

Table of Contents

Acknowledgments	V
1 Introduction	1
1.1 Defining Older Adulthood	2
2 Prevalence and Risk Factors	3
2.1 Common Terms to Describe Alcohol Use	3
2.2 Prevalence of Unhealthy Alcohol Use Among Older Adults.	6
2.2.1 Prevalence of Unhealthy Alcohol Use Among Racial and Ethnic Minority Older Adults.	7
2.2.2 International Studies on Prevalence of Unhealthy Alcohol Use Among Older Adults	8
2.2.3 Prevalence of Unhealthy Alcohol Use Among Sexual and Gender Minority Older Adults	9
2.2.4 Prevalence Conclusions.	9
2.3 Comorbid Nicotine and Other Drug Use	10
2.4 Conclusions: Prevalence and Risk Factors	11
3 Conceptualizing Unhealthy Alcohol Use Among Older Adults ..	12
3.1 Age-Related Changes in Alcohol Processing	12
3.2 Early Versus Late Onset	13
3.3 Life Transitions and Unhealthy Alcohol Use	15
3.4 Biopsychosocial Model	16
3.5 Stress and Coping Framework	18
3.6 Cognitive Behavioral Model	20
3.7 Conclusions: Conceptualizing Unhealthy Alcohol Use.	22
4 Diagnosing Unhealthy Alcohol Use Among Older Adults	23
4.1 DSM-5 Criteria for Alcohol Use Disorder	23
4.2 Identification of Unhealthy Alcohol Use and Diagnosis.	25
4.2.1 Common Signs of Unhealthy Alcohol Use	26
4.3 Differential Diagnoses to Consider	26
4.3.1 Cognitive Changes With Age	29
4.3.2 Long-Term Alcohol Use and Cognitive Impairment	30
4.4 Comorbid Medical and Mental Health Conditions	31
4.4.1 Comorbid Mental Health Conditions	31
4.5 Conclusions: Diagnosing Unhealthy Alcohol Use	33

VIII Table of Contents

5	Screening and Assessment	34
5.1	Screening Recommendations	35
5.2	Assessment of Unhealthy Alcohol Use	38
5.2.1	Assessing Medically Complex Older Adults	39
5.3	Choosing Appropriate Assessment Tools	40
5.3.1	Alcohol Use Disorders Identification Test	41
5.3.2	Michigan Alcoholism Screening Test – Geriatric Version – and Short MAST-G	42
5.4	Conclusions: Screening and Assessment of Unhealthy Alcohol Use	42
6	Psychological Interventions	44
6.1	Care Coordination	45
6.2	Treatment Modifications for Older Adults	46
6.3	Harm Reduction Versus Abstinence-Based Treatments	48
6.4	Brief Interventions	49
6.5	Motivational Interviewing	51
6.6	Cognitive Behavioral Therapy	58
6.7	Mutual Help Groups	69
6.8	Family-Involved Treatments	72
6.9	Effectiveness of Treatments for Unhealthy Alcohol Use Among Older Adults	73
6.10	Conclusions: Psychological Interventions for Unhealthy Alcohol Use	78
7	Pharmacological Interventions	79
7.1	Disulfiram	79
7.2	Naltrexone	80
7.3	Acamprosate	80
7.4	Integrating Pharmacotherapy With Psychotherapy	81
7.5	Conclusions: Pharmacological Interventions	81
8	Cultural Adaptations	82
8.1	Cultural Adaptations to Treatment	82
8.2	Treatment Considerations for Sexual and Gender Minority Older Adults	84
8.3	Treatment Considerations for Older Women	86
8.4	Conclusions: Cultural Adaptations	87
9	General Conclusions	89
10	Further Reading	90
	References	91

Notes on Supplementary Materials 103

Patient Health Questionnaire-9 (PHQ-9)..... 104

Generalized Anxiety Disorder Screener (GAD-7) 106

Alcohol Use Disorders Identification Test – Consumption (AUDIT-C)..... 107

Short Michigan Alcoholism Screening Test – Geriatric Version
(SMAST-G)..... 108