



## Ageing Well (Growing Older)

*Ann Bowling*

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**Ageing Well (Growing Older)** Ann Bowling

- 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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