

Index

- Accessible design, 92
- Activities of daily living (ADL), 178, 183
- Activity Card Sort, 119–120
- Adaptation or product design, 104
- Additional safety, identification of needs for, 55–56
- Adult learning, 135
- Advocate for good design, 104
- Age International, 4
- Age-friendly cities, 63
- Ageing, 41
 - assessment tools, 52–54
 - changes to home, 48–49
 - common dilemmas, 49–56
 - environment, neighbourhoods and community for ageing in place, 62–63
 - future home and community, 64
 - identification of needs for minor adaptation, compensation and additional safety, 55–56
 - implications for occupational therapists, 65–66
 - importance of home, 41
 - influences, 42–47
 - initiatives, 63–64
 - interventions in response to assessed need for home adaptations, 52–55
 - living arrangements, 42
 - with other conditions, 140–157
 - other forms of housing, 58–59
 - in place, 42
 - in place through inclusive design, 95–96
 - pros and cons involved in deciding to change physical fabric of home, 46
 - strategies and services, 43–45
 - supporting theory, 47–48
 - transition to residential care, 59–61
 - transitions to different living arrangements, 56–59
- Alcoholism, 162
- Amazon Alexa, 70
- Ambient intelligence, 70
- Artificial intelligence (AI), 69, 208
 - applications for health care and for health promotion, 209
- Assessment of Motor and Process Skills (AMPS), 55, 177
- Assisted living, 57–58
- Assistive technologies, 49, 56
 - new and future, 76
 - provision, 196
- Automated home, 75
- Bandura's model of self-efficacy, 115
- Bathroom and kitchen design, 94
- Bathroom design and older people, 94–95
- Befriending, 134–135
- Behavioural change, 114
- Bladder's leash, 163
- Canadian Occupational Performance Measure (COPM), 55, 120, 178
- Canadian Occupational Therapy Guidelines, 113
- Care homes
 - frequent reality of life in, 60–61
 - residents' needs, 61
 - working to provide training and support to, 66
- Carers
 - assist and support, 183, 185

- needs, 180
 - working with, 168–170
- Cessation of Working Life, 6–7
- Chat bots, 72–73
- Chronic obstructive pulmonary disease (COPD), 77
- Climate change, 11
- Cloud computing, 69–70
- Co-existent health problems, 157–158
- Co-housing, 58
- Cochrane Data Base of systematic reviews, 140
- Cognitive rehabilitation, 182–183
- Cognitive stimulation therapy (CST), 182
- Community for ageing in place, 62–63
- Community occupational therapy, 185
- Community Occupational Therapy Programme for Dementia (COTiD), 132–133
- Community platforms for making contacts and sharing interests, 81–82
- Community resources, 27
- Companionship
 - existing solutions to provide, 82–83
 - new and future solutions, 83
- Compassionate communities, 63–64
- Comprehensive assessment of people, 178–179
- Comprehensive geriatric assessment (CGA), 178–179
- Comprehensive information, ensuring availability of, 65–66
- Consumerism paradigm, 208
- Contacts, 81–82
- COVID-19 pandemic, 7, 70–72, 194, 208–209
- Criminality, 90
- Daily activities, 35
- Data, inappropriate collection and misappropriation of, 84–85
- Death of partner, 25
- Delivery robots, 70
- Dementia, 9, 97
 - dementia-friendly communities, 64, 101–102
 - living well with, 201–202
 - prevention, 200–201
- Dental problems, 162–163
- Design, 91
 - accessible design, 92
 - of adaptation or product, 104
 - advocate for good design, 104
 - challenges, 104
 - of dementia friendly communities, 101–102
 - domestic home, 93–95
 - of environment, 101
 - of housing adaptations,
 - modifications and assistive devices, 97–100
 - implications for occupational therapists, 103–104
 - inclusive design, 92
 - older people as partners in design, 103
 - opportunities to use design in future practice, 104
 - of outdoor spaces, 101
 - of products for everyday use, 92–93
 - of rehabilitation systems and technologies, 101
 - of residential care settings, 102–103
 - of services, 102
 - in society, 91
 - with specific needs in mind, 96–97
 - telecare, 100–101
- Designers, 91
- Desire for independence, 37
- Disability, 23
- Discharge from hospital, 203–204
- Discrimination, impact of, 12–14
- Disruptive technologies, 72–73
- Distress signs, 39
- DIY Modify App, 52
- Domestic home design, 93–95
- Dosset boxes, 77
- Draft programme, 116–118

- Driving assessments, 179
- E-textiles, 78
- Effectiveness study, 121–125
- Elder abuse, 14
- Electronic tagging of people, 75
- Emotional support
 - existing solutions to provide, 82–83
 - new and future solutions, 83
- Employment, 30
- ENABLE-AGE (European project), 48
- End-of-life care, meeting needs for, 189
- Engagement, 27
- Enjoyment, existing solutions for encouraging, 80–81
- Environment, 11, 62–63
 - design, 101
 - fit, 47–48
- Equality Act (2022), 12
- Ethical implications of technology use, 85–86
- Ethnicity, 11
- Eudemonic wellbeing, 112
- Evaluative wellbeing, 112
- Everyday technology usage
 - questionnaire (ETUQ), 178
- Evidence
 - using different forms of evidence to inform practice, 216
- Exercise, 183
- Extending Working Life, 6–7
- Extra care housing, 57–58
- Facilitator training and supervision, 118–119
- Falls, 165–166
- Fear of falling, 165–166
- Feasibility, 120–121
- Finance, 10
- Financial security, 47–48
- Foot problems, 165
- Frailty, 159
- Friends, 26
- Future home and community, 64
- Gardening, 135
- General Self-Efficacy Scale (GSE), 120
- Gift of longevity, 9
- Global burden, 7–8
- Grey Pound, 6
- Health inequalities, 9–14
- Health promoting strategies, 107–108
- Health promotion, 107
 - clinical reasoning, 137–138
 - creating and delivering multi component occupational therapy, 136–137
 - designing programme, 112–115
 - draft programme, 116–118
 - evaluation of lifestyle matters, 120–125
 - facilitator training and supervision, 118–119
 - for healthy ageing, 107–110
 - holistic occupational therapy, 110
 - implications for occupational therapy, 135–138
 - multi component health promotion programmes for people with dementia, 132–133
 - multi-component health promoting programmes, 125–132
 - older people, 110–115
 - physical exercise, 134
 - signposting/peer mentoring, 134
 - specific health conditions, 126–128
 - stand-alone interventions to promote and sustain healthy ageing, 133–135
 - technology topic, 119
- Healthy ageing, 7–8, 108–110
 - stand-alone interventions to promote and sustain, 133–135
 - strategies, 8–9
- Healthy life years, 108
- Hedonic wellbeing, 112
- Heterogeneity of old age, 38

- Holidays, 29–30
- Home, importance of, 41
- Home adaptations, interventions in response to assessed need for, 52–55
- Home maintenance, 34
- Home modifications, 48
 - needs for, 179
- Home sharing, 58
- HOME-Zero, 64
- Housing
 - adaptations, 48
 - other forms of, 58–59
 - tenure, 47–48
- Housing Enabler measure, 48
- Housing for an Ageing Population panel for innovation (HAPPI), 95–96
- Housing Learning and Improvement Network (Housing LIN), 58

- Ideal care home, 59–60
- Illness, 23
- In-reach occupational therapy services, 207–208
- Inclusive design, 92
 - ageing in place through, 95–96
- Income, 29
- Incontinence/fear of incontinence, 163
- Independence
 - existing solutions to enable, 73–83
 - new and future solutions to enable, 75–77
- Information, 11
 - and resources, 81–82
- Integrated retirement facilities, 57
- Intergenerational housing, 58
- Internet of Things, 69–70
- Isolation, 162

- Japanese Hug robot, 76
- Journalists, 3

- Kielhofner occupational performance interview, 179

- Kitchen design and older people, 95

- Learning disabilities in later life, 157
- Life expectancy, 5
- Lifelong disability in later life, 157
- Lifelong learning, 30
- Lifestyle
 - effectiveness study, 121–125
 - evaluation of, 120–125
 - feasibility, 120–121
 - self-reported benefits, 122–124
 - technologies to support and enhance, 183
- Lifestyle Redesign®, 110, 118, 125–126
- Lifetime homes, 58–59, 95
- Lives and voices of older people, 39
- Living arrangements, 42
 - transitions to different, 56–59
- London taxi, 92
- Loneliness, 11–12, 162
- Long-term health conditions, 9
- Longevity, 5, 7
- Lubben Social Network Scale, 120

- Marie Curie ‘Designed to Care’ initiative, 102
- Mario robot, 76
- Meaningful activity, 61
- Meaningful Activity Participation Assessment (MAPA), 120
- Medication reminders, 77
- Meetup, 82
- Metaverse, 69
- Microsoft Kinect, 81
- Mini Mental State Examination (MMSE), 131
- Minor adaptation and compensation, identification of needs for, 55–56
- Mobile phones, 75
- Mobility aids, 35–36
- Mobility training, 184
- Model of Human Occupation, 113, 177–178
- Motion tracking devices, 75

- Multi-component health promoting programmes, 125–132
 - for people with dementia, 132–133
- Multi-component occupational therapy, 128–129
- National Association of Activity Providers, 61
- National Institute for Health and Clinical Excellence (NICE), 114
- Neighbourhoods, 62–63
 - access to, 62–63
- Neighbours, 26
- Nintendo Wii, 81
- Non-evidence-based guidelines, 1
- Nottingham Extended Activities of Daily Living measure (NEADL), 178
- Obesity, 159–162
- Occupation for health, 113
- Occupational performance and for goal setting, 178
- Occupational Science, 113
- Occupational therapists, 1, 22, 45, 48, 97–98, 107–108, 213
 - implications for, 65–66, 103–104, 189, 192
 - in rehabilitation with older people, 175
- Occupational therapy, 1–2, 91, 213
 - assessment, 79, 176–177
 - core mission, 214
 - using different forms of evidence to inform practice, 216
 - directly engage with research, 217–218
 - history, 213–214
 - implications for, 38–39, 89–90
 - key principles, 213–218
 - occupational therapy-led self-management model within rehabilitation, 175–180
 - practice, 218–221
 - professional maturity, 214–215
 - work with complexity, 215
 - work with risk, 215–216
- Older age, 15–16
- Older people, 4, 66
 - as carers, 7
 - as contributors, 39
 - health promotion, 110–115
 - as partners in design, 103
 - technology and, 71–73
- Online fraud, 85
- Option recognition, 47–48
 - acknowledging and working with, 65
- Outdoor space
 - access to, 62
 - design, 101
- Paro seal, 82–83
- Participation, 27
 - assessment in meaningful activities, 179
 - in pastimes and interests, 31
 - in sports and active interests, 30
- Peer mentoring, 134
- Person environment fit, acknowledging and working with, 65
- Person-centred approaches, 177–178
- Person-centred care, 166
- Person-centred outcomes, working to achieve, 65
- Person-environment-occupation model of occupational performance, 113
- Personal care, 35
- Persuasive technology, 69
- Physical activity, existing solutions for encouraging, 80–81
- Physical environment, 194
- Physical exercise, 134
- Physical health, 22, 24
- Policy makers, 3
- Polypharmacy, 164
- Privacy, 74
- ‘Private lives in public places’, 60
- Professional confidence and maturity, 211–212

- Professional maturity, 214–215
- Promoting Independence in Dementia (PRIDE), 133
- Psychological health, 8
- Psychological well-being, 112
- Psychology, 109–110
- Public health, 7–8
- Purposive sample of older people, 98
- Quality adjusted life years (QALYs), 108
- Quality of life, 9, 112
- Race, 11
- Realities of later life, 1
 - healthy ageing or global burden, 7–8
 - heterogeneity of old age, 38
 - implications for occupational therapy, 38–39
 - individual experiences of ageing and adaptations to later life, 15
 - life course perspective, 14–15
 - listening to experiences of older people, 16–38
 - lives and voices of older people, 39
 - longevity, 5, 7
 - older age, 15–16
 - older people as contributors, 39
 - self-reported health and lifestyle of older people, 17–21
 - sense of self, 39
 - signs of distress, 39
 - societal perceptions and influences, 2–4
 - statistics, 4–5
 - unhealthy ageing, health inequalities and social exclusion, 9–14
- Refugee, 10–11
- Rehabilitation, 139, 172–173
 - assessment, 175–177
 - common health conditions of later life, 140–141, 156
 - design of rehabilitation systems and technologies, 101
 - existing solutions for provision of, 78–79
 - extended hospital stays, 188–189
 - health problems of later life, 159–166
 - implications for occupational therapists, 189–192
 - limitations of diagnostic approach, 157–158
 - new and future solutions for provision of rehabilitation, 79–80
 - occupational therapists in rehabilitation with older people, 175
 - occupational therapy-led self-management model within rehabilitation, 175–180
 - for people diagnosed as vulnerable, 183–185
 - of people following stroke, 185–187
 - of people with dementia, 180–183
 - problems and impacts, 160–161
 - rehabilitative interventions, 176, 180, 187
 - within residential care settings, 189
 - in response to life circumstances, 187–189
 - self-management within occupational therapy-led rehabilitation, 166–170
 - vulnerability, 170–171, 174
 - vulnerability in later life, 158–159
 - of vulnerable older people, 202–203
- Rehabilitative interventions, 79
- Relationships, 25
 - with children and relatives, 26
- Residential care
 - design of residential care settings, 102–103
 - transition to, 59–61
- Resilience, 108

- Resilient, Empowered, Active living with Diabetes Intervention (REAL), 126–127
- Resources, 11
- Retirement, 30
 - villages, 57
- RFID, 78
- Robotics, 76
- Robots, 70
 - companions, 82–83
- Royal College of Occupational Therapists (RCOT), 165–166, 215

- Safe Living Guide, 52
- Safe outdoor walking, 74–75
- Self-efficacy, 108
- Self-funding, 49–52
- Self-management, 114, 167–168
 - within occupational therapy-led rehabilitation, 166–170
 - for people with long-term conditions, 199–200
 - working with carers, 168–170
- Sense of self, 39
- Sensory impairments, 164–165
- Serious gaming, 81
- Services, 193, 206–207
 - assistive technology provision, 196
 - consumerism paradigm, 208
 - continuing challenges, 195–196
 - design, 102
 - factors, 193–196
 - greater range of service providers, 206
 - history and legacy, 194–195
 - implications for occupational therapy, 210–212
 - improvements to delivery of established services, 208
 - increased use of digital and virtual methods of service delivery, 208–209
 - influences, 196
 - infrastructure to support health and well-being, 206
 - integration, 207
 - involvement of older people in, 204–206
 - new ways of working, 212
 - policy, 210–211
 - policy influences, 196–204
 - professional confidence and maturity, 211–212
 - quality, 211
- Sharing information, 82
- Sheltered housing, 57
- Signposting, 134
- Silver surfers, 71
- Singing groups, 135
- SMART clothing, 78
- SMART homes, 58, 74
- SMART wearables, 77–78
- Social and environmental influences, 114
- Social connectedness, 108
- Social exclusion, 9–14
- Social isolation, 11–12
- Social networks, 47–48
- Social outlets, 81–82
- Social prescribing, 134
- Social robots, 70
- Society, 3
- Sociology, 109–110
- Specialist housing arrangements, 57
- Substance misuse, 162
- Successful ageing, 109–110
- Supporting theory, 47–48

- Technology, 33
 - contacts, social outlets and information and resources, 81–82
 - criminality, 90
 - enabled housing, 58
 - ethical implications, 90
 - existing and future, 73

- existing solutions for encouraging physical activity and enjoyment, 80–81
- existing solutions for monitoring, maintaining and improving health, 77
- existing solutions for provision of rehabilitation, 78–79
- existing solutions to enable independence, 73–83
- existing solutions to provide emotional support and companionship, 82–83
- future holistic solutions, 83
- future technology to benefit vulnerable older people, 86
- implications for occupational therapy, 89–90
- importance of involving end users of devices in technology development, 86
- intended and unintended consequences of technological society, 83–86
- need to manage unintended consequences of technology-enabled services, 210
- new and future solutions for monitoring, maintaining and improving health, 77–78
- and older people, 71–73
- in society, 69–71
- solutions to needs, 90
- topic, 119
- Telecare, 56, 75
 - design, 100–101
 - technologies, 74
- Telehealth technologies, 77
- Telerehabilitation, 78–79
- Theory of planned behaviour, 115
- Thomas Pocklington Trust, 97
- 3D printing, 76, 104
- Transtheoretical model, 115
- UK Expert Patient Programme, 126
- UK Housing Learning and Improvement Network (Housing LIN), 95–96
- UK National Institute for Health and Clinical Excellence (NICE), 136, 140
- UK Office for Product Safety and Standards (OPSS), 92–93
- UK Royal College of Nursing, 13
- UK Royal College of Occupational Therapists (RCOT), 61
- UK social care services for older people, 194
- Unhealthy ageing, 9–14
- United Nations Population Fund & HelpAge International, 4
- University of the Third Age (U3A), 135
- Video gaming consoles, 81
- Virtual reality, 69–70
- Vision loss, 97
- Voice-activated personal assistants, 83
- Volunteering, 30
- Vulnerability, 170–171, 174
 - in later life, 158–159
- Warwick-Edinburgh Mental Well-Being Scale, 120
- Wearable technologies, 77–78
- Well-being, 112
- Work rehabilitation, meeting needs for, 188
- Work with complexity, 215
- Work with risk, 215–216
- Working environment, culture and expectations of, 205–206
- Workplace culture, 1
- World Health Organization (WHO), 4, 196, 200–201