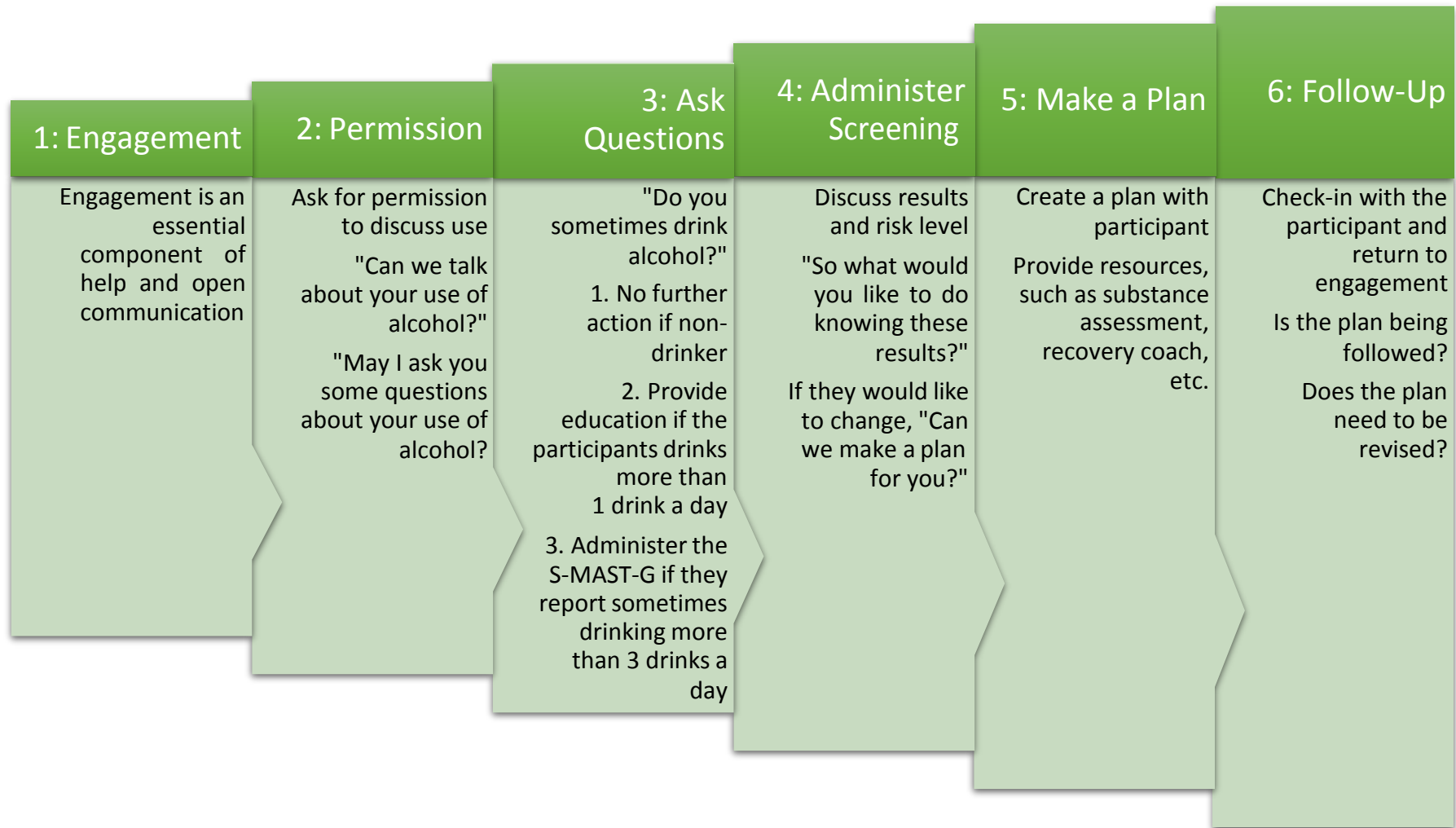


Guide for Screening & Intervention of Alcohol Use by Older Adults



Additional Tools

Motivational Interviewing: Stages of Change

- Pre-contemplation - no intention of changing behavior
- Contemplation - aware a problem exists, not commitment to action
- Preparation - intent upon taking action
- Action - active modification of behavior
- Maintenance - sustained change, new behavior replaces old
- Relapse - fall back into old patterns of behavior

Motivational Interviewing: OARS

- Ask **open-ended** questions
- **Affirm** any positive change in action, decision or thinking
- **Reflect** back what you hear the person saying
- **Summarize** what the person is saying and is willing to do

Screening Steps

- **Raise the subject and ask permission** to talk about the topic
- **Do the screening test and provide feedback**, record score and risk level. Discuss the screening results.
- **Negotiate a plan**, summarizing what the participant has said and what they are willing to do. Create a plan with next steps.

Risk Stratification with S-MAST-G

- Score 0-1: no or low risk
- Score 2: some risk
- Score 3-6: moderate to high risk
- Score 7 or more: sever risk