

# What is Binge Drinking?

5 drinks for men and 4 drinks for women within a two hour period. Recommended alcohol intake for older adults is 2 drinks for men and 1 drink for women on a daily basis. Some health conditions and taking certain medications would indicate less or no alcohol intake .

- ▶ Some health risks include alcohol poisoning,
- ▶ Increased risk for falls and serious injury.
- ▶ Drinking and driving crashes.
- ▶ Kidney and liver damage
- ▶ Over dose when combined with certain medications

# What is a Standard Single Drink?

- ▶ 1 can of beer, 12 oz
- ▶ 1 single shot of whiskey, vodka, 1.5 oz
- ▶ 1 glass of wine, 5 oz
- ▶ 1 glass of sherry, 4 oz
- ▶ 1 glass of liqueur, 4 oz
- ▶ Moderate use of alcohol of alcohol refers to two drinks per day for men and 1 drink a day for women who are older adults.
- ▶ As Americans, we SUPERSIZE our alcohol, one beer today is a 16–24 oz can!

# Cage Questionnaire

1. Have you ever felt you should **cut down** on your drinking?
2. Have people **annoyed** you by criticizing your drinking?
3. Have you ever felt bad or **guilty** about your drinking?
4. Have you ever had a drink first thing in the morning to steady your nerves or to get ride of a hangover (**eye opener**)?

# Scoring CAGE Self-Assessment

- ▶ Item responses on the CAGE are scored 0 for “no” and 1 for “yes” answers, with a higher score an indication of alcohol problems. A total score of 2 or greater is considered clinically significant.
- ▶ However, a positive response to any one of these questions should prompt further exploration among older adults.

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