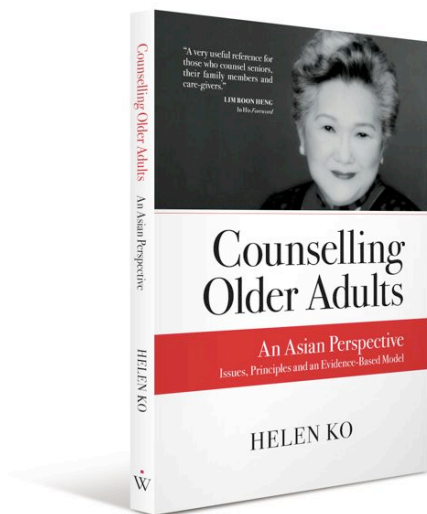


NEW RELEASE 2012

HELEN KO

## COUNSELLING OLDER ADULTS

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In *Counselling Older Adults*, gerontologist Helen Ko provides an overview of the issues in later years, and presents a research-based, indigenous model for counselling older persons. Helen draws on her extensive counselling experience with older persons, her experience training thousands of professionals and older adults, as well as her research on ageing, to offer readers many insightful principles, practical strategies and a framework for counselling seniors. It incorporates the cultural, religious, socio-economic and political environment of the Asian context and the Singapore society. *Counselling Older Adults* will illuminate and engender in you a deeper understanding of older persons, provide you a framework for counselling them more effectively. The book is easy to read, provides useful tips, and facilitate general readers to age with grace and dignity.

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### ABOUT THE AUTHOR

**Helen Ko** is Executive Director of Beyond Age, a training and consultancy firm with expertise in ageing. For over two decades, she has pioneered the development of several programmes for seniors in Singapore. These include gerontological counselling, care management, day care services and training programmes on managing/counselling older employees and mentoring courses for seniors. Helen has held key appointments as Executive Director/Chief Executive Officer of several non-profit organisations serving seniors, is the lead author of *Understanding and Counselling Older Persons* and co-author of *Gerontological Counselling: An Introductory Handbook*, both key references for courses at the universities. She has also published in various scientific journals. Helen received further training in gerontology at Harvard University, University of Massachusetts (Boston) and Oxford University. She has served in national committees e.g. the Inter-Ministerial Committee on Ageing Population and the Committee on Ageing Issues.



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