

Sirona care & health



**A guide to help you make
healthier choices about alcohol
as you get older**

Inspected and rated

Good



As we get older our bodies change.
You may notice a few extra wrinkles,
or grey hair!

Your body also takes longer to
process alcohol than it used to.

This is because fat replaces muscle
as we age and alcohol is not drawn
into body fat as it is into muscle.

Drinking alcohol regularly can:

lead to poor sleep

make you anxious
or depressed

cause you
memory problems

put you over the
drink driving limit

As we age, alcohol affects us differently, it can:

increase risk
of falls or injury

increase blood
pressure

interact badly
with medication

worsen health
conditions

Some older adults may be at increased risk of alcohol harm even if drinking within the recommended limits.

You will be especially vulnerable if you have a health condition, or are taking medication.



Making healthier choices about your alcohol use can:

Improve your memory



Help you sleep



Save money



Improve your health



Ensure medication
safety



Mean you are less
likely to fall



Units of Alcohol

Units can help you keep track of your drinking – it is easier than it sounds.

1 unit



Single small shot spirits
25ml ABV 40%

1.5 units



Small glass white / red wine
125ml ABV 12%

2 units



Can lager / beer
440ml ABV 4.5%

2.2 units



Pint lager / beer
568ml (1 pint) ABV 3.8%

**Sirona wants to help you make
healthier choices about alcohol.
See how you score.**

	0	1	2	3	4	Your score
How often do you drink?	Never	Monthly or less	2 - 4 times a month	2 - 3 times a week	4+ times a week	
How many units per day?	1 - 2	3 - 4	5 - 6	7 - 9	10 +	
How often have you had in one day 6 units+ (female) 8 units + (male)	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	

How do you score?

How did you score?

0 - 4

Well Done

You are a lower risk drinker and less likely to experience problems caused by alcohol.

5 - 12

Be Careful

You may be drinking at a level that will cause problems for you now or in the future.





14 Units Per Week

To keep the health risks from alcohol to a low level, the Chief Medical Officer recommends that you should limit your alcohol intake to no more than 14 units per week, and to spread these evenly over three days or more.

If you wish to cut down the amount you are drinking, try to have several drink-free days per week.

Start to make healthier choices about alcohol

Lower your risk

Stay within the recommended 14 units per week and spread these out.

Give your body a break

Have at least 2 - 3 alcohol-free days each week.

Keep hydrated

Have water or alcohol-free drink with each alcoholic drink.

Keep track

Use a unit measure or smaller glass – as it's too easy to pour yourself larger drinks.

Eat something

Have a meal when you are drinking or eat before.

New hobbies

As we get older, we have more time for hobbies, groups and activities.

If you would like to speak to someone about your own or a loved one's drinking, please talk to your GP or ask to see the Active Ageing Health Visitor

Support Organisations

DHI South Glos	0800 073 3011
Drinkline	0300 123 1110
Smart Recovery	0117 922 2364

We are grateful to the National Lottery Community funded programme, Drink Wise, Age Well for much of the information in this leaflet.

Please visit www.drinkwiseagewell.org.uk for more information and resources.

For more information

t: 0300 124 5300*

e: askSirona@sirona-cic.org.uk

w: www.sirona-cic.org.uk



@sironacic



/SironaCIC

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*Calls from landlines are charged up to 10p per minute; calls from mobiles vary,
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