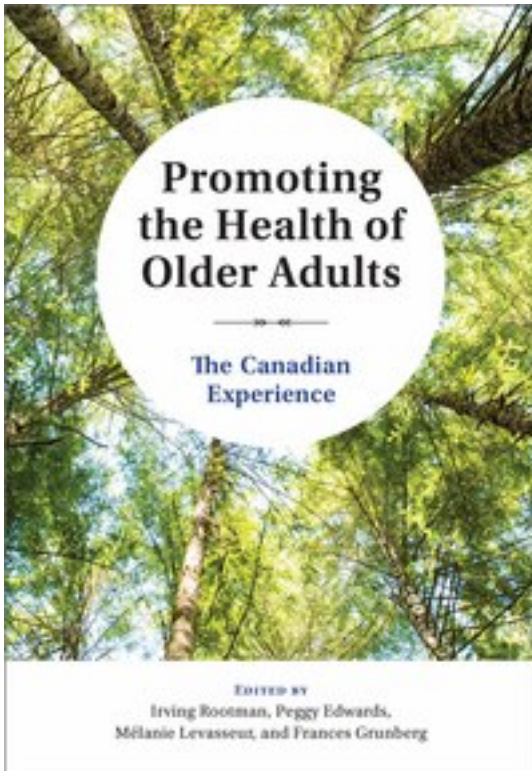


# Promoting the Health of Older Adults

## The Canadian Experience



Taking a unique look at health promotion and aging in Canada, this edited collection uses the action framework in the Ottawa Charter for Health Promotion to explore the factors and issues related to the health of older adults. The book is organized around the five action areas for health promotion: building healthy public policy, creating supportive environments, strengthening community action, developing personal skills, and reorienting health and social services.

Adhering to the holistic approach that health in older age involves physical, mental, emotional, social, and spiritual well-being, this comprehensive collection covers a wide range of interventions that are designed to benefit and protect the aging population's health, quality of life, rights, and dignity, while building intergenerational solidarity and collaboration. Readers will learn about aging from a health promotion perspective; the context, environment, and issues related to older adults in Canada; as well as best practices in health promotion, public health, and the care of older adults. *Promoting the Health of Older Adults* is an invaluable resource for both graduate and undergraduate students in gerontology, health promotion, nursing, social work, and related fields. **FEATURES**  
- considers the implications of the COVID-19 pandemic for health promotion and aging  
- provides an up-to-date profile of older adults in Canada and current/future trends in aging and health, including the use of new technologies and policies and practices in health promotion, public health, and other disciplines  
- includes a wealth of pedagogical features, such as learning objectives, critical thinking questions, a glossary, and online supplementary materials

### Author Information

Irving Rootman

**Irving Rootman** is an Adjunct Professor in the School of Public Health and Social Policy at the University of Victoria and an Executive Member of Health Promotion Canada. He has worked in the field of health promotion since 1978 as a researcher, research and program manager, professor, consultant, author, and advocate.

Peggy Edwards

**Peggy Edwards** is a health promotion consultant, policy analyst, human rights activist, researcher, and author on healthy aging. She has worked with Health Canada, the Canadian Public Health Association, and the World Health Organization.

Mélanie Levasseur

**Mélanie Levasseur** is an occupational therapist, a researcher at the Research Centre on Aging, and a Full Professor and Director of Research in the School of Rehabilitation at Université de Sherbrooke.

Frances Grunberg

**Frances Grunberg** is a social work practitioner, educator, and advocate. She has spent the last 20 years as faculty in the Social Service Worker Program at Langara College, where she developed the gerontology program and was recently conferred with Emeritus status.

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