

Mindful Ageing

Embracing Golden Years



Geriatric Psychology Services

Ageing brings with it a major life transition with varied changes in body and brain functions that can have an impact on mental well-being. Our service offers support to navigate through these experiences, focusing on memory and emotional well-being for seniors.

Our team of psychologists is committed to helping seniors discover their strengths for a more fulfilling life in their golden years.

Mind-Body Harmony in Ageing

Psychology plays a crucial role in supporting the overall well-being of seniors. It takes a holistic approach, acknowledging the interconnected nature of these four challenges that can arise during the ageing process:

Physical Challenges

E.g., Mobility concerns

Cognitive Challenges

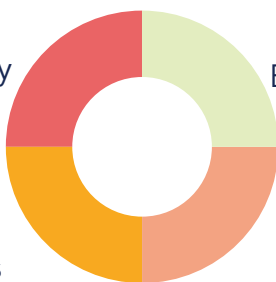
E.g., Memory decline

Emotional Challenges

E.g., Sadness, anxiety, stress

Transitional Challenges

E.g., Life changes



Psychologists help seniors and their families manage challenges, enhance well-being and achieve maximum potential during later life.

When to see a Psychologist?

Seeking support from a psychologist can be beneficial in numerous situations, including:

Memory Concerns

For early detection and management of cognitive changes



Emotional Distress

Addressing feelings of anxiety, depression or grief



Life Transitions

Navigating retirement, health changes or losses





“Ageing is a beautiful journey, where strength and wisdom gracefully unfold.”

What to expect when you see a Psychologist?

- A compassionate and non-judgemental environment to share your memory and emotional concerns.
- Assessment to detect memory challenges.
- Receive support and guidance to navigate physical, emotional and transitional challenges.
- Working together to define achievable objectives and goals.
- Collaboratively create a personalised treatment plan to meet your unique needs.
- Be equipped and empowered with practical strategies to enhance your ability to cope with challenges and manage emotions effectively.

Helpful Coping Strategies

- W** Wellness practices through exercise, nutrition and self-care 
- I** Involve significant others for emotional support 
- S** Stay active mentally by engaging in activities that stimulate the mind, such as puzzles or learning new skills 
- D** Develop consistent daily routines for stability and comfort 
- O** Openly communicate and share your concerns with trusted friends and family 
- M** Mindfulness practices to manage stress 

*For a personalised programme, do consult a licensed mental health professional to tailor treatment to your specific needs.

Mrs Tan, 75 years old, experienced difficulty adjusting to retirement and dealing with the loss of her spouse. With the guidance from her psychologist, she learned to handle her emotional stress, set realistic expectations and goals for her new phase in life. She also employed strategies to address her forgetfulness in her daily living. Mrs Tan expressed feeling more resilient and confident in navigating her later years.”



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