Contents

1 Perspectives on Health and Cognition in Old Age: Why We Need Multidisciplinary Investigations ............................................................ 1
Anja K. Leist, Jenni Kulmala, and Fredrica Nyqvist

Part I What Constitutes Health, Cognition, and Well-Being in Old Age from a Biomedical Perspective?

2 Vascular Aging: Revealing the Role and Clinical Perspectives of the Urokinase System ................................................... 11
Yulia Kiyan, Bianca Fuhrman, Hermann Haller, and Inna Dumler

3 Impact of Metabolic Control on Cognitive Function and Health-Related Quality of Life in Older Diabetics....................... 25
Anna Marie Herghelegiu and Gabriel Ioan Prada

Gitit Lavy Shahaf, Helena Hazanov, Dana Averbuch, Sylvie Amu, Alex Ademokun, Yu-Chang Wu, Deborah Dunn-Walters, Francesca Chiodi, and Ramit Mehr

5 How the Aging Process Affects Our Immune System: Mechanisms, Consequences, and Perspectives for Intervention........ 55
Dietmar Herndlter-Brandstetter

6 A Conflict of Interpretations in Gerontology ..................................................... 71
Hans-Jörg Ehni
Part II What Constitutes Health and Cognition in Old Age from a Life-Course Perspective?

7 Occupational Gerontology: Work-Related Determinants of Old Age Health and Functioning ................................................. 89
Jenni Kulmala and Mikaela B. von Bonsdorff

8 Social, Behavioral, and Contextual Influences on Cognitive Function and Decline over the Life Course .............. 105
Anja K. Leist and Johan P. Mackenbach

9 Obesity, Cognitive Ageing, and Dementia: The Usefulness of Longitudinal Studies to Understand the Obesity Paradox .......... 123
Anna Dahl Aslan

10 Models for Predicting Risk of Dementia: Predictive Accuracy and Model Complexity ........................................ 141
Blossom Christa Maree Stephan

11 Lifestyle Factors in the Prevention of Dementia: A Life Course Perspective ......................................................... 161
Chengxuan Qiu

Part III Promoting Health, Cognition, and Well-Being in Old Age Through Care and Interventions

12 Understanding Long-Term Care Outcomes: The Contribution of Conventional and Behavioral Economics .......................... 179
Birgit Trukeschitz

13 Alzheimer’s Disease, Patients, and Informal Caregivers: Patterns of Care in France, Sweden, and Greece ............................ 201
Anastasia Meidani

14 Implementation of a Complex Improvement Program in Aged Care ................................................................. 219
Henna Hasson and Päivi Topo

15 Can Executive Functions Be Trained in Healthy Older Adults and in Older Adults with Mild Cognitive Impairment? .................. 233
Petra Grönholm-Nyman

Part IV How to Ensure Healthy and Active Aging Through Policy and Practice

16 A Master’s Degree in One’s Fifties: A Way to Stay Active Beyond the Retirement Age ........................................... 247
Ulpukka Isopahkala-Bouret
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>Perspectives on Dynamic Retirement and Active Ageing</td>
<td>259</td>
</tr>
<tr>
<td></td>
<td>Monika E. von Bonsdorff and Mikaela B. von Bonsdorff</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>Social Capital, Mental Well-Being, and Loneliness in Older People</td>
<td>277</td>
</tr>
<tr>
<td></td>
<td>Fredrica Nyqvist and Mima Cattan</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>Reading Metres: Vision, Instrumentation and Evaluation in Voluntary Post-licence Training for Older Drivers</td>
<td>291</td>
</tr>
<tr>
<td></td>
<td>Mirka Rauniomaa, Eric Laurier, and Heikki Summala</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>Social Policies for Old Age: A Story of Shifting Images and Time Lag</td>
<td>305</td>
</tr>
<tr>
<td></td>
<td>Kathrin Komp</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Index</td>
<td>321</td>
</tr>
</tbody>
</table>
Health and Cognition in Old Age
From Biomedical and Life Course Factors to Policy and Practice
Leist, A.K.; Kulmala, J.; Nyqvist, F. (Eds.)
2014, XXI, 329 p. 18 illus., 5 illus. in color., Hardcover
ISBN: 978-3-319-06649-3