
BOOKSHELF

AGEING IN AUSTRALIA

D. T. Rowland (Longman Cheshire, Melbourne, 1991, \$18.99)

Australians perceive themselves as 'young', yet population ageing is rapidly transforming this image, creating a new, mature society with unfamiliar problems and unrecognised potential.

In this book Dr Don Rowland, senior lecturer in population studies at the Australian National University, discusses key characteristics of the aged. He presents research findings, provides comparisons with overseas studies and trends, introduces relevant theoretical concepts and explains changes and their consequences.

The theme is the social integration of the aged, which is central to understanding quality of life in old age and to the appropriate design of social policies concerning the aged.

The book should interest people working in sociology, human services, health sciences, geography, gerontology and demography.

OPTIMIZING HOUSES FOR THE ELDERLY: HOMES NOT HOUSES.

Ed by Leon A. Pastalan (Haworth Press, NY, 1990, \$47.95)

Chapters in this book cover a broad spectrum of North American populations including elderly people in 'ageing ghettos' in suburbia, continuing care retirement community residents, full-time recreational vehicle travellers and the homeless elderly. In looking at the diverse range of housing options available to the elderly population, the book explores some common considerations such as personal security, food and medical services, independence, and social interaction. It addresses the public policy and design and development issues that must necessarily face those concerned with housing our steadily growing elderly population.

A CARER'S GUIDE TO GOOD HEALTH: HOW TO CARE FOR YOURSELF WHEN CARING FOR SOMEONE AT HOME.

Lynette Cusack and Sheryl Navin (Hill of Content Publishing Co, Melbourne, 1991, \$7.95)

The authors are both registered nurses with over thirty years of nursing experience between them. When working together as District Nurses in South Australia, they discovered that, while there was a great deal of information available about basic nursing practice for those who care for patients at home, there was nothing to help carers maintain their own health while providing that care.

As a result, they have written this book as a practical and easy to read guide for carers and those

professionals who are providing assistance to them.

Throughout the book carers are guided through activities aimed at helping them focus on themselves and start to meet their own needs. Covering topics such as sharing the care, social life, stress management, money matters, nutrition and exercise, the book is designed to be read in small doses; each 'dose' adding to the carer's ability to maintain that care.

ACTIVITIES WITH DEVELOPMENTALLY DISABLED ELDERLY AND OLDER ADULTS.

Ed by M. Jean Keller (Haworth Press, NY, 1991, \$43.95)

Learn how to effectively plan and deliver activities for the growing number of older people with developmental disabilities. This book aims to stimulate interest and continued support for recreation program development and implementation among developmental disability and ageing service systems.

It offers an introduction to this area for the provider of services and includes many examples of experiences which have proven successful.

CARING ALONE: LOOKING AFTER THE CONFUSED ELDERLY AT HOME.

Ed by Anne Opie (Daphne Brasell Associates Press, Wellington, New Zealand, 1991, \$19.95)

The confused elderly require constant care. But how should we look after them: in institutions or at home? Current thinking in social policy favours community care, putting the responsibility back onto the immediate family. But can they cope, and what are the consequences for the caregiver?

In *Caring Alone* Anne Opie records the experiences of seven people looking after confused elderly relatives at home. The caregivers talk frankly about the emotional conflicts they experience in caring for their spouses or parents at home - about their love and resentment, concern and distress. They describe the demands of the daily routine, the constant stress of dealing with physical and mental deterioration, and the adverse effects caring has had on other family members.

The book should be of interest to caregivers because of the insights it gives into their predicament. It should also provide social workers, health professionals, and social policy makers with evidence of the acute need for outside help - help which is essential if community care is to work, and which is too often not forthcoming.

WELL OVER FIFTY: A GUIDE TO HEALTH CARE AND SERVICES FOR AUSTRALIANS GROWING OLDER.

Susie Linder-Pelz (Nexus Publications/Allen and Unwin, Sydney, 1991, \$16.95)

Well Over Fifty is a useful book for people planning their retirement, those who have already retired and those caring for older people.

It explains such topics as the myth that older means sicker, the social and lifestyle factors in diseases and disabilities, and choices people can make about doctors, private health insurance, pain relief and dying with dignity. It includes everything that should make up a prevention program and looks at the skills people need to be able to manage their own health care team.

The author has been a researcher and planner of health services for twenty years in both Australia and overseas.

WOMEN, AGEING AND AGEISM.

Ed by Evelyn R. Rosenthal (Haworth Press, NY, 1990, \$47.95)

This book examines the lives of middle-aged and elderly women. The authors use analytical tools and methodologies developed and modified by feminists to explore questions previously unasked. They focus on issues of deep concern to women at midlife and beyond, including the politics of reproduction, sexuality, social isolation, violence against women, equal opportunity, and the feminisation of poverty.

SUICIDE IN OLDER ADULTS: SELECTED READINGS.

Ed by Sharon L. Moore and Bryan L. Tanney (Suicide Information and Education Centre, Calgary, Canada, \$C 7.50)

This book is a compilation of some of the best articles published in North America on elderly suicide over the past ten years.

Elderly suicide is a seldom acknowledged social problem which has been steadily increasing over the past twenty years. Persons over 65 in North America have a consistently higher rate of suicide than any other age group. The elderly population is increasing rapidly and elderly suicide is expected to be an even more significant problem in the future.

AJA's review copy of this book was supplied directly from the Suicide Information and Education Centre, #201, 1615 - 10th Avenue S.W., Calgary, Alberta, Canada, T3C 0J7. Tel: (403) 245-3900.

BOUND TO CARE.

V. A. Braithwaite (Allen and Unwin, Sydney, 1990, \$19.95)

In response to escalating costs in all areas of the health system, governments are turning increasingly to devising ways to maintain those who need long-term care - principally the frail aged - in the community for as long as possible.

Families, and often an individual family member, have always borne the bulk of the responsibility for long-term care but current community care policies have failed to address the needs of those who must face the task of providing this care - those bound to care.

This book provides insights into why caregiving is so stressful to individuals and families. It demonstrates why and how community care programs must broaden their focus to cater for the needs of the carer as well as those of the cared for.

The author is a lecturer in psychology at the Australian National University and has taught in clinical gerontology courses for students of nursing.