

# **Alcohol/Drug Abuse, Health Literacy, and Aging**

Resources from the Nevada Prevention Resource Center

[www.NevadaPRC.org](http://www.NevadaPRC.org)

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Resources available to order online (Clearinghouse materials available in bulk by clicking on the “Clearinghouse” tab on the NPRC Internet homepage):

## **Aging, medicines and alcohol**

This brochure warns about misusing alcohol and medication and offers signals that may indicate an alcohol- or medication-related problem. It also provides steps people can take if they recognize they have a problem.

## **Alcohol use among older adults pocket screening instruments for health care and social service providers**

This pocket-sized screening tool gives facts about alcohol and prescription drug abuse among older adults. It includes an AUDIT-C and CAGE brief alcohol screening instrument.

## **Get Connected! Toolkit** (Linking Older Adults With Medication, Alcohol, and Mental Health Resources)

Alcohol, medication misuse, and mental health problems can be significant issues for older adults. This kit is designed to enable their service providers to undertake health promotion, advance prevention messages and education, and provide screening and referral for mental health problems and the misuse of alcohol and medications. The kit includes a coordinator's guide and program support materials such as education curricula, fact sheets, handouts, forms, and resources.

## **Harmful Interactions: Mixing Alcohol with Medicines**

About the dangers of mixing alcohol and medications

## **KAP Keys for clinicians based on TIP 26**

Substance Abuse Among Older Adults

## **My Medicines**

My Medicines is a pocket-sized guide providing important tips for taking medications correctly, as well as ample room for consumers or their caregivers to list the medicines they take, dosage information, and doctors' contact details.

## **Overview Paper 1: Definitions and Terms Relating to Co-Occurring Disorders**

It is essential to use a common language to develop consensus on how to address the needs of persons with co-occurring disorders. This paper provides definitions of terms associated with substance-related disorders, mental disorders, co-occurring disorders, and programs.

## **Substance abuse relapse prevention for older adults a group treatment approach**

Information about group treatment for older adults with substance abuse problems.

**The DASIS Report Issue 17, 2006**

Older adult alcohol admission: 2003

**The DASIS Report Issue 7, 2006**

Retired admissions 2003

**The DASIS Report May 11, 2004**

Older Adults in Substance Abuse Treatment: 2001

**The DASIS Report November 8, 2007**

Older Adults in Substance Abuse Treatment: 2005

Tips for cutting down on your drinking (also available in Spanish)

If you feel you are drinking too much, this guide will help you to track your drinking and set goals to cut down on it or quit all together.

**Resources available for check-out (Library materials available for checkout by clicking on the “Library” tab on the NPRC Internet homepage):**

**Analytic Series: Substance use by older adults: estimates of future impact on the treatment system**

This report provides evidence concerning the projected demand for substance abuse treatment services for **older** Americans over the next 20 to 30 years and suggests approaches for refining these projections.

**Drugs and the elderly adult**

Explores the nature and problems of inappropriate drug use by older adults, providing researchers and health practitioners with an up-to-date survey and overview of the literature on drug use, misuse, and abuse among the elderly

**TIP 26: substance abuse among older adults**

This TIP discusses the relationship between aging and substance abuse and offers guidance on identifying, screening, and assessing not only substance abuse but also disorders such as dementia and delirium that can mask or mimic an alcohol or prescription drug problem. Practical accommodations to treatment for older adults and a discussion of how to assess outcomes and treat within a managed care context round out the document.

**Substance abuse services for older adults****Alcohol problems and aging**

Explores various aspects of alcohol use and abuse among older adults. Includes issues such as developmental aspects, survey research, biological mechanisms, and treatment and prevention.

**Promoting older adult health: aging network partnerships to address medication, alcohol, and mental health problems**

This publication is designed to help older adults gain access to needed substance abuse and mental health services by promoting new linkages between well-known, trusted, and heavily utilized providers of aging services and relevant substance abuse and mental health services.

**Rethinking the demographics of addiction: Helping older adults find recovery.**

Discussion of the pervasiveness of substance use disorders among people aged 60 and older.

**Prescription drugs: recovery from the hidden addiction**

Recovering addicts and treatment professionals, including a physician and registered nurse, share their perspectives on an addiction that is often underreported and overlooked, especially among older adults. In part 1, the viewer learns about effects of combining alcohol with medication. In part 2, the challenges and joys of recovery are explored.