

JOURNAL OF
**Gerontological
Nursing**[®]

50th
ANNIVERSARY



Influence of lifelong learning on life satisfaction and successful aging

Self-management to reduce and prevent falls

Improving quality of life after hospitalization and isolation for COVID-19

Enhancing balance function and muscle health in older adults

Walking partners

How different companions affect persons with dementia and family caregivers' sleep outcomes

JOURNAL OF

Gerontological Nursing®

PERSON-CENTERED CARE

5 Staff Perceptions of Implementing a Person-Centered Communication Tool in the Nursing Home Setting: PAL Cards

Allison R. Heid, PhD; Katherine M. Abbott, PhD, MGS, FGSA; and Kimberly S. Van Haitsma, PhD, FGSA

REVIEW ARTICLE

11 The Influence of Lifelong Learning on Life Satisfaction and Successful Aging in Older Adults: A Narrative Literature Review

Judy M. Morris-Foster, MN, RN

RESEARCH ARTICLES

19 Associations Between Components of Self-Management Theory and Falls Among Older Adults

Christina Sima, PhD, RN; Murad H. Taani, PhD, MPH, RN; Immaculate Apchemengich, PhD, BS; and Shaherah Yousef Andargeery, PhD, RN

29 Psychosocial Factors and Quality of Life in Older Adults Discharged After Isolation Due to COVID-19 Infection

Joo Young Choi, MSN, RN; and Kisook Kim, PhD, RN

37 Effects of Proprioceptive Neuromuscular Facilitation Technique on Balance Function and Muscle Health in Older Adults With High Fall Risk

Xianmei Xiong, BS, RN; Jiejun Zang, BS, RN; Chunfeng Zhu, BS, RN; Wei Wei, BS, RN; Ping Wang, BS, RN; Jianjun Wang, MD; and Qunfang Gao, BS, RN

46 Walking Interventions and Sleep Quality of Persons Living With Dementia and Their Family Caregivers: Effects of Different Walking Companions

Yen-Hua Shih, PhD, RN; Ya-Ping Yang, PhD, RN; Hui-Chen Chao, PhD, RN; Hua-Tsen Hsiao, PhD, RN; and Jing-Jy Wang, PhD, RN

Cover image © 2024 Stock Adobe.com