Tips for healthy aging and alcohol use

- Eat food when you are drinking alcohol — don’t drink on an empty stomach.
- Sip your drink slowly.
- Avoid drinking alcohol when you are angry, upset or depressed.
- Reward yourself for not drinking — use the time and money usually spent on drinking to do something healthy you enjoy, instead!

Resources

Vermont Area Agencies on Aging
Senior Help-Line: (800) 642-5119

Support and Services at Home (SASH)
(802) 863-2224

VNAs of Vermont
(855) 484-3862

Eldercare Locator
(800) 677-1116
eldercare.acl.gov/Public/Index.aspx

Treatment and recovery programs specific to older adults
Call the Vermont Department of Health’s Alcohol and Drug Abuse Programs to see if your community has an age-specific treatment or recovery program:
(802) 651-1550

Prescription medicine disposal
Dial 2-1-1 to find medicine disposal locations in your community.
No more than one drink a day.

For healthy adults age 65 and over, drinking more than one drink a day puts you at risk of serious health problems.

If you have a health problem or take certain medications, you should drink even less or not at all.

What is considered one drink?

12 fl. oz. of regular beer — about 5% alcohol

8–9 fl. oz. of craft beer (shown in a 12 oz. glass) — about 7% alcohol

5 fl. oz. of table wine — about 12% alcohol

1.5 fl. oz. shot of 80-proof distilled spirits (gin, rum, tequila, vodka, whiskey, etc.) — 40% alcohol

Although the “standard” drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

In addition, while the alcohol concentrations listed are “typical,” alcohol content varies within each type of beverage (e.g. beer, wine, distilled spirits).

For more information, contact any of the resources on the back of this brochure.