

Recovery and Wellness for Older Adults

(for those 55 and older)

“What difference does it make at his age if he drinks too much?”

“Let her drink, she’s not hurting anyone!”

Lifespan is working to dispel the myth that it is not worth treating older adults for substance misuse.



Some questions to consider:

- Have you felt you ought to **Cut Down** on your drinking or drug use?
- Have people **Annoyed** you by criticizing your drinking or drug use?
- Have you felt bad or **Guilty** about your drinking or drug use?
- Have you ever had a drink or used drugs first thing in the morning to steady your nerves, get rid of a hangover or to get the day started? **Eye Opener**

If you answered **yes** to one or more of these questions, you may want to reach out to Lifespan.



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Misuse of
Alcohol
Prescription drugs
Illicit drugs

A hidden epidemic.



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Older Adults and Substance Misuse

Substance misuse is a growing concern among older adults in our community. Seventeen percent of people over 60 misuse substances; it's a topic we can't afford to ignore.

- Alcohol is the most prevalent substance of misuse. Other substances misused by older adults include prescription medications, marijuana, illicit drugs, and tobacco products.
- Substance use often begins before 65 but may increase due to factors such as retirement, loss of a spouse, medical diagnoses, depression, anxiety, pain, or difficulty with sleep. As our bodies change with age, substances affect us differently.
- The opioid epidemic also has significantly impacted older adults. Over the past 20 years, drug overdose fatalities among Americans 65 and older have quadrupled.

Older adults often resist traditional alcohol and drug treatment. That is why Lifespan is offering a different way to get help.

Hope for a Growing Problem

What's different about Lifespan's Recovery and Wellness service?

Lifespan's Recovery and Wellness service fills a gap between traditional inpatient treatment and no treatment.

We provide:

- Comprehensive **in-home** evaluation.
- **In-home** substance misuse assessment, intervention, and wellness and recovery services.
- Supportive counseling and education for families and caregivers.

When it is appropriate, we link clients to traditional chemical dependency programs.



Are you or a loved one ready to make a change for a safer and healthier life?

Turn to Lifespan to experience the support and care you deserve. Share this vital information with friends and family.

585-244-8400



Symptoms of Substance Misuse

- Sleep complaints, unusual fatigue
- Neglect of personal appearance and hygiene
- Persistent irritability, altered mood, depression/anxiety
- Emotional withdrawal from family/friends
- Confusion
- Incontinence
- Unexplained nausea, vomiting
- Poor eating habits
- Slurred speech
- Frequent falls
- Tremors
- Excessive visits to multiple doctors