

# Safer Cannabis Use for Older Adults

## Cannabis and Older Adults Toolkit



### Strategies for safer cannabis use include:



Start at a low dose and increase slowly if required. When appropriate, use products with lower THC content because cannabis\* with higher THC may increase the likelihood of side effects.



It is best to be with a trusted friend or family member when taking cannabis (at least the first few times).



Do not use with alcohol because it increases the likelihood of impairment



Do not drive a motor vehicle or operate heavy machinery after consuming cannabis.



Purchase from a licensed source, look for provincial/territorial seals at retail stores and websites and check for excise stamp on products.



- Depending on the product, the effects of cannabis can be instant or not felt for about 30 minutes to two hours, may peak at four hours and can last up to 12 hours
- Wait to feel the effects before taking more
- Ensure that cannabis products are properly labeled and stored to help prevent accidental use and to ensure quality of product

People with a personal or family history of psychosis should consider avoiding cannabis.



Inhalation, including vaping, as a mode of cannabis use should be avoided for older adults.



**Tell your healthcare providers that you are taking cannabis. It is helpful for them to know so they can monitor benefits, potential drug interactions and side effects.**

\*The term cannabis refers to all modes of cannabis including prescription cannabinoids.