Guide for Screening & Intervention of Alcohol Use by Older Adults

1: Engagement	2: Permission	3: Ask Questions	4: Administer Screening	5: Make a Plan	6: Follow-Up
Engagement is an essential component of help and open communication	Ask for permission to discuss use "Can we talk about your use of alcohol?" "May I ask you some questions about your use of alcohol?	"Do you sometimes drink alcohol?" 1. No further action if non-drinker 2. Provide education if the participants drinks more than 1 drink a day 3. Administer the S-MAST-G if they report sometimes drinking more than 3 drinks a day	Discuss results and risk level "So what would you like to do knowing these results?" If they would like to change, "Can we make a plan for you?"	Create a plan with participant Provide resources, such as substance assessment, recovery coach, etc.	Check-in with the participant and return to engagement Is the plan being followed? Does the plan need to be revised?

Additional Tools

Motivational Interviewing: Stages of Change

- Pre-contemplation no intention of changing behavior
- Contemplation aware a problem exists, not commitment to action
- Preparation intent upon taking action
- Action active modification of behavior
- Maintenance sustained change, new behavior replaces old
- Relapse fall back into old patterns of behavior

Motivational Interviewing: OARS

- Ask **open-ended** questions
- Affirm any positive change in action, decision or thinking
- Reflect back what you hear the person saying
- Summarize what the person is saying and is willing to do

Screening Steps

- Raise the subject and ask permission to talk about the topic
- Do the screening test and provide feedback, record score and risk level. Discuss the screening results.
- **Negotiate a plan**, summarizing what the participant has said and what they are willing to do. Create a plan with next steps.

Risk Stratification with S-MAST-G

- Score 0-1: no or low risk
- Score 2: some risk
- Score 3-6: moderate to high risk
- Score 7 or more: sever risk