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Checking In on Alcohol A Screening Tool for Older Adults

Drinking alcohol can affect your health and some medications you may take. Use this survey to check in on your alcohol consumption.

For each question below, circle the best answer in respect to the past year.

- Yes/No 1. When talking with others, do you ever underestimate how much you actually drink?
- Yes/No 2. After a few drinks have you sometimes not eaten or been able to skip a meal because you didn't feel hungry?
- Yes/No 3. Does having a few drinks help decrease your shakiness or tremors?
- Yes/No 4. Does alcohol sometimes make it hard for you to remember parts of the day or night?
- Yes/No 5. Do you usually take a drink to relax or to calm your nerves?
- Yes/No 6. Do you drink to take your mind off of your problems?
- Yes/No 7. Have you ever increased your drinking after experiencing a loss in your life?
- Yes/No 8. Has a doctor or nurse ever said they were worried or concerned about your drinking?
- Yes/No 9. Have you ever made rules to manage your drinking?
- Yes/No 10. When you feel lonely, does having a drink help?

If you answered Yes to two or more questions, this indicates a possible alcohol problem. Please take this completed test with you to discuss with your doctor.

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What Counts as One Drink?



Beer • 12 oz.
or one bottle



Wine • 5 oz.
or half of a glass



Liquor • 1.5 oz.
or one 80-proof shot



For Men

up to 2 drinks a day; not more than 7 drinks in a week.



For Women

up to 1 drink a day; not more than 7 drinks in a week.

These guidelines are recommendations and can also depend on the medication(s) you take.

Want to Know More?

- **Talk with your healthcare provider.** Bring any questions you may have about healthy aging.
- **Attend a WISE class about living a healthy lifestyle.** Book your group for this 6-week series that takes a fun and educational look at aging. Go to porterstarke.org/resources/lifeonpurpose
- **Visit porterstarke.org** for more ideas about healthy ways to live Life. On Purpose.

