

Wasted Wisdom

AOD & Co-Existing Problems in an ageing population

Charmaine Diver & Lynne Glynn

65 Alive / Service for Seniors

Odyssey House Trust Christchurch



- ▶ Operating since 1986
- ▶ 130 staff
- ▶ Residential (Men, Women, Youth)
- ▶ Aftercare, Housing and Employment
- ▶ Community (65Alive, Meth Help, Peer support)
- ▶ Prison
- ▶ 6500 Client interactions in 2022



Odyssey House

Te Hikoingā O te Whaiora

journey of wellbeing

SixtyFive ALIVE

Seniors Alcohol & Drug
Service

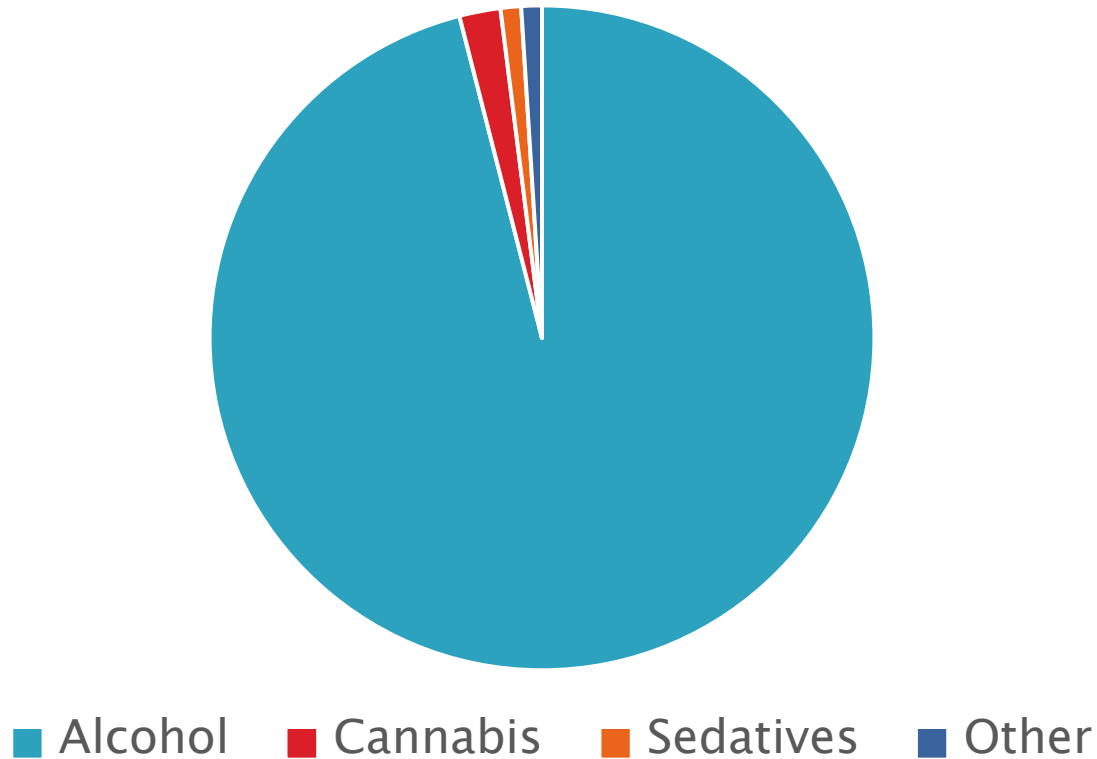
65 Alive

- ▶ Works with Seniors (65years+)
- ▶ 60% increase in referrals in last 5 years
- ▶ The clients become increasingly complex with CEPs, chronic health conditions to consider
- ▶ Polypharmacy increases their risks
- ▶ Attitudes re; AOD as youth carried into old age
- ▶ Larger numbers now presenting at health services for assistance

What are we seeing ?

65 Alive Alcohol & Drug Outcome Measure (service entry data)

Primary Substance at Entry

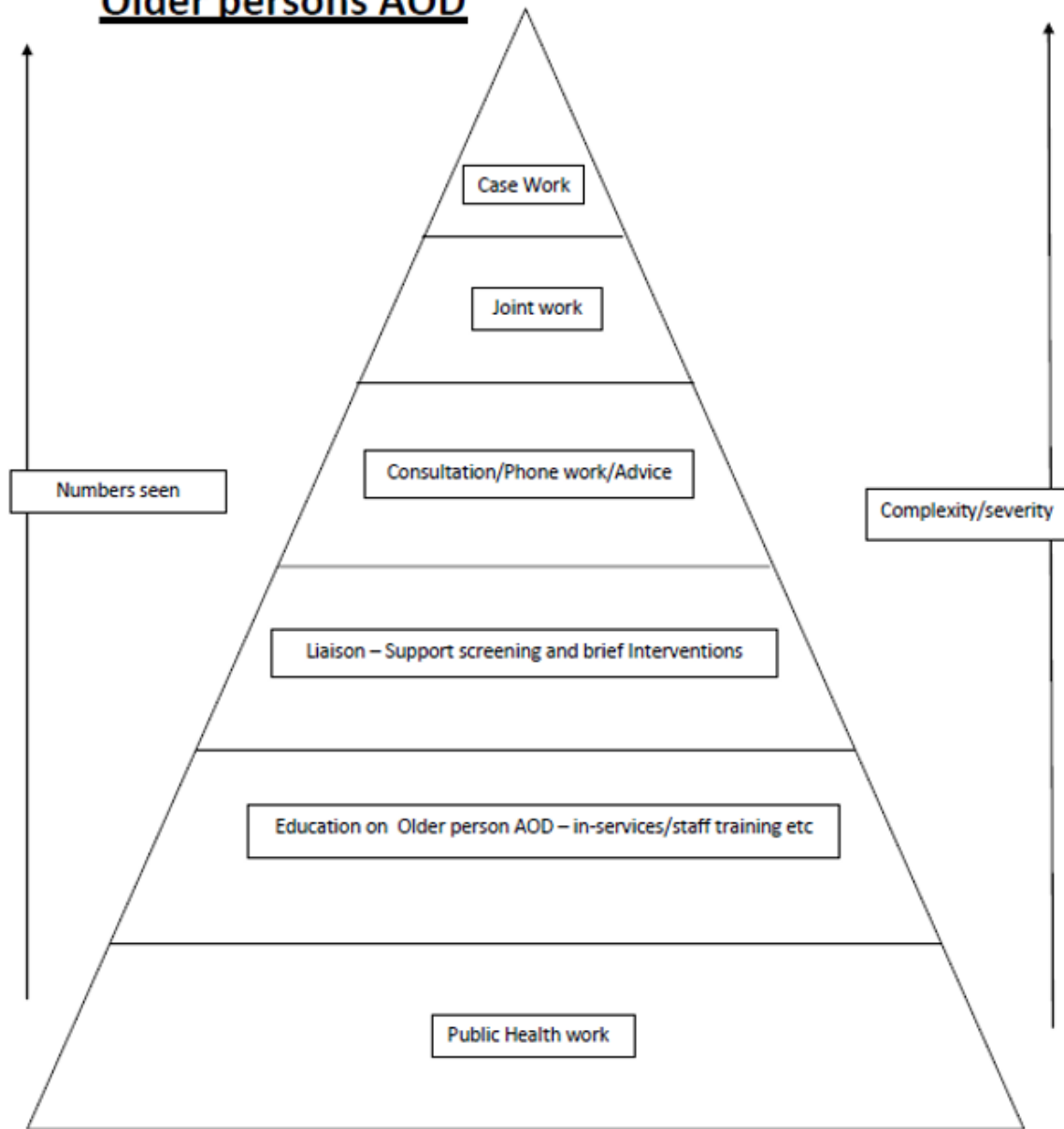


Older Adults and AOD



- ▶ Physiological & metabolic changes
- ▶ Lower doses = significant harm to health
- ▶ Higher risk than younger adults (Loneliness, isolation, depression & anxiety)

Older persons AOD



The 65 Alive Groups

Our Therapeutic Community

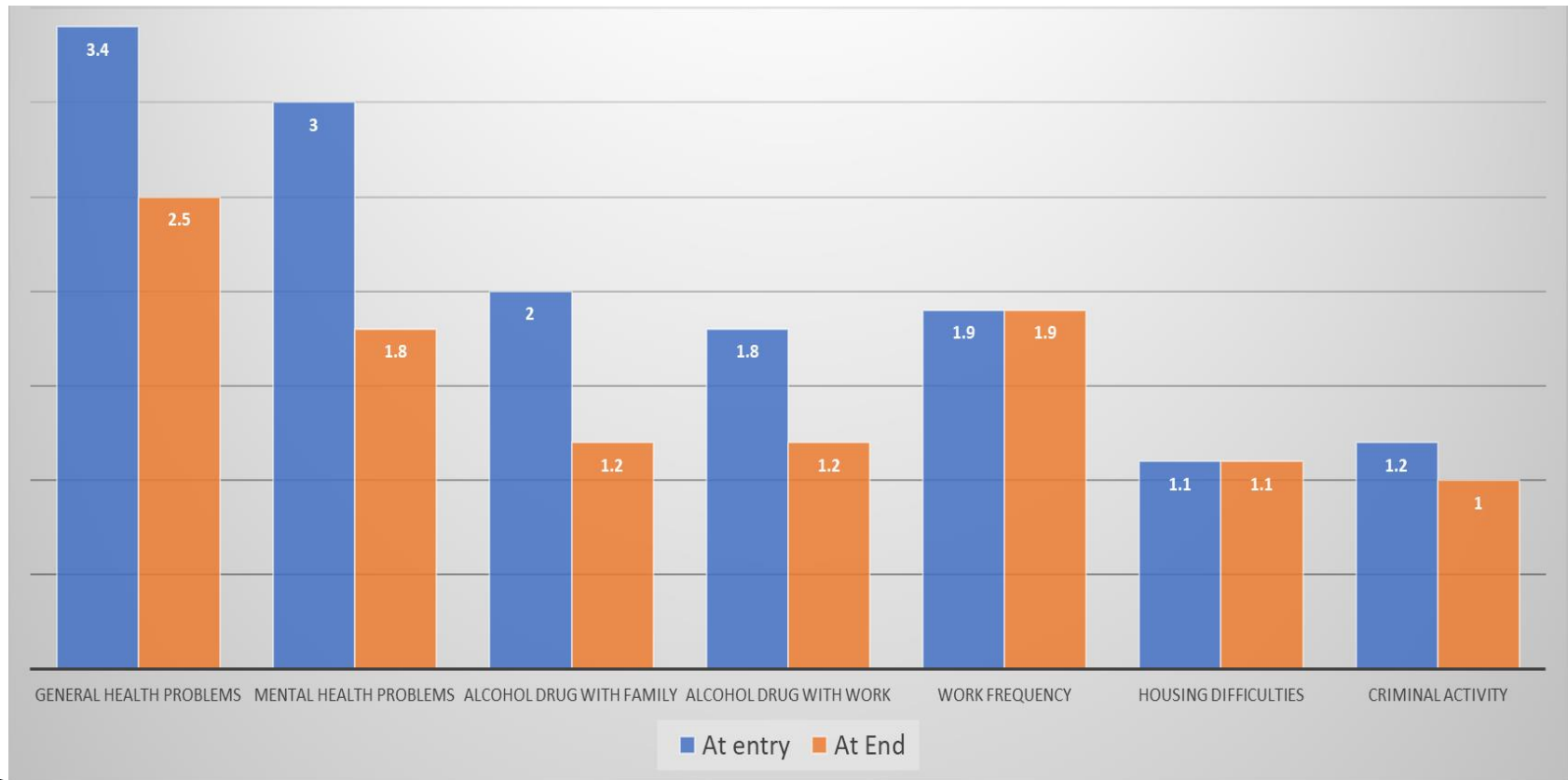


Group Clients – 2023 Survey Results

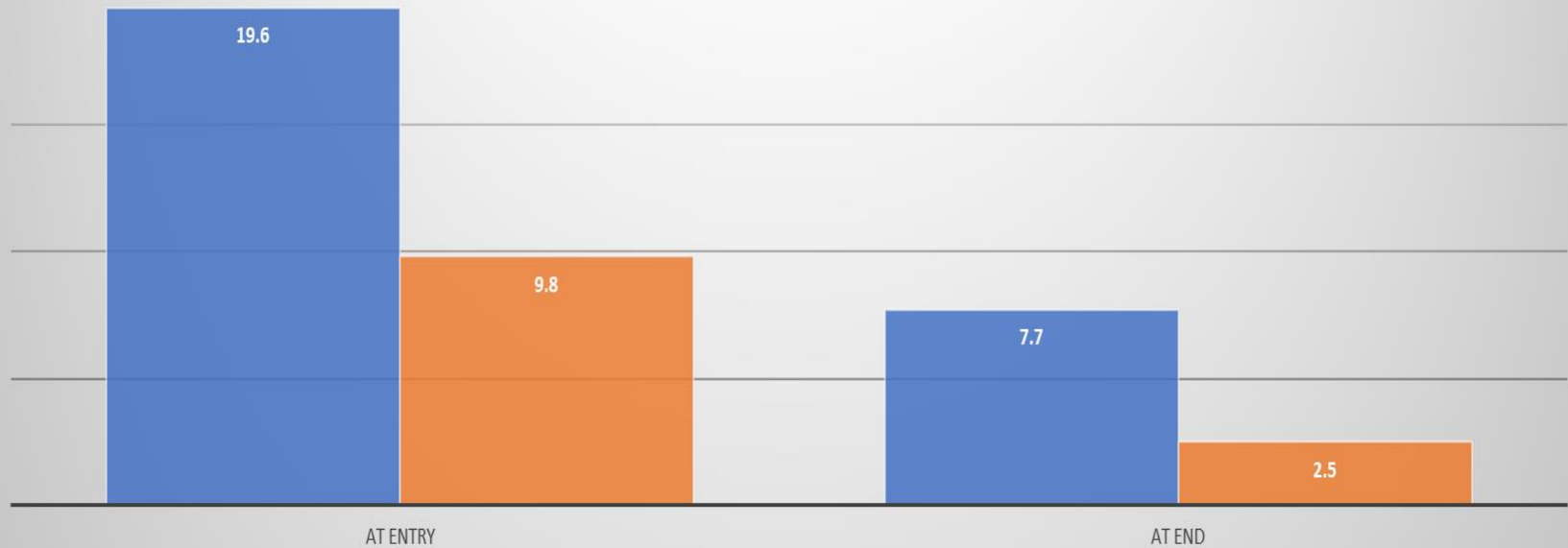


- ▶ 90% intend on continuing to attend
- ▶ 50% clients attended for over two years
- ▶ A deeply connected community of elders

Alcohol & Drug Outcome Measures Results from Case Management – Adverse Impacts Reduced



Alcohol days using and number drinks



■ Days used Alcohol ■ Drinks per day

What else can we brag about

- ▶ Symposium for the Older Person, bringing together people working in health, agencies, rest homes etc
- ▶ Tipple and Topple – YouTube videos available

In Summary

- ▶ Growing population = increased need for services
- ▶ Tailored age-appropriate detox options & treatment programmes for Seniors are needed
- ▶ Frequent and ongoing contact with facilitated peer support groups is effective
- ▶ Specialist knowledge - resources should be developed; shared and available to other relevant services

References:

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- ▶ College Report CR211 March 2018 Approved by: The Policy and Public Affairs Committee (PPAC) in January 2018 https://www.rcpsych.ac.uk/docs/default-source/improving-care/better-mh-policy/college-reports/college-report-cr211.pdf?sfvrsn=820fe4bc_2
- ▶ Risks of Combined Alcohol-Medication Use in Older Adults 2007 Alison A. Moore et al National Institute of Health Author Manuscript
- ▶ Finlayson RE: Misuse of prescription drugs. International Journal of the Addictions 30:1871–1901, 1995
- ▶ The Forgotten People: Drug Problems in Later Life. A Report commissioned by the Big Lottery Fund – July 2014, Substance Misuse and Ageing Research Team (SMART), Tilda Goldberg Centre for Social Work and Social Care, University of Bedfordshire.
- ▶ Treatment of addiction in the elderly [Steven W Clay](https://doi.org/10.2217/ahe.10.14) Published Online: 23 Mar 2010 <https://doi.org/10.2217/ahe.10.14>