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QUESTIONS FOR OLDER ADULTS

1. Are you secretly irritated when your family or friends discuss your drinking? _____
 2. Do you sometimes use alcohol to cope with physical pain or disability? _____
 3. Is alcohol affecting your memory? _____
 4. Do you use alcohol to build up your self-confidence? _____
 5. Do you sometimes feel a little guilty about your drinking? _____
 6. Have you ever lost your balance and/or fallen due to being under the influence of alcohol? _____
 7. Do you drink more than three ounces of alcohol daily? _____
 8. When drinking with other people, do you try to have a few extra drinks when others will not know it? _____
 9. Do you drink because you are lonely or bored? _____
 10. Do you drink because of the loss of a spouse and/or other loved ones? _____
 11. Do you try to avoid family or close friends while you are drinking? _____
 12. Do more people seem to be treating you unfairly or avoiding you without good reason? _____
 13. Do you eat very little or irregularly when you are drinking? _____
 14. Have you recently noticed that you cannot drink as much as you once did? _____
 15. Has your drinking increased since retirement due to possible loss of self-esteem or feelings of uselessness? _____
- If you answered yes to any one question, there is a definite warning that you may have a problem.
 - If you answered yes to any two questions, the chances are that you do have a problem.
 - If you answered yes to any three or more questions, you definitely have a problem.

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Resource from NCADA's RADAR library. For more information visit our website at www.ncada-stl.org. For questions on substance use, abuse and related problems, call NCADA's Help Line at (314) 962-3456.