A Phenomenological Study on Resilience of the Elderly Suffering from Chronic Disease: A Qualitative Study
https://sagelink.ca/resilience_of_the_elderly_suffering_from_chronic_disease
The aim of this study was to understand the meaning of resilience for hospitalized older people who experience chronic conditions.

Living Well With Medical Comorbidities: A Biopsychosocial Perspective
https://sagelink.ca/living_well_with_medical_comorbidities
The investigators used a biopsychosocial perspective on age-related diseases to examine psychological correlates of having multiple chronic conditions and if positive psychological functioning predicts advantageous profiles of biological risk factors.

Associations Between Chronic Disease, Age and Physical and Mental Health Status
https://sagelink.ca/chronic_disease_age_physical_mental_health
This paper examines the associations between chronic disease, age, and physical and mental health-related quality of life (HRQOL), using data collected in 10 studies representing five chronic conditions.

Restricted Social Engagement Among Adults Living with Chronic Conditions
https://sagelink.ca/restricted_social_engagement_among_adults_living_with_chronic_conditions
This article discusses a study which investigated social engagement restrictions among middle-aged and older adults with chronic conditions and factors associated with these restrictions.

Health Status and Social Networks as Predictors of Resilience in Older Adults Residing in Rural and Remote Environments
https://sagelink.ca/health_status_and_social_networks_as_predictors_of_resilience_in_older_adults
The authors examined the association of health status, social networks and resilience in community dwelling older adults living in rural and remote locations.

Identifying and Understanding the Health and Social Care Needs of Older Adults with Multiple Chronic Conditions and their Caregivers: A Protocol for a Scoping Review
https://sagelink.ca/health_and_social_care_needs_of_older_adults
This paper reviews a study that examined and synthesized the literature on the needs of older adults with multiple chronic conditions and those of their caregivers, and identified gaps in evidence as well as directions for further research.
Aging, Resilience & Disease Management

Promotion of Self-Management in Vulnerable Older People: A Narrative Literature Review of Outcomes of the Chronic Disease Self-Management Program (CDSMP)  
https://sagelink.ca/promotion_of_self-management_in_vulnerable_older_people  
The aim of this study was to review interventions focusing on the Chronic Disease Self-Management Program and to draw conclusions on the benefits of the program.

Aging and Multimorbidity: New Tasks, Priorities, and Frontiers for Integrated Gerontological and Clinical Research  
https://sagelink.ca/aging_and_multimorbidity  
This authors propose that studying multimorbidity may help to understand the biology of aging and the underpinnings of aging which may help to develop strategies to prevent or delay the burden of multimorbidity.

Health Despite Frailty: Exploring Influences on Frail Older Adults’ Experiences of Health  
https://sagelink.ca/health_despite_fraility  
This article discusses evidence that suggests the importance of supporting frail older adults in subjective resilience in their context.

Frailty and Resilience in an Older Population. The Role of Resilience During Rehabilitation After Orthopedic Surgery in Geriatric Patients With Multiple Comorbidities  
https://sagelink.ca/frailty_and_resilience_in_an_older_population  
The aim of the cohort study described in this article was to explore the relationship between resilience, frailty and quality of life in orthopedic rehabilitation patients. The authors found that resilience and quality of life are positive predictors of functional status at discharge.

Resilience in Aging: Concepts, Research, and Outcomes  
https://sagelink.ca/resilience_in_aging  
This pdf book offers important insights about many ways that older adults can achieve and display resilience, the benefits of being resilient for aging well, and steps community service providers can take to foster resilience in the older population.

Building Older Adults’ Resilience by Bridging Public Health and Aging-in-Place Efforts  
This toolkit contains information and activities that can bring together those involved in supporting aging-in-place and disaster resilience efforts to improve the resilience of older adults to natural and human-caused disasters.

Ageing Well: Building Resilience in Individuals and Communities  
https://sagelink.ca/ageing_well-building_resilience_individuals_and_communities  
This report describes a research project which provides insights into factors that act as resources for, or provide barriers to, resilience. While it speaks to the context of South Australia its’ findings may prove helpful for others.
Community Resilience Throughout the Lifespan – The Potential Contribution of Healthy Elders [Link]
This study sought to explore variations in the level of community resilience along the lifespan.

Improving Later Life. Vulnerability and Resilience in Older People [Link]
This book provides an overview of the latest research findings on vulnerability and resilience to help inform older people and those who work with them.

Resilience in Older Adults Living in Rural, Suburban, and Urban Areas [Link]
This paper discusses the findings of a cross-sectional study investigating whether a rural, urban, or suburban location impacts the level of resilience in older adults.

Poverty and Aging: Individual Versus Collective Social Resilience [Link]
This research brief utilized a case study approach to inform a list of issues which could be addressed by decision makers.

The Impact of Resilience Among Older Adults [Link]
The purpose of this literature review was to provide an overview of resilience for the purpose of informing potential intervention designs that may benefit older adults.

Resilience in Later Life: Emerging Trends and Future Directions [Link]
This article reviews four books on the topic of resilience in later life and the factors that influence it.

One Hundred Not Out: Resilience and Active Ageing [Link]
This report is based upon the context in the UK but has many insights to inform leaders and decision makers in making the shift from crisis management to prevention strategies.

Healthy Ageing, Resilience and Wellbeing [Link]
This article argues that it is important to use resilience as a public health concept and to intervene through policy to foster greater resilience by increasing resources available to older people. Fostering wellbeing in the face of the increasing adversity has significant implications for ageing individuals and society as a whole.

Improving Disaster Resilience Among Older Adults [Link]
This report utilized interview data collected to explore how current aging-in-place efforts can be harnessed to strengthen the disaster resilience of older adults.
Aging, Resilience & Disease Management

Social Support and Attitudes to Aging in Later Life
https://sagelink.ca/social_support_and_attitudes_to_aging_in_later_life
This study sought to examine satisfaction with social support as a potentially modifiable factor that might facilitate the development of more positive attitudes to aging.

Social Support and Self-Reported Health Status of Older Adults in the United States
https://sagelink.ca/social_support_and_self-reported_health_status
The authors aimed to determine whether a representative national probability sample of US community-dwelling older adults who reported less social support also reported poorer general health status.

Family Caregiver Resilience and the Important Role of Palliative Care
https://sagelink.ca/family_caregiver_resilience_and_the_important_role_of_palliative_care
This pdf presentation gives a comprehensive overview of caregiving and considerations for supporting their resilience and a palliative care approach to working with caregivers.

Resilience of Caregivers of People with Dementia: A Systematic Review of Biological and Psychosocial Determinants
https://sagelink.ca/resilience_of_caregivers_of_people_with_dementia
This study systematically reviewed the definitions, methodological approaches and determinant models associated with resilience among caregivers of people with dementia.

An Exploration of Resilience Among Family Carers of People with Dementia
https://sagelink.ca/exploration_of_resilience_among_family_carers_of_people_with_dementia
The aim of this study was to investigate the concepts and interventions related to resilience in dementia caregivers and explore models of resilience applicable to dementia caregiving.

Successful Aging and Family Resilience
https://sagelink.ca/successful_aging_and_family_resilience
This chapter from ‘Emerging Perspectives on Resilience in Adulthood and Later Life’, examines the emerging challenges and resilience of families in later life, grounded in a developmental family systems perspective.

Resilience and Burden in Caregivers of Older Adults: Moderating and Mediating Effects of Perceived Social Support
https://sagelink.ca/resilience_and_burden_in_caregivers_of_older_adults
This study aimed to examine whether perceived social support served as a possible protective factor of burden among caregivers of older adults in Singapore using moderation and mediation effects’ models.

Resilience and Aging: Development of the Multilevel Resilience Measure
https://sagelink.ca/resilience_and_aging_development_of_the_multilevel_resilience_measure
The investigators developed a family resilience measure to be used for future research and clinical application to assist families with aging related challenges.
Aging, Resilience & Disease Management

Resilience and Coping as Predictors of General Well-being in the Elderly: A Structural Equation Modeling Approach
https://sagelink.ca/resilience_and_coping_as_predictors_of_general_well-being_in_the_elderly
The authors of this article discuss how a latent variable measuring resilient coping is able to predict a significant and large part of the variance in well-being.

Good Friends, High Income or Resilience? What Matters Most for Elderly Patients?
https://sagelink.ca/what_matters_most_for_elderly_patients
This publication discusses the findings of data analysis which found that a high level of mastery, or resilience is significantly associated with physical, mental and social functioning.

The Ability of Older People to Overcome Adversity: A Review of the Resilience Concept
https://sagelink.ca/the_ability_of_older_people_to_overcome_adversity
This study sought to explore the validity of the current understanding of resilience as it applies to older people and its application as guide for interventions.

The Resilience Scale: Psychometric Properties and Clinical Applicability in Older Adults
https://sagelink.ca/the_resilience_scale-psychometric_properties_and_clinical_applicability_in_older_adults
The objective of this article was to provide additional support for the psychometric properties of the Resilience Scale to consider the clinical applicability of this tool.

Older Age is Associated with More Successful Aging: Role of Resilience and Depression
https://sagelink.ca/older_age_is_associated_with_more_successful_aging-the_role_of_resilience_and_depression
This publication describes the SAGE (Successful Aging Evaluation) study investigating self-rated successful aging among community dwelling older adults.

Successful Cognitive and Emotional Aging
https://sagelink.ca/successful_cognitive_and_emotional_aging
The authors review the definitions, determinants, and ways of enhancing successful cognitive and emotional aging.

A General Neurologist’s Perspective on the Urgent Need to Apply Resilience Thinking to the Prevention and Treatment of Alzheimer’s Disease
https://sagelink.ca/urgent_need_to_apply_resilience_thinking_to_the_prevention_tx_of_AD
The goal of this article was to look at Alzheimer’s disease through the lens of a socioecological resilience-thinking framework to help expand perceptions of prevention and treatment.

Self-Compassion and Resilience in Senior Living Residents
https://sagelink.ca/self-compassion_and_resilience_in_senior_living_residents
The purpose of this study was to examine the relationship between self-compassion and psychological resilience in a sample of residents living in a sample of residents living in a continuing care retirement community.
Aging, Resilience & Disease Management

Aging and the HPA Axis: Stress and Resilience in Older Adults
https://sagelink.ca/aging_and_the_HPA_axis
The authors propose that psychological resilience can interact with diurnal cortisol to affect health outcomes later in life. They propose that by determining how the use of resilience interacts with diurnal cortisol it will improve our understanding of the pathways between stress, resilience and well-being.

Identifying Sources of Strength: Resilience from the Perspective of Older People Receiving Long-term Community Care
https://sagelink.ca/identifying_sources_of_strength
This article describes a study which sought to explore sources of strength that supported resilience among older people.

Aging and Resilience: Older Women’s Responses to Change and Adversity
https://sagelink.ca/aging_and_resilience_older_womens_responses_to_change_and_adversity
This qualitative study sought to describe women’s resilience in older adulthood as stated by older women through their interpretations of their experiences and contexts of their lives.

The Aging and Health Report: Disparities and Resilience Among Lesbian, Gay, Bisexual, and Transgender Older Adults
https://sagelink.ca/the_aging_and_health_report
This report can serve as an important tool for LGBT organizations to assist them in understanding how they can be a resource for the elders in their community.

Expanding the Circle of Knowledge Reconceptualizing Successful Aging Among North American Older Indigenous Peoples
https://sagelink.ca/reconceptualizing_successful_aging
This article examines the relevance of the model of successful aging for Indigenous peoples in North America.

Life-course Social and Economic Circumstances, Gender, and Resilience in Older Adults: The Longitudinal International Mobility in Aging Study
https://sagelink.ca/life-course_social_and_economic_circumstances_gender_and_resilience_in_older_adults
The authors discuss their findings and how resilience is dynamic and can be fostered to support well-being throughout the lifespan.

Physical Resilience in Older Adults: Systematic Review and Development of an Emerging Construct
https://sagelink.ca/physical_resilience_in_older_adults
The authors aimed to characterize the emerging construct of resilience as it pertains to physical health in older adults and to identify gaps and opportunities to advance research in this area.

Resilience in Context: The Special Case of Advanced Age
https://sagelink.ca/resilience_in_context
This paper describes the context of later life and what resilience means in this context. Several points are reviewed regarding the development and function of resilience in the oldest-old and the younger old cohorts.