Ageing: A Very Short Introduction
discusses the lifelong dynamic changes in biological, psychological, and social functioning involved in ageing. Increased lifespans have created an urgent need to find ways to enhance our functioning and well-being in the later decades of life. This is reflected in relevant policies and action plans from the WHO and the UN. Looking to the future, this VSI considers advancements in provision for our ageing populations, including revolutionary models of nursing-home care. Understanding the process of ageing is not only important for individuals but also for societies and nations if the full potential of those entering later life is to be realized.