

Alcohol & Seniors

As we age, our use of alcohol may change.

- Seniors are more sensitive to the effects of alcohol – a little can go a long way.
- Seniors take more medications than other adults; mixing alcohol with medication can be dangerous.
- Conditions such as heart disease or decreased mobility can be worsened by alcohol use.

Some people use alcohol to cope with issues.

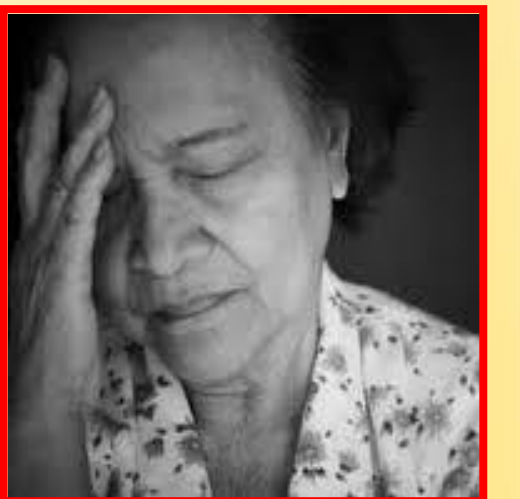
- Retirement - For some, change is easy but for others it may result in depression or isolation.
- Isolation - Lack of contact with friends & family can be difficult.
- Anxiety or Depression - Feeling 'down', 'blue' or having 'bad nerves' can be confusing & you may not want to talk to others.
- Grief – Losing someone or something can be very painful.

What Can You Do To Reduce Your Alcohol Use?

- Connect with trusted friends & family & talk about what is happening in your life
- Go for a walk
- Volunteer!
- Garden
- Focus on the good things in life
- Join a seniors' club
- Follow the Low Risk Drinking Guidelines (see handout)

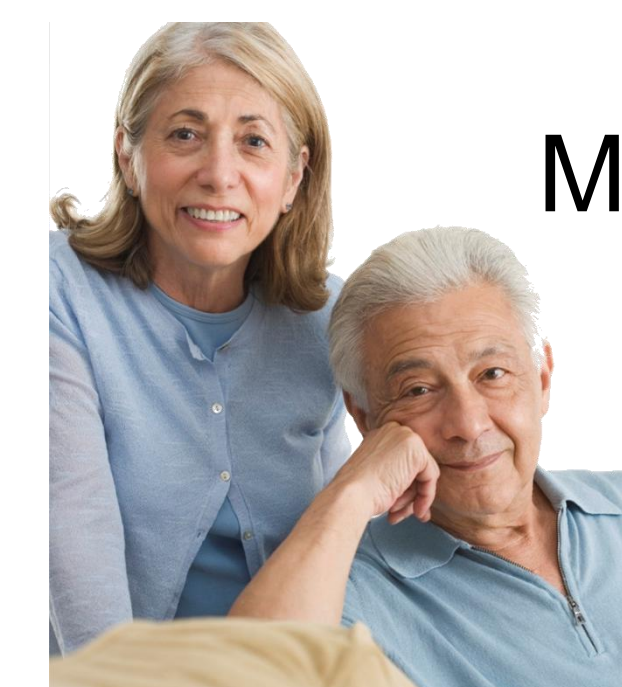
Warning Signs

- Drinking quickly, secretly or more often
- Starting your day with a drink
- Using alcohol to manage pain
- Drinking to cope with loneliness or loss
- Unexplained changes in health, like sleeping problems
- Loss of appetite, mood swings
- Medication not working properly
- Not taking care of yourself or your home
- Conflict & isolation from family & friends



**Do you think you could
have a problem with Alcohol?**

Talk to your family doctor or contact your local
Mental Health & Addiction Services Office.



Mental Health Crisis Line
1-888-737-4668

NL Health Line
1-888-709-2929



Western
Health