## **Contents**







Cor	ntributors	ix	
For	Foreword		
Ack	knowledgements	xvii	
P	ART 1 The fundamentals of working with older people	1	
1	Introduction to nursing older people	3	
	Jan Reed, Charlotte L. Clarke and Ann MacFarlane		
2	Independence and autonomy – the foundation of care	9	
	Jan Reed and Brendan McCormack		
3	The aims and goals of care: a framework promoting partnerships between older people, family carers and nurses	23	
	Mike Nolan, Serena Allan, Patricia McGeever, Isabell Reid and Nina Szmaites		
4	Demographic change and population ageing	43	
	Assumpta Ryan		
5	Working together: participation with older people	61	
	Christine Brown Wilson		
P	ART 2 Key issues in nursing older people	77	
6	Fundamentals of nursing	79	
	Charlotte L. Clarke		
7	Mobility	91	
	Bhanu Ramaswamy and Diana Jones		
8	Nutrition, including food preparation and planning	110	
	Angela Dickinson		

## viii CONTENTS

9	Continence management	137
	Jo Booth	
10	Communication	159
	Debbie Tolson and Christine Brown Wilson	
11	Spirituality, religious practice, beliefs and values	176
	Karen S. Dunn	
12	Sexuality and intimacy	191
	Linda McAuliffe, Rhonda Nay and Michael Bauer	
13	Risk and safety in nursing older people	204
	Alison Steven, Sheena Blair and Gabriel Telford Steven	
14	Social participation and social networks	220
	Soong-nang Jang	
15	Dying	231
	Amanda Clarke and Paula Smith	
16	Mental health issues for older people	251
	Mima Cattan	
17	Reflections and views from older people on health and social care	273
	Ann Macfarlane	
Inde	ex	291