Lifespan’s Geriatric Addictions Service (for those 55 and older)

"What difference does it make at his age if he drinks too much?"

"Let her drink, she’s not hurting anyone!"

Lifespan is working to dispel the myth that it is not worth treating older adults for substance misuse.

Lifespan provides information, guidance and services that help older adults take on both the challenges and the opportunities of longer life.

Eldercare Services
- Care management through Eldersource*
- CheckIt!, a bill payer service
- In-home financial management assistance
- Guidance on financing long-term care related to Medicare & Medicaid
- Guidance on Medicare & Medicare Part D
- Elder abuse prevention & scam intervention/education
- Home modification for fall prevention
- Advocacy for nursing home residents
- Geriatric addictions program
- Service Coordination for older adults with developmental disabilities
- Day habilitation for older adults with developmental disabilities
- Future Care Planning for persons with disabilities**
- Home Energy Assistance Program (HEAP)
- Guardianship for incapacitated older adults
- Finger Lakes Alzheimer’s Caregiver Institute

Employment & Volunteerism
- Job training for low income adults (55 and older)
- Volunteer placement for adults (55 and older) in area non-profits
- Give-a-Lift: Volunteer placement for drivers

Training & Education
- Workshops in aging issues
- St. John Fisher Geriatric Certificate Program
- Elder Aware training for businesses
- Fall prevention workshops
- Living Healthy with chronic disease workshops

Wolk Older Adult Center at Lifespan Downtown
- Meals, recreation, education, socialization

*in partnership with Catholic Family Center
**in partnership with the Al Sigl Community of Agencies and Arc of Monroe County.

A Hidden Epidemic

Alcohol
Prescription drugs
Illegal drugs
Misuse among older adults

Lifespan has help for a growing problem.
Older Adults and Substance Abuse

Substance abuse among adults 55 and older is a fast growing health problem. It is estimated that 17% of older adults misuse alcohol and prescription drugs.

The facts...
- Up to 75% of older adult emergency room visits could be alcohol or drug related.
- Up to 60% of hospitalized older adults are alcoholic.
- Up to 15% of older adults seeking any kind of medical treatment have alcohol-related problems.
- Annually, as many as 32,000 hip fractures are due to substance-induced falls.

New Hope for a Growing Problem

What’s different about Lifespan’s Geriatric Addictions Program?

Our service fills a gap between traditional on-site or in-patient treatment and the alternative—no treatment.

We provide:
- Comprehensive in-home evaluation.
- In-home substance abuse intervention, assessment, and linkage.
- Supportive counseling and education for families and caregivers.

When it is appropriate, we link clients to traditional chemical dependency programs.

Symptoms of Substance Misuse
- Sleep complaints, unusual fatigue
- Neglect of personal appearance and hygiene
- Persistent irritability, altered mood, depression/anxiety
- Emotional withdrawal from family/friends
- Confusion
- Incontinence
- Unexplained nausea, vomiting
- Poor eating habits
- Slurred speech
- Frequent falls
- Tremors
- Excessive visits to multiple doctors

If you are concerned about yourself or a loved one, call Lifespan at 585-244-8400.