

## WHAT WE DO

A significant amount of focus is placed on reducing Isolation and supporting Older People to enhance their support network. We can help you to deal with your addiction through a comprehensive support package including:

**Advice and Awareness sessions**  
**Health Promotion**  
**Structured Individual Support**  
**Diversionary Activities**

With access to other Alcohol and Drug Treatment Services as appropriate.

## HOW MUCH DOES THE SERVICE COST

The Older Persons service is **Free of Charge** and committed to providing a confidential service.

We welcome and encourage feedback to continuously enhance the quality of our services. We hope that you are happy with the service we provide, however if you are not, or you feel that we could do something better please let us know.



**Contact Us At:**

## For More Information Please Contact:

### Older Persons Worker

WCADA (Neath)  
30 Victoria Gardens,  
Neath  
SA11 3BH  
t: 01639 620222

DAN 24/7

**0808 808 2234**

Wales Drug and Alcohol Helpline  
Llinell Cymorth Cymru ar  
Gyffuriau  
ac Alcohol  
Free and Confidential Helpline

Or

Text **DAN** to **81066**

DAN 24/7 is a free and confidential helpline. Calls from public telephone boxes are free of charge: calls from a mobile phone may incur a charge.

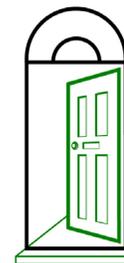
A Company Limited by Guarantee No: 04206135  
Registered Charity No: 1087685  
Substance Misuse and Older People Leaflet ©WCADA  
07/01/2016

Welsh Centre for Action on Dependency and Addiction

# WCADA

Canolfan Gymraeg am Weithredu ar Ddibyniaeth

Inspiring Change  Achieving Potential



## SUBSTANCE MISUSE AND OLDER PEOPLE

[www.wcada.org](http://www.wcada.org)

Leaflet Number 15

## WHO WE ARE

The Welsh Centre for Action on Dependency and Addiction (WCADA) is a registered Charity and Limited Company. It was founded in 1979 and operates across Swansea, Neath Port Talbot and Bridgend.

Within Neath Port Talbot we have a designated Older Persons Service that has been in operation since 2001. The Older Persons Counselor provides a range of interventions to older people (aged 55 years plus) to reduce the harm caused by their substance misuse to them-selves, their families and the wider community.

We continue to work closely with Health Care Professionals Social Services, Residential and Nursing Homes and Mental Health Services.



## GENERAL ADVICE

### 1 UNIT

*= one standard glass of wine*

*= ½ pint ordinary strength beer or cider*

*= one single pub measure of spirits  
(25ml)*

The UK Government's Sensible Drinking Guidelines Advise No more than:

**2 to 3 Units per day for a Women**

**3 to 4 Units per Day for Men**

Tolerance to Alcohol is **significantly** lowered in Older People

The liver and kidneys become less efficient in their ability to break down the alcohol.

This may lead to the alcohol remaining in the body for a longer period of time, and may therefore lead to greater damage being caused.

## FACTORS RELATED TO ALCOHOL AND THE OLDER PERSON

There are numerous factors which can be linked to Alcohol misuse in older people:

**Disruption to lifestyle following retirement**

**Increased Social Isolation**

**Bereavement**

**Long term ill-health and/or pain**

**Disrupted sleep**

Alcohol misuse in Older People can also be linked to or exacerbate, a number of mental and physical problems, some of which are particularly age-related:

**Anxiety depression and poor sleep**

**Incontinence**

**Liver and kidney problems**

**Self neglect and or malnutrition**

**Memory problems and confusion**

**Hypothermia**

**Poor balance and falls**

In addition, alcohol may interact badly with prescription medication, the use of which is significantly higher amongst older people.