

Taking the Initiative to Reduce the Impact of Alcohol

Older Focus

Training & Development Worker (CRUN – Causeway Rural and Urban Network)

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Awareness Raising and Training Topics include:

What is a unit/weekly and daily units/making it relevant i.e. how many units are in a pint of beer/glass of wine etc

Looking at their own attitudes and challenging them – e.g. what is a binge drinker/social drinker/older drinker. This is done through discussion and was very effective at making them think of labels we use to describe people

Hidden harm – older people more likely to drink at home etc.

Late/early onset, patterns of use

Reasons older people drink e.g. loss of friends/spouse/social status/retirement

Alcohol related problems – physical/psychological/social problems associated with drinking

How alcohol affects different types of medications

If appropriate then there will be a module around information stands, how best to display the leaflets and posters, what to do when they run out and information on how to make referrals so they can pass this information onto possible clients

NB. Awareness Raising & Training sessions can be tailored to fit the time available e.g. 45 minutes at a team meeting, and topics covered.

Information on other courses including Alcohol & Older People and Train the Trainer for Community Champions can also be covered.