

# COU553 Gerontological Counselling

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY 2 YEARS

## Synopsis:

In 2015, one in eight Singaporeans was 65 years or older. By 2030, this will increase to one in four, or 25% (MOH, 2016). Therefore, working with older adults will have to become an increasingly important part of counselling education. Practice and research reveal that older adults experience a myriad of issues which may require counselling intervention. These issues include depression, anxiety, bereavement, loss of functional abilities, health concerns, retirement, loss of financial independence, social isolation, intergenerational and marital conflicts, and other mental and emotional challenges related to ageing. Moreover, older persons are complex, each individual having been moulded by the experiences of many decades. Hence, counselling older persons requires specific knowledge and skills. This course will provide students working with older adults with the theoretical and developmental foundations, as well as equip them with the key competencies and tools to effectively assess, counsel and intervene.

## Topics:

- Ageing Demographics and Values Clarification
- Age-associated Physical, Psychological and Developmental Transitions & Challenges
- Common Gerontological Counselling Issues
- Counselling Approaches Suitable for Older Adults in Singapore
- ECADIT: An evidence-based Model for Counselling Older Adults in Singapore
- Gerocounselling Modalities
- Care Management
- Assessment Tools in Working with Older Clients
- Grief Work with Older Adults and Their Families
- Advance Care Planning
- Elderly Suicide: Prevention, Intervention and Management
- Elder Abuse: Assessment, Intervention and Management

## Textbooks:

Longevity in Singapore: Implications and opportunities for individuals and society Dr. Helen Ko  
Marshall Cavendish  
ISBN-13: 9789815084665

Counselling Older Adults: An Asian Perspective (2020) 2nd Dr. Helen Ko Write Editions  
ISBN-13: 9789811441844

**Learning Outcome:**

- Critically examine the bio-psychosocial changes experienced by the elderly and the challenges arising from these changes
- Compare the various counselling approaches and modalities appropriate for working with elderly clients.
- Debate the social issues related to ageing in Singapore
- Propose the use of appropriate assessment tools for assessing various conditions, concerns and risks of older clients.
- Recommend specialised counselling skills pertinent to working with the elderly.
- Appraise local resources in the home health and community services related to caring for the elderly.

**Assessment Strategies - Regular Semester (Evening Class):**

<b>Components</b>	<b>Description</b>	<b>Weightage Allocation (%)</b>
Overall Continuous Assessment	GROUP BASED ASSIGNMENT 1	40
Overall Examinable Components	ECA	60
<b>Total</b>		<b>100</b>

\*The information listed is subject to review and change.