new publications – books, reports and papers

books

Age doesn’t matter unless you’re a cheese: wisdom from our elders
Kathryn and Ross Peters
Workman Publishing
409 pp £6.99
ISBN 0761125183

With all contributions by people over 60, this is a collection of some 350 quotes about getting older, such as second chances, rules to live by, seizing the moment, courage, laughter, work and self-knowledge. The authors plot a map for ageing and offer a manual for living well. The quotes aim to make us think, laugh, and most of all remember that the best years of our lives are not necessarily behind us.

Blood pressure: all you need to know
Hugh Coni and Nicholas Coni
RSM Press
148 pp, £14.99
ISBN 1853155365

Written by a GP and retired clinical director of medicine for the elderly, this illustrated book is a manual for people who suffer from hypertension and members of their families who are keen to learn about the condition and how best to monitor it. It also discusses low blood pressure and why this can also be dangerous. Various disorders associated with high blood pressure are also detailed.

Developing intermediate care: a guide for health and social services professionals
Jan Stevenson and Linda Spencer
The King’s Fund
131 pp, £18 (plus £1.80 p&p)
ISBN 185717466

Described as a ‘one stop resource’ on intermediate care for health, social services and housing professionals, this book reviews government policy and summarises evidence for the effectiveness of intermediate care. It includes practical guidance on developing shared visions and values, setting up partnership arrangements and implementing intermediate care services.

Eating for health in care homes: a practical nutrition handbook
Sue Thomas and Hilary Mengham (editors)
Royal Institute of Public Health
107 pp, £15
ISBN 190866000

Provides advice for care home staff on the nutritional needs of older people. Topics include health problems, difficulty in eating and dementia. Advice covers menu planning, special diets, budgeting, risk assessment and stock control.

Older people and the church
Ian S Knox
The Continuum International Publishing Group
256 pp £19.06
ISBN 0567088820

This book examines the relationship between older people and the church including how the church is changing and what older people think about this. The author suggests that carers, people with dementia and older people in residential homes are being neglected by churches and challenges them to rethink their approach to older people.

reports and papers

100% proof: research for action on alcohol
Alcohol Concern
155pp, £10
ISBN 1869814509
Tel: 020 7922 8667

A comprehensive review of research into alcohol use highlights that more than a million people over the age of 65 are drinking at unsafe levels. This represents an increase of 75 per cent among women and 31 per cent among men in the last ten years. The report concludes further research is needed.

Changing the way we think about blindness: myth and reality
Dan Vale and Ciara Smyth
RNIB
17pp Free to individuals. Organisations incur £3.50 handling charge
Tel: 0845 7023153

Aiming to change the way in which people think about blindness, this report from the Royal National Institute of the Blind describes the reality of life for people who are blind or partially sighted. The report concludes with recommendations on policy implementation, information, equipment, emotional support and the importance of people-focused services.

Crime, policing and justice: the experience of older people
Home Office Statistical Bulletin 08/02
Free from the The Information and Public Policy, University College London.
Tel: 020 7679 4985, Fax: 020 7916 8539

Based on information from the British Crime Survey, this report highlights that incidents of crime against older people have remained fairly constant over the last ten years and that their risk of experiencing personal or household crime is generally lower than other age groups. The report discusses older people’s concerns, views on the police and criminal justice system and the use of security precautions.

Growing older in socially deprived areas: social exclusion in later life
Help the Aged
124 pp, £15
Tel: 020 7278 1114. Fax: 020 7278 1116

Help the Aged reports on an investigation into the impact of social exclusion on older people living in deprived areas. It highlights that poverty affects nearly half of people aged 60 and over in deprived urban areas, that a significant minority of older people could be described as being socially isolated and/or severely lonely but retain considerable attachment to their local areas.

Preventing accidental injury: priorities for action
The Stationery Office
61pp, £14.50
ISBN 011322477X
Tel: 0870 600 5522, Fax: 0870 600 5533
Email: book.orders@tso.co.uk

Report to the Chief Medical Officer from the Accidental Injury Task Force which draws on national and international evidence to make recommendations for action. Fifty per cent of all accidental injury occurs in people aged 65 and over with hospital admission and death rates increasing with age.

Rehabilitation services for older people: a bulletin for trusts and social care organisations
11pp
http://www.district-audit.gov.uk

Aimed at senior executives in NHS and social care organisations, this report summarises the findings from a review of rehabilitation services in England and Wales. Services are unco-ordinated which leads to increased demand on social care. This diverts resources away from preventative work and results in more hospital admissions. Includes examples of good practice and a checklist for assessing the effectiveness of rehabilitation services.

Selling off the twilight years: the transfer of Birmingham’s homes for older people
Melanie McFadyean and David Towland
39 pp, £5
School of Public Policy, University College London.
Tel: 020 7679 4985, Fax: 020 7916 8539

Reports on the formation of Birmingham’s Residents’ Action Group for the Elderly (RAGE) and their campaign to oppose closure or privatisation of care homes.