



DISCRIMINATION TOWARD OLDER CLIENTS IN COUNSELLING

BY NINA REES

DEFINITION OF AGE DISCRIMINATION

Age discrimination or Ageism is when you are treated unfairly because of your age. This can include media representation which has a huge impact on the public awareness and opinion. It can effect..

- Confidence
- Job prospects
- Financial situation
- Quality of life



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CASE SENERIO

- **Case study-Lucy 25 year second year counselling student bring her recent experience of counselling Ann 72 to supervision.**

Ann, is a widow. She has presented at counselling with depression and withdrawal socially. Ann's mum and husband have passed away ,both in the last 18 months.

Lucy explains to her supervisor that she initially felt initially that Ann would benefit from a 'friendship group' rather than one to one counselling sessions. But when explaining this to Ann, she gets visibly upset. She states she has enough friends , but was keeping them away due to her thoughts that she didn't deserve them or they would leave her too.



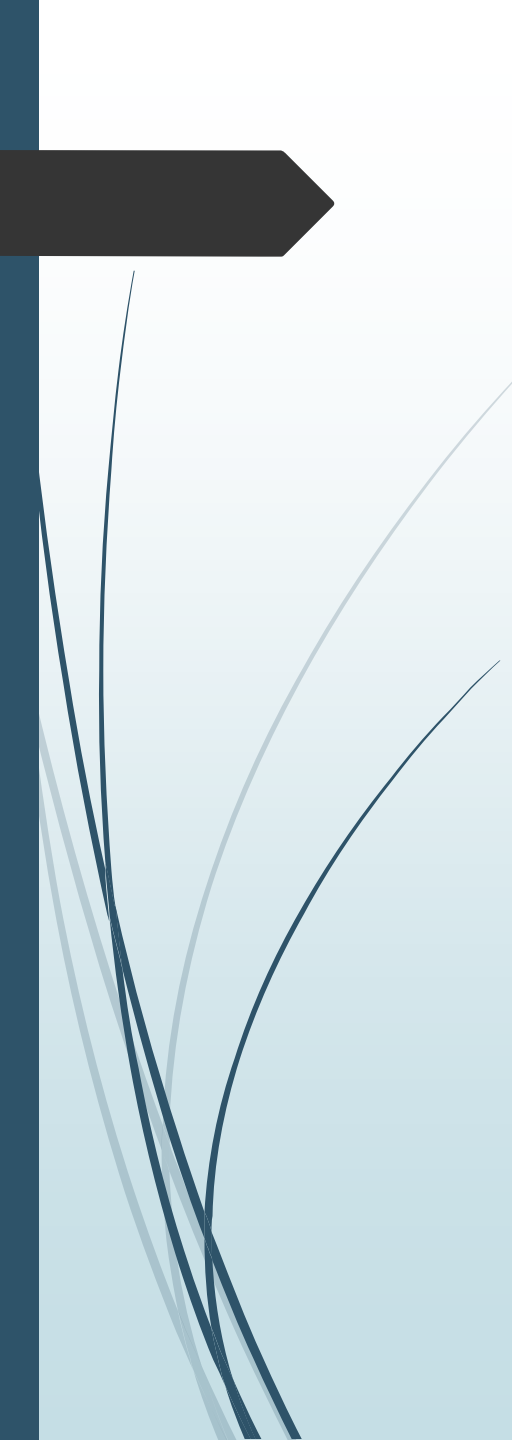
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Reflection On scenario

In this scenario the therapist jumped to the conclusion that there was no grief work to do with the client and had wrongly stereotyped Ann as a 'lonely old woman', who needed company.

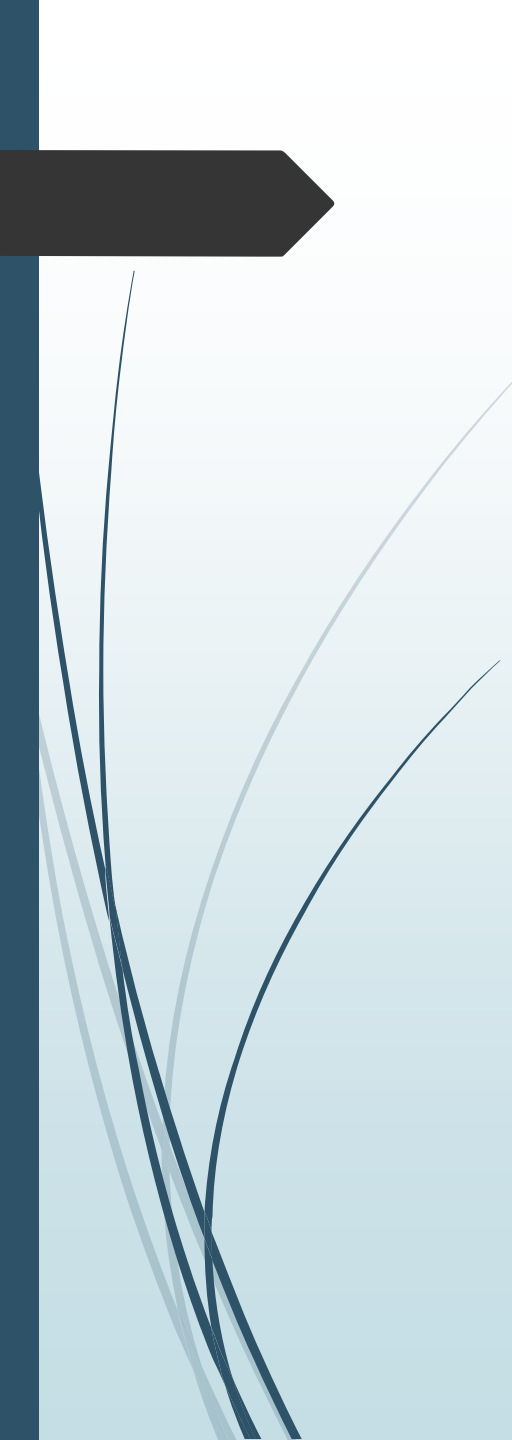
When in fact what she needed was to talk through her feelings of guilt that has come up as a natural consequence of her double loss.





History of ageism in counselling.

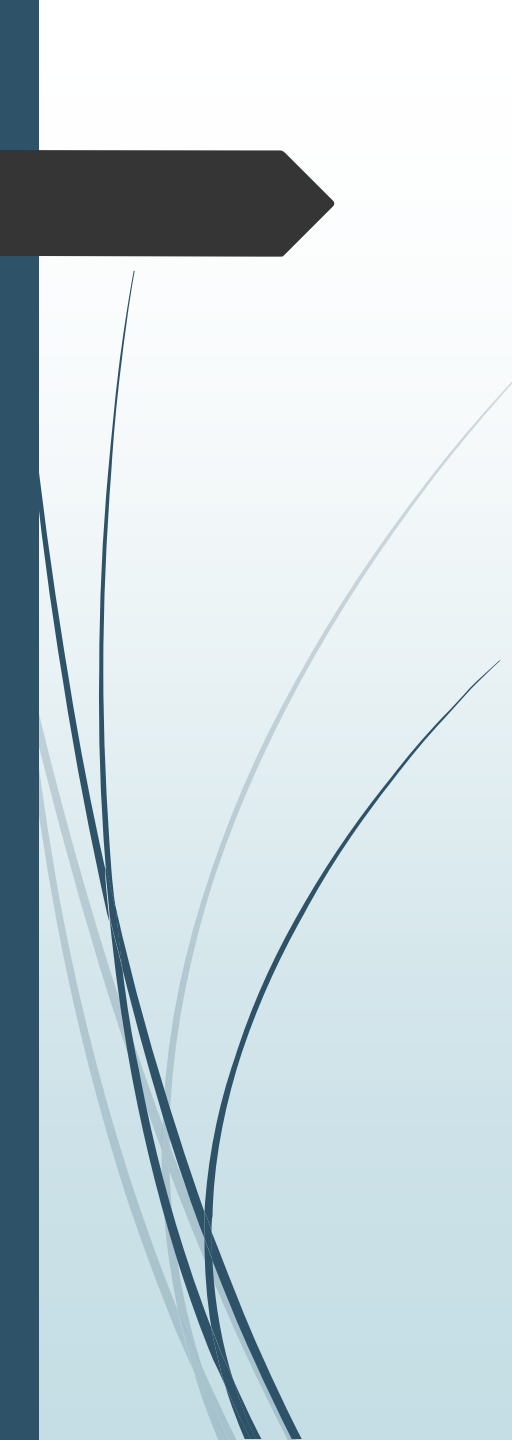
- Levy (2002) suggested happier older people who have a more positive self perspective live on average 7.5 years longer than those with a negative attitude.
- This research suggest that talking therapy's could indeed benefit older clients maintain this positive perspective.
- However it hasn't always been the case Freud(1902) dismissed treatment for people over the age of 50 suggesting older clients are no longer educatable!



Self limiting beliefs

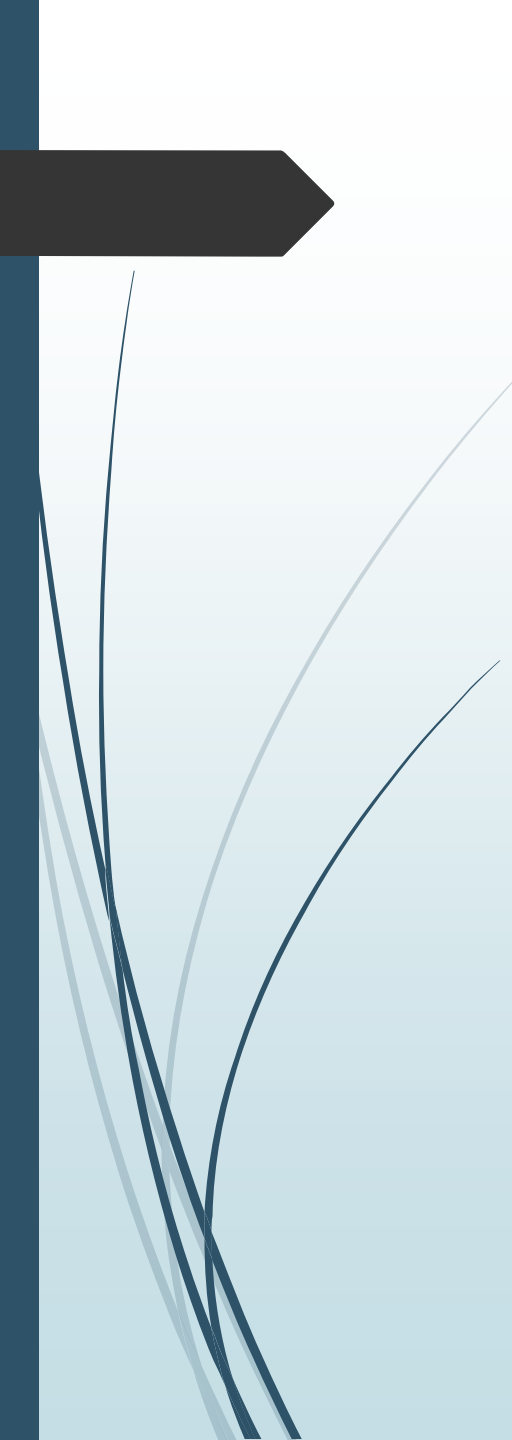
**Believing oneself or a client is old or too old can lead to self limiting beliefs .
These beliefs could include**

- ➡ Depression**
- ➡ Feeling they should be able to cope**
- ➡ Withdraw from life**



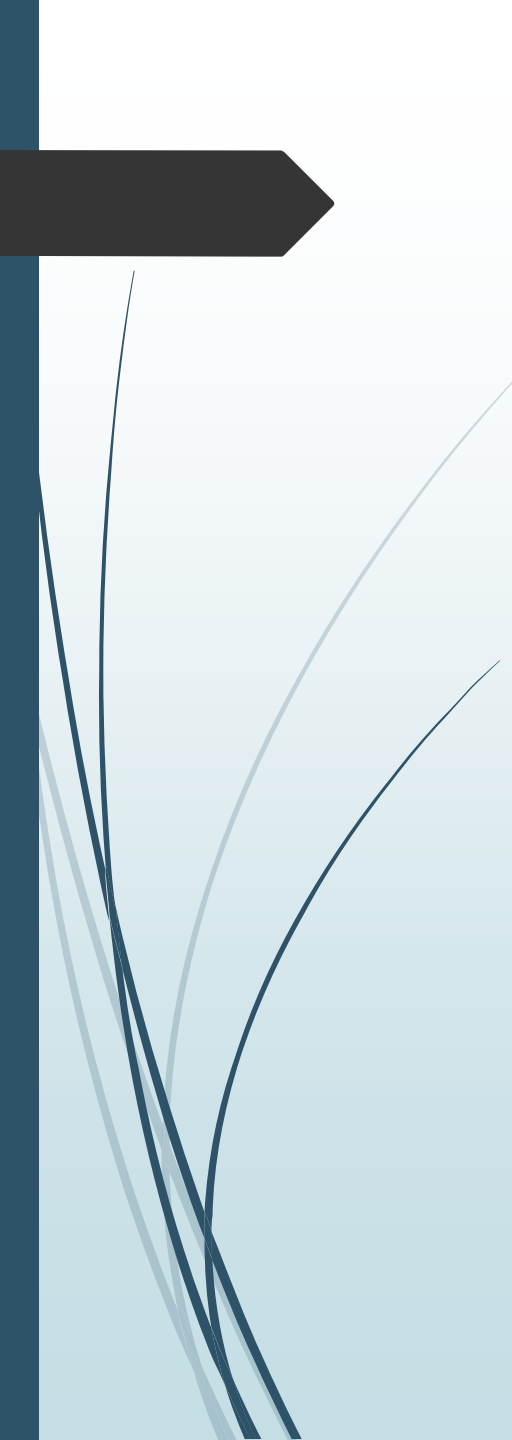
Prescriptive stereotyping and social cohesion

- Susan Fiske 2013
- Prescriptive rather than descriptive stereotyping.
- Social cohesion
- Public perception
- Transference



Reasons why the elderly don't come to counselling?

- GP referral rate
- Expectations
- Stigma



Treatment Plans

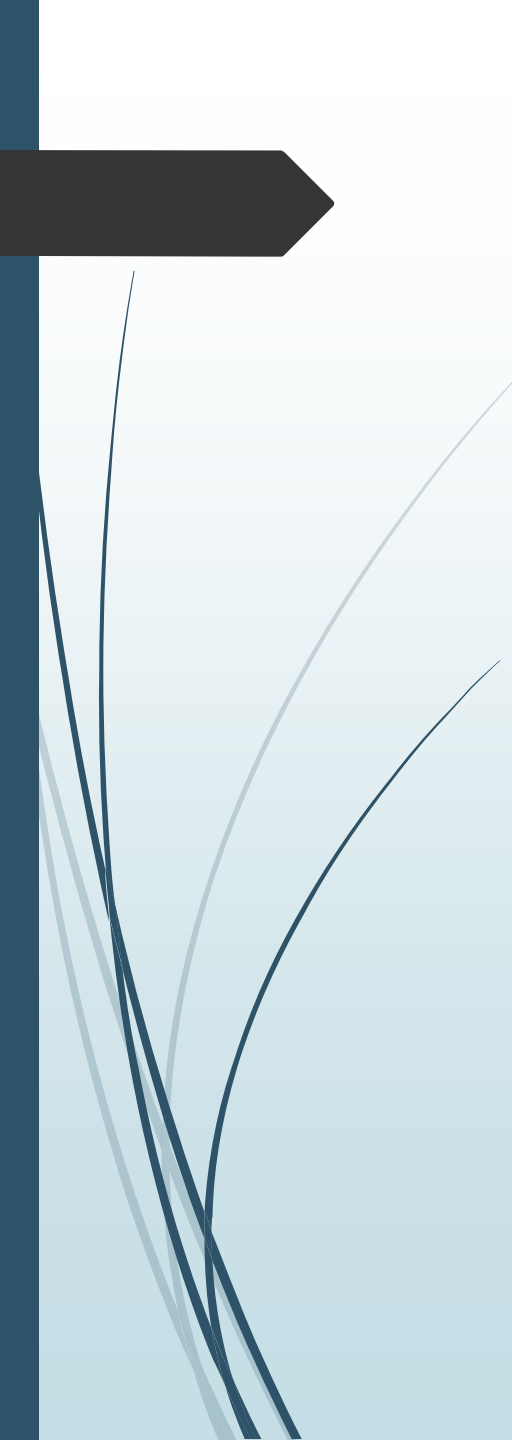
- Coming to terms with loss.
- Maturity of older client used as a strength

The background image shows a document with a large, bold, red 'STOP' stamp. A hand is visible on the right side, with a finger pointing towards the stamp. The document has various fields and text, including 'Present', '002-210-0007', and 'City, State'.

**What rights do the older client
have to protect themselves
from age discrimination?**

Human Rights Act.





Equaility Act.

Direct discrimination

This is when you're treated less favourably because of a protected characteristic; for example, if your local gym refuses to give you a membership because of your age.

Indirect discrimination

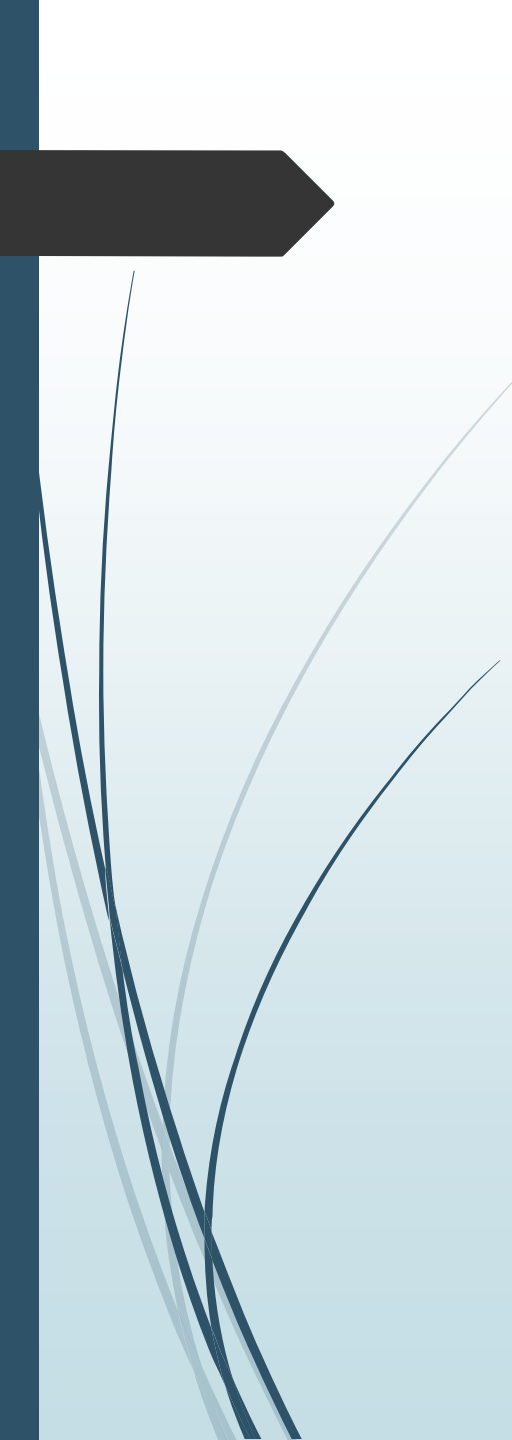
This is when a good or service has criteria which have the effect of being discriminatory against a person because of a protected characteristic like their age. For example, if you can pay for an item in instalments but only if you are working, this would disadvantage retired people.

Harassment

This is when you experience behaviour that makes you feel intimidated, humiliated, or degraded, or that creates a hostile environment. For example, if a nurse repeatedly makes offensive jokes about your age. This also applies to comments or jokes made about someone you associate with, such as a partner.

Victimisation

This is when you are treated unfairly as a result of making a complaint about discrimination or giving evidence when someone else makes a complaint.

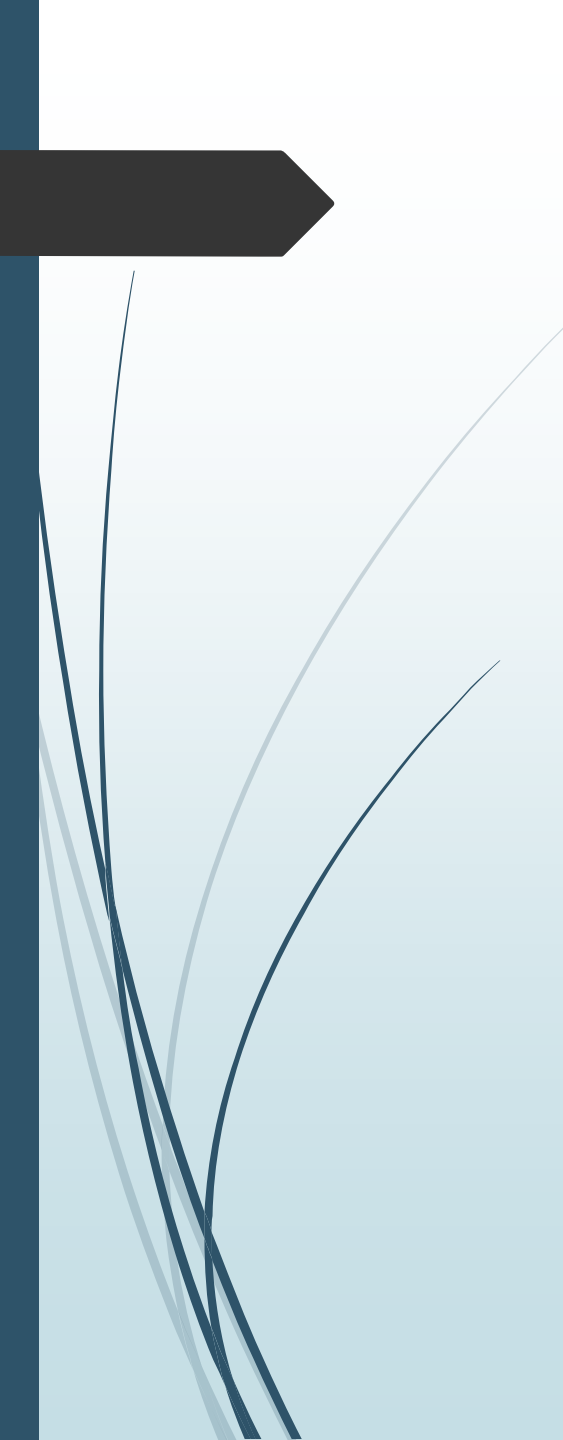


BACP REVIEW OF AGING SUGGESTS:

- A increasing aging population
- Effective and no barriers
- Pro active approach

A spiral-bound notebook with a silver pen resting on it. The notebook is open to a blank, lined page. The pen is a sleek, silver ballpoint pen, lying diagonally across the page. The spiral binding is on the left side. The background is a dark, solid color.

CONCLUSION



REFERENCES

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