

## Gray Matters: Substance Abuse Older Adults

January 24, 2023

1:30—3:45 pm

Webinar

### Description:

Learn why abuse of alcohol, drugs and prescription medications, among older adults, is one of the fastest growing health problems in the U.S. Recognize the negative consequences of improper use or over-use of those substances and identify age-related changes that can elevate an older adult's sensitivity to their effects. Learn about co-occurring disorders and older adult resources.

### Learning Objectives:

- Learn why abuse of alcohol, drugs and prescription medications, among adults 60 and older, is one of the fastest growing health problems in the U.S.
- Recognize the negative consequences of improper use or over-use of alcohol, drugs, prescription medications and over-the-counter medications
- Be able to identify three or more age-related changes that could elevate an older adult's sensitivity to the effects of drugs and alcohol; and that make older adults more at risk for substance use problems
- Be able to identify three or more resources to learn more about older adults and substance abuse

**Who Should Attend:** Healthcare professionals who work with older adults in the community or care settings.

**Instructor:** Kay King, Older Adults Program Coordinator & Community Educator, NAMI Minnesota

### Continuing Education: Contact Hours: 2.0

*This workshop is designed to meet the continuing education requirements for the MN Board of Nursing and MN Board of Social Work. Application being made to MN BELTS&S. It is the responsibility of the attendee to determine whether these activities meet the current criteria for continuing education.*

### Registration Fees

**Medi-Sota Members: FREE**

**Non-Medi-Sota Members: \$50/Person**

**Register on the Medi-Sota Website at: <https://bit.ly/3GcRU2J>**

**Prior to the program, you will receive an email with any additional course information. Registration Deadline: January 23,**

**If you should have any questions contact**

**Jennifer Gearman at 320-769-2269 or at [jgearman@medi-sota.org](mailto:jgearman@medi-sota.org) *Medi-Sota, Serving Rural Health Care***

***Cancellations must be made no later than 10 business days prior to the start of the course. The full course fee will be charged if cancellation is made in less than 10 business days. Full refunds will be given for all classes cancelled by Medi-Sota.***

***Registration is transferable to another person.***