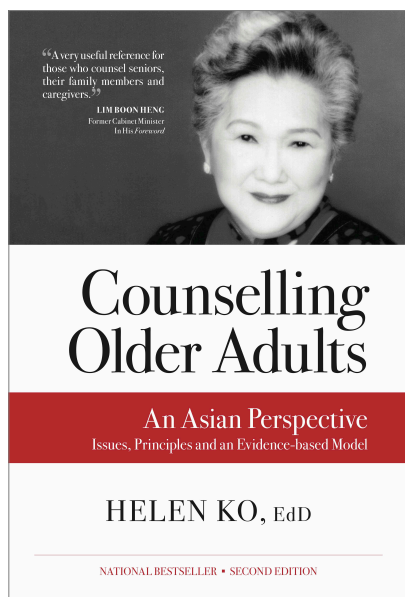


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# Counselling Older Adults

An Asian Perspective:  
Issues, Principles and an Evidence-based Model

In *Counselling Older Adults*, leading gerontologist Dr Helen Ko provides a comprehensive overview of the issues in later years, and presents an evidence-based, indigenous model for counselling older persons. Dr Ko draws on her extensive counselling work with older persons, her vast experience training thousands of professionals and older adults, as well as her research on ageing, to offer readers multifarious insights into the principles, practical strategies and framework for counselling seniors. She advances an Asian perspective of gerontological counselling that is set in the socio-cultural, economic and political environments of Asia, in particular, the Singaporean society. *Counselling Older Adults*, now in its second edition, seeks to engender in healthcare and social service professionals and caregivers a deeper understanding of older persons, so as to counsel them more effectively. In addition, this easy-to-read book provides managers and supervisors of older workers with numerous useful tips for daily applications. Finally, it will inspire older adults to age with grace and dignity.

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## ABOUT THE AUTHOR

**DR HELEN KO** is a Senior Lecturer with the Singapore University of Social Sciences (SUSS), teaching courses in the Master and PhD in Gerontology, and the Master of Counselling Programmes. She is concurrently Executive Director of Beyond Age, a training consultancy with deep expertise in ageing issues. For more than 30 years, she has been pioneering the development of several programmes for seniors in Singapore, including gerontological counselling, case management, and a suite of training programmes on managing/counselling mature employees and mentoring/coaching courses for seniors. Dr Ko has also taught courses at several universities and trained thousands of management/professional staff and older persons in the public, private and people sectors. She was previously Chief Executive Officer of St Luke's Eldercare, Executive Director of Centre for Seniors and Director of Sage Counselling Centre. Dr Ko has served in various national committees and sits on Boards of Directors and Board of Governors of several local and international non-profit organisations.



## PRAISE FOR COUNSELLING OLDER ADULTS

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