



Handbook of Psychosocial Interventions with Older Adults: Evidence-based approaches

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In the past decade, evidence based practice (EBP) has emerged as one of the most important movements to improve the effectiveness of clinical care. As the number of older adults continues to grow, it is essential that practitioners have knowledge of effective strategies to improve both the medical and the psychosocial aspects of older persons' lives. The purpose of this work is to present systematic reviews of research-based psychosocial interventions for older adults and their caregivers.

The interventions presented focus on a variety of critical issues facing older adults today including medical illnesses (cardiac disease, diabetes, arthritis/pain, cancer, and HIV/AIDS), mental health/cognitive disorders (depression/anxiety, dementia, substance abuse), and social functioning (developmental disabilities, end-of-life, dementia caregivers, grandparent caregivers). For each of these areas the prevalence of the problem, the demographics of those affected, and the nature and consequences of the problem are discussed. The empirical literature is then reviewed. A treatment summary highlights the type and nature of research supporting the interventions reviewed and is followed by a conclusion section that summarizes the status of intervention research for the specified issue. A Treatment Resource Appendix for each area is included. These appendices highlight manuals, books, articles and web resources that detail the treatment approaches and methodologies discussed.

This book was previously published as a special issue of the *Journal of Gerontological Social Work*.

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