

60 or older?

If you're 60 or older, you remember when drinking heavily was treated as a weakness or failure.

Now we know that chronic alcoholism is a progressive, lethal disease. Alaska seniors are more than three times as likely as other U.S. seniors to die an alcohol-related death.



Personal Checklist

- Have you ever felt you should cut back, or felt guilty about your use of alcohol?
- Do you become annoyed if your evening ritual of having drinks before, with or after dinner is disturbed?
- Have you used alcohol as pain medication or to reduce stress?
- Have people ever upset you by commenting on your drinking?
- Have you ever ended up in the emergency department due to a fall after a couple of drinks?
- Have you ever needed a drink first thing in the morning to get rid of a hangover?

Alcoholism can be missed as we age. Symptoms such as confusion, short-term memory loss or diminished problem solving and verbal skills may be viewed by others as "part of the aging process."

Talk to your doctor or a substance abuse counseling service if you said "yes" to two or more questions on the checklist at left.

Find services:

Online: Resource Guide from the Advisory Board on Alcoholism and Drug Abuse (ABADA) available on State of Alaska website: www.hss.state.ak.us/abada

Telephone:

907-465-4765 (ABADA office in Juneau)
1-800-478-2221 (The statewide "211" information & referral service from United Ways of Alaska)

A message from the Alaska Commission on Aging, Advisory Board on Alcoholism and Drug Abuse and Alaska Mental Health Trust.

You KNOW me
The Alaska Mental Health Trust
www.mhtrust.org

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