At the heart of this unique volume are 100 case studies of older adults that address nearly every issue—physical, mental, and psychosocial—that may confront health care providers who work with the aging population. These case studies, culled from contributors with several centuries' worth of combined nursing expertise, are designed to guide nursing students in the development of interventions that encompass both complementary and alternative health strategies.

Exercises interspersed throughout each case study are designed to foster critical thinking and decision-making skills.

These case narratives provide a holistic approach to problem solving in regard to political, ethical, and legal issues; loss and end-of-life issues; elder abuse; depression, addiction and suicide; self-esteem and family relationships; sexuality; age-related health issues; cognitive impairment; cultural diversity as it relates to aging; pain management; and sleep disturbances. The volume also addresses such contemporary psychosocial issues as gambling addiction, hoarding behavior, emergency preparedness, the aging driver, and long-distance caregiving.