

Positive Ageing

An Approach Towards Transcendence

This book presents a kaleidoscopic view of the positive layers of ageing as well as key interventions that can help generate and maintain positivity and well-being among the elderly. It explores the connections of ageing with spirituality, nature and existentialism, and leisure to encourage creativity, individuation, happiness, and emotional detachment. It further examines various interventions such as end-of-life care, mindfulness and yoga, retrospection, life review, and so on, which may improve the overall quality of life by promoting the health of the elderly individual. The book focuses on authentic ageing, transpersonal gerontology, the concept of the elder child, geriatric interventions, and caregiving, and suggests practical improvements in health and facilities for the elderly. It also covers aspects of the inner life of the prolonged ailing or dying person from a mental health perspective and emphasizes the value of positive ageing. A guide to applied geriatrics and geriatric psychology, with its simple style and clear methods in end-to-end praxis, the book shows how mental well-being can be fostered in the elderly to help them find meaning and purpose in old age. This book will interest students, teachers, and researchers of psychology, positive psychology, geropsychology and gerontological studies, sociology and social work, public health, medical education, and geriatric nursing. It will also be useful to practitioners including psychologists, counsellors, gerontologists, mental health professionals and NGOs working with the elderly, and the interested reader.



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