



Introduction to the Psychology of Ageing for Non-Specialists

Ian Stuart-Hamilton

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A complete primer for non-specialists on the psychology of ageing, this accessible and comprehensive book explains the key issues clearly and concisely. Beginning with explanations of ageing, life expectancy and demographics, it goes on to discuss the aspects of ageing that have the most impact on people's lives. From changes in intelligence and personality to mental health and sexuality, the author explains the psychology involved and focuses on the points that offer the most practical help to those working with the older populous. Drawing on the latest findings in the field, the book provides a comprehensive overview of the subject.

The book will be a key resource for social workers, care workers, nurses, medical professionals and anyone more generally interested in ageing.

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