

# Substance Use

## RESOURCES FOR OLDER ADULTS

### WHEN IT'S MORE THAN JUST A DRINK

Older adults have an increased vulnerability to the effects of alcohol and drugs, and they experience more harm associated with them compared to younger adults. Even drugs you've used your whole life can affect you differently as you age. Up to 21% of older adults have a substance use disorder. Help is available!

### LEARN MORE ABOUT SUBSTANCE USE IN OLDER ADULTS

CCSMH has the information you need to understand your substance use, and to know when to seek help. Visit our website to learn more and take action today:

- **Alcohol**
- **Cannabis**
- **Benzodiazepines**
- **Opioids**

### RESOURCES

- **Government of Canada: Get help with substance use**  
A list of substance use programs across Canada.
- **Canadian Centre on Substance Use and Addiction**  
Useful information about alcohol and older adults.
- **A Guide to Cannabis for Older Adults** Learn all about cannabis.
- **Canadian Mental Health Association**  
CMHA offers mental health support across Canada
- **Download the CCSMH mocktail recipe cards** and enjoy zero proof drink recipes at home or your next social gathering.



### INFORMATION FOR HEALTH CARE PROFESSIONALS

- Discover our practice guidelines for **alcohol, cannabis, benzodiazepines** and **opioids**.
- Download the **Cannabis and Older Adults Clinician Toolkit**
- Register today for the free **Cannabis eLearning Modules**.



**CCSMH**  
Canadian Coalition for  
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[www.ccsmh.ca](http://www.ccsmh.ca)