The course introduces empathic understanding and practical skills necessary for working with middle-aged and older persons through a combined lifespan development approach and ecological perspective. Biological, psychological, socio-cultural contexts of ageing and the attendant implications for individuals, families, and societies are discussed based on theoretical frameworks of ageing-related theories and concepts.

Specific issues on social care for older adults consisting of micro and macro interventions are discussed. Communication, relationship skills, and practical skills in conducting assessment and intervention modalities will be taught in this course. In addition, participants will have a chance to exercise designing social care programs and services for older adults. By the end of the course, participants should be able to assess older adults' needs and design practical interventions in gerontological contexts.

Course Outline

- Understanding of Biopsychosocial perspective
- What is ageing?
- Biological ageing
- Psychological ageing
- Social ageing
- Exercise on ageing simulation game
- Introduction to gerontological settings
- Communication skills with older adults
- Gero-assessment and interventions
- How to design social care for older adults

Who Should Attend

Academic professionals, practitioners and government employees working in social service areas or gerontological settings, and students.

Prerequisites

There are no prerequisites for this course.

Enquiries

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Dr. Hong Song-lee is a social gerontologist who studied in the discipline of social work. She is an Assistant Professor at the Department of Social Work, National University of Singapore. She teaches various modules on gerontology courses to both undergraduate and graduate students. Currently, she teaches working with older adults, social gerontology, gerontological counselling, and continuum of care and healthy ageing. Dr. Hong received her PhD from Washington University in St. Louis. She has published journal articles in top peer-reviewed gerontological journals such as Gerontologist, Journals of Gerontology, and Ageing & Society. She is currently on the Executive Editor of Asia Pacific Journal of Social Work and Development, and the Editorial Board of Advanced Aging Research and Journal of the Korea Gerontological Society.