

Alcoholism and the Elderly

Information for the Senior Citizen



Alcoholics Anonymous
San Diego and Imperial
Counties
Cooperation with the Elder
Community Committee
(CEC)

Many older people simply do not know what to do with the extra hours they have so they turn to alcohol to occupy this time.

Additionally, alcoholism in the elderly can go undetected. Older folks may no longer be in the center of mainstream society, and there are fewer individuals consistently around to recognize the symptoms of alcoholism.

The U.S. Bureau of the Census predicts America's 65+ population will be the fastest growing age group over the next 25 years.

As many as 2.5 million older adults have problems related to alcohol.

Aging bodies respond differently to alcohol and medication.

Alcohol and prescription drug misuse affects around 17% of older Americans.

Reference: HHS Publication No. (SMA) 02-3621 First Printed in 2001, revised 2009 and 2011



If you are concerned with your drinking or have a friend or family member who is drinking a lot, maybe the following information on Alcoholics Anonymous can help.

*The twelve A.A. questions to see if you may have a problem with alcohol:

1. Have you ever decided to stop drinking For a week or so, but only lasted for a couple of days?
2. Do you wish people would mind their own business about your drinking– stop telling you what to do?
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
4. Have you had to have an eye-opener upon awakening during the past year?
5. Do you envy people who can drink without getting into trouble?
6. Have you had problems connected with drinking during the past year?
7. Has your drinking caused trouble at home?
8. Do you ever try to get “extra” drinks at a party because you do not get enough?
9. Do you tell yourself you can stop drinking any time you want to, even though you keep getting drunk when you don't mean to?
10. Have you missed days of work or school because of drinking?
11. Do you have “blackouts”?
12. Have you ever felt that your life would be better if you did not drink?

Did you answer YES four or more times? If so, you are probably in trouble with alcohol. Why do we say this? Because thousands of people in A.A. have said so for many years. They found out the truth about themselves – the hard way.

But again, only *you* can decide whether you think A.A. is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking ourselves. Just call.

**The preceding twelve questions have been excerpted from material appearing in the pamphlet, “Is A.A. For You?”, and has been reprinted with permission of Alcoholics Anonymous World Services, Inc.*

What is A.A.?

*Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism.

How does one join A.A.?

*The only requirement for membership is a desire to stop drinking.

How much does it cost?

*There are no dues or fees for A.A. membership. We are self-supporting through our own contributions.

Is A.A. a recovery center?

*A.A. is not allied with any sect, denomination, organization, or institution; does not want to engage in any controversy, neither endorses nor opposes any causes.

What other services does A.A. offer?

*Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

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“Cooperation with the Elder Community” (CEC)

CEC is a committee of Alcoholics Anonymous.

We are a resource in your community to educate seniors about alcoholism. We are available to come to senior centers and residences. We provide A.A. literature for senior libraries.



CEC Mission Statement

The goal of CEC is to provide information about Alcoholics Anonymous (A.A.) to senior citizens at places where seniors might gather. The information includes A.A. literature, audio-visual presentations, fliers and other materials. This information carries the message of recovery to seniors, professionals who work with seniors, and A.A. members interested in outreach to the elder community.

Contact Information
CECchair@aasandiego.org

A.A. meeting locations and people to talk with can be found at:

A.A. San Diego Central Office
7075 Mission Gorge Rd, Suite B
San Diego, CA 92120
M-F 9AM to 5PM
Sat 9AM to 1PM
(619) 265-8762 (24 hours)



This flyer has been produced by San Diego and Imperial Area, District 14, Cooperation with the Elder Community (CEC) committee, who is solely responsible for its content.

This is a San Diego and Imperial Area approved service pamphlet.