



OLDER ADULT PROGRAM

HELPING OLDER ADULTS **LIVE HEALTHY, FULFILLING LIVES**



PENNSYLVANIA CAMPUS

## CARON HAS CARE THAT HEALS MIND, BODY, AND SPIRIT.

It's surprising to many, but substance abuse in older adults is one of the nation's fastest growing health problems. The National Council on Alcoholism and Drug Dependence reports that today, 2.5 million older adults have an alcohol or drug problem. Widowers over the age of 75 have the highest rate of alcoholism in the United States and older adults are hospitalized as often for alcohol-related problems as they are for heart attacks. Because symptoms are sometimes mistaken for other age-related conditions, early diagnosis is of utmost importance.

Today, older adults purchase one-third of prescription drugs and three-fourths of over-the-counter medications sold in the United States. In many cases, opioids for chronic pain and other medications prescribed for insomnia or other conditions are inadvertently combined or mixed with alcohol resulting in an increase in medical and cognitive complications, which could increase the rate of addiction in older adults.

At the same time, older adults are often experiencing difficult lifestyle changes such as the loss of loved ones, transitioning to retirement, and physical health issues, which can lead them to self-medicate. Natural metabolic changes can result in older adults experiencing more significant effects from alcohol without increasing the amount they consume. This may lead to falls and injuries.



At six months, 93% of older adults contacted by Caron's My First Year of Recovery program or Recovery Support Services reported being sober, 88% reported attending meetings, and 71% reported having a sponsor.

With **over 60 years of experience**, we know that treatment utilizing dialectical and cognitive behavioral therapies is most effective in teaching older adults new coping and relationship skills.

Our program is adapted to a person's age and condition physically, emotionally, and spiritually, and is effective for the use of early intervention, treatment, and relapse prevention.

### CARON'S OLDER ADULT PROGRAM INCLUDES:

- **Chronic pain management**
- **Medication assessment to ensure appropriate prescription and dosage**
- **On-site medically supervised detoxification**
- **Psychological assessments and monitoring for improvement**
- **Spiritual counseling**
- **Relapse prevention**
- **Comprehensive family program**
- **Integrative Neurofeedback Therapy Program**



## RECOVERY IS POSSIBLE AT ANY AGE. CARON IS HERE TO HELP.

The daily schedule is crafted to adhere to each patient's pace with the inclusion of activities that take into account mobility and possible co-occurring mental health conditions, such as depression, anxiety, and trauma. Significant medical issues—like chronic pain, diabetes, or cardiac problems—are also taken into account in the patient's individualized treatment plan. We embrace the power of a personalized, flexible approach to achieving wellness. Throughout treatment, our multidisciplinary addiction specialists continually reassess and adjust care plans, helping patients build social support networks, gain self-awareness, overcome difficult emotions such as grief and depression, and restore their sense of meaning and purpose.

### A RANGE OF WELLNESS THERAPIES AND SERVICES INCLUDES:

- Acupuncture
- Hydrotherapy
- Yoga
- Exercise
- Physical therapy
- Massage
- Meditation
- Movement therapy
- Music therapy
- Art therapy
- Mindfulness



### CARON'S MULTIDISCIPLINARY TREATMENT TEAM, MADE UP OF EXPERIENCED, DEDICATED PROFESSIONALS, INCLUDES:

- American Board of Addiction Medicine certified medical doctors
- Licensed psychologists and psychiatrists
- Certified and master-level addiction counselors
- Physical therapists and health and wellness experts
- Certified nutritionists
- Spiritual leaders

Caron's specialized program for older adults addresses addiction along with co-occurring conditions commonly seen in older adults. We use proven behavioral health therapies that preserve dignity, build self-esteem, and develop healthier coping mechanisms.

### We provide:

- A dedicated unit, with private rooms in a new and state-of-the-art medical center
- Length determined by clinical and medical needs
- Daily supportive group therapy to address issues of bereavement, denial, anger, shame, and age-related loss and loneliness
- Individualized medical, psychological/psychiatric (including appropriate testing) and nursing, provided by a full-time and on-site treatment team
- Daily assessment by certified nurse assistants based on mobility and medical needs
- Chronic pain management
- Spiritual Services
- Programs for family members and caregivers with a focus on giving them options for their own self-care, which significantly restores or improves relationships
- Treatment for couples who want to come together

## Caron's Carole and Ray Neag Medical Center

This new, state-of-the-art facility is designed to welcome patients and families as they take their first step in recovery. It provides unparalleled opportunities for our expert clinicians to design personalized programs that tackle the complex medical and emotional needs of our patients.

