

Module 6: Substance Use Disorders in Older Adults

1.1 Accessibility Preference

Slide 1
Accessible Version
Non-Narrated

Accessibility Preference

Select the "Turn Accessibility ON" button to use an accessible version of this course. This version is ideal for those who use screen readers, require keyboard-only access, or prefer high contrast content.



Then, choose next.

Next is enabled.

1.2 Texas Health and Human Services



TEXAS
Health and Human
Services

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1.3 Substance Use Disorders in Older Adults



1.4 Substance Use Disorders in Older Adults

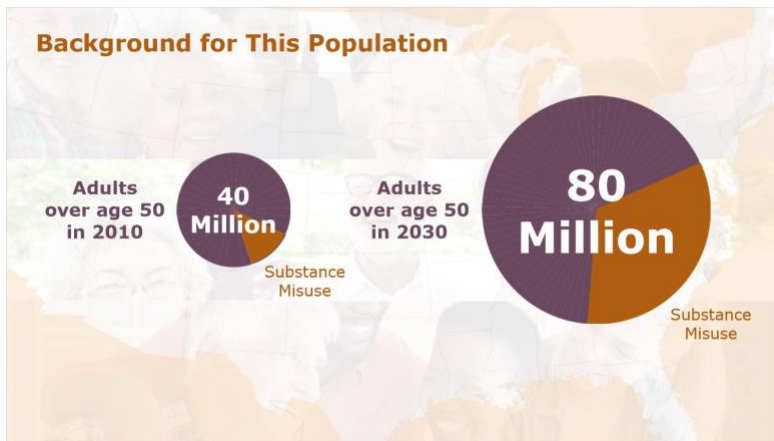


1.5 In This Training

In This Training

-  **Identify** Identify reasons why an older adult might not recognize they have a problem with substance use
-  **Recognize** Recognize what medication, alcohol, and other substance misuse might look like in an aging individual
-  **Differentiate** Differentiate between various risk levels of substance use
-  **Apply** Apply strategies for talking about substance use with those in your care

1.6 Background for This Population



1.7 Barriers to Recognition



Ageism (Slide Layer)



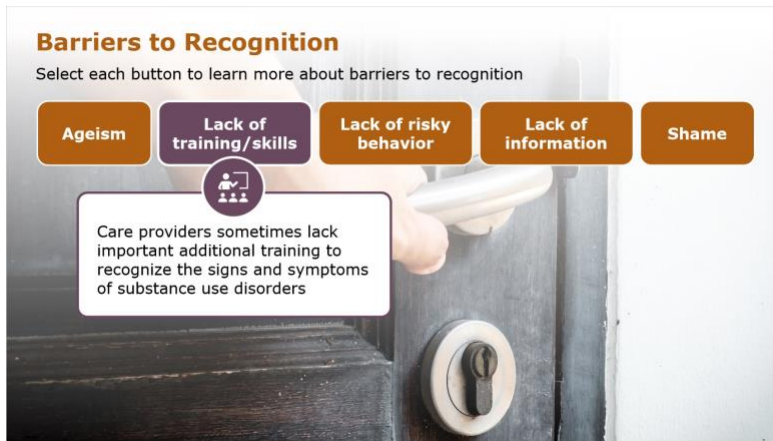
Lack of training/skills (Slide Layer)

Barriers to Recognition

Select each button to learn more about barriers to recognition

Ageism Lack of training/skills Lack of risky behavior Lack of information Shame

Care providers sometimes lack important additional training to recognize the signs and symptoms of substance use disorders

An interactive slide layer titled "Barriers to Recognition" is overlaid on a background image of a hand reaching for a door handle. The slide contains a list of five barriers: Ageism, Lack of training/skills, Lack of risky behavior, Lack of information, and Shame. The "Lack of training/skills" button is highlighted with a purple icon of a person at a computer. A text box below the icon explains that care providers sometimes lack additional training to recognize signs and symptoms of substance use disorders.

Lack of risky behavior (Slide Layer)

Barriers to Recognition

Select each button to learn more about barriers to recognition

Ageism Lack of training/skills Lack of risky behavior Lack of information Shame

It's easier for older adults' substance misuse to fly under the radar, because they use at home, have less opportunity for risky behavior, and are more socially isolated

An interactive slide layer titled "Barriers to Recognition" is overlaid on a background image of a hand reaching for a door handle. The slide contains a list of five barriers: Ageism, Lack of training/skills, Lack of risky behavior, Lack of information, and Shame. The "Lack of risky behavior" button is highlighted with a purple icon of a person with a heart and a lock. A text box below the icon explains that it's easier for older adults' substance misuse to fly under the radar because they use at home, have less opportunity for risky behavior, and are more socially isolated.

Lack of information (Slide Layer)

Barriers to Recognition

Select each button to learn more about barriers to recognition

Ageism Lack of training/skills Lack of risky behavior Lack of information Shame

People may not have the education needed to see that substance use behavior is harmful

An interactive slide layer titled "Barriers to Recognition" is overlaid on a background image of a hand reaching for a door handle. The slide contains a list of five barriers: Ageism, Lack of training/skills, Lack of risky behavior, Lack of information, and Shame. The "Lack of information" button is highlighted with a purple icon of a magnifying glass over a document. A text box below the icon explains that people may not have the education needed to see that substance use behavior is harmful.

Shame (Slide Layer)

Barriers to Recognition

Select each button to learn more about barriers to recognition

Ageism Lack of training/skills Lack of risky behavior Lack of information **Shame**

Shame prevents people from speaking up and seeking help when they realize they have a problem

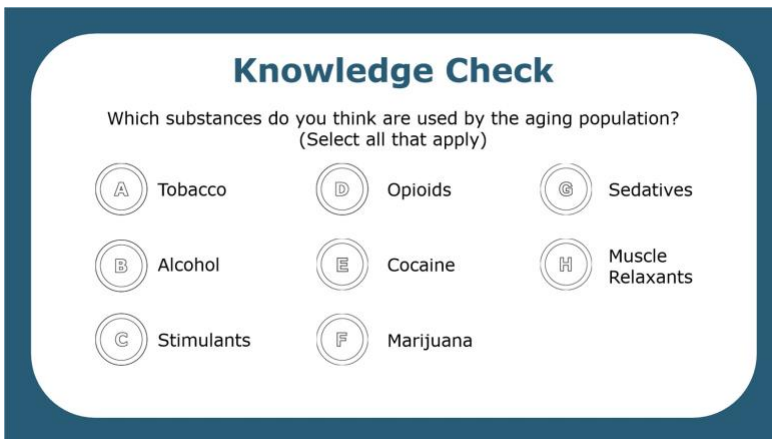
A hand is shown turning a silver door handle on a dark wooden door. A callout box with a sad face icon points to the 'Shame' button, which is highlighted in purple. The callout box contains the text: 'Shame prevents people from speaking up and seeking help when they realize they have a problem'.

1.8 Knowledge Check 1

Knowledge Check

Which substances do you think are used by the aging population?
(Select all that apply)

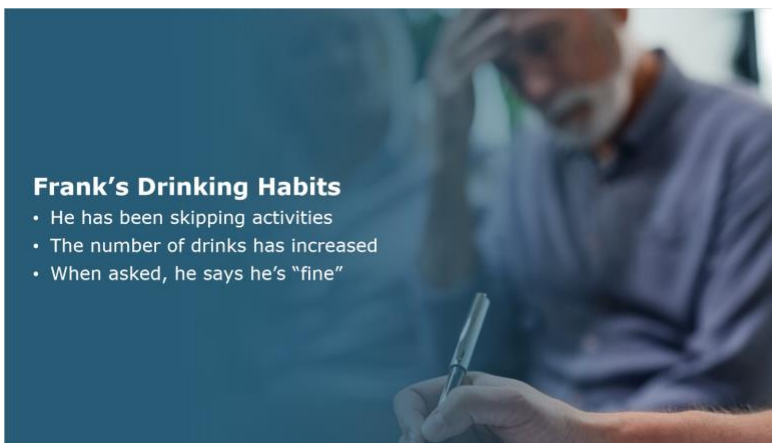
☐ A Tobacco ☐ D Opioids ☐ G Sedatives
☐ B Alcohol ☐ E Cocaine ☐ H Muscle Relaxants
☐ C Stimulants ☐ F Marijuana

A knowledge check interface with a dark blue background. It features a white rounded rectangle containing the title 'Knowledge Check' and a question: 'Which substances do you think are used by the aging population? (Select all that apply)'. Below the question are eight radio button options arranged in three rows: A Tobacco, D Opioids, G Sedatives, B Alcohol, E Cocaine, H Muscle Relaxants, C Stimulants, and F Marijuana.

1.9 Frank's Story

Frank's Drinking Habits

- He has been skipping activities
- The number of drinks has increased
- When asked, he says he's "fine"

A slide titled 'Frank's Drinking Habits' with a background image of a man in a blue shirt. The man is looking down at a pen in his hand. The slide lists three bullet points: 'He has been skipping activities', 'The number of drinks has increased', and 'When asked, he says he's "fine"'. The text is white and the background is a dark blue gradient.

1.10 Frank Bingo



1.11 Knowledge Check 2

Knowledge Check

Based on what you know from the story, do you have reason to be concerned about Frank's alcohol use?

☐ Yes ☐ No

1.12 Guidelines for Alcohol Use in Adults Over 60

Guidelines for Alcohol Use in Adults Over 60



Overall Consumption

- No more than 7 drinks/week, or 1 standard drink/day

Binge Drinking

- Men: No more than 3 standard drinks on a drinking occasion
- Women: No more than 2 standard drinks on a drinking occasion

1.13 Older Individuals Should Not Drink Any Alcohol if They

Older Individuals Should Not Drink Any Alcohol if They:

- Are taking certain prescription medications
 - For example, hydrocodone (Vicodin or Norco), clonazepam (Klonopin), or alprazolam (Xanax)
- Have medical conditions such as diabetes, heart disease, or depression
- Are planning to engage in other activities requiring alertness and skill
- Are recovering from alcohol use disorder

1.14 Drinking Guidelines

For all age groups, national agencies provide guidelines on what is considered a standard drink size, or one portion. The amount varies depending on the type of alcoholic beverage someone is consuming.

1.15 What is a Standard Drink?



Beer (Slide Layer)



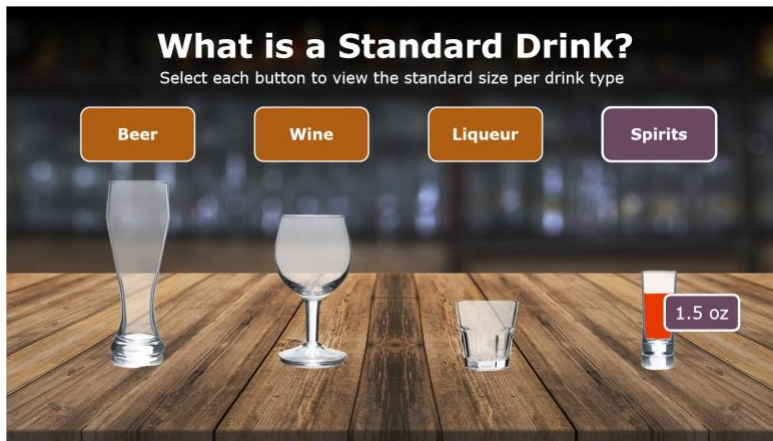
Wine (Slide Layer)



Liqueur (Slide Layer)



Spirits (Slide Layer)



1.16 Late Onset Alcohol Use Disorder



1.17 Medication Misuse



1.18 Symptoms to Search for



Symptoms to Search for:

- Falls
- Gastrointestinal distress
- Incontinence
- Constipation
- Depression
- Anxiety
- Confusion
- Insomnia
- Memory problems
- Loss of interest
- Lack of energy
- Irritability

1.19 Sophia's Story



Sophia is taking more sleep and pain medications

1.20 Knowledge Check 3

Knowledge Check

What is your next best step with Sofia?

A Schedule an appointment with her neurologist and take responsibility for scheduling transportation to and from the appointment, if necessary.	C Quit working. The situation is dangerous, and you don't want to be responsible for anything bad happening to Sofia.
B Assume the medications are causing problems and stop giving them to Sofia.	D Encourage Sofia to make appointments with her neurologist and rheumatologist and go with her.

1.21 Why People Misuse Medication



Why People Misuse Medication

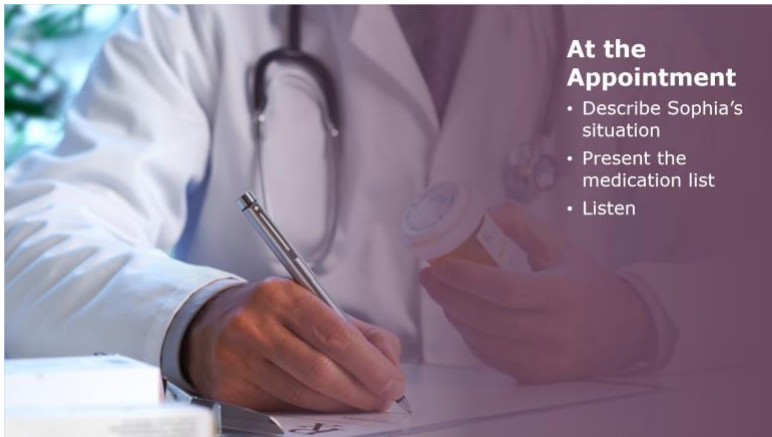
- To help them sleep
- To help with pain

By the time you finish this module,
two people in the US will have died from opiate use

A common misperception is that
prescription drug overuse is not
dangerous because prescription
medication is legal



1.22 Prior to the Appointment



At the Appointment

- Describe Sophia's situation
- Present the medication list
- Listen

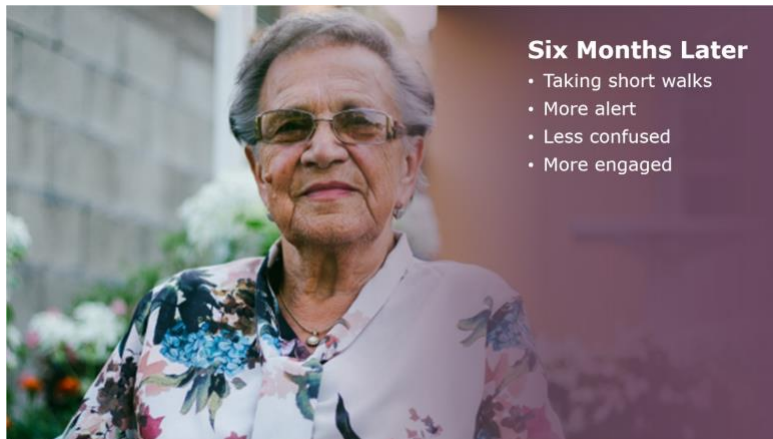
1.23 Sophia Bingo



Sophia's Story (Slide Layer)



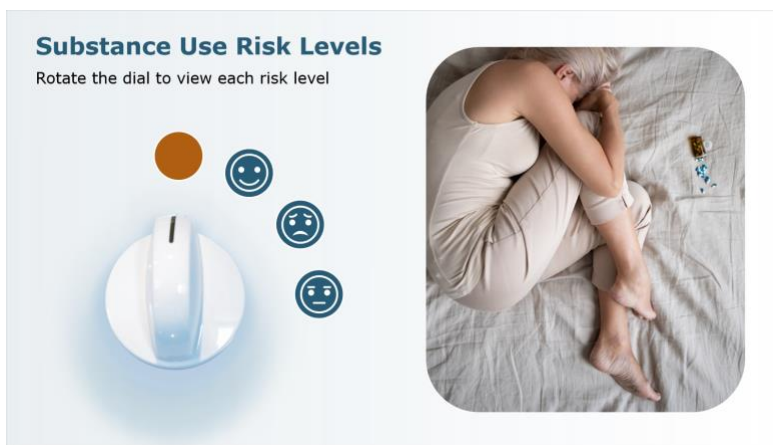
1.24 Sophia's Treatment



1.25 Substance Use Risk Levels



Neutral Dial (Slide Layer)



Low Risk (Slide Layer)

Substance Use Risk Levels

Rotate the dial to view each risk level





Low Risk

- Do not binge drink
- No hazardous activities
- Set reasonable limits

At Risk (Slide Layer)

Substance Use Risk Levels

Rotate the dial to view each risk level





At Risk

- More than 7-10 drinks a week
- Potential health problems
- Using more than prescribed

Problem Use (Slide Layer)

Substance Use Risk Levels

Rotate the dial to view each risk level





Problem Use or Disorder

- Harmful consequences
- Preoccupied with using
- Loss of control

1.26 Treatment Options



1.27 Tips for Talking About Substance Abuse



1.28 Key Takeaways

