

A stylized, colorful illustration of a landscape. The foreground features rolling green hills with dark brown soil. On the left, there is a green tree, a purple flower, and some orange foliage. A small red bird is flying in the sky. The background consists of layered blue and white hills under a light blue sky.

Counselling for Older clients

A Qualitative study.

Personal reasons for the Research

- Work experience providing companionship and care to those from the age of 60 plus within their own homes.
- No age barriers for personal growth and development.
- Lack of access to counselling services within this age group.



Current issues older people struggle with

- Depression
- Dementia and cognitive decline
- Physical illness
- Anxiety
- Bereavement
- Age discrimination

Current Research

- Psychological interventions are known to be successful amongst the elderly.
- Research Data indicates that older adults have better outcomes than younger adults when receiving therapy.
- Lack of access to Psychological Therapies is a barrier for the elderly due to poor mobility and access to transport.

Current Research

- Life expectancy is said to be increasing.
- Age UK (2017) however, has concerns it is starting to decrease due to cuts and lack of access to health and social care services.



Current Research

- Research by Age UK (2011) found evidence of age discrimination within Europe.
- Age UK (2011) found evidence that 1 in 25 over 65 year olds had been refused NHS treatments.
- Older people are more likely to be given medication to treat depression than being referred for counselling.

Research Methods that could be used

- Quantitative research is based on numbers that contain a statistic study.
- Qualitative Research is language based and does not collect numerical data.
- Mixed Methods is quantitative research that also includes an element of qualitative, collating a substantial amount of data.

Advantages and disadvantages of these Research methods

- Quantitative research can introduce results with facts and be reliable in its findings.
- It is difficult to obtain differences in participants experience when using Quantitative questionnaires and interviews.
- Participant feelings and experiences may change.

Advantages and disadvantages of these Research methods

- Qualitative research can gain new understandings of individual clients.
- Researcher and participant relationships are important but the process of collecting and analysing data is time consuming.



Qualitative Research and reason for this

- Gives research participants' a voice in Counselling.
- Researchers will be in close contact with participants.
- Quality of Researcher and participant relationship will be important, allowing an empathic understanding.
- Each participant is unique and respected.
- Qualitative approach may produce better results within the age group.

Methods

- Interviewing.
- Audio and video recording in counselling sessions.
- Personal experience.
- 20 participants.
- 5 Counsellors
- Humanistic approach.

Purpose of the research

- According to the BACP (2018) there is need for more research in client centred therapy amongst the elderly.
- Research will provide practice based evidence that will evaluate changes that could benefit older clients during counselling.
- Promote and encourage counselling for the elderly.
- Identify barriers

Ethics

- BACP Ethical Framework (2018).
- BACP Ethical Guidelines for Research in the Counselling Professions. ()
- Ethical decisions will emerge during the research process.
- Ethical reviews and supervision.
- Considering ethical issues when working with older adults.
- Participants have access to their data when requested.

Advantages and Disadvantages

- Evidence suggests older people with dementia and cognitive decline have so far not produced the desired outcome.
- Population growth of older adults is on the rise leading to increased cases of dementia.
- Further research is needed that relates to informed consent, early intervention and treatments.
- Focus on Counselling interventions.
- Research needs to be well conducted Qualitative research.

Aims of the Research and values

- Give attention to early interventions.
- Address ethical issues and barriers.
- Provide valuable research giving attention to counselling of older people.
- Need for UK research studies as mostly conducted in America.
- Improve the care and wellbeing of older people and provide better treatments for the future.

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