

# Lifespan's Geriatric Addictions Service

(for those 55 and older)

/// *What difference does it make at his age if he drinks too much?* ///

/// *Let her drink, she's not hurting anyone!* ///

*Lifespan is working to dispel the myth that it is not worth treating older adults for substance misuse.*

**Lifespan provides information, guidance and services that help older adults take on both the challenges and the opportunities of longer life.**

## **Eldercare Services**

Care management through Eldersource\*  
CheckIt!, a bill payer service  
In-home financial management assistance  
Guidance on financing long-term care related to Medicare & Medicaid  
Guidance on Medicare & Medicare Part D  
Elder abuse prevention & scam intervention/education  
Home modification for fall prevention  
Advocacy for nursing home residents  
Geriatric addictions program  
Service Coordination for older adults with developmental disabilities  
Day habilitation for older adults with developmental disabilities  
Future Care Planning for persons with disabilities\*\*  
Home Energy Assistance Program (HEAP)  
Guardianship for incapacitated older adults

## **Employment & Volunteerism**

Job placement assistance for women re-entering the workforce  
Job training for low income adults (55 and older)  
Volunteer placement for adults (55 and older) in area non-profits  
Give-a-Lift: Volunteer placement for drivers  
Rochester Mentors: recruits baby boomers as mentors for city school district students

## **Training & Education**

Workshops in aging issues  
St. John Fisher Geriatric Certificate Program  
Elder Aware training for businesses

## **American Sign Language Interpreting**

## **Wolk Older Adult Center at Lifespan Downtown**

Meals, recreation, education, socialization

\*in partnership with Catholic Family Center

\*\*in partnership with the AL Sigl Community of Agencies and Arc of Monroe County.

# A Hidden Epidemic

Alcohol  
Prescription drugs  
Illegal drugs

Misuse among  
older adults

*Lifespan has help for a growing problem.*



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## Older Adults and Substance Abuse

Substance abuse among adults 55 and older is a fast growing health problem. It is estimated that 17% of older adults misuse alcohol and prescription drugs.

### The facts...

- Up to 75% of older adult emergency room visits could be alcohol or drug related.
- Up to 60% of hospitalized older adults are alcoholic.
- Up to 15% of older adults seeking any kind of medical treatment have alcohol-related problems.
- Annually, as many as 32,000 hip fractures are due to substance-induced falls.

Older adults often resist traditional alcohol and drug treatment. That is why Lifespan is offering a new way.

## New Hope for a Growing Problem

*What's Different about Lifespan's Geriatric Addictions Treatment?*

Our service fills a gap between traditional on-site or in-patient treatment and the alternative—no treatment.

We provide:

- Comprehensive **in-home** evaluation.
- **In-home** substance abuse intervention, assessment, and linkage.
- Supportive counseling and education for families and caregivers.

When it is appropriate, we link clients to traditional chemical dependency programs.



If you are concerned about yourself or a loved one, call Lifespan at 244-8400.

## Symptoms of Substance Misuse

- Sleep complaints, unusual fatigue
- Neglect of personal appearance and hygiene
- Persistent irritability, altered mood, depression/anxiety
- Emotional withdrawal from family/friends
- Confusion
- Incontinence
- Unexplained nausea, vomiting
- Poor eating habits
- Slurred speech
- Frequent falls
- Tremors
- Excessive visits to multiple doctors