



Older Adults & Alcohol: What You Need to Know

How much alcohol can older adults safely consume?

Low risk alcohol drinking guidelines support the health and wellbeing of older adults.

WOMEN OVER 65

Daily = max 1 drink

Weekly = max 5 drinks

MEN OVER 65

Daily = max 1-2 drinks

Weekly = max 7 drinks

One standard drink is equal to



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12 fl oz/341 ml of Beer, cider, or cooler with 5% alcohol

5 fl oz/142 ml of Wine with 12% alcohol

1.5 fl oz/43 ml of Distilled alcohol such as rum, gin, vodka with 40% alcohol

Drinking alcohol can be enjoyable, but there are some health risks linked to drinking alcohol.

Alcohol can:



Increase the risk of low blood sugar if you have diabetes



Impact your balance and cause you to fall



Weaken your immune system, which lowers your ability to fight off illness



Interfere with medications you take



Increase your blood pressure



Impact memory, mood, and brain health

If alcohol use starts to impact everyday life (such as self-care, relationships, finances, or cause legal issues), talk with someone you trust or a medical professional about alcohol dependency concerns.

Safer Drinking Tips



Follow the standard low risk drinking guidelines



Have a glass of water or juice in between alcoholic drinks



Eat before you have a drink, or drink alcohol with a meal



Pace yourself, allow at least an hour between drinks



Have at least 2 days each week when you don't consume alcohol



To ensure safe withdrawal, talk to a trusted health care provider in advance before reducing the amount you drink

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Resources

Where can I go for more information?

www.ccsa.ca/alcohol
www.drinkwiseagewell.org.uk/

How can I get information about substance use services?

Contact Here 24/7 for services in Waterloo – Wellington
1-844-437-3247 or 519-821-3582

Where can I get outpatient treatment and recovery support?

Homewood Community Addiction Services (CADS)
519-824-1010

Who can help me if I want to reduce the amount I drink?

Community Withdrawal Support Service at Stonehenge Therapeutic Community
1-844-722-2977