

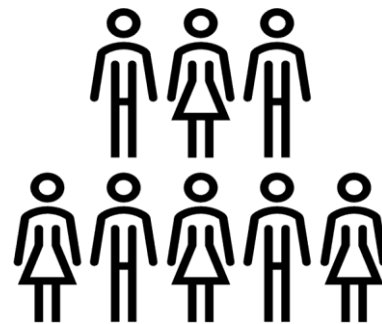
# Catholic Social Services of Washtenaw County Senior Prevention Programs

CMHPSM Priority Area: Reduce Prescription and Over-the-Counter Drug  
Abuse/Misuse

Program Brief 2022-23

Cut down. Annoyed. Guilt. Eye opener.

- CAGE Screenings are provided to those 55+ to mitigate risk of overdose, injury, death, health concerns, homelessness, family conflict, social isolation, and hospital/emergency room visits.
- Screenings also assess for signs of abuse, neglect, and exploitation.
- Targeted Risk Factors
  - Lack of knowledge of prescriptions
  - Lack of knowledge on drug interactions
  - Low perception of risk



**207**

Seniors were provided the CAGE-Aid Screening.

Individuals that “red flag” during a screening, are provided with harm reduction planning including resources and connection to treatment, if necessary. All seniors who complete are screening are engaged in conversation about substance use prevention, including medication

# Get Connected: Linking Older Adults with Resource on Medication, Alcohol, and Mental Health

Three 60-90 in-person or virtual sessions covering topics including an overview of medication, alcohol, and mental health conditions in older adults.

Get Connected Session 1: It Can Happen to Anyone: Coping with Life Transitions were held virtually or in person at various Washtenaw County Community Places.

Get Connected Session 2: Using Medication Wisely Session were held virtually or in person at various Washtenaw County Community Places.

Get Connected Session 3: Keeping a Healthy Outlook on Life were held virtually or in person at various Washtenaw County Community Places.

88% of participants of Session 1 reported learning in 3 of 4 learning domains.

- A: Problems with alcohol and medication can occur at anytime throughout lifespan
- B: Life transitions associated with aging can lead to problems with alcohol and medication: Warning signs of an alcohol or medication problem and why these are difficult to detect among older adults
- D: Awareness that prevention and screening can help identify a need for help

92% of participants of Session 2 reported learning in 4 or more domains.

- A) Risk Factors (signs and symptoms)
- B) Risks of mixing alcohol and prescription drugs
- C) Protective Factors
- D) Community Resources
- E) Proper disposal of medication
- F) Importance of communication between older adults and their doctor/pharmacist regarding their medications.

100% reported increased understanding of medication and alcohol misuse in the lives of older adults.

98% of participants of Session 3 reported learning in 3 or more domains.

- A) Substance misuse and abuse and mental health conditions in older adults are not part of the aging process and can be treated.
- B) Prevention and treatment are effective for alcohol and mental health conditions, particularly for older adults.
- C) Increase comfort and confidence in discussing sensitive issues with older adults
- D) What health and aging services providers can do to help older adults