

# Contents

---

Foreword.....	viii
Preface.....	ix
Introduction.....	x
Chapter 1 Philosophy of Restorative Nursing.....	1
Chapter 2 Dispelling the Myths of Aging.....	11
Chapter 3 The Nursing Assistant’s Role in Restorative Care.....	17
Chapter 4 Mobility.....	29
Chapter 5 Activities of Daily Living.....	61
Chapter 6 Swallowing.....	93
Chapter 7 Communication and Cognition.....	113
Chapter 8 Bladder Retraining.....	131
Chapter 9 Bowel Retraining.....	141
Chapter 10 Skin Care.....	149
Chapter 11 Therapeutic Activities Programs.....	163
Chapter 12 Caregiving Challenges.....	175
Epilogue.....	189
Assessment Questions Key.....	191
Puzzle Solutions.....	199