

Alcohol as you Age

How much is too much?

Guidelines recommend that people should consume no more than 14 units of alcohol per week. Remember to always check the strength of your drink.

What 14 units looks like...



BUT don't 'save up' your 14 units, it's best to spread evenly across the week

If you want to cut down the amount you're drinking, a good way is to have several drink-free days each week



Note: 175ml 13% ABV wine and 4% ABV beer

In 2012, 18% aged 65+ drank alcohol on at least 5 days in the last week

Why cut down?

As we get older, our bodies change and it takes longer to process alcohol than it used to. Benefits of making healthier choices about your alcohol use:

- Improve your health, relationships and energy
- Save you money
- Improve your sleep
- Medication may work better and be more effective
- Reignite some old interests or find new hobbies
- You are less likely to have an accident or fall
- Improved memory
- You may stay healthy and independent for longer

Tips for making healthier choices about your alcohol use:

- Lower your risk by staying within the recommended 14 units per week
- Have at least 2-3 alcohol free days each week
- Keep track of how many units you are drinking - try using a unit measure
- Have a meal when you are drinking or eat something beforehand
- Keep hydrated - have a non-alcoholic drink or water with or after each alcoholic drink.
- Focus on hobbies, interests and socialising without alcohol. There are lots of activities in Cardiff and the Vale of Glamorgan. Visit www.dewis.wales or contact Age Connects Cardiff and the Vale (02920 683600 or visit www.ageconnectscardiff.org.uk) to find out more.

If you would like to speak to someone about drinking:

Talk to your GP or Practice Nurse, who can give you advice on your drinking and how to get help and advice.

E-DAS - a single point of access to alcohol services in Cardiff and the Vale.

DAN247 is a free and confidential drug and alcohol helpline: 0808 808 2234 or text DAN to 81066, and a useful website too: www.dan247.org.uk

Useful websites

www.drinkwiseagewell.org.uk

www.alcoholchange.org.uk

www.drinkaware.co.uk

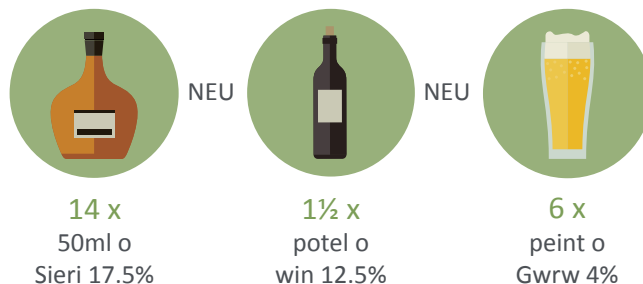
www.cardiffandvaleapb.org

Alcohol wrth i chi Heneiddio

Faint yw gormod?

Mae'r canllawiau a argymhellir wedi newid. Ni ddylai dynion na menywod yfed mwy na 14 uned yr wythnos a dylid lledaenu hyn dros 3 diwrnod o leiaf. Cofiwch wirio cryfder eich diod bob amser.

Faint yw 14 uned...



OND peidiwch â chronni eich 14 uned, mae'n well eu lledaenu'n gyfartal ar draws yr wythnos

Os ydych eisiau cwtogi ar yr hyn yr ydych yn ei yfed, ffordd dda o wneud hyn yw cael sawl diwrnod di-ddiod bob wythnos



Note: 175ml 13% ABV wine and 4% ABV beer

Yn 2012, fe wnaeth 18% o bobl 65+ oed yfed alcohol 5 diwrnod o leiaf yn yr wythnos flaenorol

Pam cwtogi?

Wrth i ni heneiddio, nid yw ein cyrff mor gryff ag yr oeddent. Mae hyn yn golygu y gallai yfed alcohol gael mwy o effaith negyddol nag o'r blaen, fel:

- Dirywiad yn iechyd y meddwl
- Cydbwysedd gwaeth a chwmpo
- Problemau'r cof a dryswch
- Hypothermia
- Methu dal
- Hunan-esgeulustod a/neu ddiffyg maeth
- Gall alcohol gael effaith negyddol ar rai meddyginiaethau

Awgrymiadau ar gyfer cwtogi

Mae'n bwysig tynnu eich sylw oddi ar alcohol wrth geisio cwtogi a gall cymryd rhan mewn gweithgareddau cymdeithasol diddorol helpu. Mae'r manau y gallwch gael gwybodaeth am weithgareddau yng Nghaerdydd a'r Fro yn cynnwys:

<https://www.dewis.wales.ac>

Age Connects Caerdydd - 029 2240 0029

Gofynnwch am Gyngor ar Yfed:

E-Das - Pwynt mynediad unigol i wasanaethau alcohol yng Nghaerdydd a'r Fro.
Ffôn: 0300 300 7000 (opsiwn 2)



Siaradwch â'ch meddyg teulu - gall eich meddyg teulu roi cyngor i chi ar yfed a sut i gael cymorth a chyngor.

Gwefannau defnyddiol

www.drinkaware.co.uk

www.alcoholconcern.org.uk

www.ageconnectscardiff.org.uk

www.dan247.org.uk
Rhafffôn: 0808 808 2234

www.cardiffandvaleapb.org/

www.change4lifewales.org.uk