



Just Ask Just Tell *for older adults & their care provider*

Better sharing between you and your doctor and health professionals

Understand

Guide

ASSIST

Support

Care



Helping you to reduce alcohol

My doctor told me to reduce my alcohol intake

Reduce to: 0 drinks 1 drink 2 drinks per day

Alcohol is affecting my health negatively

Alcohol is affecting my life negatively

The benefits to my health (and life) of reducing my alcohol intake will be

There are other concerns about me drinking

My reason(s) for drinking

Things that make me drink

Who will help and support me as I reduce my alcohol intake



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A standard drink

www.camh.net



12 oz/341 mL
of regular strength
beer (5% alcohol)

=



5 oz/142 mL
of wine
(12% alcohol)

=



3 oz/85 mL
of fortified wine
(16–18% alcohol)

=



1.5 oz/43 mL
shot of liquor
(40% alcohol)

Note: Higher alcohol beers and coolers have more alcohol than one standard drink.

Low-risk drinking means:

- 0–2 alcoholic drinks per day
- don't get drunk
- wait 1 hour between drinks
- drink non-alcoholic drinks (water, juice, pop)
- quit if you have health problems

What life style changes
can I make

How I will deal with
temptations

My medical treatments
that I must follow

Recommended resources:

www.camh.net Centre for Addiction and Mental Health:

- *Low risk drinking guidelines*
- *DrinkWise*
- *Choosing to Change: A Client-Centred Approach to Alcohol and Medication Use by Older Adults*

www.ontario.chma.ca/seniors



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www.rgpc.ca



[trellis](http://www.trellis.ca)



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