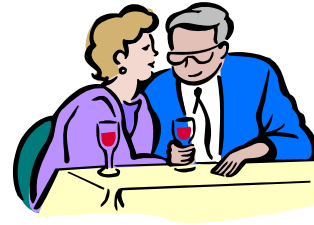


Drinking Problems Among Older Adults?



It's difficult for many of us to believe that alcohol problems can emerge late in a person's life.

We may feel that "it's not our place to infringe on the older adult's choices on how to live their lives", or "Leave them alone....Let them enjoy the time they have left....They deserve to have fun"

Alcohol problems are more common among older adults than we may want to believe.

Older adults are living longer these days and increasingly they are drinking more alcohol at a time when physical changes due to aging cause them to be less tolerant to it.

For adults 60 years and older, even moderate amounts of alcohol can worsen or sometimes cause:

- Heart, liver and kidney problems
- Confusion, depression, and anxiety
- Muscle and bone deterioration
- Sleeping and eating problems

Now consider that over 80% of older adults take prescription medications, many of which can have detrimental effects when mixed with alcohol.

So why don't older adults receive the treatment they need?

- Many of the physical and mental complaints expressed by older adults are dismissed as merely signs of aging.
- Older adults were raised in a time when drinking problems were viewed as being morally weak or even sinful.
- Few treatment agencies are equipped or designed for the special needs of older adults and the costs of treatment may deter many older adults already living with fixed incomes.
- The numbing effect of alcohol may be preferable to the loneliness and pain associated with retirement, widowhood, declining health, and social isolation.
- There is a mistaken belief that older persons have little to benefit from alcohol abuse treatment. Recent treatment outcomes studies for Older Adult Treatment Programs indicate the contrary. So **THERE IS HOPE.**

For more information call:

HelpPeopleSM
Employee Assistance Program

315-469-1099 or 1-800-777-6110