

COU553 Gerontological Counselling

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

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:

- Demographics and Values Clarification
- Age-associated Physical, Psychological and Developmental Changes
- Implications for counselling older adults
- Common Counselling Issues
- Counselling Approaches Used 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
- Ethical Issues in Working With Older Adults

Textbooks:

Ko, H., Metha, K. & Ko, S.M.: Understanding and Counselling Older Persons: A Handbook (ISBN 9789814138697) Singapore SAGE Counselling Centre
ISBN-13: COU553TB10717-AA

Helen Ko: Counselling Older Adults: An Asian Perspective (ISBN 9789810712891)
ISBN-13: COU553TB20717-AA

Ko, H., Metha, K. & Ko, S.M.: Understanding and Counselling Older Persons: A Handbook (ISBN 9789814138697) Singapore SAGE Counselling Centre
ISBN-13: COU553TB10717

Learning Outcome:

- Examine critically the bio-psychosocial changes experienced by the elderly and the challenges arising from these challenges
- Compare and contrast the various counselling approaches and modalities appropriate for working with elderly clients
- Debate social issues related to ageing in Singapore
- Elaborate on the role of the counsellor in assisting and counselling the elderly
- Justify and demonstrate the use of assessment tools appropriate for assessing various conditions, concerns and risks of elderly clients
- Demonstrate specialised counselling skills pertinent to working with the elderly
- Identify and appraise local resources in the home health and community services related to caring for the elderly

Assessment Strategies:

Continuous Assessment Component	Weightage (%)
TUTOR-MARKED ASSIGNMENT	25
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Sub-Total	50

Examinable Component	Weightage (%)
Written Exam	50
Sub-Total	50

Weightage Total **100**