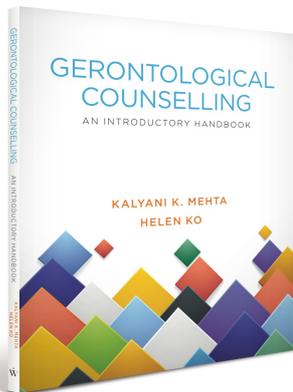


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## KALYANI K. MEHTA | HELEN KO GERONTOLOGICAL COUNSELLING

AN INTRODUCTORY HANDBOOK

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

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

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**HELEN KO** is Executive Director of Beyond Age, a training and consultancy firm with expertise in ageing issues. For over two decades, she 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 is lead author of *Understanding and Counselling Older Persons* (2006) and author of *Counselling Older Adults: An Asian Perspective* (Write Editions, 2012). The latter features the principles, strategies, as well as a research-based, indigenous model for counselling older persons in an Asian context, and has received highly positive reviews from industry leaders.

