

How many times in the past year have you had 4 or more drinks in one day? 1 or more times = Positive

## Tips for Giving Feedback



SLEEP



GI SYMPTOMS



MEMORY



CARDIAC



DEPRESSION



FALLS



HYPERTENSION



MEDICATION INTERACTIONS



DRIVING

## A Standard Drink

Any Drink Containing About  
14 Grams Of Alcohol\*

\*NIAAA ([www.RethinkingDrinking.NIAAA.NIH.gov](http://www.RethinkingDrinking.NIAAA.NIH.gov))

12 fl oz beer = 5 fl oz table wine = 1.5 fl oz liquor  
(vodka, tequila, etc.)



~5% alcohol



~12% alcohol



~40% alcohol

Craft beers often contain a higher % alcohol.

## Lower Risk Drink Limits

No more than...

	Per Day	and	Per Week
OVER 65	3		7
LESS IS BETTER			

### AVOID ALCOHOL IF YOU

- Have a health condition made worse by drinking
- Plan to drive a vehicle or operate machinery
- Take medications that interact with alcohol including opiates, benzodiazepines, and cannabis

Heavier drinking depresses the immune system and can slow healing.

Older Adult SBIRT

HOW IMPORTANT IS IT TO YOU? | HOW READY ARE YOU? | HOW CONFIDENT ARE YOU?

NOT AT ALL

0

1

2

3

4

5

6

7

8

9

10

EXTREMELY

01 **RAISE THE SUBJECT**

**Ask permission:** *“Would you mind taking a few minutes to discuss your screening results?”*

02 **PROVIDE FEEDBACK**

- **Review reported alcohol use and refer to lower risk alcohol guidelines.**
- **Discuss possible health and other consequences of use; link to purpose of visit, if applicable.**
- **Express concern.**
- **Elicit the person’s response:** *“What do you think about this information?”*

03 **ENHANCE MOTIVATION**

- *“On a scale of 0-10, how important is it to you to decrease (or quit) your drinking?”*
- *“On a scale of 0-10, how confident are you that you will be able to make this change?”*
- *“How does your current level of drinking fit with what matters most to you?”*
- **When readiness is low, ask,** *“What do you enjoy about drinking? What do you not enjoy about drinking?”* Then summarize both sides.

04 **NEGOTIATE AND ADVISE**

- **Elicit response:** *“What are your thoughts about our conversation?”*
- **Negotiate a goal:** *“What steps are you interested in taking to make a change?”*
- **Assist in developing a plan:** *“What could help you accomplish your goal? What will be challenging?”*
- **Summarize the conversation. Arrange follow-up.**
- **Thank the person for having the conversation.**



*This guide can be used for other substance use, including tobacco, marijuana, or illicit drug use.*

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OPTIONS FOR MORE HELP  
Referral • [www.colorado.gov/ladders](http://www.colorado.gov/ladders)