

The Wellderly Program

The Wellderly Program is a free prevention and intervention program. It is dedicated to educating adults, age 60 and older, their family members and service providers who reside in Houston and the surrounding counties about risky substance use, misuse as well as providing brief interventions when indicated.

Did you know:

- Nearly 20% of older adults, unintentionally misuse alcohol, over-the-counter medicines and prescription drugs
- 1/3 of alcohol problems among older adults begin after the age of 55
- 1/2 of hospitalizations of older adults result from adverse drug reactions
- Alcohol has a greater effect on the aging body because it is burned off slower, is more concentrated and gets into the brain more 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 Wellderly Program may be a great fit for older adults who:

- Had a recent medical emergency due to substances use/misuse
- Are taking multiple medications
- Are experiencing life transitions
- Are feeling isolated and alone
- Are experiencing depression or anxiety
- Recently lost a spouse or loved one
- Recently retired or experienced job loss
- Are feeling financial distress



The Wellderly Program provides:

- Community education presentations and educational materials to older adults and service providers
- Screening, brief interventions and referral to treatment
- Assessment and individualized service plan development
- Supportive counseling to older adults and family members regarding their own or a loved ones substance use
- Intensive case management to connect older adults to medical services and basic needs

Service providers who may benefit from our education programs are:

- Senior Centers
- Residential Facilities
- Organizations Serving Older Adults
- Medical Providers

You know someone who needs us. 

For more information please contact wellderly@councilonrecovery.org or 281.200.9108