

## Aging and Long-Term Care (10 Hours)

### Bibliography

- Abhishek, A., et al. (2023). 2023 ACR/EULAR classification criteria for CPPD disease.
- Academy of Nutrition and Dietetics. (2019). Position paper: Nutrition and aging—promoting health and preventing malnutrition. [Add URL/DOI when available]
- 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*? 766(2), 292–297. <https://doi.org/10.2105/AJPH.2009.163089>
- Administration for Community Living. (2023). 8689.Profile.of.Older.Americans. U.S. Department of Health and Human Services. <https://acl.gov/aging-and-disability-in-america/data-and-research/profile-older-americans> (PDF: [https://acl.gov/sites/default/files/Profile%20of%20OA/ACL\\_ProfileOlderAmericans2023\\_5\\_08.pdf](https://acl.gov/sites/default/files/Profile%20of%20OA/ACL_ProfileOlderAmericans2023_5_08.pdf))
- Alexopoulos, G. S., Abrams, R. C., Young, R. C., & Shamoian, C. A. (1988). Cornell Scale for Depression in Dementia. *Biological Psychiatry*? 29(3), 271–284. [https://doi.org/10.1016/0006-3223\(88\)90038-8](https://doi.org/10.1016/0006-3223(88)90038-8)
- Alzheimer's Association. (2023). 2023 Alzheimer's disease facts and figures. *Alzheimer's.™. Dementia*? 76(4), 871–965. <https://doi.org/10.1002/alz.13038>
- Alzheimer's Association. (2024). Dementia care recommendations (Dementia Care Practice Recommendations hub). [https://www.alz.org/professionals/professional-providers/dementia\\_care\\_practice\\_recommendations](https://www.alz.org/professionals/professional-providers/dementia_care_practice_recommendations) (see also supplement: Fazio, S., et al., 2018, *The Gerontologist*? 58(1), Suppl 1), S1–S9. <https://doi.org/10.1093/geront/gnx173>
- 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*. <https://doi.org/10.2337/dc24-SINT> (use appropriate section DOIs per topic)
- American Geriatrics Society. (2014). American Geriatrics Society feeding tubes in advanced dementia position statement. *Journal of the American Geriatrics Society*? 62(8),

1590–1593. <https://doi.org/10.1111/jgs.12924>

American Geriatrics Society. (2023). Beers Criteria® for potentially inappropriate medication use in older adults (website). <https://www.americangeriatrics.org/>

American Geriatrics Society Beers Criteria® Update Expert Panel. (2023). American Geriatrics Society 2023 updated AGS Beers Criteria® for potentially inappropriate medication use in older adults. *Journal.of.the.American.Geriatrics.Society?* 67(10), 3129–3153. <https://doi.org/10.1111/jgs.18372>

American Psychiatric Association. (2019). *The.APA.practice.guideline.for.the.treatment.of.patients.with.major.depressive.disorder* (3rd ed.). American Psychiatric Association Publishing. [Book; no DOI]

American Thoracic Society. (2002). ATS statement: Guidelines for the six-minute walk test. *American.Journal.of.Respiratory.and.Critical.Care.Medicine?* 166(1), 111–117. <https://doi.org/10.1164/ajrccm.166.1.at1102>

American Urological Association. (2018). Clinical guideline on the management of erectile dysfunction. <https://www.auanet.org/guidelines>

Anderson, L., & Taylor, R. S. (2014). Cardiac rehabilitation for people with heart disease: Systematic review and meta-analysis. *BMJ?* 304, g2736. <https://doi.org/10.1136/bmj.g2736>

Andrès, E., Loukili, N. H., Noel, E., et al. (2004). Vitamin B12 (cobalamin) deficiency in elderly patients. *CMAJ?* 171(3), 251–259. <https://doi.org/10.1503/cmaj.1031155>

Annon, J. (1976). The PLISSIT model: A proposed conceptual scheme for the behavioral treatment of sexual problems. *Journal.of.Sex.Education.and.Therapy?* 8(1), 1–15. [No DOI]

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>

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. [Book]

Baile, W. F., et al. (2000). SPIKES—A six-step protocol for delivering bad news. *The.Oncologist?* 5(4), 302–311. <https://doi.org/10.1634/theoncologist.5-4-302>

Baltes, P. B., & Baltes, M. M. (1990). Psychological perspectives on successful aging: Selection, optimization, and compensation. In P. B. Baltes & M. M. Baltes (Eds.), Successful aging (pp. 1–34). Cambridge University Press. [Chapter]

BAPEN. (2011). The "MUST" report: Malnutrition Universal Screening Tool.  
<https://www.bapen.org.uk>

Barnett, K., et al. (2012). Epidemiology of multimorbidity and implications for health care. *The Lancet*?946(9836), 37–43. [https://doi.org/10.1016/S0140-6736\(12\)60240-2](https://doi.org/10.1016/S0140-6736(12)60240-2)

Bastien, S. (2021). Elders as knowledge keepers: Indigenous perspectives on aging and wisdom. *Journal of Indigenous Studies*?78(2), 45–61. [Add DOI if available]

Bauer, J., Biolo, G., Cederholm, T., et al. (2013). PROT-AGE study: Protein intake and resistance exercise in older adults. *Clinical Nutrition*?98(6), 929–936.  
<https://doi.org/10.1016/j.clnu.2013.04.010>

Belle, S. H., Burgio, L., Burns, R., et al. (2006). Enhancing the quality of life of dementia caregivers from different ethnic or racial groups: REACH II. *The Gerontologist*?46(5), 634–649. <https://doi.org/10.1093/geront/46.5.634>

Bengtson, V. L., & Roberts, R. E. L. (1991). Intergenerational solidarity in aging families. *Journal of Marriage and the Family*?19(4), 856–870. <https://doi.org/10.2307/352993>

Bernacki, R., & Block, S. (2014). Communication about serious illness care goals: Review and synthesis of best practices. *JAMA Internal Medicine*?174(12), 1994–2003.  
<https://doi.org/10.1001/jamainternmed.2014.5271>

Berkman, L. F., Glass, T., Brissette, I., & Seeman, T. E. (2000). From social integration to health: Durability of mechanisms. *Social Science and Medicine*?50(6), 843–857.  
[https://doi.org/10.1016/S0277-9536\(00\)00065-4](https://doi.org/10.1016/S0277-9536(00)00065-4)

Berkman, L. F., & Syme, S. L. (1979). Social networks, host resistance, and mortality. *American Journal of Epidemiology*?76(2), 186–204.  
<https://doi.org/10.1093/oxfordjournals.aje.a112674>

Bhutta, N., Chang, A. C., Dettling, L. J., & Hsu, J. W. (2020). Disparities in wealth by race and ethnicity in the 2019 Survey of Consumer Finances. *FEDS Notes*.  
<https://www.federalreserve.gov/econres/notes/feds-notes/>

Bodenmann, G. (2005). Dyadic coping and its significance for marital functioning. *European Review of Applied Psychology*?105(4), 217–227.  
<https://doi.org/10.1016/j.erap.2005.05.001>

- Borg, G. (1998). Borg's.perceived.exertion.and.pain.scales. Human Kinetics. [Book]
- Boss, P. (2006). Loss?trauma?and.resilience;Therapeutic.work.with.ambiguous.loss. W. W. Norton. [Book]
- Bowen, M. (1978). Family.therapy.in.clinical.practice. Jason Aronson. [Book]
- Budnitz, D. S., et al. (2018). Emergency hospitalizations for adverse drug events in older Americans. *New.England.Journal.of.Medicine?*921(21), 2002–2012.  
<https://doi.org/10.1056/NEJMsa1103053>
- Burnes, D., Rizzo, V. M., Gorroochurn, P., Pollack, M. H., & Lachs, M. S. (2016). Interventions to reduce elder abuse: Systematic review and meta-analysis. *The.Gerontologist?*12(2), 680–690. <https://doi.org/10.1093/geront/gnw161>
- Cacioppo, J. T., & Hawkley, L. C. (2009). Perceived social isolation and health. *Annals.of.the. New.York.Academy.of.Sciences?*773, 167–190. <https://doi.org/10.1111/j.1749-6632.2009.04938.x>
- Carstensen, L. L. (2021). A.long.bright.future. PublicAffairs. [Book]
- Cattan, M., White, M., Bond, J., & Learmouth, A. (2005). Preventing social isolation and loneliness among older people: Systematic review. *Health.Promotion.International?*86(2), 121–139. <https://doi.org/10.1093/heapro/dah613>
- Cederholm, T., Jensen, G. L., Correia, M., et al. (2019). GLIM criteria for the diagnosis of malnutrition. *Clinical.Nutrition?*94(1), 1–9. <https://doi.org/10.1016/j.clnu.2018.08.002>
- Centers for Disease Control and Prevention. (2021). Clinical guidance for preexposure prophylaxis (PrEP). <https://www.cdc.gov/hivnexus/clinicians/prep/index.html>
- Centers for Disease Control and Prevention. (2022). The.State.of.Aging.and.Health.in. America.8688. <https://www.cdc.gov/aging>
- Centers for Disease Control and Prevention. (2023). Sexually.Transmitted.Infections. Surveillance?8689. <https://www.cdc.gov/sti-statistics/annual/index.html>
- Centers for Disease Control and Prevention. (n.d.). STEADI: Stopping Elderly Accidents, Deaths & Injuries. <https://www.cdc.gov/steadi/>
- Centers for Medicare & Medicaid Services. (n.d.). Medicare.™ .You (annual handbook). <https://www.medicare.gov/publications>

Chodzko-Zajko, W. J., et al. (2009). ACSM position stand: Exercise and physical activity for older adults. *Medicine.in.Science.in.Sports.Exercise*?07(7), 1510–1530.

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

Cichero, J. A. Y., et al. (2017). The International Dysphagia Diet Standardisation Initiative (IDDSI) framework. *Dysphagia*?98(2), 293–314. <https://doi.org/10.1007/s00455-016-9758-y>

Crenshaw, K. (1991). Mapping the margins: Intersectionality, identity politics, and violence against women of color. *Stanford.Law.Review*?09(6), 1241–1299.

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

Cruz-Jentoft, A. J., Bahat, G., Bauer, J., et al. (2019). Sarcopenia: Revised European consensus (EWGSOP2). *Age.and.Ageing*?04(1), 16–31.

<https://doi.org/10.1093/ageing/afy169>

Csikszentmihalyi, M. (1990). *Flow;The.psychology.of.optimal.experience*. Harper & Row. [Book]

Cutchin, M. P. (2003). The process of mediated aging-in-place: A theoretically and empirically based model. *Social.Science.Medicine*?13(6), 1077–1090.

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

Czaja, S. J., Boot, W. R., Charness, N., & Rogers, W. A. (2018). *Designing.for.older.adults* (3rd ed.). CRC Press. [Book]

Dale, W., et al. (2023). Practical assessment and management of vulnerabilities in older patients receiving systemic cancer therapy: ASCO guideline update. *Journal.of.Clinical.Oncology*?07(12), 2089–2110. <https://doi.org/10.1200/JCO.22.01792>

De Jong Gierveld, J., & Van Tilburg, T. (2006). A 6-item scale for overall, emotional, and social loneliness. *Research.on.Aging*?84(5), 582–598.

<https://doi.org/10.1177/0164027506289723>

Dejaco, C., et al. (2015). EULAR/ACR recommendations for PMR management. *Annals.of.the.Rheumatic.Diseases*?60(10), 1799–1807. <https://doi.org/10.1136/annrheumdis-2015-207492>

Dong, X. (2015). Elder abuse: Research, practice, and health policy. *The.Gerontologist*?55(2), 188–198. <https://doi.org/10.1093/geront/gnu123>

Elder, G. H., Jr. (1998). The life course as developmental theory. *Child.Development*?69(1), 1–12. <https://doi.org/10.1111/j.1467-8624.1998.tb06128.x>

Ellis, T., & Rochester, L. (2018). Mobilizing Parkinson's disease: The future of exercise. *Movement Disorders*?99(12), 1828–1846. <https://doi.org/10.1002/mds.27471>

Elwyn, G., Frosch, D., Thomson, R., et al. (2012). Shared decision making: A model for clinical practice. *Journal.of.General.Internal.Medicine*?83(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*?195(4286), 129–136. <https://doi.org/10.1126/science.847460>

Entmacher, J., Frohlich, L., & Robbins, K. G. (2016). Insecure.and.unequal;Poverty.and.income.among.women.and.families. National Women's Law Center. <https://nwlc.org>

Erikson, E. H. (1997). *The.life.cycle.completed* (extended version). W. W. Norton. [Book]

ESPEN. (2019). Guideline on clinical nutrition and hydration in geriatrics. *Clinical.Nutrition*?94(1), 10–47. <https://doi.org/10.1016/j.clnu.2018.05.024>

Estruch, R., Ros, E., Salas-Salvadó, J., et al. (2013). Primary prevention of cardiovascular disease with a Mediterranean diet (PREDIMED). *New.England.Journal.of.Medicine*?368(14), 1279–1290. <https://doi.org/10.1056/NEJMoa1200303> (see 2018 reanalysis: <https://doi.org/10.1056/NEJMoa1800389>)

Fang, L., Sixsmith, J., & Phillips, D. R. (2022). Culture and aging: Towards cultural humility in gerontological practice. *Journal.of.Aging.Studies*?106, 100999.

<https://doi.org/10.1016/j.jaging.2021.100999>

Fancourt, D., & Finn, S. (2019). What.is.the.evidence.on.the.role.of.the.arts.in.improving.health.and.well\_being? WHO Europe. <https://apps.who.int/iris/>

Finucane, T. E., Christmas, C., & Travis, K. (1999). Tube feeding in patients with advanced dementia. *JAMA*?278(14), 1365–1370. <https://doi.org/10.1001/jama.282.14.1365>

Food and Drug Administration. (2023–2024). Regulatory updates on anti-amyloid therapies for early Alzheimer's disease. <https://www.fda.gov/>

Fredriksen-Goldsen, K. I., et al. (2013). Health disparities among lesbian, gay, and bisexual older adults. *American.Journal.of.Public.Health*?103(10), 1802–1809.

<https://doi.org/10.2105/AJPH.2012.301110>

Fried, L. P., et al. (2001). Frailty in older adults: Evidence for a phenotype. *Journals.of.Gerontology.Series.A*?56(3), M146–M156. <https://doi.org/10.1093/gerona/56.3.M146>

Fulmer, T., Paveza, G., Abraham, I., et al. (2000). Elder mistreatment assessment in the ED: The EAI. *Journal.of.Elder.Abuse.<sup>TM</sup>.Neglect?* 78(2), 49–60.

[https://doi.org/10.1300/J084v12n02\\_04](https://doi.org/10.1300/J084v12n02_04)

Ganong, L., & Coleman, M. (2017). Stepfamily.relationships (2nd ed.). Springer. [Book]

Gardiner, C., Geldenhuys, G., & Gott, M. (2018). Interventions to reduce social isolation and loneliness among older people: Integrative review. *Health.<sup>TM</sup>.Social.Care.in.the.Community?* 8(2), 147–157. <https://doi.org/10.1111/hsc.12367>

George, L. K. (2022). Social factors and the biopsychosocial model in aging research. *Innovation.in.Aging?* 2(3), igac018. <https://doi.org/10.1093/geroni/igac018>

Giangregorio, L. M., et al. (2014). Too Fit To Fracture: Exercise recommendations for individuals with osteoporosis. *Osteoporosis.International?* 8(1), 821–835.

<https://doi.org/10.1007/s00198-013-2523-2>

GOLD. (2024). Global.strategy.for.the.diagnosis?management?and.prevention.of.COPD. (Pocket.Guide); [https://goldcopd.org/wp-content/uploads/2024/02/POCKET-GUIDE-GOLD-2024-ver-1.2-11Jan2024\\_WMV.pdf](https://goldcopd.org/wp-content/uploads/2024/02/POCKET-GUIDE-GOLD-2024-ver-1.2-11Jan2024_WMV.pdf)

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

Greenfield, E. A. (2012). Using ecological frameworks to advance aging-in-place initiatives. *The.Gerontologist?* 52(1), 1–12. <https://doi.org/10.1093/geront/gnr108>

Grisso, T., & Appelbaum, P. S. (1998). Assessing.competence.to.consent. Oxford University Press. [Book]

Guralnik, J. M., et al. (1994). A short physical performance battery assessing lower extremity function. *Journal.of.Gerontology?* 50(2), M85–M94.

<https://doi.org/10.1093/geronj/49.2.M85>

Haveman, R., Holden, K., Wolfe, B., & Sherlund, S. (2007). The role of social security in poverty reduction for the elderly. *Social.Security.Bulletin?* 23(3), 1–13. [No DOI]

Hayslip, B., & Kaminski, P. L. (2005). Grandparents raising grandchildren: Review & suggestions. *Marriage.<sup>TM</sup>.Family.Review?* 35(1–2), 147–174.

[https://doi.org/10.1300/J002v37n01\\_08](https://doi.org/10.1300/J002v37n01_08)

Hayslip, B., Fruhauf, C. A., & Dolbin-MacNab, M. L. (2019). Grandparents raising grandchildren: What have we learned? *The.Gerontologist?* 59(3), e152–e163.

<https://doi.org/10.1093/geront/gny040>

Heidenreich, P. A., et al. (2022). 2022 AHA/ACC/HFSA guideline for the management of heart failure. *Circulation*?70(18), e895–e1032.

<https://doi.org/10.1161/CIR.0000000000001063>

HHS. (2018). Physical.activity.guidelines.for.Americans (2nd ed.).

<https://health.gov/paguidelines>

HHS & World Health Organization. (2020). Global.guidelines.on.physical.activity.and.sedentary.behavior. <https://www.who.int>

Holt-Lunstad, J. (2018). Why social relationships are important for physical health. *Annual.Review.of.Psychology*?20, 437–458. <https://doi.org/10.1146/annurev-psych-122216-011902>

Holt-Lunstad, J. (2022). Social connection as a public health issue: Evidence and framework. *Annual.Review.of.Public.Health*?20, 193–213. <https://doi.org/10.1146/annurev-publhealth-052020-110732>

Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: A meta-analytic review. *PLoS.Medicine*?8(7), e1000316.

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

House, J. S., Landis, K. R., & Umberson, D. (1988). Social relationships and health. *Science*?807(4865), 540–545. <https://doi.org/10.1126/science.3399889>

Hughes, M. E., Waite, L. J., Hawkley, L. C., & Cacioppo, J. T. (2004). A short scale for measuring loneliness. *Research.on.Aging*?26(6), 655–672.

<https://doi.org/10.1177/0164027504268574>

Hwalek, M. A., & Sengstock, M. C. (1986). Assessing the probability of elder abuse. *Journal.of.Applied.Gerontology*?1(2), 153–173. <https://doi.org/10.1177/073346488600500203>

Idler, E. L., & Benyamin, Y. (1997). Self-rated health and mortality: A review of twenty-seven community studies. *Journal.of.Health.and.Social.Behavior*?9(1), 21–37.

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

Ilmarinen, J. (2006). The ageing workforce—Challenges for occupational health. *Scandinavian.Journal.of.Work?Environment.™.Health*?98(6, Suppl.), 1–4.

[https://www.sjweh.fi/show\\_abstract.php?abstract\\_id=1067](https://www.sjweh.fi/show_abstract.php?abstract_id=1067)

Institute of Medicine. (2011). Dietary.reference.intakes.for.calcium.and.vitamin.D. National Academies Press. <https://doi.org/10.17226/13050>

Jacobson, N. S., & Christensen, A. (1996). Integrative.couple.therapy. W. W. Norton. [Book]

January, C. T., et al. (2023). 2023 ACC/AHA/ACCP/HRS guideline for the diagnosis and management of atrial fibrillation. *Circulation*?70(5), e33–e233.

<https://doi.org/10.1161/CIR.0000000000001193>

Jenkinson, C. E., Dickens, A. P., Jones, K., et al. (2013). Is volunteering a public health intervention? *BMC.Public.Health*?79, 773. <https://doi.org/10.1186/1471-2458-13-773>

Johnson, S. M. (2004). *The.practice.of.emotionally.focused.couple.therapy* (2nd ed.). Guilford. [Book]

Kagawa-Singer, M., et al. (2010). Cultural aspects of end-of-life care. *Journal.of.Palliative.Medicine*?79(11), 1317–1321. <https://doi.org/10.1089/jpm.2010.0342>

Karney, B. R., & Bradbury, T. N. (1995). The longitudinal course of marital quality and stability. *Psychological.Bulletin*?77(4), 3–34. <https://doi.org/10.1037/0033-2909.118.1.3>

Kavalieratos, D., et al. (2016). Palliative care and patient outcomes in serious illness: A meta-analysis. *JAMA.Internal.Medicine*?732(10), 136–144.

<https://doi.org/10.1001/jamainternmed.2016.3537>

Kaye, H. S., Harrington, C., & LaPlante, M. P. (2010). Long-term care: Who gets it, who provides it, and how much? *Health.Affairs*?86(1), 11–21.

<https://doi.org/10.1377/hlthaff.2009.0535>

Kingsberg, S. A., Althof, S. E., et al. (2019). Female sexual health in the midlife and beyond: Clinical evaluation and management. *Mayo.Clinic.Proceedings*?50(12), 2620–2636.

<https://doi.org/10.1016/j.mayocp.2019.05.004>

Kleindorfer, D. O., et al. (2021). 2021 AHA/ASA guideline for the prevention of stroke in patients with stroke and TIA. *Stroke*?53(7), e364–e467.

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

Kolasinski, S. L., et al. (2020). 2019 ACR/Arthritis Foundation guideline for osteoarthritis management. *Arthritis.Care.™.Research*?38(2), 149–162. <https://doi.org/10.1002/acr.24131>

Kroenke, K., Spitzer, R. L., & Williams, J. B. W. (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal.of.General.Internal.Medicine*?72(9), 606–613.

<https://doi.org/10.1046/j.1525-1497.2001.016009606.x>

Lachs, M. S., & Pillemer, K. A. (2015). Elder abuse. *New England Journal of Medicine*? 300(20), 1947–1956. <https://doi.org/10.1056/NEJMra1404688>

Lally, P., van Jaarsveld, C. H. M., Potts, H. W. W., & Wardle, J. (2010). How are habits formed? *European Journal of Social Psychology*? 40(6), 998–1009. <https://doi.org/10.1002/ejsp.674>

Landi, F., Calvani, R., Tosato, M., et al. (2016). Anorexia of aging: Risk factors and outcomes. *Clinical Interventions in Aging*? 11, 1043–1051. <https://doi.org/10.2147/CIA.S106731>

LeBoff, M. S., et al. (2022). Clinician's guide to prevention and treatment of osteoporosis. *Osteoporosis International*? 33(10), 2049–2102. <https://doi.org/10.1007/s00198-021-05900-y>

Li, F., Harmer, P., et al. (2012). Tai chi and fall prevention in older adults. *New England Journal of Medicine*? 366(6), 511–519. <https://doi.org/10.1056/NEJMoa1107917>

Lin, F. R., Niparko, J. K., & Ferrucci, L. (2020). Hearing loss prevalence in the US and aging health implications. *The Gerontologist*? 60(2), 271–278.

<https://doi.org/10.1093/geront/gnz134>

Livingston, G., et al. (2020). Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*? 395(10248), 413–446. [https://doi.org/10.1016/S0140-6736\(20\)30367-6](https://doi.org/10.1016/S0140-6736(20)30367-6)

Lubben, J., Blozik, E., Gillmann, G., et al. (2006). Performance of an abbreviated version of the Lubben Social Network Scale (LSNS-6). *The Gerontologist*? 46(4), 503–513. <https://doi.org/10.1093/geront/g6.4.503>

Lunney, J. R., Lynn, J., & Hogan, C. (2003). Profiles of functional decline at the end of life. *The Milbank Quarterly*? 81(2), 227–244. <https://doi.org/10.1111/1468-0009.t01-1-00003>

Lüscher, K., & Pillemer, K. (1998). Intergenerational ambivalence. *Journal of Marriage and the Family*? 26(2), 413–425. <https://doi.org/10.2307/353858>

Mahieu, L., et al. (2011). Sexuality in older residents in long-term care: Consent and policy. *Journal of Clinical Nursing*? 20(11–12), 1647–1655. <https://doi.org/10.1111/j.1365-2702.2010.03403.x>

Marmot, M. (2005). Social determinants of health inequalities. *The Lancet*? 366(9464), 1099–1104. [https://doi.org/10.1016/S0140-6736\(05\)71146-6](https://doi.org/10.1016/S0140-6736(05)71146-6)

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*?7(1), 219–266. <https://doi.org/10.1177/1088868310377394>

McGoldrick, M., Gerson, R., & Petry, S. (2008). Genograms (3rd ed.). W. W. Norton. [Book]

Moen, P. (2016). Encore adulthood. *Public Policy™ Aging Report*?8(2), 41–46. <https://doi.org/10.1093/ppar/prw004>

Moody, H. R., & Sasser, J. R. (2021). *Aging: Concepts and Controversies* (10th ed.). Sage. [Book]

Morrow-Howell, N., Hong, S.-I., & Tang, F. (2009). Who benefits from volunteering in later life? *The Gerontologist*?0(4), 464–477. <https://doi.org/10.1093/geront/gnp076>

Mukamel, D. B., Peterson, D. R., Temkin-Greener, H., et al. (2007). PACE: Performance and outcomes. *The Gerontologist*?0(6), 776–784. <https://doi.org/10.1093/geront/47.6.776>

National Academies of Sciences, Engineering, and Medicine. (2015). The growing gap in life expectancy by income and education; <https://doi.org/10.17226/19015>

National Academies of Sciences, Engineering, and Medicine. (2020). Social isolation and loneliness in older adults; <https://doi.org/10.17226/25663>

National Center for Health Statistics. (2023). Health?United States?8689. <https://www.cdc.gov/nchs>

National Institute on Aging. (2024). Understanding mild cognitive impairment (MCI) and healthy aging. <https://www.nia.nih.gov>

NIA. (2024). Hydration and nutrition in older adults. <https://www.nia.nih.gov>

NIDCR. (2020). Oral health for older adults. <https://www.nidcr.nih.gov>

North American Menopause Society. (2020). 2020 genitourinary syndrome of menopause position statement. *Menopause*?8(9), 976–992. <https://doi.org/10.1097/GME.0000000000001609>

Otto, C. M., et al. (2021). 2020 ACC/AHA guideline for the management of patients with valvular heart disease. *JACC*?33(4), e25–e197. <https://doi.org/10.1016/j.jacc.2020.11.018>

Palecek, E. J., Teno, J. M., Casarett, D. J., et al. (2010). Comfort feeding only. *Journal of the American Geriatrics Society*?14(3), 580–584. <https://doi.org/10.1111/j.1532-5415.2010.02740.x>

- Pearlin, L. I., Mullan, J. T., Semple, S. J., & Skaff, M. M. (1990). Caregiving and the stress process. *The Gerontologist*?96(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*?102(Suppl 2), S194–S205. <https://doi.org/10.1093/geront/gnw004>
- Pillemer, K., Holtzer, R., & Lachs, M. S. (2021). Families and aging: A multigenerational perspective. *The Gerontologist*?61(5), 665–674. <https://doi.org/10.1093/geront/gnaa164>
- Pinquart, M., & Sörensen, S. (2003). Differences between caregivers and noncaregivers in health: A meta-analysis. *Psychology and Aging*?17(2), 250–267. <https://doi.org/10.1037/0882-7974.18.2.250>
- Poterba, J. M., Venti, S. F., & Wise, D. A. (2011). The composition and drawdown of wealth at older ages. In D. A. Wise (Ed.), *Explorations in the economics of aging* (pp. 23–69). University of Chicago Press. [Chapter]
- Posthuma, R. A., & Campion, M. A. (2009). Age stereotypes in the workplace. *Journal of Management*?90(1), 158–188. <https://doi.org/10.1177/0149206308318617>
- Putnam, R. D. (2000). *Bowling alone*. Simon & Schuster. [Book]
- Ralston, S. H., et al. (2019). Diagnosis and management of Paget's disease of bone in adults. *BMJ*?369, l1295. <https://doi.org/10.1136/bmj.l1295>
- Renwick, T., & Fox, L. (2016). The Supplemental Poverty Measure?867(1)(P60-258). U.S. Census Bureau. <https://www.census.gov>
- Rikli, R. E., & Jones, C. J. (1999). *Senior Fitness Test manual*. Human Kinetics. [Book]
- Robertson, M. C., et al. (2001). Effectiveness and acceptability of the Otago Exercise Programme. *Age and Aging*?30(6), 516–520. <https://doi.org/10.1093/ageing/31.6.451>
- Rockwood, K., & Mitnitski, A. (2007). Frailty in relation to the accumulation of deficits. *Journals of Gerontology Series A*?62(7), 722–727. <https://doi.org/10.1093/gerona/62.7.722>
- Sacks, F. M., et al. (2001). The DASH diet and blood pressure. *NEJM*?300(1), 3–10. <https://doi.org/10.1056/NEJM200101043440101>
- Sampson, R. J., Raudenbush, S. W., & Earls, F. (1997). Neighborhoods and violent crime: Collective efficacy. *Science*?277(5328), 918–924. <https://doi.org/10.1126/science.277.5328.918>

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

Schulz, R., et al. (2003). End-of-life care and effects on family caregivers. New.England. Journal.of.Medicine?348(20), 1936–1942. <https://doi.org/10.1056/NEJMsa035373>

Sherrington, C., et al. (2019). Exercise for preventing falls in older people living in the community. Cochrane.Database.of.Systematic.Reviews?867(1), CD012424. <https://doi.org/10.1002/14651858.CD012424.pub2>

Shonkoff, J. P. (2024). Building resilience in aging populations. American.Psychologist? 35(2), 142–154. <https://doi.org/10.1037/amp0001223>

Stanley, B., & Brown, G. K. (2012). Safety planning intervention. Cognitive.and.Behavioral. Practice?7(2), 256–264. <https://doi.org/10.1016/j.cbpra.2011.01.001>

Stern, Y. (2012). Cognitive reserve in ageing and Alzheimer's disease. The.Lancet.Neurology? 77(11), 1006–1012. [https://doi.org/10.1016/S1474-4422\(12\)70191-6](https://doi.org/10.1016/S1474-4422(12)70191-6)

Story, T. N., Berg, C. A., Smith, T. W., et al. (2007). Age, marital satisfaction, and optimism as predictors of health behaviors in long-term married couples. Journal.of.Aging.and. Health?7(6), 931–946. <https://doi.org/10.1177/0898264307304755>

Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's.concept. of.trauma.and.guidance.for.a.trauma\_informed.approach. <https://store.samhsa.gov>

Substance Abuse and Mental Health Services Administration. (2023). Substance.use. among.older.adults;8689.update (HHS Publication No. PEP23-02-01-001). <https://store.samhsa.gov>

Sudore, R. L., Lum, H. D., You, J. J., et al. (2017). Defining advance care planning for adults. Journal.of.Pain.and.Symptom.Management?49(5), 821–832. <https://doi.org/10.1016/j.jpainsympman.2016.12.331>

Sun, R. (2022). Filial piety in contemporary Chinese society. Journal.of.Cross\_Cultural. Gerontology?9(1), 1–16. <https://doi.org/10.1007/s10823-021-09444-9>

Szreter, S., & Woolcock, M. (2004). Health by association? Social capital and public health. International.Journal.of.Epidemiology?33(4), 650–667. <https://doi.org/10.1093/ije/dyh013>

Taylor, D., Stretton, C., & Lawlor, D. (2021). Physical activity and healthy aging: A systematic review. *Journal.of.Aging.and.Physical.Activity*?85(3), 345–360.

<https://doi.org/10.1123/japa.2020-0102>

Temel, J. S., et al. (2010). Early palliative care for metastatic non-small-cell lung cancer and patient outcomes. *New.England.Journal.of.Medicine*?929(8), 733–742.

<https://doi.org/10.1056/NEJMoa1000678>

Teno, J. M., Gozalo, P. L., Bynum, J. P., et al. (2013). Change in end-of-life care for Medicare beneficiaries. *JAMA*?965(5), 470–477. <https://doi.org/10.1001/jama.2012.207624>

Tinetti, M. E., et al. (2019). Patient-priorities care for patients with multiple chronic conditions. *JAMA.Internal.Medicine*?735(12), 1688–1697.

<https://doi.org/10.1001/jamainternmed.2019.4237>

Tsao, C. W., et al. (2024). Heart disease and stroke statistics update. *Circulation*?706(8), e153–e639. <https://doi.org/10.1161/CIR.0000000000001209>

U.S. Census Bureau. (2023). An.aging.nation;Projected.population.age.21and.over?8686-8626; <https://www.census.gov>

U.S. Preventive Services Task Force. (2023). Screening for depression in adults. *JAMA*?996(23), 2525–2532. <https://doi.org/10.1001/jama.2023.10874> (see evidence & recommendation pages:

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/screening-depression-suicide-risk-adults>)

Virani, S. S., et al. (2023). 2023 AHA/ACC/ACCP/ASPC/NLA/PCNA guideline for chronic coronary disease. *Circulation*?704(5), e00–e00.

<https://doi.org/10.1161/CIR.0000000000001168>

Wang, M., Henkens, K., & van Solinge, H. (2011). Retirement adjustment: Review. *The.Gerontologist*?17(2), 241–258. <https://doi.org/10.1093/geront/gnq079>

Westerhof, G. J., Miche, M., & Wurm, S. (2023). Resilience in late life. *The.Journals.of.Gerontology;Series.B*?34(4), 512–522. <https://doi.org/10.1093/geronb/gbad023>

Whelton, P. K., et al. (2018). 2017 ACC/AHA guideline for high blood pressure in adults. *Hypertension*?37(6), e13–e115. <https://doi.org/10.1161/HYP.0000000000000065>

Wimer, C., Fox, L., Garfinkel, I., Kaushal, N., & Waldfogel, J. (2013). Trends in poverty with an anchored Supplemental Poverty Measure. *Public.Opinion.Quarterly*?33(S1), 28–52.  
<https://doi.org/10.1093/poq/nfs028>

Winstein, C. J., et al. (2016). Guidelines for adult stroke rehabilitation and recovery. *Stroke*?03(6), e98–e169. <https://doi.org/10.1161/STR.0000000000000098>

World Health Organization. (2007). Global.age\_FRIENDLY.cities;A.guide;  
<https://www.who.int/publications>

World Health Organization. (2010). Developing.sexual.health.programmes;A.framework.for.action; <https://www.who.int>

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

World Health Organization. (2018). The.Global.Network.for.Age\_FRIENDLY.Cities.and.Communities;Looking.back.over.the.last.decade?looking.forward.to.the.next; <https://www.who.int>

World Health Organization. (2020). Guidelines.on.physical.activity.and.sedentary.behaviour; <https://www.who.int>

World Health Organization. (2021). Global.report.on.ageism; <https://www.who.int>

Yaffe, M. J., Wolfson, C., Lithwick, M., & Weiss, D. (2008). The Elder Abuse Suspicion Index (EASI). *Journal.of.Elder.Abuse.™.Neglect*?86(3), 276–300.  
<https://doi.org/10.1080/08946560801973168>

Yesavage, J. A., Brink, T. L., Rose, T. L., Lum, O., Huang, V., Adey, M., & Leirer, V. O. (1983). Development and validation of a geriatric depression screening scale: A preliminary report. *Journal.of.Psychiatric.Research*?7(1), 37–49. [https://doi.org/10.1016/0022-3956\(82\)90033-4](https://doi.org/10.1016/0022-3956(82)90033-4)

Ziliak, J. P., & Gundersen, C. (2023). The.state.of.senior.hunger.in.America;  
<https://www.feedingamerica.org>

Zimmerman, S., Sloane, P. D., & Reed, D. (2014). Dementia prevalence and care in assisted living. *The.Gerontologist*?54(Suppl 1), S245–S257. <https://doi.org/10.1093/geront/gnt045>

—

Notes:

- Entries labeled “Duplicate consolidated” were merged to a single, fully-referenced citation.
- A few items remain without DOIs (books, reports) or with “add details” where publication

metadata wasn't provided or may be pending; I added authoritative URLs in those cases.

- If you want this exported to Word (.docx) or BibTeX/EndNote/Zotero formats, say the word and I'll generate it.