

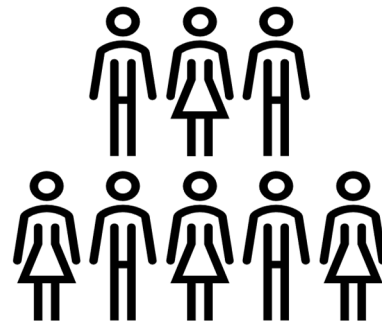
Catholic Social Services of Washtenaw County Senior Prevention Programs

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

Program Brief 2021-22

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
 - Self-medicate because of



184

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.

10 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.

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

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

98% 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

98% 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.

100% 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