

Benefits of Spiritual Wellness

- Increased confidence
- Heightened sense of calm
- Decreased stress, anxiety, depression
- Better mental and physical health
- Ability to deal with grief or loss
- Greater creativity and ingenuity
- A desire to be of service to others
- Improved sense of community with others
- Feeling that life has purpose and meaning
- Improved healing and recovery



Perspectives On Spiritual Well Being And Aging

Lawrence A. Frolik



Perspectives On Spiritual Well Being And Aging:

Perspectives on Spiritual Well-being and Aging James A. Thorson, 2000 *Mental Health: Psycho-Social Perspective (Volume 7: Ageing: Issues and Interventions)* Aradhana Shukla, Anubhuti Dubey, 2025-08-20 About the series Mental health issues are the major concerns of present day society because they help a person to lead the life successfully This series named as Mental Health Psychosocial Perspective deals with approximately all walks of life where mental health can be noticed In this series Six volumes are appeared and the present volume is the Seventh one Volume One deals with psychological issues and Interventions regarding mental health It is followed by the Second volume in which an exhaustive analysis of the mental health of multicultural societies have been made The Third volume deals with the strength and resources that facilitate mental health Fourth volume is related to psychological treatments and therapeutic exercises used for mental health promotion programs The Fifth volume presents the mental health of children and adolescents and the Sixth volume deals with the psyche of women s mental health This volume is the Seventh volume named as Ageing Issues and Interventions explains the mental health concerns of old people We hope that the series will be appreciated by the teachers mental health professionals and researchers About the volume This volume deals with the mental health of old people in all walks of life We have made our best attempts to cover each and every aspect of mental health which is experienced by the old people We hope that we have achieved our goals and are anticipating that this volume will help the readers to understand the psyche of the old ones

New Frontiers in Resilient Aging Prem S. Fry, Corey L. M. Keyes, 2010-07-29 A typically pessimistic view of aging is that it leads to a steady decline in physical and mental abilities In this volume leading gerontologists and geriatric researchers explore the immense potential of older adults to overcome the challenges of old age and pursue active lives with renewed vitality The contributors believe that resilience capacities diminishing with old age is a misconception and argue that individuals may successfully capitalize on their existing resources skills and cognitive processes in order to achieve new learning continuing growth and enhanced life satisfaction By identifying useful psychological resources such as social connectedness personal engagement and commitment openness to new experiences social support and sustained cognitive activity the authors present a balanced picture of resilient aging Older adults while coping with adversity and losses can be helped to maintain a complementary focus on psychological strengths positive emotions and regenerative capacities to achieve continued growth and healthy longevity

Redeeming Dementia Dorothy Linthicum, Janice Hicks, 2018-11-17 Dementia a specter that haunts many either as a fear for the future or as lived reality with a loved one It has been called the theological disease because it affects so much of how we define our humanity language long term memory and ability to plan the future The church has a role in bringing hope and shepherding the spiritual journeys of people with dementia and their families Beginning with current theological models of personhood concepts about the self and spirituality are explored through the latest research in medicine and neuroscience as well as

from work on spirituality and aging The final chapter focuses on narratives of successful programs in churches and retirement communities designed to minister to people with dementia alongside their families and caregivers *Religion, Spirituality, and Aging* Harry R Moody, 2012-12-06 Learn how to make a more positive impact with your social work with the aged Religion is an important coping mechanism for many aging adults Religion Spirituality and Aging A Social Work Perspective presents the latest research that shows how religion and spirituality can improve quality of life for elders Respected social work researchers and scholars provide insight and practical methods for fostering positive aging while also considering how spirituality and religion can affect practitioners themselves The full range of advantages and ethical implications are discussed in clear detail from a social work viewpoint Case studies plainly illustrate the positive impact that the inclusion of spirituality and religion in an aging person's life may have on their physical and mental welfare Organized social work in the early twentieth century actively tried to distance itself from its roots as a form of religious charity in favor of becoming a scientific and professional endeavor Religion Spirituality and Aging once again bridges the gap between social work and spiritual matters by presenting penetrating articles that discuss the issues of the aging soul while examining ways to improve care Creative strategies are offered to contribute to the spiritual side of aging while considering every implication and ethical question The compilation is extensively referenced and includes helpful figures and tables to clearly illustrate data and ideas Religion Spirituality and Aging discusses the latest social work trends and attitudes toward spirituality prayer meditation and acts of altruism as interventions an empirical study of how social workers use religion and spirituality as an intervention ethical considerations and best practices religion and spirituality during long term care the Postcards to God project dreams and their relationship to the search for meaning in later life a spiritual approach to positive aging through autobiography dementia and spirituality creating new rituals for sacred aging spiritual master Henri Nouwen's principles of aging and his approaches to caring for older people an interview study on elders spirituality and the changes manifested in their views of religion Religion Spirituality and Aging is a remarkable reminder that elders are our future selves This erudite well reasoned examination of aging and spirituality from a social work perspective is crucial reading for social workers human service professionals who work with the aged and gerontology scholars New Dimensions in Spirituality, Religion, and Aging Vern Bengtson, Merrill Silverstein, 2018-09-03 New Dimensions in Spirituality Religion and Aging expands the traditional focus of religiosity to include and evaluate recent research and discoveries on the role of secular spirituality in the aging process Contributors examine the ways conventional religion and other forms of spirituality affect human development health and longevity and they demonstrate how myth creation enables humans to make meaning in their lives Taken together the book points to further research to enhance current knowledge approaches to care and social policies Ageing, Spirituality, and Well-being Albert Jewell, 2004 Using selected conference material this text explores how well being among the elderly does not depend solely on physical health but also on having purpose in life and ongoing

spiritual growth and offers guidance on meeting the spiritual needs of this age group and providing meaningful care and support 1981 White House Conference on Aging ,1981 **Handbook of Research on Geriatric Health, Treatment, and Care** Prasad, Barre Vijaya,Akbar, Shamsi,2018-03-30 Mental and physical disorders are common in old age but frequently remain undetected and untreated Managing treatment and controlling symptoms of these disorders is imperative to the longevity and quality of life of patients The Handbook of Research on Geriatric Health Treatment and Care provides emerging research on promoting health in older adults by preventing and treating diseases and disabilities By highlighting topics such as alternative treatment clinical diagnosis and positive psychology this publication explores the methods and approaches of identifying and diagnosing epidemiological factors that contribute to geriatric health issues This book is an important resource for healthcare professionals academicians medical practitioners researchers and students seeking current research on the methods and strategies for maintaining healthy and successful care for the elderly *Methods in Religion, Spirituality & Aging* James W. Ellor,2013-10-18 Since the 1971 White House Conference on Aging in the United States the need to move from religiosity into new areas such as Spiritual Assessment and Spirituality has emerged This movement has picked up momentum among scholars particularly in terms of research in the area of Spirituality While spirituality as a term is employed in many new studies this term continues to defy the quest for a single definition and method This book is divided into three sections In the first the authors reflect on the philosophical and theological issues presented by these terms from a variety of both cognate and practical methodological approaches The second section offers insights from the major professions of sociology psychology public health nursing and social work The final section offers insight and assistance to researchers and authors on specific religious traditions This book will be important for anyone working to develop such practical tools as spiritual assessment forms to those who engage in more formal scholarly investigation Changing Cultures of Ageing and Spirituality Elizabeth MacKinlay,Ann Harrington,2023-09-12 This book addresses important issues of ageing and spirituality and reflects on the impact of culture on both constructs The papers are contemporary in that they include excerpts of cultural impact on spirituality from New Zealand Singapore India United Kingdom Australia and the United States This book marks almost 20 years of international conferences on ageing and spirituality that commenced in January 2000 It opens the conversation to all who were part of this journey of ageing including older people practitioners in ageing and aged care researchers and those who reflect on the process of growing older Chapters feature diverse perspectives highlighting the need for inclusivity in conversations that surround ageing and recognize how development of cultures is influenced by the society where they emerge and by minority groups within larger society Chapters also note the occurrence of subcultures of ageing and aged care The conference was held shortly before the onset of the COVID 19 pandemic with the chapters being written often during times of lockdown Their content reflects the importance of spirituality in times of isolation and can show ways of reaching out to vulnerable older people of various faiths

and cultures whatever their situations Changing Cultures of Ageing and Spirituality will be a key resource for academics researchers and advanced students of Theology Divinity and Religious Studies Gerontology Sociology Psychology Mental Health and Nursing The chapters included in this book were originally published as a special issue of Journal of Religion Spirituality Aging

Aging and the Law Lawrence A. Frolik, 1999 A collection of 47 portions of essays articles and books addressing many of the social political and legal problems occasioned by having an increasing number of older Americans First defines and explores the emerging field of elder law then looks at such dimensions as work income and wealth housing mental capacity health care decision making long term care health care finance family and social issues abuse neglect victimization and elderly criminals and legal representation and ethical considerations Annotation copyrighted by Book News Inc Portland OR

Spiritual Assessment and Intervention with Older Adults Mark Brennan, Deborah Heiser, 2013-04-03 Stay up to date with the latest innovative methods of meeting the spiritual needs of the elderly Spiritual Assessment and Intervention Current Directions and Applications examines current state of the art efforts in the development and implementation of spiritual interventions for older adults Academics and practitioners working in social work social welfare medicine and mental health and aging present innovative approaches to meeting major challenges in the field of gerontology including elder abuse dementia care giving palliative care and intergenerational relationships The book provides practical methods for dealing with the problems and pitfalls of starting and evaluating interventions of a spiritual nature in a variety of community based and institutional settings Spiritual Assessment and Intervention Current Directions and Applications provides you with an overview of current and future methods and means of providing spiritual support to the elderly as they struggle with the problems and possibilities of aging in today s complex world Growing interest in the positive effects that religiousness and spirituality can have on life stress has created a growing need for research and practice models that strengthen reinforce or promote the spiritual well being of older adults This collection first presented in 2003 at the 56th Annual Scientific Meeting of the Gerontological Society of America addresses the important care giving and practice issues involving the physical and psychological health of older adults Spiritual Assessment and Intervention Current Directions and Applications examines how older adults use narrative therapy to manage adversity and maintain self efficacy how faith based communities can be enlisted as important social resources a pilot government funded project to raise awareness of elder abuse in faith communities an intergenerational project involving a preschool and a retirement community spiritual activities for adults with Alzheimer s disease the Creating Alternative Relaxing Environment CARE Cabinet intervention Spiritual Assessment and Intervention Current Directions and Applications is an essential resource for gerontological practitioners from the biological clinical including physicians physician assistants nurses and dentists behavioral and social sciences including anthropologists psychologists social workers sociologists and researchers and for health care administrators

Aging as a Spiritual Journey Eugene C. Bianchi, 2011-07-01 Bianchi s wide ranging book draws

together insights from the social sciences the humanities and religion to establish a holistic framework for a spirituality of aging He argues that middle life and late adulthood present opportunities for turning inward for a deeper contemplative life within the context of active worldly endeavors This can also augur a reform of social relationships beyond individual development alone toward the creation of a more cooperative just society In this way physical decline is countered by a spiritual ascent He summons aging persons fortified with universal values and concerns gained from age and experience to return to the centers of decision making Throughout the author ponders such questions as personal power identity fear freedom contemplation sexuality the church faith suffering and hope In candid interviews older religious leaders reflect on their early value formation personal traumas choice of careers midlife transitions experiences of old age and the prospect of death In dwelling mainly on human spiritual dilemmas of the aging cycle Bianchi offers a strong clear message of hope one that stands against the tide of our culture which tends to shunt older people to the outer eddies of life s stream Aging as a Spiritual Journey is immensely valuable to all laypersons and those in the helping professions who are concerned about the quality of the aging process

Spiritual Well-Being of Chinese Older Adults Vivian W. Q. Lou, 2015-02-04 There are several unique features of this book on the spiritual well being of Chinese older adults First based on qualitative methodology a conceptual model of spiritual well being was proposed Besides through a Delphi study different dimensions of spiritual well being were identified Conceptually such effort is important because there is a general lack of well articulated models of spiritual well being for Chinese people Although Western models can be transplanted to Chinese contexts indigenous concepts are needed As such this is a pioneer conceptual contribution Second the author developed and validated the Spiritual Scale for Chinese Elders In view of the lack of related measurement tools in the field this is a pioneer attempt which is important for social work education research and practice Third a Spiritual Enhancement Group for Chinese Elders was developed and its effectiveness was evaluated In contrast to ordinary elderly programs this program was based on solid theoretical grounds In addition process evaluation and outcome evaluation were conducted The intervention program is a beautiful link between theory and practice whereas the evaluation is a good outgrowth of practice The present project is especially valuable because evidence based practice is at its infancy in different Chinese communities

The Sacred in a Secular Age Phillip E. Hammond, 2023-11-15 This title is part of UC Press s Voices Revived program which commemorates University of California Press s mission to seek out and cultivate the brightest minds and give them voice reach and impact Drawing on a backlist dating to 1893 Voices Revived makes high quality peer reviewed scholarship accessible once again using print on demand technology This title was originally published in 1985

The Role of the Church in Aging: Implications for policy and action Michael C. Hendrickson, 1985 This informative volume examines the multidimensional nature of aging identifies key issues involved in meeting the needs of the growing numbers of older adults and suggests effective methods of mobilizing resources to better meet the needs of the aging population

Successful Cognitive and

Emotional Aging Colin A. Depp, Dilip V. Jeste, 2009-08-28 The critical importance of brain health to the well being of older adults is becoming increasingly clear However an important aspect that interests most people relates to what clinicians and their adult patients and family members can do to retain and even improve cognitive and emotional functioning as they age Successful Cognitive and Emotional Aging thoroughly discusses the neuroscience of healthy aging and presents effective strategies for staying lively engaged and positive The book is organized into three parts The first one focusing on behavioral and psychosocial aspects strives to place cognitive aging in a broad context With chapters that explore such topics as the meaning of wisdom the role of spirituality in healthy aging and what centenarians can teach us about cognition and emotion this section sets the stage for a rich robust yet nuanced treatment of its subject The second part addresses the biological aspects and presents the scientific foundations of cognitive aging as well as reviews the research on the role of factors such as stress resilience and diet Finally the third section addresses prevention and intervention strategies in a practical down to earth fashion addressing questions such as What environments encourage physical activity and How can we promote resilience Several features of the book are especially noteworthy The book bridges the gap between popular science for a lay audience and the heavily theoretical academic approach of other books on the aging brain making it suitable not only for clinicians but for their patients and family members as well The fascinating story of an innovative intergenerational school makes the case for meaningful activity not just for the older participants but for the entire community and is suggestive of the plethora of possible programs that might prove effective at keeping the older population engaged and contributing Results from a 70 year longitudinal study are extensively reviewed and identify the coping strategies that seem to bring about well being in older age The most promising strategies for successful aging applicable to a large majority of the population are summarized by the editors so that clinicians as well as consumers of healthcare may implement them as they see fit As the baby boomers reach what used to be considered old age the demand for evidence based strategies for retaining and improving cognition will only increase Fortunately as the editors note it is never too early or too late to start working toward the goal of improving brain health

Handbook of Active Ageing and Quality of Life Fermina Rojo-Pérez, Gloria Fernández-Mayoralas, 2021-04-12 This handbook presents an overview of studies on the relationship of active ageing and quality of life It addresses the new challenges of ageing from the paradigm of positive ageing active healthy and successful for a better quality of life It provides theoretical perspectives and empirical studies including scientific knowledge as well as practical experiences about the good ageing and the quality of later life around the world in order to respond to the challenges of an aged population The handbook is structured in 4 sections covering theoretical and conceptual perspectives social policy issues and research agenda methods measurement instrument scales and evaluations and lastly application studies including domains and geographical contexts Chapter 5 is available open access under a Creative Commons Attribution 4.0 International License via link [springer.com/div](https://www.springer.com/div)

[Perspectives on Children's Spirituality in Diverse and](#)

Changing Contexts John Chi-Kin Lee, 2024-07-19 This book offers multidisciplinary and inclusive perspectives on children and young people's spirituality and its research in diverse socio-cultural contexts. It brings together a collection of select research articles that were published over a period of nearly two decades (2003-2021) in the International Journal of Children's Spirituality (IJCS) to celebrate the journal's 25th anniversary. Featuring contributions by leading international scholars from the UK, US, Canada, Finland, Australia, Hong Kong, and China, this edited volume focuses on different and complementary perspectives on children's spirituality in diverse and changing contexts. Chapters cover topics such as the study of children's spirituality as a natural form of human awareness, a proposed pluricultural approach, the potential contributions of psychoanalytic tradition and cognitive psychology, possible influences of tradition's multidisciplinary and perceptions on understanding children's spiritual experiences, Christian perspectives on children's spirituality in relation to living and dying in Quebec, Canada, Finnish pre-adolescents' perceptions of religion and spirituality using technology specifically tablets as a component for understanding children's spirituality and cyber spirituality. This volume will be an invaluable resource for researchers and postgraduate students majoring in education studies, life and moral and spiritual education, and those majoring in psychology and religious studies.

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