

## **BOOK REVIEW**

### **The Evergreen Guide: Helping People to Survive and Thrive in Later Years**

**Editors:** Declan Lyons (Consultant Psychiatrist in Mental Health of Later Life, St. Patrick's Hospital, Dublin, Ireland)

The Evergreen Guide showcases the type of group oriented, multi-disciplinary program that elevates elder care. What makes this work significant is that it is more than theory; this book shares the hands-on therapeutic programming at St Patrick's University Hospital in Dublin. Declan Lyons, editor, opens the door to this program to give a glimpse of progressive care for elders with acute mental illness. A typical geriatric hospital would rely on excessive medication, restraints and benign neglect. These are absent in The Evergreen Programme which shows the dramatic difference possible when professionals approach with a positive attitude and respect for resilience.

This inspiring multidisciplinary team gives practical how-to processes for groups such as medication management, dealing with physical and mental illnesses, fall prevention, life losses and living a wellness lifestyle. They dared to tackle a modality that is dear to me, Spirituality, Health and Aging. Too often elder groups shy away from discussions of spirituality, yet the meaning and expression of spirituality are extremely important to older adults of all belief traditions.

The Evergreen Guide also provides useful training for practitioners and group leaders in how to run an elder group, checking attitudes about age stereotyping and ways to design outcome measures. Seasoned geriatric group leaders and newcomers to this field will find value in reading and applying ideas from The Evergreen Guide.

*Review provided by Kathie Erwin, Ed.D., LMHC, NCC, National Certified, Gerontological Counselor, Assistant Professor, Regent University, Author of "Group Techniques for Aging Adults, 2<sup>nd</sup> Edition"*