

Why does The Council have a specialized program for seniors?

Because we're concerned about the health and well-being of the older members of our community. The Council wants to make sure seniors are given clear and understandable information about the potential consequences of mixing alcohol with prescription drugs and over-the-counter drugs. Without reliable and specific information, mistakes may be made that contribute to confusion about a senior's behavior or mood, leading to wrong diagnoses, and may even endanger life.

Did you know:

- ❖ More than half of hospitalizations of older adults result from adverse drug reactions
- ❖ Almost 20 percent of older adults misuse alcohol, over-the-counter medicines and prescription drugs, most often unintentionally
- ❖ Generational differences in attitudes about substance misuse and mental health problems make it difficult for older adults to seek help
- ❖ About 1/3 of alcohol problems among older adults are "late onset" meaning they begin after the age of 55



The Welllderly Program
A Specialized Program for Seniors
P.O. Box 2768 • Houston, Texas 77252

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a program of



THE COUNCIL
ON RECOVERY

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A United Way Agency



United Way of Greater Houston



What is The Wellderly Program?

The Wellderly Program, a program of The Council on Recovery, is a specialized service for senior citizens designed to focus on four areas: education, prevention, screening and brief intervention, and referral to treatment.

The mission of this program is to educate older adults, their families and care givers about substance abuse and misuse.

For more information, to schedule a presentation or speaker,
or to volunteer for

The Wellderly Program

Call
LaToya Shields
281-200-9109

How Can The Wellderly Program Help?

- ❖ *By providing reliable information* to seniors about health issues that directly affect them
- ❖ *By listening* to their concerns and helping them find answers to questions

It's important for older adults to know:

- ❖ Alcohol has a greater effect on the aging body because it is burned off slower, is more concentrated in the body, and gets into the brain easily
- ❖ Medications and alcohol mixed together can have very dangerous effects
- ❖ Benefits of medication can be delayed, decreased or lost, when alcohol is present in the body
- ❖ The potential for suicide related to alcohol and drug abuse, especially among males, increases with age
- ❖ There is help readily available to seniors who are concerned about a friend's use of alcohol or wrong use of medication or about their own use

What Services Does The Wellderly Program Provide?

- ❖ *Individual and confidential counseling* for seniors who want to better understand their problem
- ❖ *Help* for confused and concerned family members
- ❖ *Community presentations* by gerontological social workers, chemical dependency counselors to present information and answer questions
- ❖ *Specific help* in talking with an older adult who wonders about their own use or a friend's alcohol use
- ❖ *Support groups* to help with the life transitions older adults must experience
- ❖ *Educational materials* that can aid older adults in taking better care of themselves so life can be enjoyed fully, maintaining independence as long as possible

The Wellderly program is supported in part by the City of Houston acting as the Harris County Area Agency on Aging and the Texas Department of Aging and Disability Services and United Way of Greater Houston.