org/10.1200/JCO.2009.26.4138>

Burnes, D., Acierno, R., & Hernandez-Tejada, M. (2016). Help-seeking among victims of elder abuse: Findings from the National Elder Mistreatment Study. Journals of Gerontology: Series B, 74(5), 891–896. <https://doi.org/10.1093/geronb/gbw147>

Cacioppo, J. T., & Hawkley, L. C. (2009). Perceived social isolation and cognition. Trends in Cognitive Sciences, 13(10), 447–454. <https://doi.org/10.1016/j.tics.2009.06.005>

Carstensen, L. L. (1999). Taking time seriously: A theory of socioemotional selectivity. American Psychologist, 54(3), 165–181. <https://doi.org/10.1037/0003-066X.54.3.165>

Carstensen, L. L. (2021). Socioemotional selectivity theory: The role of perceived endings in human motivation. Annual Review of Psychology, 72, 767–790. <https://doi.org/10.1146/annurev-psych-060220-122626>

Cattan, M., White, M., Bond, J., & Learmouth, A. (2005). Preventing social isolation and loneliness among older people: A systematic review of health promotion interventions. Ageing & Society, 25(1), 41–67. <https://doi.org/10.1017/S0144686X04002594>

Centers for Disease Control and Prevention. (2022). Older adults: FastStats. National Center for Health Statistics. <https://www.cdc.gov/nchs/faststats/older-american-health.htm>

Centers for Disease Control and Prevention. (2023). Important facts about falls. National Center for Injury Prevention and Control. <https://www.cdc.gov/falls/facts.html>

Centers for Medicare & Medicaid Services. (2022). Medicare & You 2022. U.S. Department of Health and Human Services. <https://www.medicare.gov>

Chochinov, H. M. (2011). Dignity therapy: Final words for final days. Oxford University Press.

Chodzko-Zajko, W., Proctor, D. N., Fiatarone Singh, M. A., Minson, C. T., Nigg, C. R., Salem, G. J., & Skinner, J. S. (2009). Exercise and physical activity for older adults. *Medicine & Science in Sports & Exercise*, 41(7), 1510–1530.

<https://doi.org/10.1249/MSS.0b013e3181a0c95c>

Crawford, D. W., Jackson, E. L., & Godbey, G. (1991). A hierarchical model of leisure constraints. *Leisure Sciences*, 13(4), 309–320.

<https://doi.org/10.1080/01490409109513147>

Crenshaw, K. (1991). Mapping the margins: Intersectionality, identity politics, and violence against women of color. *Stanford Law Review*, 43(6), 1241–1299.

<https://doi.org/10.2307/1229039>

Cruz-Jentoft, A. J., Bahat, G., Bauer, J., Boirie, Y., Bruyère, O., Cederholm, T., ... & Bautmans, I. (2019). Sarcopenia: Revised European consensus on definition and diagnosis. *Age and Ageing*, 48(1), 16–31. <https://doi.org/10.1093/ageing/afy169>

Csikszentmihalyi, M. (1990). Flow: The psychology of optimal experience. Harper & Row.

Cutchin, M. P. (2003). The process of mediated aging-in-place: A theoretically and empirically based model. *Social Science & Medicine*, 57(6), 1077–1090.

[https://doi.org/10.1016/S0277-9536\(02\)00486-0](https://doi.org/10.1016/S0277-9536(02)00486-0)

Curtis, J. R., Engelberg, R. A., Wenrich, M. D., Shannon, S. E., Treece, P. D., & Rubenfeld, G. D. (2001). Studying communication about end-of-life care: A framework for research. *Journal of Palliative Medicine*, 4(3), 345–350.

<https://doi.org/10.1089/109662101753123958>

Dahlhamer, J., Lucas, J., Zelaya, C., Nahin, R., Mackey, S., DeBar, L., Kerns, R., Von Korff, M., Porter, L., & Helmick, C. (2018). Prevalence of chronic pain and high-impact chronic pain among adults—United States, 2016. *Morbidity and Mortality Weekly Report*, 67(36), 1001–1006. <https://doi.org/10.15585/mmwr.mm6736a2>

Dale, W., Mohile, S. G., Eldadah, B. A., Trimble, E. L., Schilsky, R. L., Cohen, H. J., Muss, H. B., & Schenkein, D. P. (2023). Geriatric assessment in oncology: Guiding treatment

decisions for older adults with cancer. *Journal of Clinical Oncology*, 41(5), 1035–1043. <https://doi.org/10.1200/JCO.22.01034>

Dong, X. (2015). Elder abuse: Systematic review and implications for practice. *Journal of the American Geriatrics Society*, 63(6), 1214–1238. <https://doi.org/10.1111/jgs.13454>

Elwyn, G., Frosch, D., Thomson, R., Joseph-Williams, N., Lloyd, A., Kinnersley, P., ... & Barry, M. (2012). Shared decision making: A model for clinical practice. *Journal of General Internal Medicine*, 27(10), 1361–1367. <https://doi.org/10.1007/s11606-012-2077-6>

Engel, G. L. (1977). The need for a new medical model: A challenge for biomedicine. *Science*, 196(4286), 129–136. <https://doi.org/10.1126/science.847460>

Erikson, E. H. (1997). The life cycle completed (Extended version). W. W. Norton & Company.

Fang, M. L., Sixsmith, J., Sinclair, S., & Horst, G. (2022). A knowledge synthesis of culturally- and spiritually-sensitive end-of-life care: Findings from a scoping review. *BMC Geriatrics*, 22, 35. <https://doi.org/10.1186/s12877-021-02689-2>

Fries, J. F. (2002). Aging, natural death, and the compression of morbidity. *Bulletin of the World Health Organization*, 80(3), 245–250.

Fulmer, T., Street, S., & Carr, K. (2000). Abuse of the elderly: Screening and detection. *Journal of Emergency Nursing*, 26(5), 436–443. <https://doi.org/10.1067/men.2000.110968>

George, L. K. (2022). The biopsychosocial model of aging: Past, present, and future. *The Gerontologist*, 62(7), 961–969. <https://doi.org/10.1093/geront/gnac055>

Greenfield, E. A. (2012). Using ecological frameworks to advance a field of research, practice, and policy on aging-in-place initiatives. *The Gerontologist*, 52(1), 1–12. <https://doi.org/10.1093/geront/gnr108>

Guerrero, E. G., Marsh, J. C., Khachikian, T., Amaro, H., & Vega, W. A. (2017). Culturally responsive substance abuse treatment for Latinos: A randomized controlled trial. *Journal of Substance Abuse Treatment*, 73, 36–44. <https://doi.org/10.1016/j.jsat.2016.11.006>

Haveman, R., Holden, K., Wolfe, B., & Sherlund, S. (2007). The role of social security in maintaining the living standards of elderly Americans: The distributional impact of alternative policies. *Journal of Policy Analysis and Management*, 26(2), 315–332. <https://doi.org/10.1002/pam.20249>

Heidenreich, P. A., Bozkurt, B., Aguilar, D., Allen, L. A., Byun, J. J., Colvin, M. M., ... & Yancy, C. W. (2022). 2022 AHA/ACC/HFSA guideline for the management of heart failure. *Journal*

of the American College of Cardiology, 79(17), e263–e421.

<https://doi.org/10.1016/j.jacc.2021.12.012>

Holt-Lunstad, J. (2018). Why social relationships are important for physical health: A systems approach to understanding and modifying risk and protection. *Annual Review of Psychology*, 69, 437–458. <https://doi.org/10.1146/annurev-psych-122216-011902>

Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: A meta-analytic review. *PLoS Medicine*, 7(7), e1000316.

<https://doi.org/10.1371/journal.pmed.1000316>

House, J. S., Landis, K. R., & Umberson, D. (1988). Social relationships and health. *Science*, 241(4865), 540–545. <https://doi.org/10.1126/science.3399889>

Idler, E. L., & Benyamin, Y. (1997). Self-rated health and mortality: A review of twenty-seven community studies. *Journal of Health and Social Behavior*, 38(1), 21–37.

<https://doi.org/10.2307/2955359>

Ilmarinen, J. (2006). The ageing workforce—Challenges for occupational health. *Occupational Medicine*, 56(6), 362–364. <https://doi.org/10.1093/occmed/kql046>

Jenkinson, C. E., Dickens, A. P., Jones, K., Thompson-Coon, J., Taylor, R. S., Rogers, M., ... & Richards, S. H. (2013). Is volunteering a public health intervention? A systematic review and meta-analysis of the health and survival of volunteers. *BMC Public Health*, 13, 773. <https://doi.org/10.1186/1471-2458-13-773>

Kagawa-Singer, M., Dressler, W. W., George, S. M., & Elwood, W. N. (2010). Understanding cultural influences on health and health-related behavior: Toward a multidisciplinary research agenda. *Social Science & Medicine*, 70(1), 1–7.

<https://doi.org/10.1016/j.socscimed.2009.09.043>

Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, methods, and research. *Psychological Bulletin*, 118(1), 3–34. <https://doi.org/10.1037/0033-2909.118.1.3>

Katz, S., Downs, T. D., Cash, H. R., & Grotz, R. C. (1970). Progress in development of the index of ADL. *The Gerontologist*, 10(1), 20–30.

https://doi.org/10.1093/geront/10.1_Part_1.20

Kingsberg, S. A., Wysocki, S., Magnus, L., & Krychman, M. L. (2019). Vulvar and vaginal atrophy in postmenopausal women: Findings from the REVIVE survey. *Journal of Sexual Medicine*, 10(7), 1790–1799. <https://doi.org/10.1111/jsm.12190>

Kleindorfer, D. O., Towfighi, A., Chaturvedi, S., Cockroft, K. M., Gutierrez, J., Lombardi-Hill, D., ... & Williams, L. S. (2021). 2021 guideline for the prevention of stroke in patients with stroke and transient ischemic attack. *Stroke*, 52(7), e364–e467.

<https://doi.org/10.1161/STR.0000000000000375>

Kolasinski, S. L., Neogi, T., Hochberg, M. C., Oatis, C., Guyatt, G., Block, J., ... & Kraus, V. B. (2020). 2019 American College of Rheumatology/Arthritis Foundation guideline for the management of osteoarthritis of the hand, hip, and knee. *Arthritis & Rheumatology*, 72(2), 220–233. <https://doi.org/10.1002/art.41142>

Markus, H., & Nurius, P. (1986). Possible selves. *American Psychologist*, 41(9), 954–969.

<https://doi.org/10.1037/0003-066X.41.9.954>

Marmot, M. (2005). Social determinants of health inequalities. *The Lancet*, 365(9464), 1099–1104. [https://doi.org/10.1016/S0140-6736\(05\)74234-3](https://doi.org/10.1016/S0140-6736(05)74234-3)

Masi, C. M., Chen, H. Y., Hawkley, L. C., & Cacioppo, J. T. (2011). A meta-analysis of interventions to reduce loneliness. *Personality and Social Psychology Review*, 15(3), 219–266. <https://doi.org/10.1177/1088868310377394>

McAdams, D. P. (2001). The psychology of life stories. *Review of General Psychology*, 5(2), 100–122. <https://doi.org/10.1037/1089-2680.5.2.100>

McAdams, D. P., & McLean, K. C. (2013). Narrative identity. *Current Directions in Psychological Science*, 22(3), 233–238. <https://doi.org/10.1177/0963721413475622>

Morrow-Howell, N., Hong, S., & Tang, F. (2009). Who benefits from volunteering? Variations in perceived benefits. *The Gerontologist*, 49(1), 91–102.

<https://doi.org/10.1093/geront/gnp007>

Mukamel, D. B., Peterson, D. R., Temkin-Greener, H., Delavan, R., Gross, D., Kunitz, S., & Williams, F. N. (2007). Program characteristics and enrollees' outcomes in the Program of All-Inclusive Care for the Elderly (PACE). *The Milbank Quarterly*, 85(3), 499–531.

<https://doi.org/10.1111/j.1468-0009.2007.00400.x>

National Academies of Sciences, Engineering, and Medicine. (2015). The growing gap in life expectancy by income: Implications for federal programs and policy responses. National Academies Press. <https://doi.org/10.17226/19015>

National Academies of Sciences, Engineering, and Medicine. (2020). Social isolation and loneliness in older adults: Opportunities for the health care system. National Academies Press. <https://doi.org/10.17226/25663>

National Cancer Institute. (2023). Cancer trends progress report. U.S. Department of Health and Human Services, National Institutes of Health.

<https://progressreport.cancer.gov>

National Eye Institute. (2022). Cataracts data and statistics. U.S. Department of Health and Human Services. <https://www.nei.nih.gov>

National Institute on Aging. (2024). Cognitive health and older adults. National Institutes of Health. <https://www.nia.nih.gov>

Neimeyer, R. A. (2001). Meaning reconstruction and the experience of loss. American Psychological Association. <https://doi.org/10.1037/10397-000>

North American Menopause Society. (2020). The 2020 genitourinary syndrome of menopause position statement. *Menopause*, 27(9), 976–992.

<https://doi.org/10.1097/GME.0000000000001609>

Orth, U., Trzesniewski, K. H., & Robins, R. W. (2010). Self-esteem development from young adulthood to old age: A cohort-sequential longitudinal study. *Journal of Personality and Social Psychology*, 98(4), 645–658. <https://doi.org/10.1037/a0018769>

Otto, C. M., Nishimura, R. A., Bonow, R. O., Carabello, B. A., Erwin, J. P., Gentile, F., ... & Toly, C. (2021). 2020 ACC/AHA guideline for the management of patients with valvular heart disease. *Journal of the American College of Cardiology*, 77(4), e25–e197.

<https://doi.org/10.1016/j.jacc.2020.11.018>

Pearlin, L. I., Mullan, J. T., Semple, S. J., & Skaff, M. M. (1990). Caregiving and the stress process: An overview of concepts and their measures. *The Gerontologist*, 30(5), 583–594. <https://doi.org/10.1093/geront/30.5.583>

Pillemer, K., Burnes, D., Riffin, C., & Lachs, M. S. (2016). Elder abuse: Global situation, risk factors, and prevention strategies. *The Gerontologist*, 56(Suppl. 2), S194–S205.

<https://doi.org/10.1093/geront/gnw004>

Pinquart, M., & Sörensen, S. (2003). Differences between caregivers and noncaregivers in psychological health and physical health: A meta-analysis. *Psychology and Aging*, 18(2), 250–267. <https://doi.org/10.1037/0882-7974.18.2.250>

Posthuma, R. A., & Campion, M. A. (2009). Age stereotypes in the workplace: Common stereotypes, moderators, and future research directions. *Journal of Management*, 35(1), 158–188. <https://doi.org/10.1177/0149206308318617>

Ryan, R. M., & Deci, E. L. (2001). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68–78.
<https://doi.org/10.1037/0003-066X.55.1.68>

Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081.
<https://doi.org/10.1037/0022-3514.57.6.1069>

Schulz, R., & Eden, J. (Eds.). (2016). Families caring for an aging America. National Academies Press. <https://doi.org/10.17226/23606>

Shonkoff, J. P. (2024). Mobilizing science to accelerate early childhood policies in the context of climate change. *The Lancet*, 403(10389), 50–52. [https://doi.org/10.1016/S0140-6736\(23\)02059-3](https://doi.org/10.1016/S0140-6736(23)02059-3)

Stroebe, M., & Schut, H. (1999). The dual process model of coping with bereavement: Rationale and description. *Death Studies*, 23(3), 197–224.
<https://doi.org/10.1080/074811899201046>

Stroebe, M., & Schut, H. (2010). The dual process model of coping with bereavement: A decade on. *Omega: Journal of Death and Dying*, 61(4), 273–289.
<https://doi.org/10.2190/OM.61.4.b>

Substance Abuse and Mental Health Services Administration. (2023). Key substance use and mental health indicators in the United States: Results from the 2022 National Survey on Drug Use and Health (HHS Publication No. PEP23-07-01-001, NSDUH Series H-58). U.S. Department of Health and Human Services. <https://www.samhsa.gov>

United States Preventive Services Task Force. (2023). Screening for depression and suicide risk in adults: US Preventive Services Task Force recommendation statement. *JAMA*, 330(10), 861–868. <https://doi.org/10.1001/jama.2023.16503>

U.S. Census Bureau. (2023). 2023 National population projections tables. U.S. Department of Commerce. <https://www.census.gov>

Wang, M., Henkens, K., & van Solinge, H. (2011). Retirement adjustment: A review of theoretical and empirical advancements. *American Psychologist*, 66(3), 204–213.
<https://doi.org/10.1037/a0022414>

Westerhof, G. J., van Vuuren, M., Brummans, B. H., & Custers, A. F. (2023). Narrative gerontology: New directions in theory, research, and practice. *The Gerontologist*, 63(7), 1001–1011. <https://doi.org/10.1093/geront/gnad034>

Whitbourne, S. K., & Collins, K. J. (1998). Identity processes and perceptions of physical functioning in adulthood. *The Gerontologist*, 38(5), 618–626.

<https://doi.org/10.1093/geront/38.5.618>

World Health Organization. (2015). World report on ageing and health. World Health Organization. <https://www.who.int/publications/i/item/9789241565042>

Ganong, L., & Coleman, M. (2017). Stepfamily relationships: Development, dynamics, and interventions (2nd ed.). Springer.

Gelso, C. J., & Hayes, J. A. (2007). Countertransference and the therapist's inner experience: Perils and possibilities. Lawrence Erlbaum Associates.

George, L. K. (2022). The biopsychosocial model of aging: Past, present, and future. *The Gerontologist*, 62(7), 961–969. <https://doi.org/10.1093/geront/gnac055>

Gottman, J. M., & Silver, N. (1999). The seven principles for making marriage work. Crown.

Greenfield, E. A. (2012). Using ecological frameworks to advance a field of research, practice, and policy on aging-in-place initiatives. *The Gerontologist*, 52(1), 1–12.

<https://doi.org/10.1093/geront/gnr108>

Guerrero, E. G., Marsh, J. C., Khachikian, T., Amaro, H., & Vega, W. A. (2017). Culturally responsive substance abuse treatment for Latinos: A randomized controlled trial. *Journal of Substance Abuse Treatment*, 73, 36–44. <https://doi.org/10.1016/j.jsat.2016.11.006>

Haveman, R., Holden, K., Wolfe, B., & Sherlund, S. (2007). The role of social security in maintaining the living standards of elderly Americans: The distributional impact of alternative policies. *Journal of Policy Analysis and Management*, 26(2), 315–332.

<https://doi.org/10.1002/pam.20249>

Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (2016). Acceptance and commitment therapy: The process and practice of mindful change (2nd ed.). Guilford Press.

Heidenreich, P. A., Bozkurt, B., Aguilar, D., Allen, L. A., Byun, J. J., Colvin, M. M., ... & Yancy, C. W. (2022). 2022 AHA/ACC/HFSA guideline for the management of heart failure. *Journal of the American College of Cardiology*, 79(17), e263–e421.

<https://doi.org/10.1016/j.jacc.2021.12.012>

Holt-Lunstad, J. (2018). Why social relationships are important for physical health: A systems approach to understanding and modifying risk and protection. *Annual Review of Psychology*, 69, 437–458. <https://doi.org/10.1146/annurev-psych-122216-011902>

Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: A meta-analytic review. PLoS Medicine, 7(7), e1000316.

<https://doi.org/10.1371/journal.pmed.1000316>

House, J. S., Landis, K. R., & Umberson, D. (1988). Social relationships and health. Science, 241(4865), 540–545. <https://doi.org/10.1126/science.3399889>

Hwalek, M. A., & Sengstock, M. C. (1986). Assessing the probability of abuse of the elderly: Toward development of a clinical screening instrument. Final report submitted to the National Center on Child Abuse and Neglect.

Idler, E. L., & Benyamin, Y. (1997). Self-rated health and mortality: A review of twenty-seven community studies. Journal of Health and Social Behavior, 38(1), 21–37.

<https://doi.org/10.2307/2955359>

Ilmarinen, J. (2006). The ageing workforce—Challenges for occupational health. Occupational Medicine, 56(6), 362–364. <https://doi.org/10.1093/occmed/kql046>

Jacobson, N. S., & Christensen, A. (1996). Integrative couple therapy: Promoting acceptance and change. W. W. Norton & Company.

Jenkinson, C. E., Dickens, A. P., Jones, K., Thompson-Coon, J., Taylor, R. S., Rogers, M., ... & Richards, S. H. (2013). Is volunteering a public health intervention? A systematic review and meta-analysis of the health and survival of volunteers. BMC Public Health, 13, 773. <https://doi.org/10.1186/1471-2458-13-773>

Johnson, S. M. (2004). The practice of emotionally focused couple therapy: Creating connection (2nd ed.). Brunner-Routledge.

Kagawa-Singer, M., Dressler, W. W., George, S. M., & Elwood, W. N. (2010). Understanding cultural influences on health and health-related behavior: Toward a multidisciplinary research agenda. Social Science & Medicine, 70(1), 1–7.

<https://doi.org/10.1016/j.socscimed.2009.09.043>

Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability: A review of theory, methods, and research. Psychological Bulletin, 118(1), 3–34. <https://doi.org/10.1037/0033-2909.118.1.3>

Katz, S., Downs, T. D., Cash, H. R., & Grotz, R. C. (1970). Progress in development of the index of ADL. The Gerontologist, 10(1), 20–30.

https://doi.org/10.1093/geront/10.1_Part_1.20

Kingsberg, S. A., Wysocki, S., Magnus, L., & Krychman, M. L. (2019). Vulvar and vaginal atrophy in postmenopausal women: Findings from the REVIVE survey. *Journal of Sexual Medicine*, 10(7), 1790–1799. <https://doi.org/10.1111/jsm.12190>

Kleindorfer, D. O., Towfighi, A., Chaturvedi, S., Cockroft, K. M., Gutierrez, J., Lombardi-Hill, D., ... & Williams, L. S. (2021). 2021 guideline for the prevention of stroke in patients with stroke and transient ischemic attack. *Stroke*, 52(7), e364–e467.

<https://doi.org/10.1161/STR.0000000000000375>

Kolasinski, S. L., Neogi, T., Hochberg, M. C., Oatis, C., Guyatt, G., Block, J., ... & Kraus, V. B. (2020). 2019 American College of Rheumatology/Arthritis Foundation guideline for the management of osteoarthritis of the hand, hip, and knee. *Arthritis & Rheumatology*, 72(2), 220–233. <https://doi.org/10.1002/art.41142>

Markus, H., & Nurius, P. (1986). Possible selves. *American Psychologist*, 41(9), 954–969. <https://doi.org/10.1037/0003-066X.41.9.954>

Marmot, M. (2005). Social determinants of health inequalities. *The Lancet*, 365(9464), 1099–1104. [https://doi.org/10.1016/S0140-6736\(05\)74234-3](https://doi.org/10.1016/S0140-6736(05)74234-3)

Masi, C. M., Chen, H. Y., Hawkley, L. C., & Cacioppo, J. T. (2011). A meta-analysis of interventions to reduce loneliness. *Personality and Social Psychology Review*, 15(3), 219–266. <https://doi.org/10.1177/1088868310377394>

McAdams, D. P. (2001). The psychology of life stories. *Review of General Psychology*, 5(2), 100–122. <https://doi.org/10.1037/1089-2680.5.2.100>

McAdams, D. P., & McLean, K. C. (2013). Narrative identity. *Current Directions in Psychological Science*, 22(3), 233–238. <https://doi.org/10.1177/0963721413475622>

McGoldrick, M., Gerson, R., & Petry, S. (2008). Genograms: Assessment and intervention (3rd ed.). W. W. Norton & Company.

Moen, P. (2016). Encore adulthood: Boomers on the edge of risk, renewal, and purpose. *Generations*, 40(4), 67–75.

Moody, H. R., & Sasser, J. R. (2021). Aging: Concepts and controversies (10th ed.). SAGE Publications.

Morrow-Howell, N., Hong, S., & Tang, F. (2009). Who benefits from volunteering? Variations in perceived benefits. *The Gerontologist*, 49(1), 91–102.

<https://doi.org/10.1093/geront/gnp007>

Mukamel, D. B., Peterson, D. R., Temkin-Greener, H., Delavan, R., Gross, D., Kunitz, S., & Williams, F. N. (2007). Program characteristics and enrollees' outcomes in the Program of All-Inclusive Care for the Elderly (PACE). *The Milbank Quarterly*, 85(3), 499–531.
<https://doi.org/10.1111/j.1468-0009.2007.00400.x>

National Academies of Sciences, Engineering, and Medicine. (2015). The growing gap in life expectancy by income: Implications for federal programs and policy responses. National Academies Press. <https://doi.org/10.17226/19015>

National Academies of Sciences, Engineering, and Medicine. (2020). Social isolation and loneliness in older adults: Opportunities for the health care system. National Academies Press. <https://doi.org/10.17226/25663>

National Cancer Institute. (2023). Cancer trends progress report. U.S. Department of Health and Human Services, National Institutes of Health.

<https://progressreport.cancer.gov>

National Eye Institute. (2022). Cataracts data and statistics. U.S. Department of Health and Human Services. <https://www.nei.nih.gov>

National Institute on Aging. (2024). Cognitive health and older adults. National Institutes of Health. <https://www.nia.nih.gov>

Neff, K. D. (2011). Self-compassion: The proven power of being kind to yourself. William Morrow.

Neimeyer, R. A. (2001). Meaning reconstruction and the experience of loss. American Psychological Association. <https://doi.org/10.1037/10397-000>

North American Menopause Society. (2020). The 2020 genitourinary syndrome of menopause position statement. *Menopause*, 27(9), 976–992.

<https://doi.org/10.1097/GME.0000000000001609>

Orth, U., Trzesniewski, K. H., & Robins, R. W. (2010). Self-esteem development from young adulthood to old age: A cohort-sequential longitudinal study. *Journal of Personality and Social Psychology*, 98(4), 645–658. <https://doi.org/10.1037/a0018769>

Otto, C. M., Nishimura, R. A., Bonow, R. O., Carabello, B. A., Erwin, J. P., Gentile, F., ... & Toly, C. (2021). 2020 ACC/AHA guideline for the management of patients with valvular heart disease. *Journal of the American College of Cardiology*, 77(4), e25–e197.

<https://doi.org/10.1016/j.jacc.2020.11.018>

Pearlin, L. I., Mullan, J. T., Semple, S. J., & Skaff, M. M. (1990). Caregiving and the stress process: An overview of concepts and their measures. *The Gerontologist*, 30(5), 583–594. <https://doi.org/10.1093/geront/30.5.583>

Pillemer, K., Burnes, D., Riffin, C., & Lachs, M. S. (2016). Elder abuse: Global situation, risk factors, and prevention strategies. *The Gerontologist*, 56(Suppl. 2), S194–S205. <https://doi.org/10.1093/geront/gnw004>

Pinquart, M., & Sörensen, S. (2003). Differences between caregivers and noncaregivers in psychological health and physical health: A meta-analysis. *Psychology and Aging*, 18(2), 250–267. <https://doi.org/10.1037/0882-7974.18.2.250>

Posthuma, R. A., & Campion, M. A. (2009). Age stereotypes in the workplace: Common stereotypes, moderators, and future research directions. *Journal of Management*, 35(1), 158–188. <https://doi.org/10.1177/0149206308318617>

Ryan, R. M., & Deci, E. L. (2001). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68–78. <https://doi.org/10.1037/0003-066X.55.1.68>

Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57(6), 1069–1081. <https://doi.org/10.1037/0022-3514.57.6.1069>

Schulz, R., & Eden, J. (Eds.). (2016). Families caring for an aging America. National Academies Press. <https://doi.org/10.17226/23606>

Shonkoff, J. P. (2024). Mobilizing science to accelerate early childhood policies in the context of climate change. *The Lancet*, 403(10389), 50–52. [https://doi.org/10.1016/S0140-6736\(23\)02059-3](https://doi.org/10.1016/S0140-6736(23)02059-3)

Stroebe, M., & Schut, H. (1999). The dual process model of coping with bereavement: Rationale and description. *Death Studies*, 23(3), 197–224. <https://doi.org/10.1080/074811899201046>

Stroebe, M., & Schut, H. (2010). The dual process model of coping with bereavement: A decade on. *Omega: Journal of Death and Dying*, 61(4), 273–289. <https://doi.org/10.2190/OM.61.4.b>

Substance Abuse and Mental Health Services Administration. (2023). Key substance use and mental health indicators in the United States: Results from the 2022 National Survey on Drug Use and Health (HHS Publication No. PEP23-07-01-001, NSDUH Series H-58). U.S. Department of Health and Human Services. <https://www.samhsa.gov>

United States Preventive Services Task Force. (2023). Screening for depression and suicide risk in adults: US Preventive Services Task Force recommendation statement. *JAMA*, 330(10), 861–868. <https://doi.org/10.1001/jama.2023.16503>

U.S. Census Bureau. (2023). 2023 National population projections tables. U.S. Department of Commerce. <https://www.census.gov>

Wang, M., Henkens, K., & van Solinge, H. (2011). Retirement adjustment: A review of theoretical and empirical advancements. *American Psychologist*, 66(3), 204–213. <https://doi.org/10.1037/a0022414>

Westerhof, G. J., van Vuuren, M., Brummans, B. H., & Custers, A. F. (2023). Narrative gerontology: New directions in theory, research, and practice. *The Gerontologist*, 63(7), 1001–1011. <https://doi.org/10.1093/geront/gnad034>

Whitbourne, S. K., & Collins, K. J. (1998). Identity processes and perceptions of physical functioning in adulthood. *The Gerontologist*, 38(5), 618–626. <https://doi.org/10.1093/geront/38.5.618>

World Health Organization. (2015). World report on ageing and health. World Health Organization. <https://www.who.int/publications/i/item/9789241565042>