

Title of Abstract: Counselling Services for Remediating the Biopsychosocial Challenges of the Aged in Nigeria.

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Abstract:

The elderly persons in Nigeria are facing a lot of persistent challenges. They live in a country which has often been described as a rich nation inhabited by poor people. Consequently, their lives are characterized by growing inadequacies in customary family supports, social exclusion, and non-existent social security. This paper therefore takes an exploratory look at the debilitating situation of the elderly ones in Nigeria and tries to proffer counselling intervention strategies suitable for ameliorating the challenges of the aged.