



Strategies to Advance Gerontology Excellence

Edited by Susan Coppola, MS, OTR/L, BCG, FAOTA, Sharon J. Elliott, and Pamela E. Toto

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In recent years, occupational therapy practice with older adults has rapidly grown as a result of the demographic trends toward an aging population as well as increased longevity among people with chronic disabling condition. At the same time, research within the outside the profession affirms that occupational engagement is significant to the health and well-being of older adults.

This comprehensive text (also available as continuing education; see AOTA's web site for more information) is intended to deepen the knowledge of experienced occupational therapy professionals about occupation and its power as a therapeutic mechanism that enables participation with life and prevents decline in older adulthood. Readers will learn how to recognize how participation in meaningful occupations plays a key role in the quality of life of older adults; recognize the diversity and complexities of changes related to aging and their impact on the occupations of older adults; differentiate among multiple dimensions of context and how they affect the occupational performance, health, and well-being of older adults; recognize the importance of systems theory and transactional approach to understanding older adults in context; recognize how client-centered, occupation-based, and evidence-based occupational therapy maximizes participation in desired occupations and prevents decline in function for older adults; identify external systems that promote participation in occupations and reduce barriers to services of older adults; and identify future diverse roles for occupational therapists and related research that supports meaningful occupations and quality of life for older adults and communities. Chapters are divided into 6 sections on occupation; diversity; context; evaluation, intervention, and outcomes; advocacy; and the future and include topics such as roles, habits, and routines; transitions; aging theories; client factors; health conditions; occupational justice; community care; and evidence-based practice. *Strategies to Advance Gerontology Excellence* illuminates the aging process from an occupational perspective and showcases occupational therapy's unique expertise in gerontology. It can serve as a resource for faculty who are developing or revising curricula to prepare undergraduates for gerontological practice, it can help therapists in their beginning years develop their expertise with the aging population, and it can help specialists further their excellence as gerontological occupational therapists.

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