

SBIRT BRIEF INTERVENTION CARD

FOR OLDER ADULTS

WHAT IS A STANDARD DRINK?*

12 fl. oz. of
regular beer



≈ 5% alcohol

8–9 fl. oz. of
malt liquor
(shown in a 12 oz. glass)



≈ 7% alcohol

5 fl. oz. of
table wine



≈ 12% alcohol

1.5 fl. oz. shot of
distilled spirits
*(gin, rum, tequila,
vodka, whiskey, etc.)*



≈ 40% alcohol

*Adapted from the National Institute on Alcohol Abuse and Alcoholism (NIAAA).
The percent of pure alcohol in beverages varies widely. Read beverage labels to find out how much alcohol is in your drink.

FACTORS TO CONSIDER

The signs of substance use in older adults may be overlooked due to aging or chronic disease. Consider these factors when providing brief interventions.



Social difficulties
like grief/loss, role
changes, or social
isolation



**Metabolic and
physiological
changes**



**Increased risk
of injury/falls**



**Medication/drug
interactions**



**Cognition and
memory**



**Risk of developing
addiction**

LOWER-RISK ALCOHOL USE GUIDELINES

Lower-risk drinking is staying within recommended guidelines for alcohol consumption: Drink no more than three standard drinks per day and no more than seven standard drinks per week.

Avoid drinking when:

Driving or **operating machinery.**

Participating in activities in which you
use **balance or coordination.**

Taking over-the-counter, herbal, and/or
prescription medications.

You have **a medical condition** that may
worsen with alcohol use.

ASSIST-LITE SCORING AND INTERVENTION GUIDELINES

SUBSTANCE	LOWER RISK <i>Provide brief education</i>	MODERATE RISK <i>Provide brief intervention</i>	HIGH RISK <i>Provide brief intervention and referral for assessment</i>
TOBACCO, CANNABIS, SEDATIVES, STIMULANTS, OPIOIDS	0	1–2	3
ALCOHOL	0–1	2	3–4

TALKING POINTS

Introduce yourself. “Thanks for filling out the form. Would you mind taking a few minutes to talk with me about your use of _____? Before we start, can you tell me a little bit about a day in your life? Where does your use of _____ fit in?”

Ask about pros and cons. “Can you help me understand, through your eyes, the good things about using _____? What are some of the not-so-good things?” Then, work with the participant to summarize pros and cons.

Share scores, risks, and facts. “I have some information about the impacts of using _____. Is it okay if I share that with you? What do you think?”

Use the readiness ruler. “Why did you choose that number and not a lower one?”



Summarize the conversation. “What are some steps that you are willing to take to make a change? What and who will support you in making this change? What challenges might you face?”

Negotiate an action plan. Write down goals and next steps. Thank the participant and set a follow-up. Provide warm hand-offs to additional supports and referrals as needed.

GET SUPPORT

For confidential, 24/7 support and referrals, call the toll-free
OASAS HOPEline: 1-877-846-7369
 or text **HOPENY (467369)**

For more information, visit:
oasas.ny.gov

NY Connects can connect older adults, caregivers, and families to local services and resources that support independent living, including home care, transportation, and meals.

For more information, visit
nyconnects.ny.gov or call **1-800-342-9871**.



**Office of Addiction
 Services and Supports**

OASAS. Every Step of the Way.