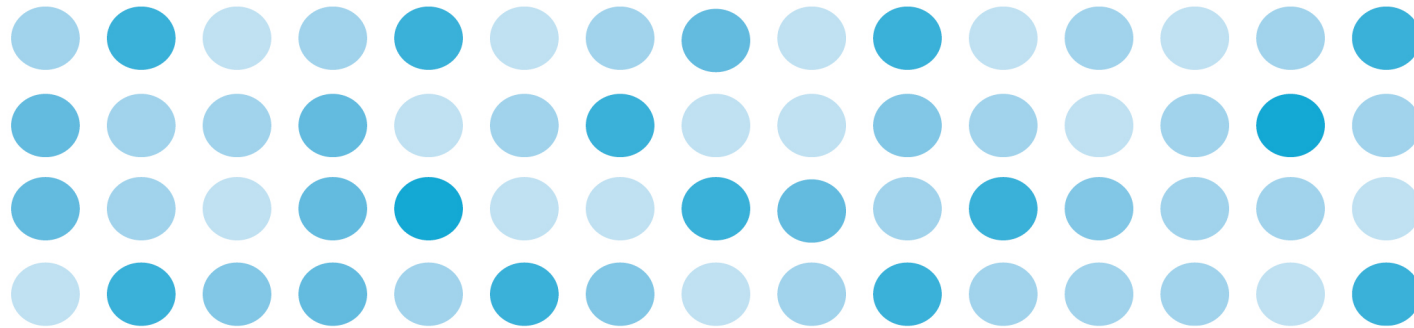


25-26 October 2010
Melbourne Cricket Ground



Anex 2010

AUSTRALIAN DRUGS CONFERENCE

Public Health and Harm Reduction

Katherine Walsh



Principal Sponsor



Sponsor



When I'm 64...



**We are getting Older...
Are We getting Wiser?**

Katherine Walsh
OWL Team Leader/ AOD Clinician

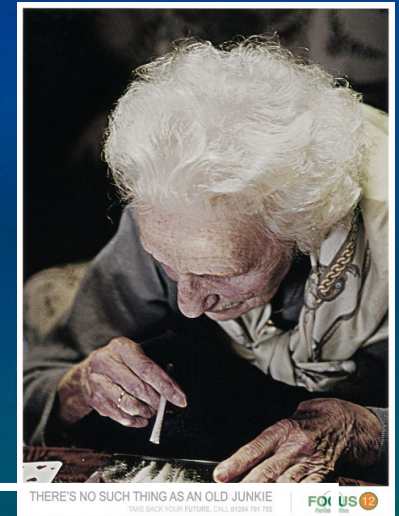


What We Do...

Assist Older Adults with Alcohol, Drug and Medication Issues



**Older Wiser
Lifestyles (OWL)**



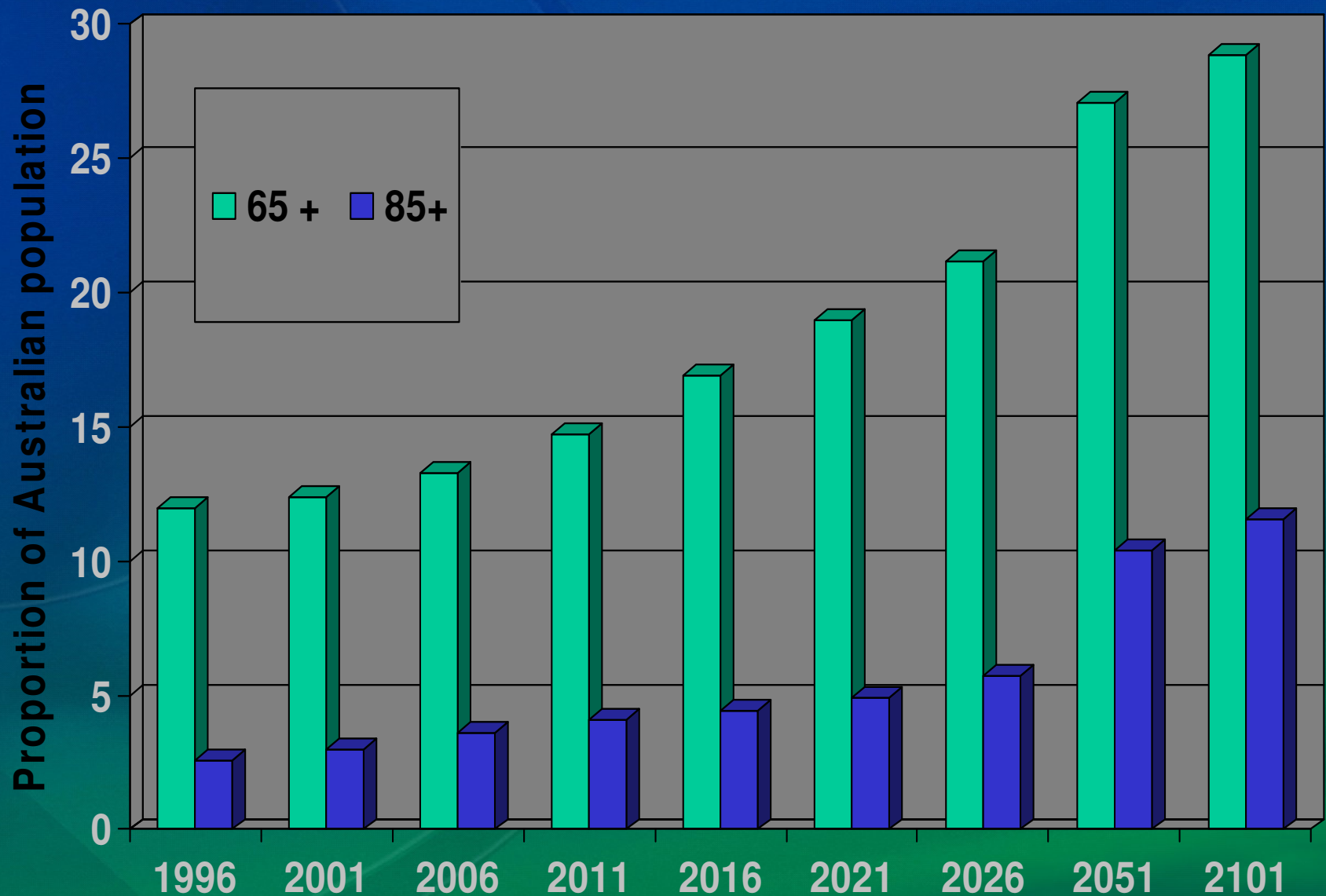
Early Intervention

Treatment

Both streams take a harm reduction approach



Why Are Older Adults Important?



Why Are Older Adults Different?

- Social isolation
- Stigma, shame
- Retirement, lifestyle transitions
- Grief and loss
- Loss of independence
- Changing values, self-identity
- Cognitive decline

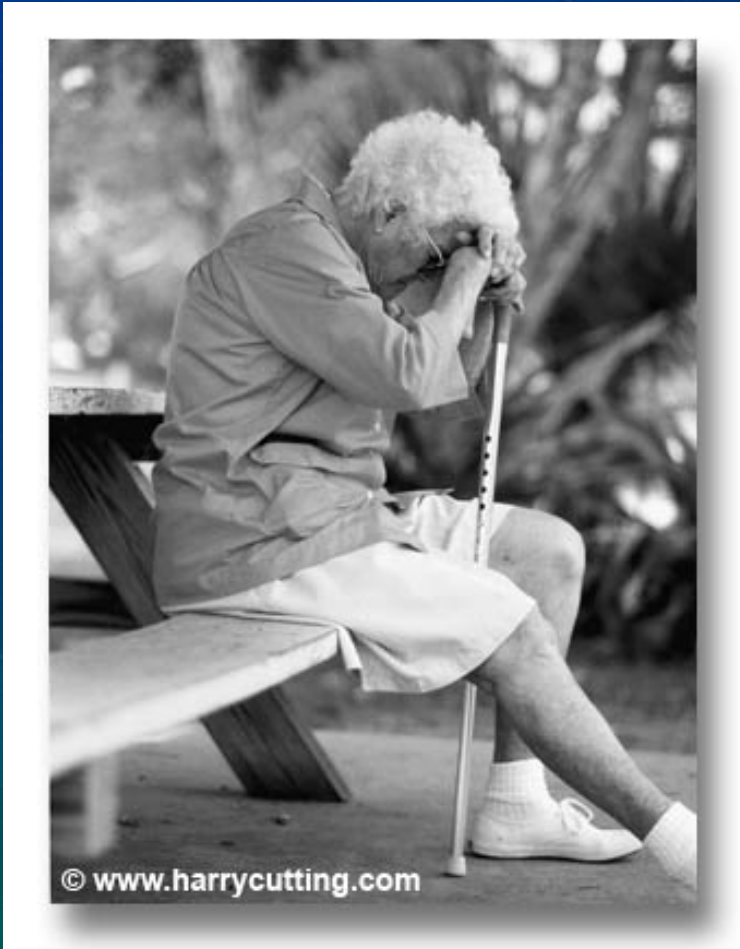


Older people undergo significant physical changes and are more likely to be on a range of medications.

These changes decrease the body's ability to process drugs including alcohol.



Why Are Older Adults Different?



- Higher BAC from dose
- Increased injuries, falls
- Medication interactions
- Increased suicides
- Sleep disorders
- Depression
- Anxiety



Why Screen?

Ideally, **all** 60-year-olds should be screened as part of regular health check

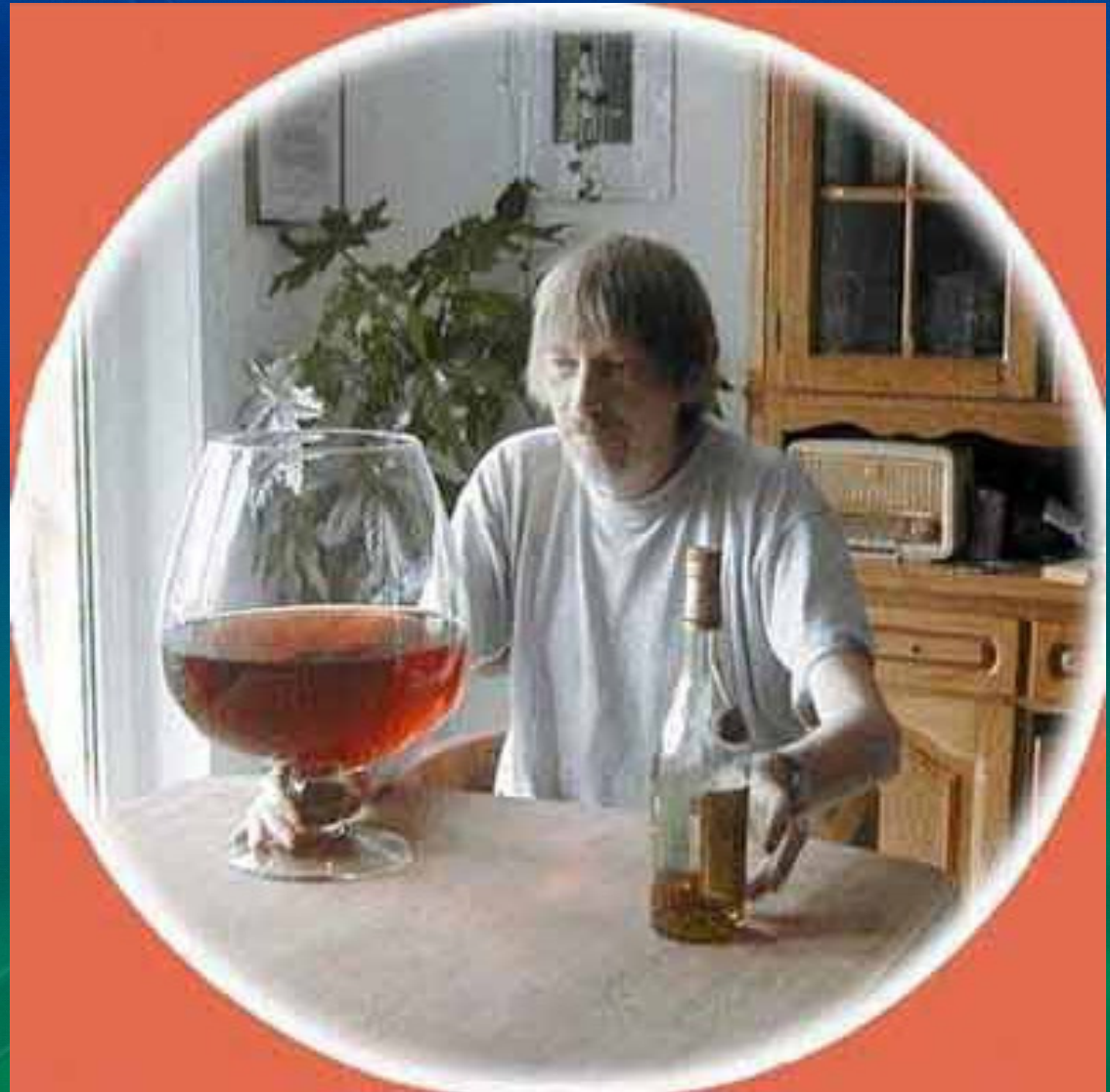
There are several goals to screening:

- Identify both at risk/problem drinking
- Utilise as little patient and staff time as possible
- Linked to intervention referral pathways

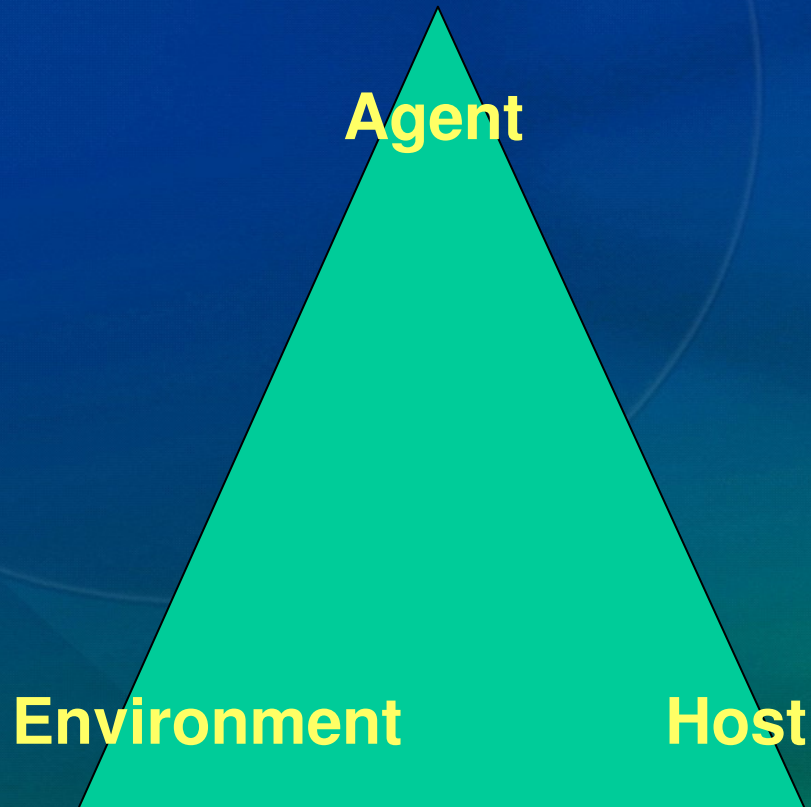


A Standard Drink?

“My Doctor told me to only drink one glass of wine a day”



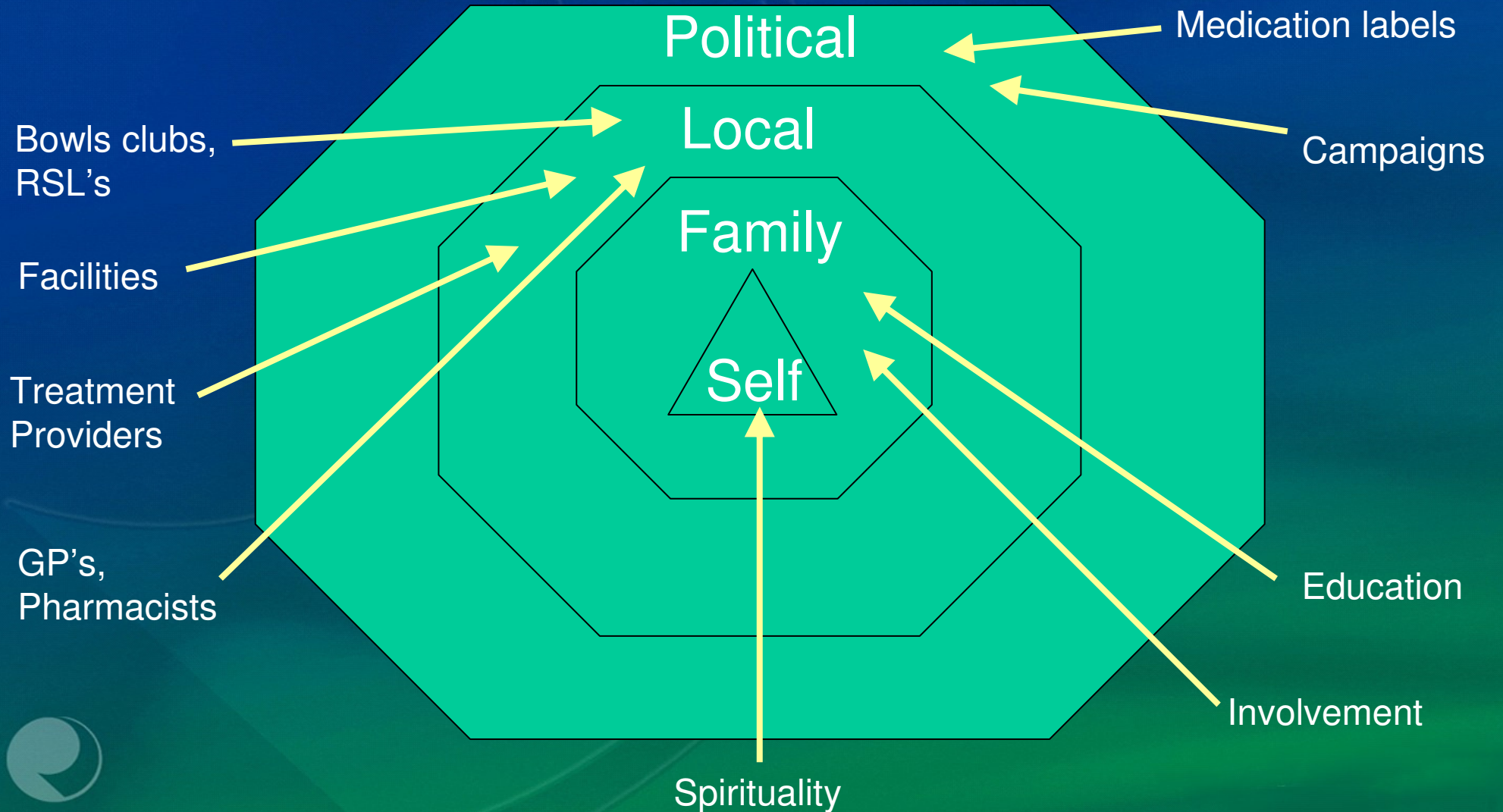
Public Health Model Harm Reduction



1. Substance – type of drink, increase water, adjust medication and drinking times, education.
2. Individual/Mood – Thiamine, not drinking when emotional, eat before drinking, nutrition
3. Where – home, drink driving



Socio-Ecological Model



Thank you...

To ANEX

To Peninsula Health – Community Health

For More Information Contact

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PENINSULA HEALTH

