

Healthy Aging, Elder Support and Dementia Care

Grieving being a common occurrence among the elderly (deceased relatives and friends, poor health, loss of home and autonomy, such as a driver's license), the goal is to help the elderly, with respect and compassion, to maintain or recover a positive attitude toward aging. Spiritual needs are tied in with the essence of the person and its *raison d'être*. Like everyone else, the elderly are searching for the meaning of life and a sense of belonging to a community that shares their fundamental values. They also seek to connect with a transcendent Being so as to make sense of their suffering and grief.

Ageing Is a Family Affair: How to Prepare for Tomorrow's Difficult Caregiving Conversations—Today

by Mary Ann Massey EdD

How to Prepare for Tomorrow's Difficult Caregiving Conversations—Today

Ageing Is a Family Affair



"A NECESSARY, VERY WISE, AND URGENTLY IMPORTANT BOOK ABOUT CARING FOR ELDERLY LOVED ONES."
— Paula D'Arcy, bestselling author of *Gift of the Red Bird* and *Song for Sarah*
Mary Ann Massey, Ed.D.

Collecting 33 unique family case studies derived directly from patient experiences, formally conducted interviews, and informal encounters and anecdotes, this resource illustrates several inevitable lessons that reinforce the pressing need for families to engage aging loved ones sooner, not later, about long-term elder care, loss, and end of life planning. Each narrative approaches aging from a unique perspective, exposing real families overcoming their own taboos, dysfunctional relationships, unhealed wounds, and other unforeseen challenges. Unique in its focus, extent, and narrative format, each study is complemented by clear, reassuring, and practical advice.

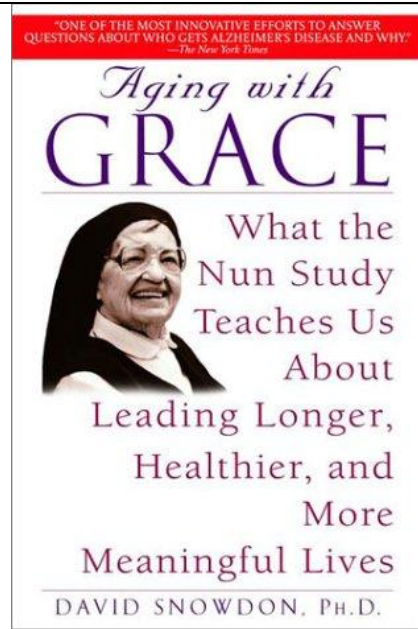
Publication date: 2011-04-15 ISBN: 9780824526238

To order the book:

<https://en.novalis.ca/collections/church-and-society/products/aging-is-a-family-affair>

Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier, and More Meaningful Lives

by David Snowdon, PhD



In 1986 Dr. David Snowdon, one of the world's leading experts on Alzheimer's disease, embarked on a revolutionary scientific study that would forever change the way we view aging—and ultimately living. Dubbed the “Nun Study” because it involves a unique population of 678 Catholic sisters, this remarkable long-term research project has made headlines worldwide with its provocative discoveries.

Yet *Aging with Grace* is more than a groundbreaking health and science book. It is the inspiring human story of these remarkable women—ranging in age from 74 to 106—whose dedication to serving others may help all of us live longer and healthier lives.

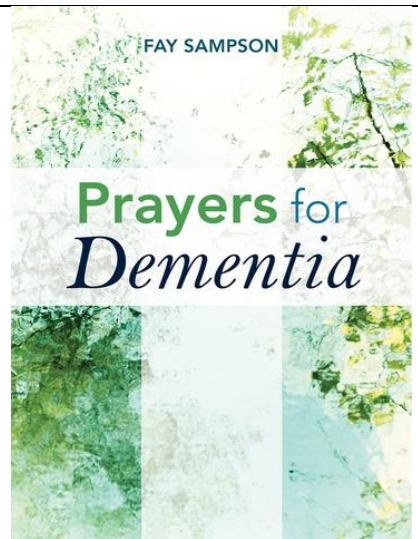
Publication date: 2018-01-01 ISBN: 9782896884513

To order the book:

<https://en.novalis.ca/collections/spirituality/products/aging-with-grace-what-the-nun-study-teaches-us-about-leading-longer-healthier-and-more-meaningful-lives>

Prayers for Dementia

by Fay Sampson



Written beautifully, gently offering helpful advice, *Prayers for Dementia* offers short passages of information, support and counsel for persons with dementia for carers, family, friends, and for the larger caring community. Each passage concludes with a suggested prayer from the heart, which readers can adapt, allowing for personal names to be introduced.

Publication date: 2018-09-01 ISBN: 9782896884421

To order the book:

<https://en.novalis.ca/collections/boxing-week-2/products/prayers-for-dementia>