This handbook is a trainer’s guide to counselling elders and their family members from Asian backgrounds. It places emphasis on:

- Ageing processes and issues
- Counselling older persons and their families
- Culture-specific factors which affect the experiences of older persons

Counsellors and social workers who work with older people and their families, managers of day care centres and residential institutions, policymakers who wish to be informed about the subject, professional caregivers and those who intend to give professional instruction through workshops will find this handbook essential and useful.

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