



Wellness and Well-Being of Older People

Guest Editors:

Dr. April Z. Dawson

Division of General Internal
Medicine, Department of
Medicine, Medical College of
Wisconsin, Milwaukee, WI, USA

Dr. Armiel Suriaga

Christine E. Lynn College of
Nursing, Florida Atlantic
University, Boca Raton, FL 33431,
USA

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Message from the Guest Editors

As individuals age, the human body goes through a series of physiological changes including decrease in nerve transmission speed, decrease in speed of body movements, declines in cognitive function, increase in functional limitations, increase in chronic conditions and multimorbidity, and numerous other physical health changes. These physical health changes are often associated with loneliness, social isolation, anxiety, depression, and decreased psychological well-being and quality of life. Due to the increasing older adult population, there is newfound interest in 1) aging in place, 2) research designed to understand factors directly and indirectly associated with health outcomes of older adults and 3) developing and testing novel and innovative strategies to optimize the health of the older adult population. This special issue focuses on the physical and psychological well-being of older adults and effective strategies for improving the well-being of older adults, families and communities. In this Special Issue, we look forward to collecting original research studies and reviews focused on these topics.

