

Chapters

1	An Introduction to Life and Care in Aging	1
	About Valuing Seniors	7
	About Circus Peanuts, the Lawrence Welk Show, and Hats on Cats	8
2	Sensation and Movement in Elder Life	17
	About the aging senses: Sight	22
	About the aging senses: Sound	25
	About the aging senses: Scents	28
	<i>Application</i>	29
	<i>Application</i>	31
	<i>Application</i>	33
	<i>Application</i>	36
	<i>Application</i>	46
3	Individual Differences in Perception	59
	<i>Application</i>	73
4	Thinking and Memory in Older Adulthood	83
	<i>Application</i>	93
	Cognition and Performing Skilled Tasks, Like Driving	102
	<i>About Aging and Intelligence</i>	103
	<i>Application</i>	106
	<i>Application</i>	113
5	Emotions and the Later Years	119
	<i>Application</i>	122
	About Emotional Intelligence and Everyday Life	125
	Emotion Regulation in Adulthood	132
	<i>Application</i>	135
6	About the Spiritual Self	141
	About Meaning, Happiness, and Virtue	149
	<i>Application</i>	154
	Themed Spiritual-Life Reminiscence	155
	A Story for Reminiscence: Marvin's Marbles	159
7	About Creativity and Aging	163
	<i>Application</i>	167
	Painting with Gina	168
Appendix A	A Hierarchy of Intervention Goals: Infusing Interventions into Individualized Care	187
Appendix B	Three Activities with Index Cards (to accompany Chapter 4)	189
Appendix C	Personal Application for Caregivers: Taking Respite	203
	Writing a Personal, Spiritual-Life Narrative	204
	About Life: A Tall (and Short) Tale	205
	About Life: The Cheese Connection	206
	About Life: A Commoner's Reaction	208
References	(alphabetically by first author's surname)	221
Footnotes	(by Chapter)	243
Index of Terms		255