

Monthly Nutrition Education

Topic: Alcohol Use and Older Adults Time: About 15-20 minutes Date: _____

Nutrition Provider/Site: _____

Homebound _____ OR # of Attendees: _____ Name and Title of Presenter: _____

Objectives	Main Message	Activity	Suggested Materials for Lesson or Home Delivered Meal
<p>The learner will be able to:</p> <ul style="list-style-type: none"> - State 3 ways to know when drinking has become a problem 	<p>Anyone at any age can have a drinking problem. No one wants to get hurt or to hurt others as the result of too much alcohol. Be aware of how your body changes as you age. Be alert to these changes, adjust how much alcohol you can safely drink, and continue to enjoy life.</p>	<p>Background for Instructor: Read Handout, "<i>Alcohol Use and Older Adults</i>" Class</p> <ul style="list-style-type: none"> • Introduction • Discussion • Distribute Hand-out • Summary 	<ul style="list-style-type: none"> • For presentation, have sample of glasses, shot glass or bottles to show drink sizes. if possible. • Provide participants or home delivered meal client with the following hand-out: <ul style="list-style-type: none"> ○ 1 page hand-out - "<i>Alcohol Use and Older Adults</i>" (<i>Spanish or English</i>)
<p>For more information, go to: National Institute of Alcohol Abuse & Alcoholism http://www.niaaa.nih.gov</p>			

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Nutrition Lesson Plan
Topic: Alcohol & Older People

Main Message: Anyone at any age can have a drinking problem. No one wants to get hurt or to hurt others as the result of too much alcohol.

Introduction with Audience: I have some questions and answers to go over with you. Then, I'll be giving you a hand-out. Maybe you know someone to share it with.

Discussion:

Is it possible for someone to start to have a drinking problem later in life?

- Some adults develop a drinking problem when they get older. Health worries, boredom, or the death of friends and loved ones are some of the reasons why older people start drinking. Feeling tense or depressed might also be a trigger for drinking.

Is it true that drinking a glass of wine is good for your heart?

- This may be true for some people, but if you have a problem with alcohol, it's better for you to avoid drinking at all. You can get many of the same health benefits from a glass of grape juice. Ask your doctor or another health care worker for advice.

If you have been drinking your entire adult life, is it too late to quit?

- No. Many older adults decide to quit drinking later in life. Treatment can work! Changing an old habit is not easy, but it can be done.

What's too much alcohol for a person over age 65 to drink each week? Each day?

- Everyone is different. If you are healthy and 65 years or older, you should not have more than 7 drinks in a week. Don't have more than 3 drinks on any given day.
- Do you have a health problem? Are you taking certain medicines? You may need to drink less or not drink at all. Talk to your doctor.
- Did you know? Older women can have problems with alcohol. In fact, they are more sensitive than men to the effects of alcohol.

What counts as a drink? (Show examples if you have them.)

- One 12-ounce can or bottle of regular beer, ale, or wine cooler
- One 8- or 9-ounce can or bottle of malt liquor (malt liquors have more alcohol than beers)
- One 5-ounce glass of wine
- One 1.5-ounce shot glass of hard liquor (spirits). Spirits include whiskey, gin, vodka, rum, and other hard liquors.

Distribute hand-out and interaction (5 minutes) So look over the hand-out, can anyone tell me from the hand-out three ways to know if drinking has become a problem?

Summary: Remember, anyone at any age can have a drinking problem. Be aware of how your body changes as you age. Be alert to these changes, adjust how much alcohol you can safely drink, and continue to enjoy life. Get help if you need it.

Suggested Materials:

Hand-out: Alcohol Use and Older Adults (Eng & Spanish)

Glasses, bottles, shot glass if available

Alcohol Use and Older Adults



Anyone at any age can have a drinking problem. The fact is that families and friends often overlook their concerns about older people drinking. Sometimes trouble with alcohol in older people is mistaken for other conditions related to aging. But, how the body handles alcohol can change with age.

Alcohol may act differently in older people than in younger people. Some older people can feel “high” without increasing the amount of alcohol they drink. This “high” can make them more likely to have accidents, including falls and fractures and car crashes.

Alcohol And Medicines

Many medicines—prescription, over-the-counter, or herbal remedies—can be dangerous or even deadly when mixed with alcohol. Before taking any medicine, ask your doctor or pharmacist if you can safely drink alcohol. Here are some examples of problems caused by mixing alcohol with some medicines:

- If you take aspirin and drink, your risk of stomach or intestinal bleeding is increased.
- If taken with alcohol, cold and allergy medicines (antihistamines) may make you feel very sleepy.
- Alcohol used with large doses of acetaminophen, a common painkiller, may cause liver damage.
- Some medicines, such as cough syrups and laxatives, have high alcohol content. If you drink at the same time, your alcohol level will go up.
- Alcohol used with some sleeping pills, pain pills, or anxiety/anti-depression medicine can be deadly.

How Much Alcohol Is Too Much?

The National Institute on Alcohol Abuse and Alcoholism, part of the National Institutes of Health, recommends that people who are healthy and over age 65 should have no more than 7 drinks a week and no more than 3 drinks on any one day. One drink is equal to one of the following:

- One 12-ounce can or bottle of regular beer, ale, or wine cooler
- One 8-or 9-ounce can or bottle malt liquor
- One 5-ounce glass of red or white wine
- One 1.5-ounce shot glass of hard liquor (spirits) like gin, vodka, or whiskey.

When Does Drinking Become A Problem?

Not everyone who drinks daily has a drinking problem. And, not all problem drinkers have to drink every day. You might want to get help if you, or a loved one:

- drinks alcohol to calm nerves, forget troubles or because of depression,
- hides or lies about drinking,
- frequently has more than 3 drinks a day,
- has more than seven drinks a week,
- gets hurt or hurts others when drinking,
- drinks alone,
- requires more alcohol to feel “good”

No one wants to get hurt or to hurt others as the result of too much alcohol. Yet, it can happen if you drink more than you should. Be aware of how your body changes as you age. Be alert to these changes, adjust how much alcohol you can safely drink, and continue to enjoy life to the fullest.

For More Information:

Alcoholics Anonymous (AA)

Look up the AA number in your local phone book
AA's main office: www.aa.org

National Institute on Alcohol Abuse and Alcoholism

5635 Fishers Lane MSC 9304
Bethesda, MD 20892-9304
1-301-443-3860
www.niaaa.nih.gov

El Envejecimiento y el Alcohol



Cualquier persona a cualquier edad puede tener un problema con el uso de bebidas alcohólicas.

El hecho es que familias, amigos y profesionales a menudo pasan por alto sus inquietudes acerca de los hábitos de los ancianos respecto a las bebidas alcohólicas. En ocasiones, los problemas con el uso del alcohol en los ancianos se interpretan erróneamente considerándolos como otras condiciones que vienen con la edad. Pero el alcohol merece atención especial, debido a que el proceso de envejecimiento afecta la forma en la que el cuerpo tolera el alcohol. La misma cantidad de licor puede tener un mayor efecto a medida que la persona envejece.

Alcohol y Medicinas

Algunas medicinas — tanto las recetadas como los que se venden sin receta — pueden ser peligrosos o aún mortales al mezclarse con el alcohol. Esto constituye un asunto de especial preocupación en la gente de mayor edad, porque la persona promedio de más de 65 años de edad toma al menos dos medicamentos al día. He aquí algunos ejemplos:

- Si usted toma aspirina mientras ingiere alcohol, aumenta el riesgo de sufrir unas hemorragias en el estómago y en los intestines.
- Las medicinas para la gripa y las alergias (los antihistamínicos) a menudo le producen sueño a la gente.
- El alcohol utilizado con grandes dosis de acetaminofen para calmar el dolor puede aumentar el riesgo de afecciones al hígado.

Si usted está tomando medicinas que requieran receta médica o no, consúltele a su médico o a su farmacéutico si puede ingerir alcohol sin que corra ningún riesgo.

Cómo saber si alguien tiene un problema de consumo de alcohol

No todos los que toman con regularidad tienen problemas de consumo de alcohol y no todos los bebedores con problemas toman todos los días. Es posible que usted quiera buscar ayuda sea para usted o para un ser querido, si:

- Toma para calmar sus nervios, olvidar sus penas o disminuir la depresión.
- Pierde el interés en la comida.
- Bebe solo.
- Se hace daño o le causa daño a otra persona al beber.
- Se embriagó más de tres o cuatro veces el año pasado.
- Requiere más alcohol para sentirse bien
- Se siente irritado, resentido, o irrazonable cuando no toma.
- Con frecuencia toma más de tres tragos en un solo día (Una bebida estándar equivale a una botella de 12-onzas, o una lata de cerveza, o vino con bajo contenido de alcohol, una copa de vino de 5-onzas, o una bebida de 1.5 onzas con 80% de concentración).

El Instituto Nacional para el Abuso del Alcohol y el Alcoholismo, parte de los Institutos Nacionales de la Salud, recomienda que la gente de más de 65 años de edad que decide tomar, solamente beba un trago al día. El tomar a este nivel generalmente no se asocia con riesgos para la salud.

Recursos

Instituto Nacional para el Abuso del Alcohol y el Alcoholismo (NIAAA)
www.niaaa.nih.gov (en inglés)

Alcohólicos Anónimos (AA)
Busca en el libro teléfono.
www.aa.org (en inglés)

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