



# **Alcohol and Older People** Community-Based Responses

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DASL/BAGRA



# DASL/BAGRA Project

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- Limited targeted provision in London
- 3 years' funding - City Bridge Trust
- Project worker in post from May 2008
- Based in Welling in SE London
- Covers Bexley & Greenwich Boroughs



# Information & Awareness

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- Older adults & carers
  - Information on safer drinking
  - Harm reduction
  - Where to get help
- Professionals
  - Services offered
  - How to refer
  - Screening q'naire (G-MAST)



# Education & Training

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- Education
  - At day centres, pop-in parlours, etc
  - For carers
- Training
  - For professionals working with older people
  - For alcohol services



# Identifying Problems

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- Screening for alcohol as part of initial & continuing assessment
- Challenging projected embarrassment
- Not just amount drunk but problems caused
- Screening & assessment tools (G-MAST)
- Drinking diary



# Liaison & Consultancy

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- Liaison
  - With health & social care services
  - With voluntary sector agencies
  - With drug and alcohol services
- Consultancy
  - Support and advice
  - Joint working
  - Key working



# Individual & Group Work

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- Individual client work
  - Cognitive behavioural therapy
  - Not just the drinking
- Support & Relaxation Group
  - Combating social isolation
  - Non-chemical responses to anxiety



# Barriers to Help

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- Social invisibility
- Lack of physical mobility
  - Reaching treatment centre
  - Coping with stairs
  - Visual/hearing impairment
- Perception that services only cater for young
- Care providers' attitudes
- Commissioning structures