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35, Oranjemund. 9000.

# **BOOK REVIEW**

Lewis, S. C. (1981). The mature years: A geriatric occupational therapy text. Charles B. Slack. New Jersey. U.S.A.

This book offers an overview of the aspects of ageing. The needs of the elderly client are examined and ways and means of practical support are suggested.

Many valuable ideas are offered and substantiated by a long bibliography and list of references, thus making further investigation an easy task.

Since the Author is an Occupational Therapist that point of view is clearly presented but all persons whether medically trained or not should find a good deal of helpful information.

Aspects of ageing including physical, psycho-social, socioeconomic and retirement are briefly discussed and brought into perspective.

Chapter one challenges "Ageism" while the final chapter discusses myths about ageing and challenges the future. Since this is the year of the aged this small book has made a timely appearance.

H. P. Maree



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