If you would like to speak to someone about your own or a loved one’s drinking, DRINK WISE, AGE WELL offers advice and support for people aged over 50. Contact your local office on:

- Sheffield ............. 0800 032 3723
- Devon .................. 0800 304 7034
- Glasgow ............... 0800 304 7690
- Cwm Taf in Wales .. 0800 161 5780
- Western Trust area (Counties Derry, Fermanagh and Tyrone) in Northern Ireland
  - Omagh ............... 02882 839240
  - Derry ................. 02871 160236
  - Enniskillen ........ 02866 381714

Alternatively, visit our website at drinkwiseagewell.org.uk
Follow us on Twitter or find us on Facebook.

**6 Tips to make healthier choices about alcohol use**

1. **Lower your risk**
   - Stay within the recommended guidelines of 14 units per week and spread these out over a few days.

2. **Keep track**
   - Use smaller glasses or a unit measure.
   - It’s easy to pour yourself larger drinks at home. Checking how much you pour can help you keep track and cut back.

3. **Eat something**
   - Have a meal when you are drinking or eat something beforehand.

4. **Keep hydrated**
   - Have a non-alcoholic drink or water with or after each alcoholic drink. Sometimes we don’t feel the effects right away and drink a little too quickly.

**Benefits of making healthier choices about your alcohol use**

- Improve your health, relationships and energy.
- By cutting down on the amount you drink you can save money.
- A more refreshing sleep and more energy as a result.
- Medication may work better and be more effective.
- You can reignite old interests or find new hobbies.
- You are less likely to have an accident or fall.
- Improved memory and sharper mind.
- You may stay healthy and independent for longer.

Drink Wise, Age Well
Your guide to making healthier choices about alcohol as you age.
**WHY IS UNIT美國OF ALCOHOL?**

Using units to keep track of your drinking is easier than it seems. Look on bottles and cans for the number of units in a drink or you can calculate your own with the formula below.

**HERE IS A FORM OF ALCOHOL**

<table>
<thead>
<tr>
<th>Alcohol Type</th>
<th>Pint</th>
<th>Lower strength beer</th>
<th>Small glass</th>
<th>Small shot</th>
<th>Can</th>
<th>Average strength beer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength (ABV)</td>
<td>3.8%</td>
<td>4.5%</td>
<td>12%</td>
<td>40%</td>
<td></td>
<td>5.2%</td>
</tr>
<tr>
<td>Volume (ml)</td>
<td>568</td>
<td>440</td>
<td>125</td>
<td>25</td>
<td>440</td>
<td>568</td>
</tr>
<tr>
<td>Units</td>
<td>2.2</td>
<td>2</td>
<td>1.5</td>
<td>1</td>
<td>2</td>
<td>14</td>
</tr>
</tbody>
</table>

**FORMULA**

\[
\text{Units} = \frac{\text{Strength (ABV)} \times \text{Volume (ml)}}{1000}
\]

**SOME OF THE PROBLEMS CAUSED BY DRINKING ALCOHOL**

As we get older, our bodies change. You might notice extra wrinkles or grey hairs. Your body also takes longer to process alcohol than it used to. Some people may be at increased risk of harm from alcohol even when drinking within recommended limits especially if they have health conditions or are on medications. If in doubt, always speak to your GP or medical practitioner.

- Regularly drinking alcohol can:
  - Cause memory problems
  - Mean a poor night’s sleep
  - Make you depressed or anxious
  - Put you over the drink driving limit
  - Interact negatively with medications
  - Increase blood pressure
  - Increase the risk of injury or falls
  - Make you depressed or anxious

And as we get older, alcohol affects us differently and can start causing us problems. It can:

- Help and advice

Drink Wise, Age Well wants to help you make healthier choices about alcohol so you get older. Let’s start by answering the following questions to see how you score.

**HERE IS A FORM OF ALCOHOL**

[Here are some examples]

<table>
<thead>
<tr>
<th>How often do you have a drink containing alcohol?</th>
<th>Never</th>
<th>Monthly or less</th>
<th>3-4 times per week</th>
<th>2-3 times per week</th>
<th>1-2 times per week</th>
<th>Daily or almost daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 4</td>
<td>Well Done</td>
<td>You are a lower risk drinker and less likely to experience problems caused by alcohol.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 - 12</td>
<td>Mind yourself</td>
<td>You may be drinking at a level that can cause problems for you now or in the future.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**How did you score?**

Find out how you scored below and see if you could do more to reduce your risk. The recommended lower risk guidelines are below to help you, or you may want to contact us for help and advice.

**Recommended lower risk guidelines**

<table>
<thead>
<tr>
<th>Score</th>
<th>What it means</th>
<th>Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 – 4</td>
<td>Well Done</td>
<td>You are a lower risk drinker and less likely to experience problems caused by alcohol.</td>
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Regularly drinking alcohol can:

- Cause memory problems
- Mean a poor night’s sleep
- Make you depressed or anxious
- Put you over the drink driving limit
- Interact negatively with medications
- Increase blood pressure
- Increase the risk of injury or falls
- Make you depressed or anxious

For you over the drink driving limits