

 **Productive Aging Bibliography**

1. **Achenbaum, A. W. (2008). A history of productive aging and the boomers. In R. B. Hudson (Ed.), *Boomer bust: Economic and political issues of the graying society* (vol. 1). Westport, CT: Praeger.**

This chapter explores productive aging as a gerontological paradigm, examines its relationship to the baby boomer generation, and contrasts this framework with successful aging perspectives.

1. **Binstock, R. H. (2006-07). Older people and political engagement: From avid voters to ‘cooled-out marks.’ *Generations, 30*, 24-30.**

This article provides an overview of forms of political participation older adults engage in, including voting, contributing to political campaigns, contacting public officials, participating in politically active organization, and advocacy.

1. **Carlton-LaNey, I. (2006-07). ‘Doing the Lord’s work’: African American elders’ civic engagement. Generations, 30, 47-50.**

This article explores the history and legacy of political and civic engagement within the African American community as well as the traditional foundations of the role of African American elders in their communities.

1. **Carr, D. C. & Kail, B. L. (2013). The influence of unpaid work on the transition out of full-time paid work. *The Gerontologist, 53*(1), 92-101.**

Continued employment and engagement in unpaid work can diminish the negative effects associated with retirement among the baby boomer cohorts. This study uses a resource perspective framework to examine how engagement in unpaid work influences whether individuals partially or fully retire at the transition from full-time paid work. The study sample includes 2,236 Americans aged 50-68 years who were interviewed between 1998 and 2008. Results indicate that the odds of transitioning into part-time work were increased by engagement in volunteering (78%) and reduced by starting parental, grandchild, or spousal caregiving. This suggests that volunteering is complementary with a transition to part-time work and that caregiving duties create a barrier to continued work.

1. **Fast, J., Dosman, D., and Moran, L. (2006). Productive activity in later life. *Research on Aging*, *28*, 691-712.**

This study examines time spent on paid and unpaid work across the life course among men and women in mid- to late life. Researchers conducted a quasi-cohort analysis on time-use data over 30 years to examine trends in work. Women aged 40 years and older tended to spend more time on paid work and less on unpaid 1971 and 1998. Men’s paid work time decreased between 1971 and 1981, but increased between 1981 and 1992. Paid work declines in later life and declined more rapidly each year. Unpaid work peaked at retirement age and many retired seniors maintain unpaid work into later life.

1. **Fitzpatrick, T.R., McCabe, J., Gitelson, R., & Andereck, K. (2008). Factors that influence perceived social and health benefits of attendance at senior centers. Activities, Adaptation, & Aging, 30, 23-45.**

The purpose of this study was to assess factors related to the attendance of senior centers and the social and health benefits of participation. Data was collected from seven senior centers in the Mesa, Glendale, and Phoenix area of Arizona. Participants (N=1,026) completed a self-administered questionnaire. Findings indicate that eating lunch at centers, completing paid work at the centers, and some demographic variables were significantly related to social and health benefits from participation.

1. **Freedman, M. (2002). Civic windfall? Realizing the promise in an aging America. *Generations*, *26*, 86-89.**

Freedman recognizes older adults as a useful and untapped resource and assess the potential contributions of this population in areas of civic engagement.

1. **Freedman, M. (2007). *Encore: Finding work that matters in the second half of life.* New York: Public Affairs.**

In this book, Freedman examines the competing visions for work available to aging baby boomers who are unwilling to leave behind productive contribution in retirement. The current and potential future contributions of baby boomers as they retire.

1. **Galston, W. A., & Lopez, M. H. (2006). Civic engagement in the United States. In Wilson and Simson (Eds.), *Civic engagement and the baby boomer generation: Research, policy, and practice perspectives* (pp. 3-19). New York, NY: Haworth Press.**

Dividing civic engagement into formal political activities and volunteer work, this chapter explores the current state of civic life in the United States and explores concerns over recent decline of civic engagement.

1. **Giunta, N., Morano, C., Parikh, N.S., Friedman, D., Fahs, M.C., & Gallo, W.T. (2012). Racial and ethnic diversity in senior centers: Comparing participant characteristics in more and less multicultural settings. Journal of Gerontological Social Work, 55(6), 1-17.**

This study examined demographics, health and quality of life, social support networks, neighborhood perceptions and engagement, and health service access and utilization among senior center participants. The sample included senior center attendees (N=1,870) in New York City collected as a part of the 2008 Health Indicators Project. Findings suggest that participants from homogenous and diverse centers show comparable health outcomes, there is evidence that those from diverse centers experience higher risk of social isolation and receive less family support.

1. **Greenfield, E., & Marks, N. (2007). Continuous participation in voluntary groups as a protective factor for the psychological well-being of adults who develop functional limitations: Evidence from the National Survey of Families and Households. *Journals of Gerontology*, *62*, S60-S68.**

Previous studies have found that declining physical and functional health predicts poorer psychological well-being. However, few studies have assessed protective factors associated with functional decline. This study uses continuity theory to frame volunteer work as a buffer against psychological effects associated with functional limitations. Longitudinal data from 4,646 respondents in the National Survey of Families and Households (1987-1993) were followed over a five-year period. Findings from multivariate models suggest that developing functional limitations over the five-year study period was associated with increased depressive symptoms. However, these effects were less severe among men who were continuously involved in recreational activities.

1. **Greenfield, E., & Marks, N. (2004). Formal volunteering as a protective factor for older adults’ psychological well-being*. Journals of Gerontology*, *59B*, S258-264.**

This study was informed by interactional role theory and examined whether formal volunteering acted as a protective factor for older adults with role-identity absences from poor psychological well-being. The sample included 373 participants aged 65 to 74 from the National Survey of Midlife Development in the U.S. (MIDUS). Role-identity absences, formal volunteering, and their effects on participants’ affect were assessed using multivariate regression models. More role-identity absences were associated with negative affect and less felt purpose in life. Findings suggest an interaction between volunteering and role-identity status and their protective role for psychological well-being.

1. **Greenfield, E., & Marks, N. (2007). Continuous participation in voluntary groups as a protective factor for the psychological well-being of adults who develop functional limitations: Evidence from the National Survey of Families and Households. *Journal of Gerontology: Social Sciences, 62B,* S60-S68.**

This study was informed by continuity theory and examined the extent to which voluntary group participation buffers negative effects of functional limitations on psychological outcomes. Longitudinal data were analyzed from the National Survey of Families and Households. Data were collected between 1987-1993 and included respondents aged 35 to 92 (N=4646). Multivariate model analyses controlled for sociodemographic factors and psychological well-being at the first data collection and assessed functional limitations and psychological well-being over a 5-year period. Developing functional limitations was associated with increased depressive symptoms. However, these effects were less severe among men who were involved in recreational groups and the association was not found among men and women involved in religious groups.

1. **Greenfield, J. C., Morrow-Howell, N., & Teufel, J. (2012). Do caregivers benefit more from educational and volunteer activities than their noncaregiving peers? *Journal of Gerontological Social Work, 55*(8), 738-744.**

Caregivers often experience poor physical and mental health as a result of caregiving strain. While engagement in volunteer activities has been shown to contribute to the well-being of older adults, little research has assessed whether this relationship exists for older adults who are also caregivers. This study used a sample of individuals who participated in educational and volunteer activities sponsored by a national nonprofit organization. Findings indicate that participants who were caregivers benefit more from community-based activities than their noncaregiving peers. Findings have implications for developing caregiver support programs and interventions.

1. **Hank, K. & Erlinghagen, M. (2010). Dynamics of volunteering in older Europeans. *The Gerontologist, 50*(2), 170-178.**

This study used data from the first two waves of the Survey of Health, Ageing, and Retirement in Europe to examine dynamics of volunteering in adults aged 50 and older across 11 Continental European countries. Findings indicate that volunteer transitions were affected by individual resources and changes in resources. The societal context is also associated with prevalence of volunteering and dynamics may vary by country. Authors suggest that volunteering is an important productive activity among older adults and that both life-course and societal contexts are important determinants of volunteerism.

1. **Hao, Y. (2008). Productive activities and psychological well-being among older adults. *Journal of Gerontology: Social Sciences, 63*B, S64-S72.**

This study examined whether paid work and volunteering reduced rates of mental health decline in adults aged 55 to 66 using four waves of data from the Health and Retirement Study (N=7830). Results show that participants who were involved in work and volunteering had better mental health at the beginning of the study and employment and volunteering had individual positive protective effects on mental health. Results are consistent with the predictions of activity theory and the role accumulation perspective.

1. **Harris, A., & Thoresen, C. (2005). Volunteering is associated with delayed mortality in older people: Analysis of the longitudinal study of aging. *Journal of Health Psychology, 10,* 739-752.**

This study analyzed data from the Longitudinal Study of Aging (LSOA) to assess the health and social functioning of community-dwelling adults aged 70 years and older (N=7527). Authors hypothesized that volunteer activity would be associated with lower mortality risk. Cox’s proportional hazards analysis was used to assess both adjusted and unadjusted associations between volunteering frequency and time-to-death over a 96-month follow-up. After adjusting for covariates, volunteering adults had significantly lower mortality compared to non-volunteers. This association was strongest among adults who visited with friends or attended religious services frequently.

1. **Hinterlong, J. E., &Williamson, A. (2006-07). The effects of civic engagement on current and future cohorts of older adults. *Generations*, *30*, 10-17.**

Authors discuss the effects of volunteer engagement for older adults, their communities, and society in general as well as exploring whether currently aging cohorts will be continue to be actively engaged in volunteer work and civic engagement.

1. **Hostetler, A.J. (2011). Senior centers in the era of the “third age:” Country clubs, community centers, or something else? Journal of Aging Studies, 25, 166-176.**

This study explored ways in which senior center employees conceptualize their work and their organizational missions using unstructured interviews with 32 service providers and participant observation. The author found that service providers discuss “community” in vague terms and some provider philosophies were informed by a discourse of individual choice. Providers expressed a desire to appeal to a wide variety of age cohorts, but mainly focused on serving the needs of younger seniors. The author concludes that these trends have potential negative consequences for various aging cohorts and suggest future directions to build on the existing resources of senior centers.

1. **Hudson, R. (2007). Terms of engagement: The right and left look at elder civic activism. *Public Policy and Aging Report, 16,* 17–18.**

Hudson discusses the potential of civic engagement to bridge a disconnected citizenry and an increasingly distant political elite through lenses of the political left and right.

1. **Hudson, R. B. (2007). Aging in a public space: The roles and functions of civic engagement. *Generations*, *30*(4), 51-58.**

This article examines the benefits yielded by American society due to the civic engagement of older adults and what the expectations of that engagement might mean. The author explored differing political perspectives held about the roles and functions of civic engagement of older adults.

1. **Jellinek, I., Pardasani, M., & Sackman, B. (2010). Twenty-first century senior centers: Changing the conversation [A study of New York City’s senior centers]. New York: Council of Senior Center and Services of New York City, Inc. Retrieved from** [**http://cscs-ny.org/files/FINAL-WHOLE-REPORT.pdf**](http://cscs-ny.org/files/FINAL-WHOLE-REPORT.pdf)

This is an executive summary of a study that examined the impact of senior centers on the lives of their participants, the needs of non-participants that go unmet, and administrators’ responses to changing needs. This publication also summarizes a grassroots, community-based model of inquiry to design a plan of action and advocacy to inform decision-making among senior centers.

1. **Klinedinst, N. J. & Resnick, B. (2014). Volunteering and depressive symptoms among residents in a continuing care retirement community. *Journal of Gerontological Social Work,* 57(1), 52-71.**

This descriptive study explored the relationship between volunteering, depressive symptoms, and feelings of usefulness among older adults using path analysis. Survey data was collected from residents of a retirement community. Volunteering was significantly associated with feelings of usefulness, but neither were directly related to depressive symptoms. However, volunteering was indirectly associated with depressive symptoms through physical activity.

1. **Li, Y., Chen, Y., & Chen, C. (2013). Volunteer transitions and physical and psychological health among older adults in Taiwan. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 68*(6), 997-1008.**

This study examined the association between transitions in volunteer activity and physical and psychological outcomes among older adults in Taiwan. Three waves of longitudinal data were used from 1999, 2003, and 2007. The sample included 1,847 adults between 58 and 74 years old. Three percent of older adults continued to volunteer and 7% started or stopped volunteering during the data collection. Engaging in any level of volunteering was positively associated with better self-rated health and life satisfaction. Only those who participated in continuous volunteering and those who transitioned from inactive-to-active volunteering showed a positive association with higher physical function and less depressive symptoms.

1. **Li, Y., & Ferraro, K. F. (2006). Volunteering in middle and later life: Is health a benefit, barrier or both? *Social Forces*, *85*, 498-519.**

This study explores volunteering as having a salutary effect on health during adulthood. Structural equation modeling was used to examine three waves of data from a national survey. Findings suggest a salutary effect of volunteering in later life as well as being a compensatory mechanism. Depressive symptoms acted as a barrier mechanism through decreasing volunteer engagement over time.

1. **Lum, T., & Lightfoot, E. (2005). The effects of volunteering on the physical and mental health of older people. *Research on Aging*, *27*, 31-55.**

This study examined longitudinal data collected from 1993 and 2000 panels of the Asset and Health Dynamics Among the Oldest Old Study (AHEAD) in order to assess mental and physical health outcomes among volunteering older adults. Participants were aged 70 and older and had volunteered 100 hours or more in 1993. Findings indicate that volunteering slows decline in health and functional limitations, slows increasing depression, and improves mortality rates.

1. **Martinson, M. (2006-07). Opportunities of obligations? Civic engagement and older adults. *Generations*, *30*(4), 59-65.**

This article explores the discourse and meaning around the promotion of civic engagement in late-life. The current cultural framing of civic engagement has implications for developing and supporting civic opportunities for older adults while also honoring their own lives and aging experiences.

1. **Martinson, M., & Minkler, M. (2006). Civic engagement and older adults: A critical perspective. *The Gerontologist, 46*(3), 318-324.**

Due to recent research indicating the protective effects of volunteering on health outcomes among older adults, promotion of civic engagement opportunities has become increasingly common. However, this growth of interest requires the an in-depth look at the potential outcomes of such promotion including what roles are to be promoted and what is implied by those roles as well as what roles are left out. These authors explore this conversation through a critical gerontology framework.

1. **Moody, H. R. (2005). From successful aging to conscious aging. In M. Wykle, P. Whitehouse, and D. Morris (Eds.), *Successful aging through the life span.* New York: Springer.**

This article examines the changing dynamics of the U.S. population and theories of positive aging experiences, including successful and productive aging. Aspects of “successful” aging are explored and the authors discuss future directions for theoretical development.

1. **Moody, H. R. (2008). Environmentalism as an aging issue. *Public Policy & Aging Report*, *18*(2), 1-7.**

This article explores environmentalism as a relevant issue for cross-generational justice and examines the feeling of responsibility among older generations to leave behind a safe and healthy environment for future cohorts.

1. **Morrow-Howell, N. (2010). Volunteering in later life: Research frontiers. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 65B*(4), 461-469.**

This article summarizes current knowledge about volunteerism in late life and suggests five specific new directions for research in this area. A review of the literature suggests that older volunteers volunteer more of their time and older adults with more human and social capital tend to volunteer more. There appears to be a reciprocal relationship between volunteer work and well-being among older adults. The author argues for more research on patterns of activities that co-occur with volunteering and transdiciplinary work on mechanisms through which health is affected among older adults who volunteer. They also argue for more applied work in improving volunteer management and recruitment among older adults.

1. **Morrow-Howell, N., Hong, S.-I., & Tang, F. (2009). Who benefits from volunteering? Variations in perceived benefits. *The Gerontologist*, *49*, 91-102.**

This study examined the benefits of volunteering as perceived by older adults and to explore variation in self-reported benefits. Data were collected from 13 volunteer programs and 401 older adult volunteers. Interviews were completed with program directors and program- and volunteer-level data were merged. Volunteers perceived many benefits to themselves, their families, and their communities. Volunteers of lower incomes and lower education reported more benefits. Adequacy of training, ongoing support, and among of involvement predicted outcomes as the program level.

1. **Morrow-Howell, N., O’Neill, G., & Greenfield, J. C. (2011). Civic engagement: Policies and programs to support a resilient aging society. *Resilience in Aging*, p. 147-162.**

This chapter explores the positive impacts of volunteerism for older adults for physical and mental health, socialization, and functional abilities. The potential for civic engagement to support resilience is explored in light of the past two decades of research on older adults. Authors then address challenges to engagement of a broader base of older adults.

1. **O’Neill, G., & Lindberg, B. (2005). *Civic engagement in an older America*. Gerontological Society of America. Retrieved from** [**http://www.agingsociety.org/agingsociety/Civic%20Engagement/about\_civic\_engagement.htm**](http://www.agingsociety.org/agingsociety/Civic%20Engagement/about_civic_engagement.htm)

This report summarizes findings from 12 focus groups of older adults from three cohorts: 50-59 years old, 60-69 years old, and 70 and older. These 12 focus group were conducted in three states and one online focus group was also added. Civic engagement was defined to include involvement in political processes, working for community good, assisting in education systems, and working to sustain neighborhoods. Challenges to engagement were reported including lack of non-monetary compensation, lack of economic safety, and reaching diverse elders with diverse skills. Potential solutions are suggested and topics are discussed by age group.

1. **O’Neill, G., Morrow-Howell, N., & Wilson, S. F. (2011). Volunteering in later life: From disengagement to civic engagement. *Handbook of Sociological Aging*, p. 333-350.**

Authors explore the historical tradition of volunteering in later life. An emphasis on civic engagement is tied to the lack of alternative options for productive involvement or possible formal roles. The “busy ethic” (Ekerdt, 1986) is supported in modern retirement and volunteerism offers an acceptable replacement for employment and parenting.

1. **Pardasani, M.P., & Thompson, P. (2012). Senior centers: Innovative and emerging models. Journal of Applied Gerontology, 31, 52-77.**

This study examined innovative models of senior centers across the U.S. and their impact on surrounding communities. Using a multiple-case study approach, six innovative models were identified and their defining characteristics are discussed as well as implications for practice.

1. **Pilkington, P. D., Windsor, T. D., & Crisp, D. A. (2012). Volunteering and subjective well-being in midlife and older adults: The role of supportive social networks. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 67B*(2), 249-260.**

This study examined associations between volunteering and subjective well-being and whether social networks would partially explain that association. The sample included 561 adults aged 55 to 94 years from the TRAnsitions In Later Life study and researchers ran multiple mediation analyses to assess the associations among social support from friends, relatives, and neighbors, positive and negative social exchanges and subjective well-being. Results indicate that higher life satisfaction and positive affect reported by those who volunteer at a moderate level are associated with more positive social exchanges and availability of social support, compared to nonvolunteers. This was also true for those who volunteered more frequently. Findings suggest that the association between subjective well-being and volunteering is related to having more extensive social supports.

1. **Pillemer, K., Fuller-Rowell, T. E., Reid, M. C., & Wells, N. M. (2010). Environmental volunteering and health outcomes over a 20-year period. *The Gerontologist, 50*(5), 584-602.**

This study tested the expectation that volunteering in environmental organizations in midlife would be associated with greater physical activity and better mental and physical health over a 20-year period. The data was from two waves of the Alameda County Study, a longitudinal study of health and mortality that has followed 6,928 adults since 1965. Results show that midlife volunteering was significantly related to physical activity, self-reported health, and depressive symptoms.

1. **Reilly, S. (2007). Transforming aging: The civic engagement of adults 55+. *Public Policy and Aging Report, 16*(1), 3–8.**

This paper discusses the proposition that the promotion of civic engagement among older adults will be a positive, transformative event for all levels of society. The author addressed the political, legislative, and policy movements supporting the promotion of civic engagement.

1. **Rozario, P. A. (2006-07). Volunteering among current cohorts of older adults and baby boomers. *Generations*, *30*(4),31-36.**

This article addresses what volunteerism entails among older adults, who is engaged, and the outcomes of their civic involvement. They also discuss the potential future of volunteerism among older adults as the U.S. anticipates the aging of the baby boomers.

1. **Seaman, P. M. (2012). Time for my life now: Early Boomer women’s anticipation of volunteering in retirement. *The Gerontologist, 52*(2), 245-254.**

The study explored the extent to which early Boomer women who work for pay are interested in volunteering during their retirement. Data were collected in 2 in-depth interviews with 19 early Boomer women living in New Brunswick, Canada. Women discussed their reasoning for considering volunteer work in retirement as being informed by the perceived costs and benefits, setting specific criteria for volunteering, and recognizing the social impacts of their refusal to volunteer or the limitation of their commitment to volunteering. The results suggest that early Boomer women may not be as inclined to volunteerism in retirement as earlier generations and that volunteer opportunities will need to meet their expectations and criteria. The participants suggested that if they choose to volunteer, it will be out of personal interest and on their own terms.

1. **Shen, H., Pickard, J. G., & Johnson, S. D. (2013). Self-esteem mediates the relationship between volunteering and depression for African American caregivers. *Journal of Gerontological Social Work, 56*(5), 438-451.**

This study examines the mechanism through which volunteering might influence depressive symptoms among African American older women who are caregivers (n=521). Results indicate that volunteering is inversely associated with depressive symptoms, and self-esteem mediates this relationship. Findings suggest that volunteering may be relevant to the mental health of African American caregivers.

1. **Tang, F., Choi, E., & Morrow-Howell, N. (2010). Organizational support and volunteering benefits for older adults. *The Gerontologist, 50*(5), 603-612.**

This study tested a theoretical model of volunteering benefits and explored potential mechanisms through which volunteering acts as a protective or promotive factor among older adults. The sample included 2 waves of data from 253 older adult volunteers in 10 different volunteer programs. Mailed surveys were collected in 2005 and 2006. Organizational support (choice of volunteer activity, training, and ongoing support) had significant associations with perceived contribution and personal benefits. Perceived contribution was also significantly related to mental health. Older adults of lower SES also reported higher benefits and volunteered more hours than individuals of higher SES. These findings support the use of civic engagement in promoting meaningful experiences in later life.

1. **Tavares, J. L., Burr, J. A., & Mutchler, J. E. (2013). Race differences in the relationship between formal volunteering and hypertension. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences, 68*(2), 310-319.**

This study assessed race differences in the relationship between volunteering and hypertension among middle-aged and older adults. Data was used from the Health and Retirement Study (n=5,666, 677 African Americans and 4,989 Whites). White volunteers had lower risk of hypertension than non-white volunteers. A threshold effect was discovered. Compared with nonvolunteers, volunteering a moderate number of hours was most protective for Whites. There was no significant relationship between volunteering and hypertension among African Americans.

1. **Windsor, T. D., Antsey, K. J., & Rodgers, B. (2009). Volunteering and psychological well-being among young-old adults: How much is too much? *The Gerontologist*, *48*, 59-70.**

This study examined nonlinear associations between volunteerism and well-being among older adults when controlling for employment status, partner status, physical health, and educational attainment. Data were analyzed from the PATH Through Life Project and included adults aged 64-68 (N=2136). Nonlinear associations between volunteer hours and well-being scores were found to be U-shaped, with those not volunteering and those with high volunteering involvement showing lower well-being scores than those at moderate levels of volunteering. These results suggest that there is an optimal frequency for maximizing benefits of volunteer involvement among young older adults.

1. **Zedlewski, S., & Schaner, S. (2006). Older adults engaged as volunteers. *Perspectives on productive aging*. Washington, DC: Urban Institute. *The Retirement Project*, *5*, 1-8.**

This report summarizes data from the Health and Retirement Study to examine volunteer engagement among adults aged 55 and older. The authors explore ways to encourage volunteerism among older adults and the potential positive impacts for individuals and societies.