



Drink Wise, Age Well
Your guide to making
healthier choices about
alcohol as you age.



HELP AND ADVICE

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

	Scoring System					Your Score
	0	1	2	3	4	
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-3 times per week	4+ times per week	
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Audit C - World Health Organisation					TOTAL	

WHAT IS A UNIT 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 are some examples

**PINT
LOWER STRENGTH
LAGER / BEER**

568ml (pint)
ABV 3.8%


2.2 units



**CAN AVERAGE
STRENGTH
LAGER / BEER**

440ml
ABV 4.5%

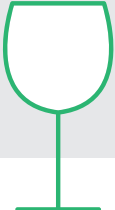
2 units



**SMALL GLASS
WHITE / RED
/ ROSÉ
WINE**

125ml
ABV 12%


1.5 units



**SINGLE
SMALL SHOT
SPIRITS**

25ml
ABV 40%

1 unit



Formula

$$\begin{aligned} &\text{strength (ABV)} \\ &\times \\ &\text{volume (ml)} \\ &\div \\ &1000 \\ &= \text{units} \end{aligned}$$

HOW DID YOU SCORE?

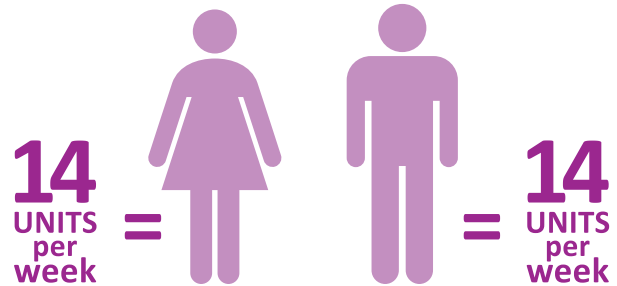
Find out how you scored below and see if you could do more to reduce your risk. The recommended lower risk guidelines are below to help you, or you may want to contact us for help and advice.

0 – 4 WELL DONE

You are a lower risk drinker and less likely to experience problems caused by alcohol

5 – 12 MIND YOURSELF

You may be drinking at a level that can cause problems for you now or in the future



If you do drink as much as 14 units per week, try to spread this evenly over 3 days or more

If you wish to cut down the amount you're drinking, a good way to help achieve this is to have several drink-free days each week

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



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

Interact
negatively
with medications



Increase
blood
pressure



Increase
the risk of
injury or falls



Make health
problems
worse i.e. Diabetes



START TO MAKE HEALTHIER CHOICES ABOUT YOUR ALCOHOL USE

6 TIPS TO MAKE HEALTHIER CHOICES ABOUT ALCOHOL

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

MORE TO LIFE

Getting older has its positives, such as more time to do things we enjoy. Focus on hobbies, interests and socialising without alcohol.

4

GIVE YOUR BODY A BREAK

Have at least 2-3 alcohol free days each week.

5

EAT SOMETHING

Have a meal when you are drinking or eat something beforehand.

6

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.





If you would like to speak to someone about your own or a loved one's drinking, Drink Wise, Age Well provides a freephone helpline for advice and support for people aged over 50.

The number is **0808 8010750**.

Alternatively, you can visit our website at **drinkwiseagewell.org.uk**