



## Psychosocial Aspects of Healthy Ageing

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### Message from the Guest Editors

Dear Colleagues,

Ageing is an area of great relevance today because of the large number of older people and the impact it has had on health and society.

Beyond biological losses, ageing brings other important psychosocial changes: the modification of social roles and positions, the loss of interpersonal relationships, the practice and use of new technologies, and a different way of performing tasks that may compensate for the loss of some skills.

The psychosocial theories of active ageing have always proposed variables associated with the field of health, the importance of which is indisputable, but new psychosocial theories indicate that one of the key elements of this process is adaptation, compensation and accommodation, covering emotional and social aspects, which are also important as we have been able to see with the situation caused by the COVID.

These psychosocial aspects become key elements in achieving active ageing, with possible areas of intervention and treatment by different professionals at an interdisciplinary level. Psychosocial intervention is based on person-centred care, their interests and a multitude of variables that determine the process of ageing.





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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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