

If you're concerned about the amount you're drinking ... consult a counselling centre for alcohol problems, your family doctor or another specialist in the healthcare system.

You can find the address of a counselling centre in your region or a rehabilitation clinic at www.suchtindex.ch/www.indexaddictions.ch or at Sucht Schweiz/Addiction Suisse, Tel. 021 321 29 76. The specialists in these centres are obliged to maintain professional secrecy. By contacting the counselling centre in your region, you or someone you trust can find out whether there are opportunities for counselling in your mother tongue.

Further information

- www.migesplus.ch:

Health information in several languages.
Schweizerisches Rotes Kreuz/Croix-Rouge suisse, Werkstrasse 18, 3084 Wabern,
info@migesplus.ch, Tel. 031 960 75 71

- www.migraweb.ch:

Living in Switzerland – information and online counselling (also on the topic of “Senior citizen”)

- www.pro-senectute.ch (D, F, I)

In German, French, Italian, Albanian, Bosnian/Serbian/Croatian, English, Portuguese, Spanish, Turkish:

- Leaflet “Medicines in old age”

In German, French, Italian, Albanian, Bosnian/Serbian/Croatian, English, Portuguese, Russian, Spanish, Tamil, Turkish:

- Leaflet “What should I know about alcohol?”
- Leaflet “Someone close to you has an addiction: What can you do?”

These leaflets are free and can be downloaded from www.suchtschweiz.ch/www.addictionsuisse.ch or ordered by telephone from Tel. 021 321 29 35.

Herausgegeben von/édité par:

Sucht Schweiz
Addiction Suisse
Tel. 021 321 29 11
www.suchtschweiz.ch
www.addictionsuisse.ch

ZüFAM
Tel. 044 271 87 23
www.zuefam.ch

Zürcher Fachstelle zur
Prävention des
Alkohol- und Medikamenten-
Missbrauchs **Z Ü F A M**

Alcohol in older adults

Information for people over 60

To enjoy your senior years, make sure you take good care of your health

As you age, the proportion of water and fat in your body changes, as does your metabolism.

Your body is therefore more sensitive to alcohol.



Pay attention to how alcohol affects you. If you notice that the same quantity of alcohol has a greater effect on you, **cut back on the amount you drink.**

You are experiencing many changes in your life: your children are moving out, you're retiring, friends and relatives are passing away, and you aren't able to do as much as you could before.

The effects alcohol induces might be very tempting.



When you find yourself in difficult circumstances try not to take refuge in alcohol. If you drink to make yourself feel better you have a greater risk of becoming addicted.

Turn to friends, relatives or professionals when you need support.

As you age you are more likely to suffer from illnesses that require medication.

With many medicines, it is advisable not to drink alcohol.



If you are on medication, **ask your doctor or pharmacist** about potential interactions with alcohol.