

# HEM71

[View Online](#)

Aday, R.H., Kehoe, G.C. and Farney, L.A. (2006) 'Impact of Senior Center Friendships on Aging Women Who Live Alone', *Journal of Women & Aging*, 18(1), pp. 57–73. Available at: [https://doi.org/10.1300/J074v18n01\\_05](https://doi.org/10.1300/J074v18n01_05).

Age UK (no date). Available at: <http://www.ageuk.org.uk/>.

Better health in old age: Report from Professor Ian Philp : Department of Health - Publications (no date). Available at: [http://webarchive.nationalarchives.gov.uk/+/www.dh.gov.uk/en/publicationsandstatistics/publications/publicationspolicyandguidance/dh\\_4092957](http://webarchive.nationalarchives.gov.uk/+/www.dh.gov.uk/en/publicationsandstatistics/publications/publicationspolicyandguidance/dh_4092957).

Beverly P Horowitz (2004) 'Promoting Well-Being and Engagement in Life Through Occupational Therapy Lifestyle Redesign: A Pilot Study Within Adult Day Programs', *Topics in Geriatric Rehabilitation*, 20(1).

Cerga-Pashoja, A. et al. (2010) 'Evaluation of exercise on individuals with dementia and their carers: a randomised controlled trial', *Trials*, 11(1). Available at: <https://doi.org/10.1186/1745-6215-11-53>.

Christofolletti, G. et al. (2008) 'A controlled clinical trial on the effects of motor intervention on balance and cognition in institutionalized elderly patients with dementia', *Clinical Rehabilitation*, 22(7), pp. 618–626. Available at: <https://doi.org/10.1177/0269215507086239>.

Drageset, Jorunn (2004) 'The importance of activities of daily living and social contact for loneliness: a survey among residents in nursing homes', *Scandinavian journal of caring sciences*, 18(1).

Equality Impact Assessment: Partnerships for Older People Projects (POPP) D.O.H 2010 (no date). Available at: <http://www.pssru.ac.uk/pdf/rs053.pdf>.

Fine, J. (2001) 'The Effect of Leisure Activity on Depression in the Elderly: Implications for the Field of Occupational Therapy', *Occupational Therapy in Health Care*, 13(1), pp. 45–59.

G. Ruiz, Villaverde (2006) 'Quality of life of rural menopausal women in response to a customized exercise programme', *Journal of Advanced Nursing*, 54(1).

Hakim, Renée M (2004) 'Differences in Balance Related Measures Among Older Adults Participating in Tai Chi, Structured Exercise, or No Exercise', *Journal of Geriatric Physical Therapy*, 27(1), pp. 11–15.

Health and Care Services for Older People: Overview report on research to support the National Service Framework for Older People : Department of Health - Publications (no date). Available at: [http://webarchive.nationalarchives.gov.uk/+/www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH\\_088848](http://webarchive.nationalarchives.gov.uk/+/www.dh.gov.uk/en/Publicationsandstatistics/Publications/DH_088848).

Homepage - University of the Third Age (no date). Available at: <http://www.u3a.org.uk/>.

Improving care and saving money: learning the lessons on prevention and early intervention for older people – UK – 18 January 2010 | KINSHIP - Knowledge INformed Support for Health Improved Practice (no date). Available at: <http://kinwahlin.wordpress.com/2010/01/19/improving-care-and-saving-money-learning-the-lessons-on-prevention-and-early-intervention-for-older-people-uk-18-january-2010/>.

Improving policy for older people's learning | NIACE (no date). Available at: <http://www.niace.org.uk/news/improving-policy-for-older-people%E2%80%99s-learning>.

Jansson, S. and Söderlund, A. (2004) 'A new treatment programme to improve balance in elderly people--an evaluation of an individually tailored home-based exercise programme in five elderly women with a feeling of unsteadiness', *Disability & Rehabilitation*, 26(24), pp. 1431–1443. Available at: <https://doi.org/10.1080/09638280400000245>.

Jones, A.Y., Dean, E. and Scudds, R.J. (2005) 'Effectiveness of a community-based Tai Chi program and implications for public health initiatives', *Archives of Physical Medicine and Rehabilitation*, 86(4), pp. 619–625. Available at: <https://doi.org/10.1016/j.apmr.2004.10.020>.

la Cour, Karen (2005) 'Creating connections of life during life-threatening illness: Creative activity experienced by elderly people and occupational therapists', *Scandinavian Journal of Occupational Therapy*, 12(3), pp. 98–109.

Litwin, H (2005) 'Correlates of successful aging: Are they universal?', *International Journal of Aging & Human Development*, 61, pp. 313–333. Available at: <http://ahd.sagepub.com/content/61/4/313>.

Mountain, G. et al. (2008) 'Occupational Therapy Led Health Promotion for Older People: Feasibility of the Lifestyle Matters Programme', *The British Journal of Occupational Therapy*, 71(10), pp. 406–413. Available at: <https://doi.org/10.1177/030802260807101002>.

National service framework: older people - Publications - GOV.UK (no date). Available at: <https://www.gov.uk/government/publications/quality-standards-for-care-services-for-older-people>.

Oken, B.S. and Zajdel, D. (2006) 'RANDOMIZED, CONTROLLED, SIX-MONTH TRIAL OF YOGA IN HEALTHY SENIORS: EFFECTS ON COGNITION AND QUALITY OF LIFE', *Alternative Therapies in Health and Medicine*, 12(1), pp. 40–47.

Promoting Mental Health and Well Being in Later Life: Age Concern (no date). Available at: [http://www.ageuk.org.uk/documents/en-gb/for-professionals/health-and-wellbeing/isbn\\_1\\_9\\_03629\\_42\\_10\\_promoting\\_mental\\_health\\_and\\_wellbeing\\_in\\_later\\_life\\_2006\\_pro.pdf?dtrk=true](http://www.ageuk.org.uk/documents/en-gb/for-professionals/health-and-wellbeing/isbn_1_9_03629_42_10_promoting_mental_health_and_wellbeing_in_later_life_2006_pro.pdf?dtrk=true).

- Scott, A.H (2001) 'Occupational therapy as a means to wellness with the elderly', *Physical and Occupational Therapy in Geriatrics*, 18(4), pp. 3-22.
- Stevens-Ratchford, R. and Cebulak, B. (2004) 'Living Well with Arthritis: A Study of Engagement in Social Occupations and Successful Aging', *Physical & Occupational Therapy In Geriatrics*, 22(4), pp. 31-52.
- Stevens-Ratchford, RG (2005) 'Occupational engagement - Motivation for older adult participation', *TOPICS IN GERIATRIC REHABILITATION*, 21(3), pp. 171-181.
- Toepoel, V. (2013) 'Ageing, Leisure, and Social Connectedness: How could Leisure Help Reduce Social Isolation of Older People?', *Social Indicators Research*, 113(1), pp. 355-372. Available at: <https://doi.org/10.1007/s11205-012-0097-6>.
- Verghese, Joe (2003) 'Leisure activities and the risk of dementia in the elderly', *The New England Journal of Medicine*, 348(25), pp. 2508-2516.