



Evidence-Based Interventions for Community Dwelling Older Adults

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A critical milestone in the evolution of evidence-based medicine

Evidence-Based Interventions for Community Dwelling Older Adults presents an overview of significant evidence-based programs that can improve the health of seniors living in community-based settings. The book examines research conducted on a variety of health-related issues, including depression, care management, falls prevention, physical activity, and medications management. It also looks at research models that were translated into real-life practice settings, explores the benefits of implementing evidence-based models into care settings, and provides examples of how to adapt tested programs to meet local agency and population needs.

The health care delivery system in the United States has embraced evidence-based medicine, largely based on its potential to reduce unwanted variations and keep a lid on escalating health care costs. But there are few resources available on how to gather information about model programs and even fewer on how to adapt them for practice. Evidence-Based Interventions for Community Dwelling Older Adults discusses how to effectively manage care beyond the hospital or clinic, as researchers, practitioners, policymakers, and academics provide an overview of evidence-based practice that works toward the best possible care for patients. The book also highlights the efforts of social workers, pharmacists, and case managers, and illustrates the importance of the leadership efforts of the Administration on Aging, National Council on Aging, and the Centers for Disease Control.

Evidence-Based Interventions for Community Dwelling Older Adults examines:

- the effectiveness of geriatric care management
- medication management screening and intervention
- multifaceted intervention strategies to prevent and/or reduce falls among older adults
- physical fitness activities for the frail elderly population at home
- barriers to depression care and how to reduce them
- using Problem-Solving Therapy (PST) to address depression and other psychosocial issues
- using Diffusion of Innovation Theory to duplicate an end-of-life, in-home palliative care model
- and much more

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