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Ageing Well (Growing Older)

Ann Bowling

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- What is quality of life?
- What is quality of life in older age?
- How can quality of life in older age be improved?

This book explores concepts of quality of life in older age in the theoretical literature and presents the views of a national sample of people aged sixty- five years or older. It offers a broad overview of the quality of life experienced by older people in Britain using a number of wide ranging indicators, including:

- Health
- Hobbies and interests
- Home and neighbourhood
- Income
- Independence
- Psychological wellbeing
- Social and family relationships

The result is a fascinating book enlivened by rich data – both quantitative and qualitative – drawn from detailed surveys and interviews with almost a thousand older people.

Ageing Well is key reading for students, academics, practitioners and policy makers who are concerned with the research and practice that will help to improve quality of life for older people.

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