

Resources for Substance Abuse in Older Populations

Contact Allison Bassi at abassi@carsny.org for an electronic copy of this resource list.

A model program:

Senior Hope: A outpatient treatment clinic exclusively for people over 50.

www.seniorhope.org

518-489-7777

650 Warren Street Albany, NY 12208

Contact: One can get into contact via the web site.

[Article: Substance Use Among Older Adults](#)

<https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/substance-use-treatment-older-adults>

Articles:

[How the Opioid crisis affects the elderly](#) from the website Aging In Place
www.aginginplace.org/how-the-opioid-crisis-affects-the-elderly

[Older adults squeezed by opioid epidemic](#)

<https://www.pewtrusts.org/en/research-and-analysis/blogs/stateline/2016/07/26/older-addicts-squeezed-by-opioid-epidemic>

[Substance Abuse Treatment for Older Adults in Private Centers](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3061824/>

[Alcohol Abuse and Dependence in Senior Women: Risks and](#)

[Recommendations](#) <https://www.uspharmacist.com/article/alcohol-abuse-and-dependence-in-senior-women-risks-and-recommendations>

Radio broadcast

[Opioids can derail the lives of older people, too](#)

<https://www.npr.org/sections/health-shots/2016/12/20/502470255/opioids-can-derail-the-lives-of-older-people-too>

Organizations and national resources:

[Grantmakers in Aging](https://www.giaging.org/initiatives/rural-aging/opioid-crisis/) <https://www.giaging.org/initiatives/rural-aging/opioid-crisis/>

Multiple articles and research studies regarding the opiate crisis and the impact on older people

[National Council on Seniors Drug and Alcohol Rehab](https://rehabnet.com/)
<https://rehabnet.com/>

A nonprofit organization that is grant funded with the mission of educating and providing assistance to seniors struggling with addiction as well as caregivers and family members with concerns.

[US Department of Health and Human Services Opioid Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to our Communities](https://www.hhs.gov/about/agencies/iea/partnerships/opioid-toolkit/index.html)
<https://www.hhs.gov/about/agencies/iea/partnerships/opioid-toolkit/index.html>

[National Institute on Alcohol Abuse and Alcoholism](https://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/older-adults)
<https://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/older-adults>

[National Institute on Aging](https://www.nia.nih.gov/health/facts-about-aging-and-alcohol) <https://www.nia.nih.gov/health/facts-about-aging-and-alcohol>

[National Council for Aging Care](https://www.aging.com/alcohol-abuse-amongst-the-elderly-a-complete-guide/) <https://www.aging.com/alcohol-abuse-amongst-the-elderly-a-complete-guide/>

Books:

[Addiction in the Older Patient](#) by Sullivan and Levin

Assessments for Alcohol and Substance Use:

Resources

CAGE questionnaire, a screening test for alcohol dependence. This 4-question test is a simple self-test proven accurate in identifying usage patterns that may reflect problems with alcohol.

<http://counsellingresource.com/lib/quizzes/drug-testing/alcohol-cage>

Alcoholism: Prevention

www.mayoclinic.com/health/alcoholism/DS00340/DSECTION=prevention

Frequently asked questions and fact sheets, including Excessive Alcohol Use and Risks to Women's Health, and more. Centers for Disease Control and Prevention

www.cdc.gov/alcohol

Table 1. Phases of Alcohol Dependence

Phase I: At-Risk Drinking

Repetitive use of alcohol, frequently to ameliorate anxiety or solve other emotional problems.

- For women: More than 3 drinks per day or 7 drinks per week.
- For men: More than 4 drinks per day or 14 drinks per week.

At-risk drinkers are either at risk for developing, or are currently developing, alcohol addiction.

Phase II: Alcohol Addiction

Characterized by recurrent use of alcohol despite the following:

- Disruption in family and work
- Legal problems secondary to alcohol
- Engaging in activities that pose risk to safety of self and others

This phase is a true addiction (similar to that which occurs from repeated use of sedative-hypnotics).

Notes: Generally, alcohol abuse refers to a maladaptive pattern of episodic drinking resulting in failure to fulfill obligations, exposure to physically hazardous situations, legal problems, or social and interpersonal problems without evidence of dependence.

In the United States, the legal blood alcohol concentration (BAC) while driving is ≤ 80 mg/dL (0.8%) in most states.

According to the Dietary Guidelines for Americans, drinking in moderation is defined as having up to 1 drink per day for women and up to 2 drinks per day for men. This definition is referring to the amount consumed on any single day and is not intended as an average over several days.

The National Institute on Alcohol Abuse and Alcoholism recommends that people aged 65 years and older limit their consumption of alcohol to one drink per day.

Source: References 4, 6, 9, 22, 23.