

NSW Older People's Drug and Alcohol Project

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Older People's Drug and Alcohol Project

Ultimate aim to improve the responses of NSW health D&A and mental health services to the needs of older people with substance use issues

Alcohol

Illicits

Medications

Tobacco

WHO ARE WE TALKING ABOUT?

Cohorts (Roche, 2015)

Maintainers:	Have continued their previously unproblematic use into older age but age-related changes (metabolic, co-morbidities, other medicines) result in increased harms later in life (Nicholas and Roche, 2014)
Survivors:	Early onset users who have a long history of substance use problems which persist into older age and often have resultant co-morbidities (Gossop, 2008)
Reactors:	Late onset users whose problem use begins in their 50s or 60s and is often associated with stressful events (e.g., bereavement, retirement, marital breakdown or social isolation) (Gossop, 2008)

PROJECT CONTEXT

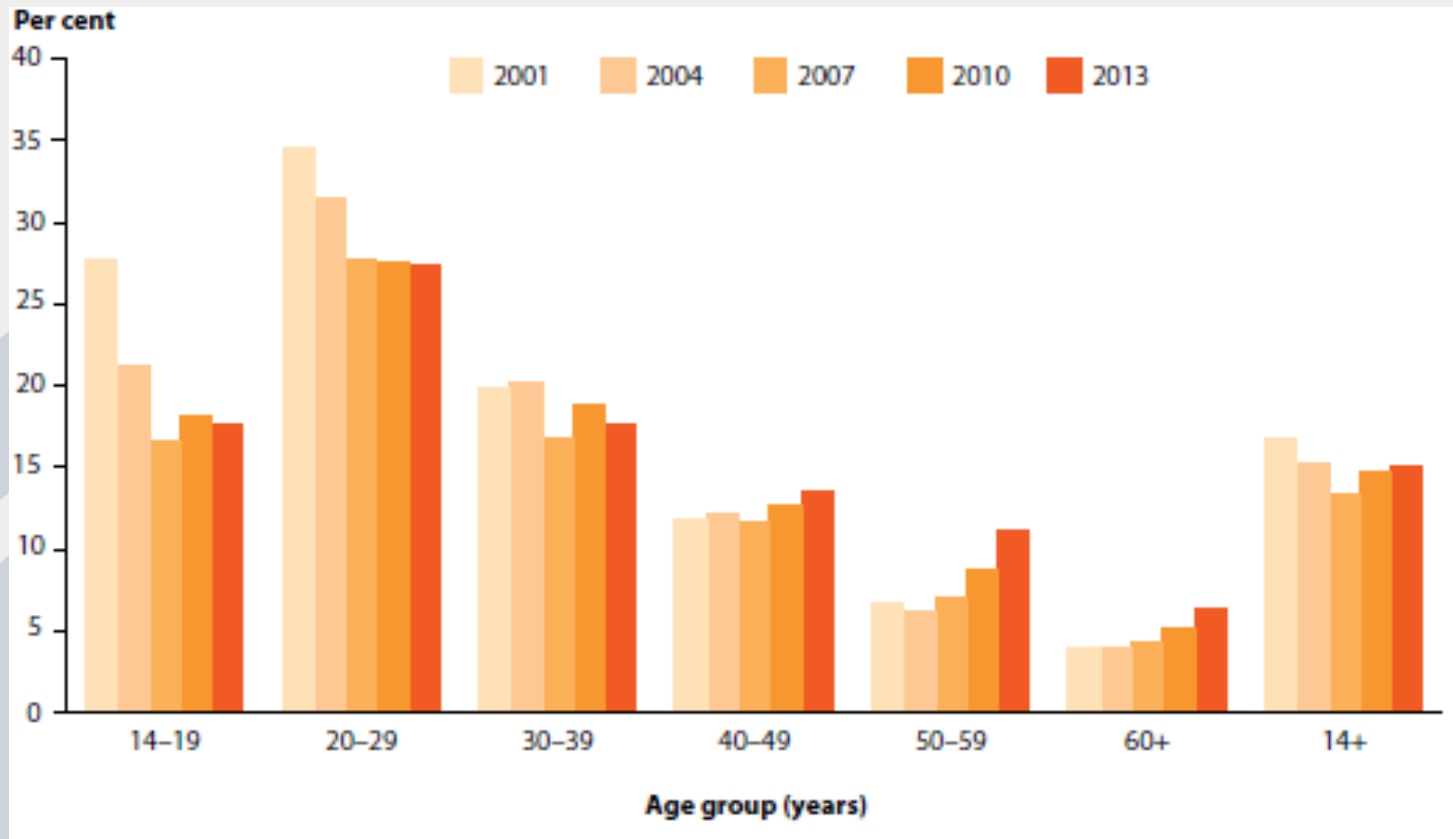


Factors bringing OPD&A issues increasingly to attention:

- Ageing of the Australian population
- Generational change
- Under-recognition
- Ageing drug treatment populations

Generational change: Illicit drug use in older people

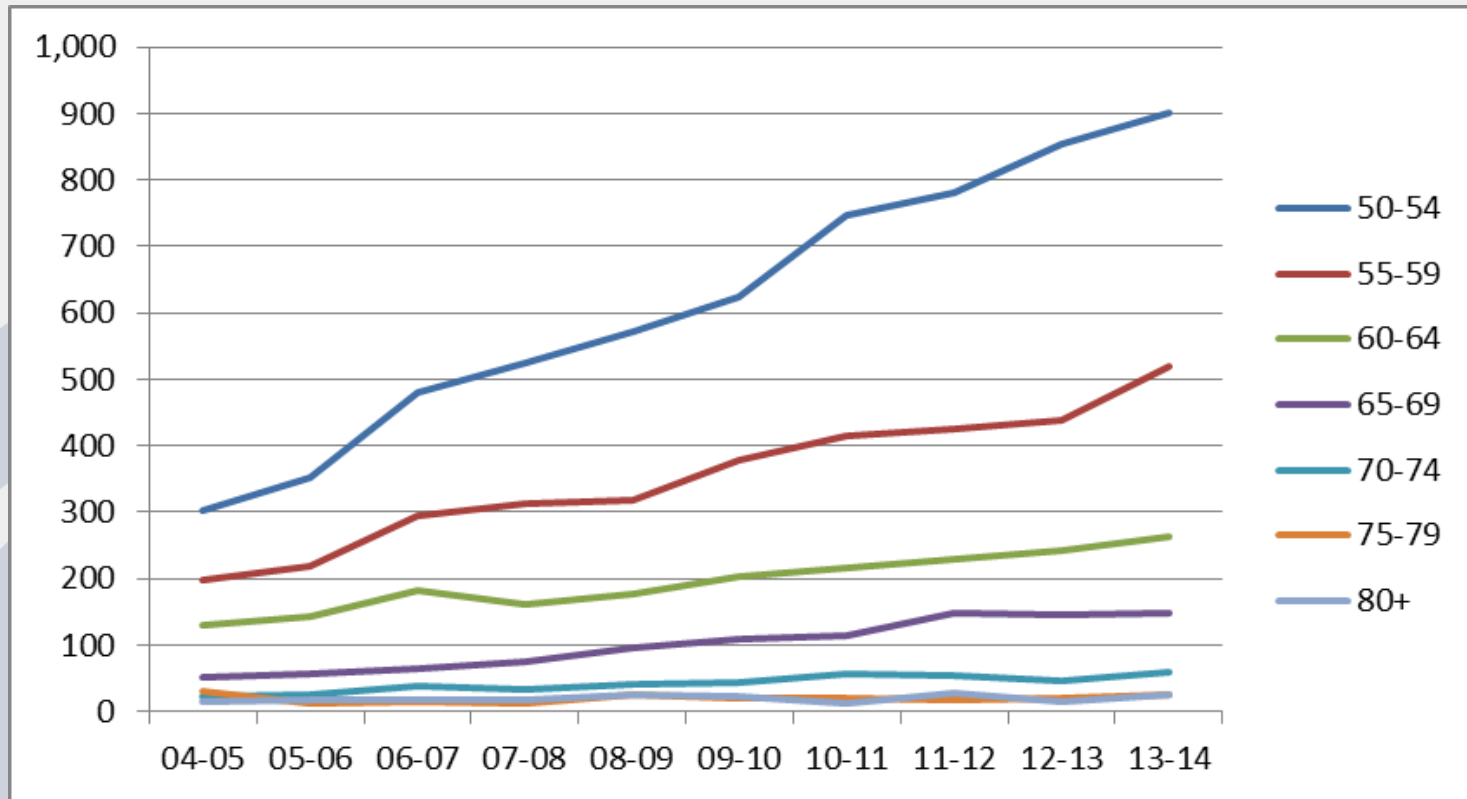
Figure 5.4: Illicit use of any drug(a), people aged 14 or older, by age, 2001 to 2013 (per cent)



Source: NDHS 2013 – AIHW, 2015

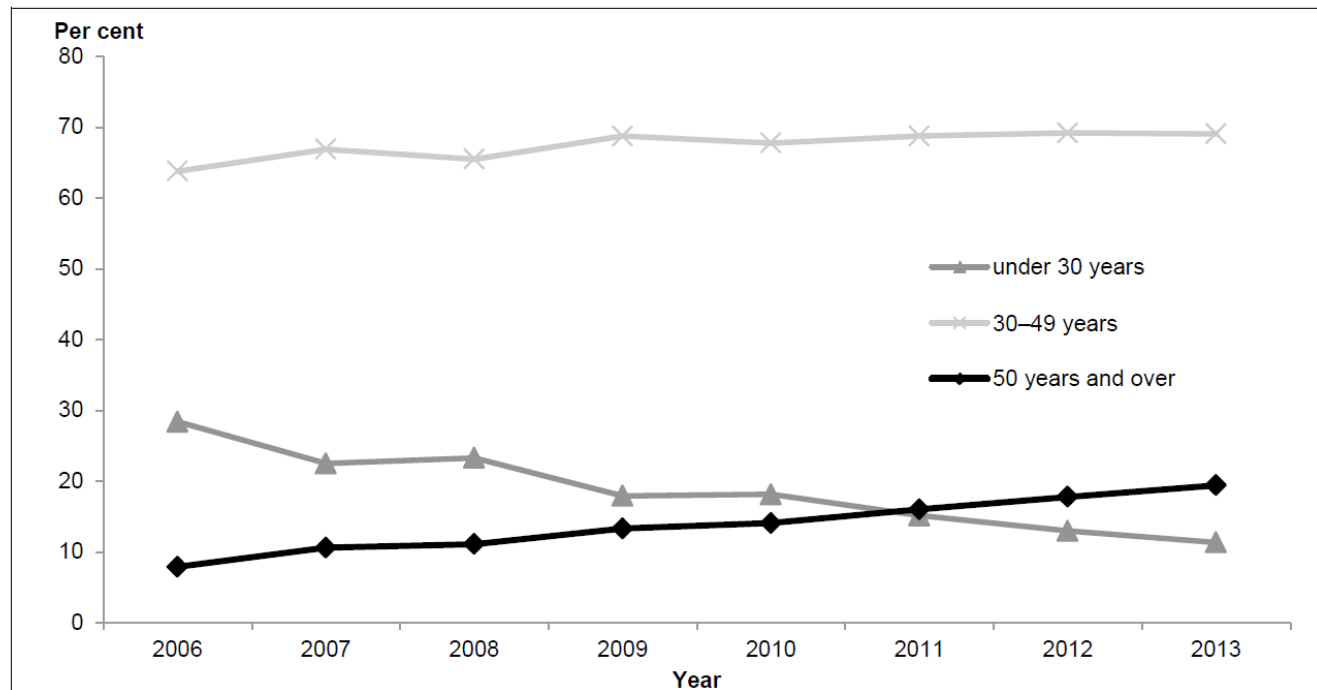
Generational change within mental health services

Numbers of unique clients each year with adult ambulatory mental health teams with a drug and alcohol diagnosis, for each 5 year age group, over ten year period



Source: OPDA Project Report (Figure 19)

Ageing treatment populations – opioid pharmacotherapy



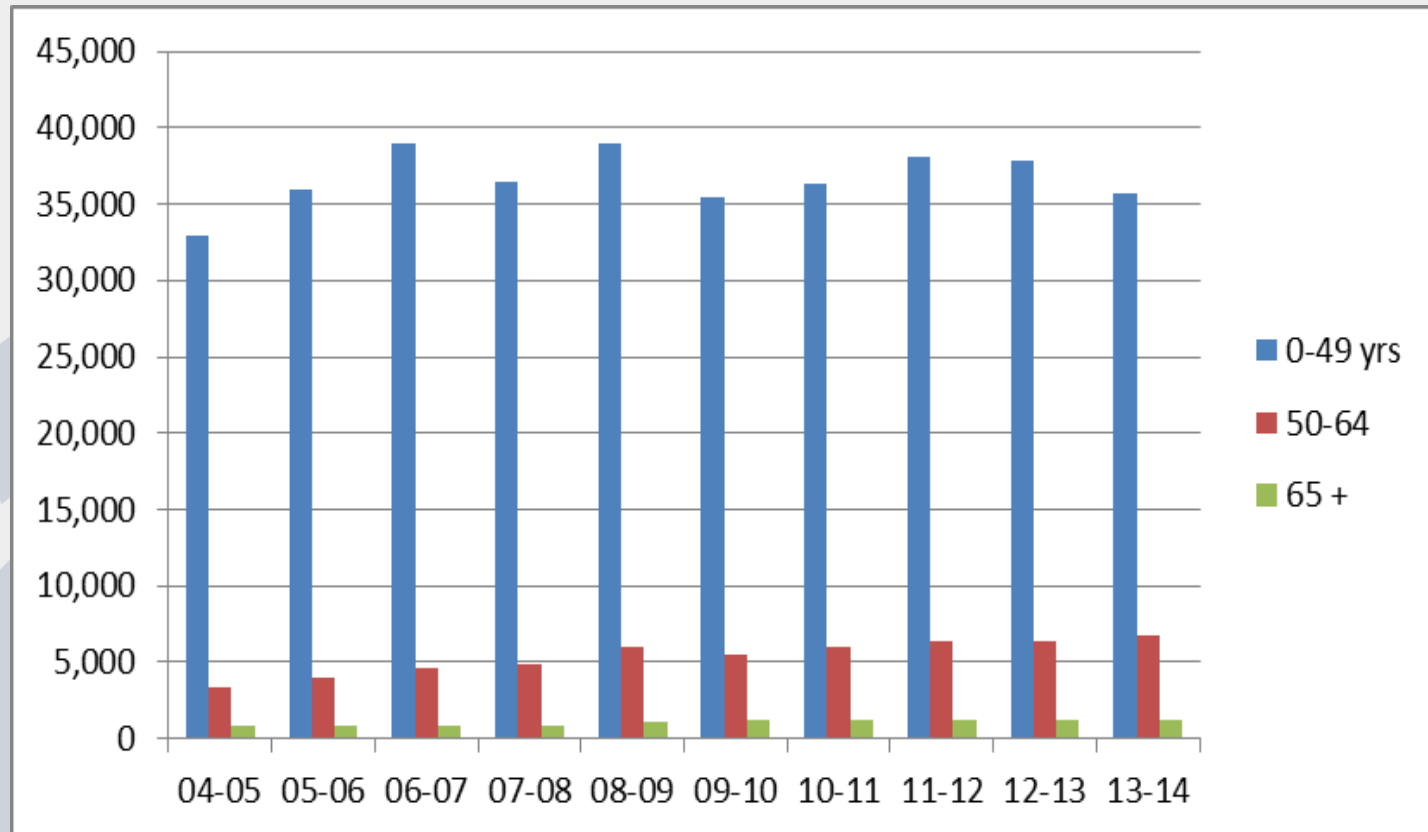
Source: Table A4.

Figure 2.5: Clients receiving pharmacotherapy on a snapshot day, by age group, 2006–2013

Source: National Opioid Pharmacotherapy Statistics (NOPSAD) report, AIHW 2014

Ageing treatment populations within D&A services

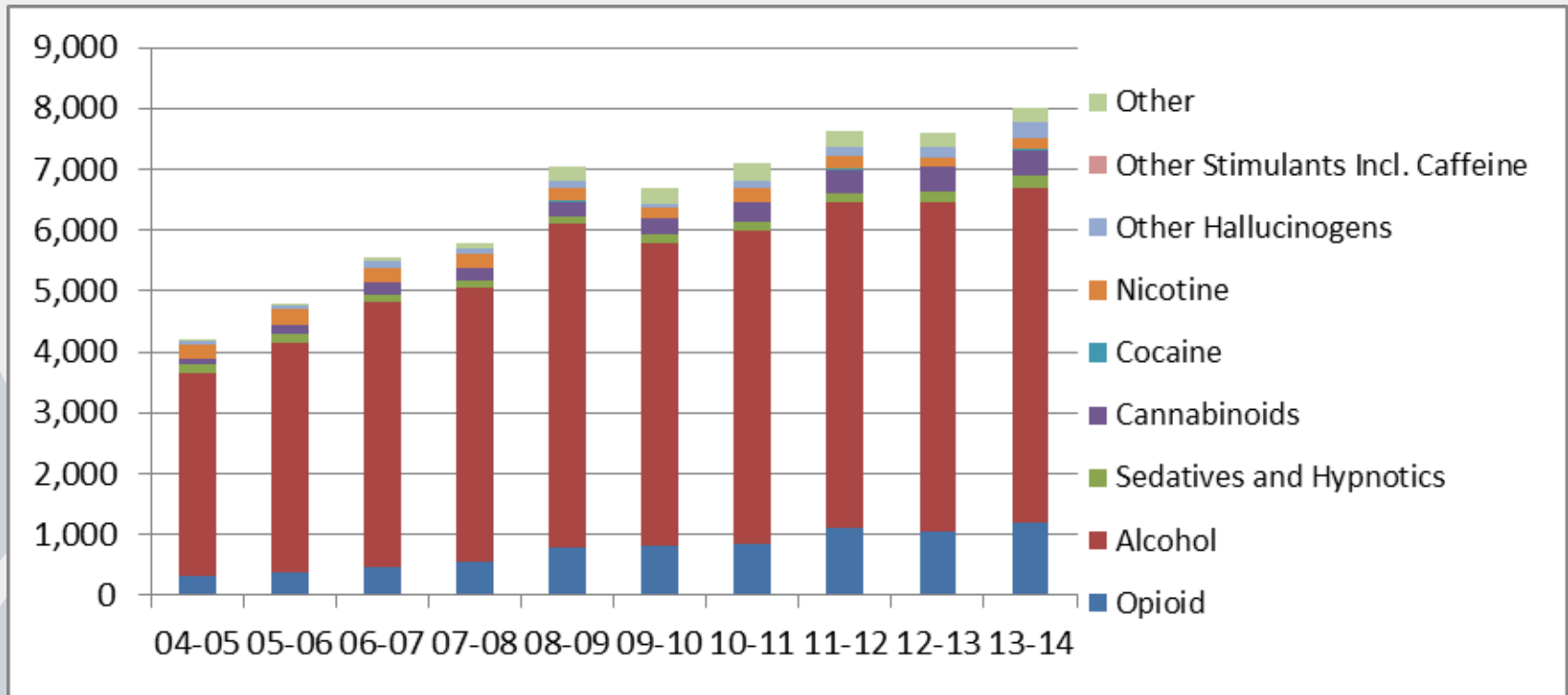
NSW D&A Services: Episodes of care by year, by age cohorts across the ten year period July 2004 – June 2014.



Source: OPDA Project Report (Figure 7)

Ageing treatment populations within D&A services, and drug use patterns

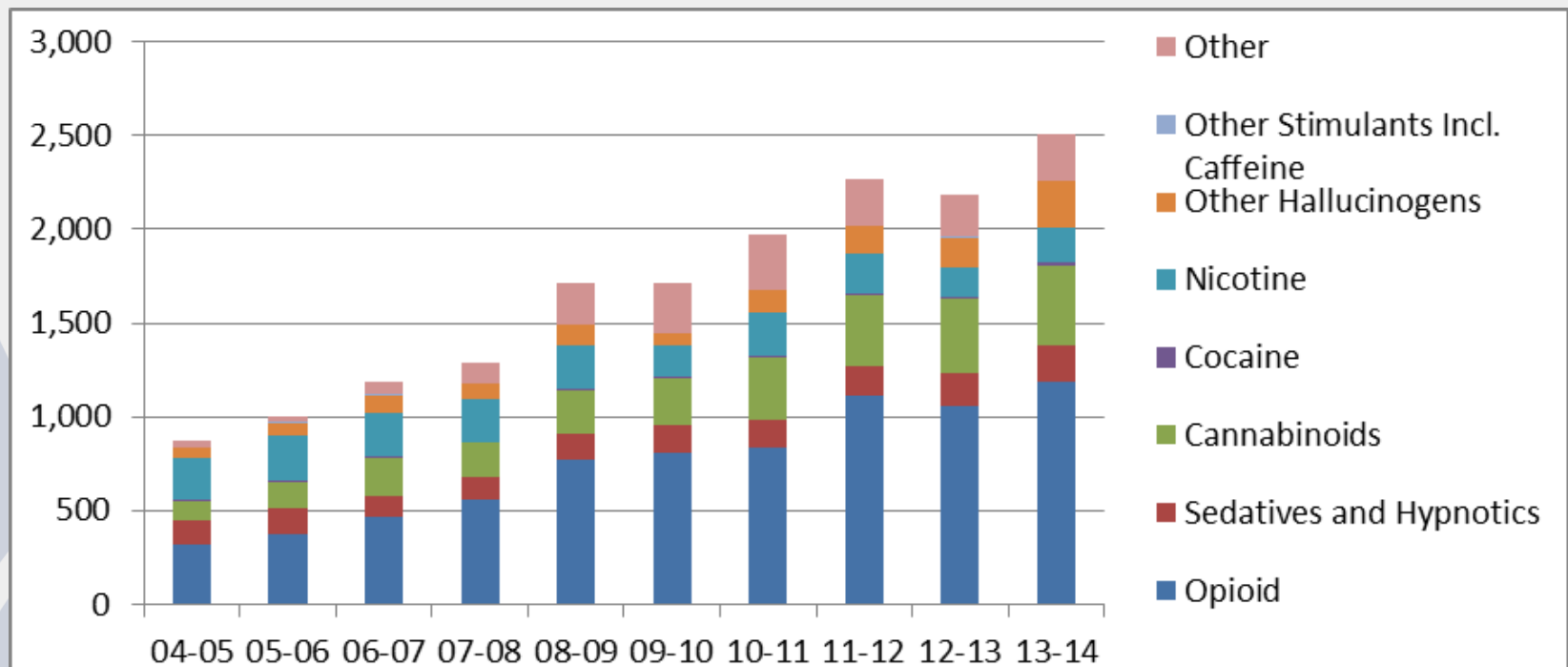
‘Principal drug of concern’ for drug and alcohol services closed treatment episodes for clients aged 50+ by year.



Source: OPDA Project Report (Figure 9)

Ageing treatment populations within D&A services, and drug use patterns part 2

‘Principal drug of concern’ for LHD drug and alcohol services 50+ over a ten year period (less alcohol)



Source: OPDA Project Report (Figure 10)

Under-recognition

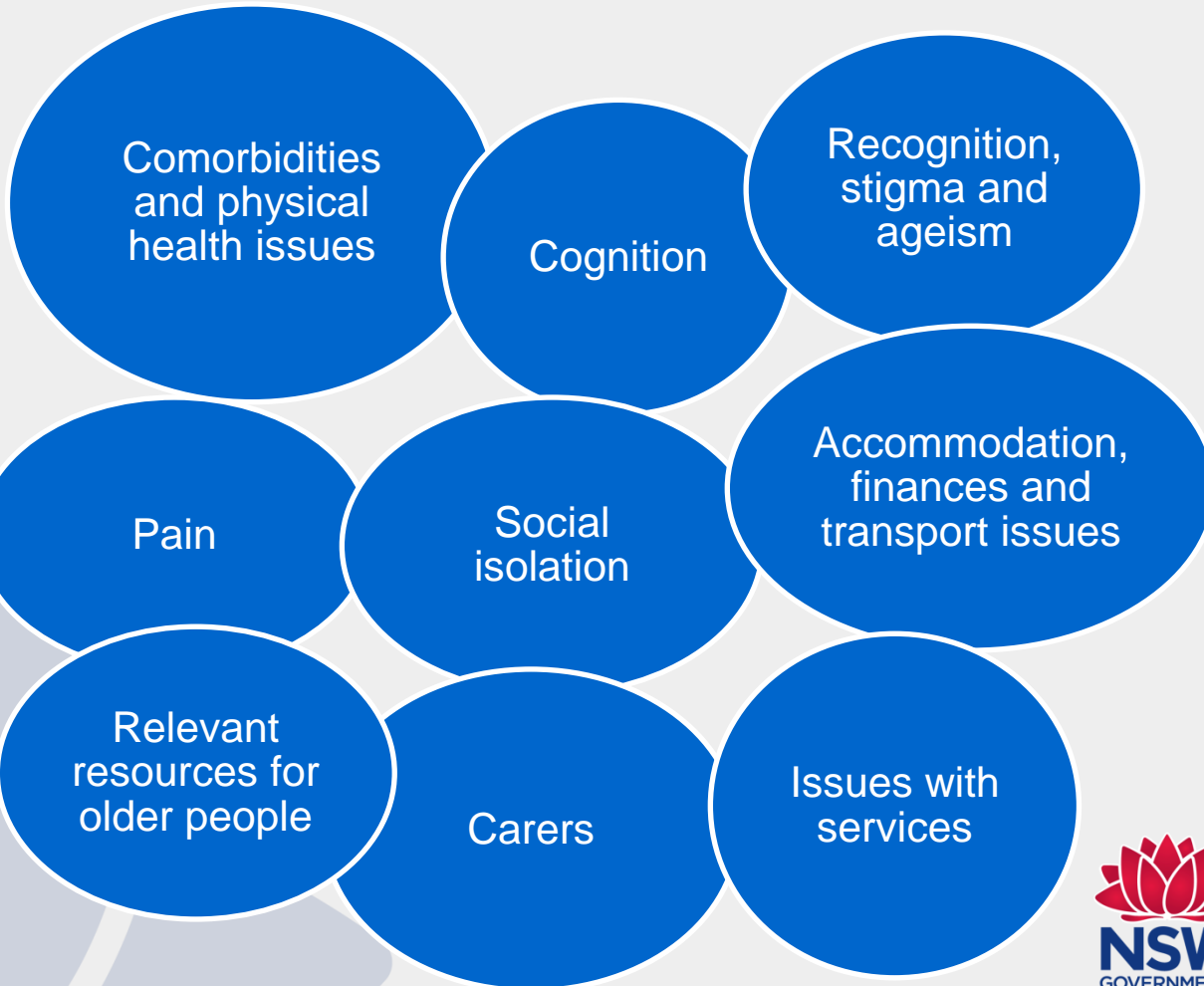
“research has shown that the oldest groups are the least likely to be asked about alcohol use regardless of the presence of coexisting risk factors”

Duru et al 2002, in OPDA Project Report

WHAT WE FOUND



Key Challenges



A targeted service example

The **Older Wiser Lifestyles (OWL)** program – Peninsula Health (Victoria)

Preventative / early intervention component

Treatment program component



<http://www.olderwiseraod.net/>

Positive practice examples in NSW

- *South East Sydney LHD* – aged health, mental health and D&A shared initiatives for clinical practice and for workforce development
- Sub acute care team in *Orange, Western NSW LHD* – complex case management approach, within a hub and spoke model

OPDA Project Recommendations



D&A Service Recommendations

In general, these recommend services

- consider strategies to improve their recognition of and engagement with older people with substance use issues in the context of *mixed aged services*,

and

- consider some *targeted service options* for older people.

Mental Health Service Recommendations

In general, these recommend services:

- Increase their awareness of substance use issues in older people
- Provide drug and alcohol screening and brief interventions
- Provide referral to and collaborative care with drug and alcohol services

The resources and where to find them

- Full project report
- Summary report
- Report in Brief
- <http://www.health.nsw.gov.au/mhdao/publications/Pages/opdap-fullreport.aspx>
(able to Google!)



Next steps

- Policy engagement and further policy development
- Informing, supporting and monitoring service development in LHDs
- Workforce development
- Population health strategies

AGED CARE AND AGED HEALTH



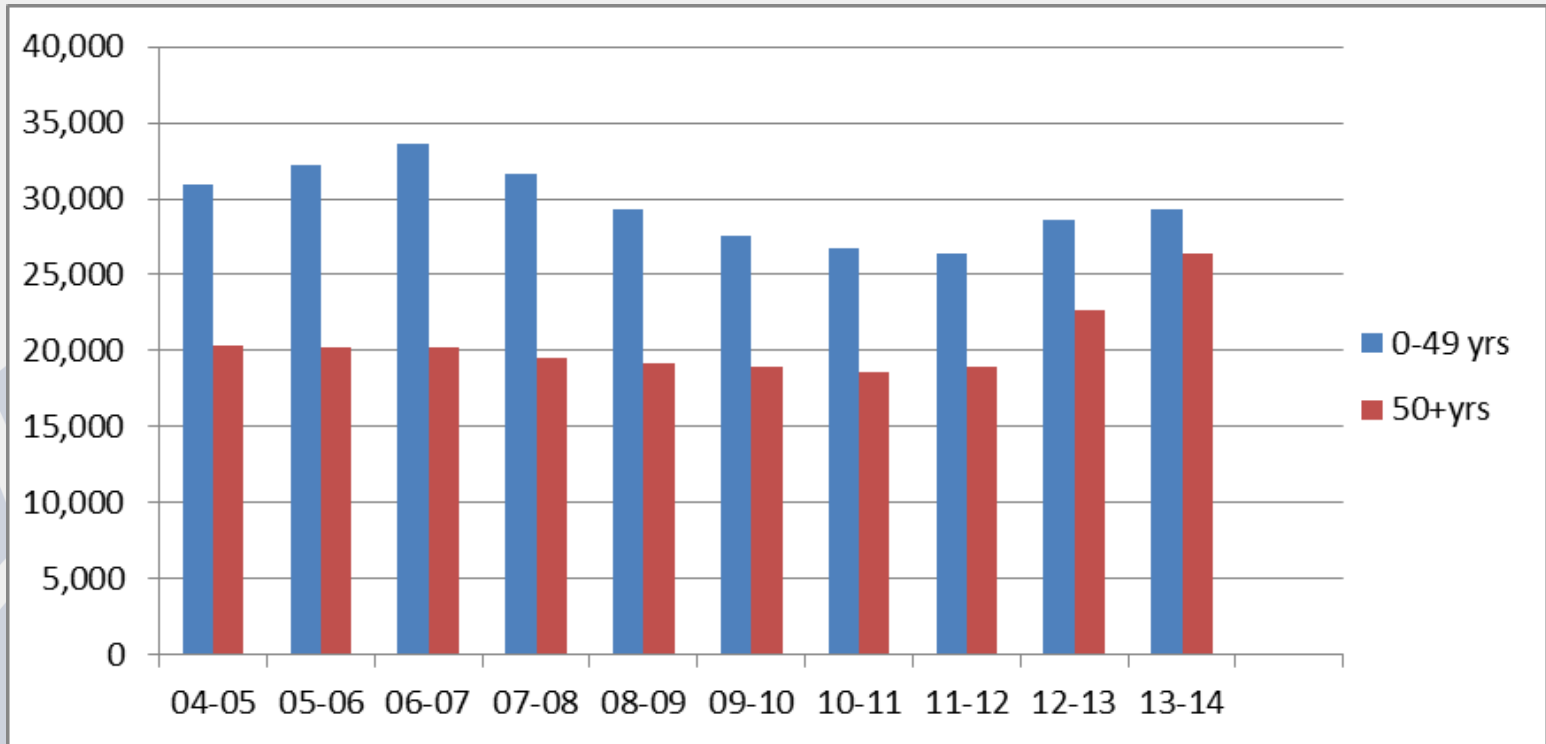
Aged care interface and accommodation issues

NSW study (Lintzeris et al, 2015):

- Older D&A service users identified as experiencing difficulty with ADLs at much younger ages than comparable studies of people accessing geriatric services.
- Few of these people received services assisting with daily living, more than half reported a fall within the past 12 months, and the majority were socially isolated.

Older people with substance use issues in hospital

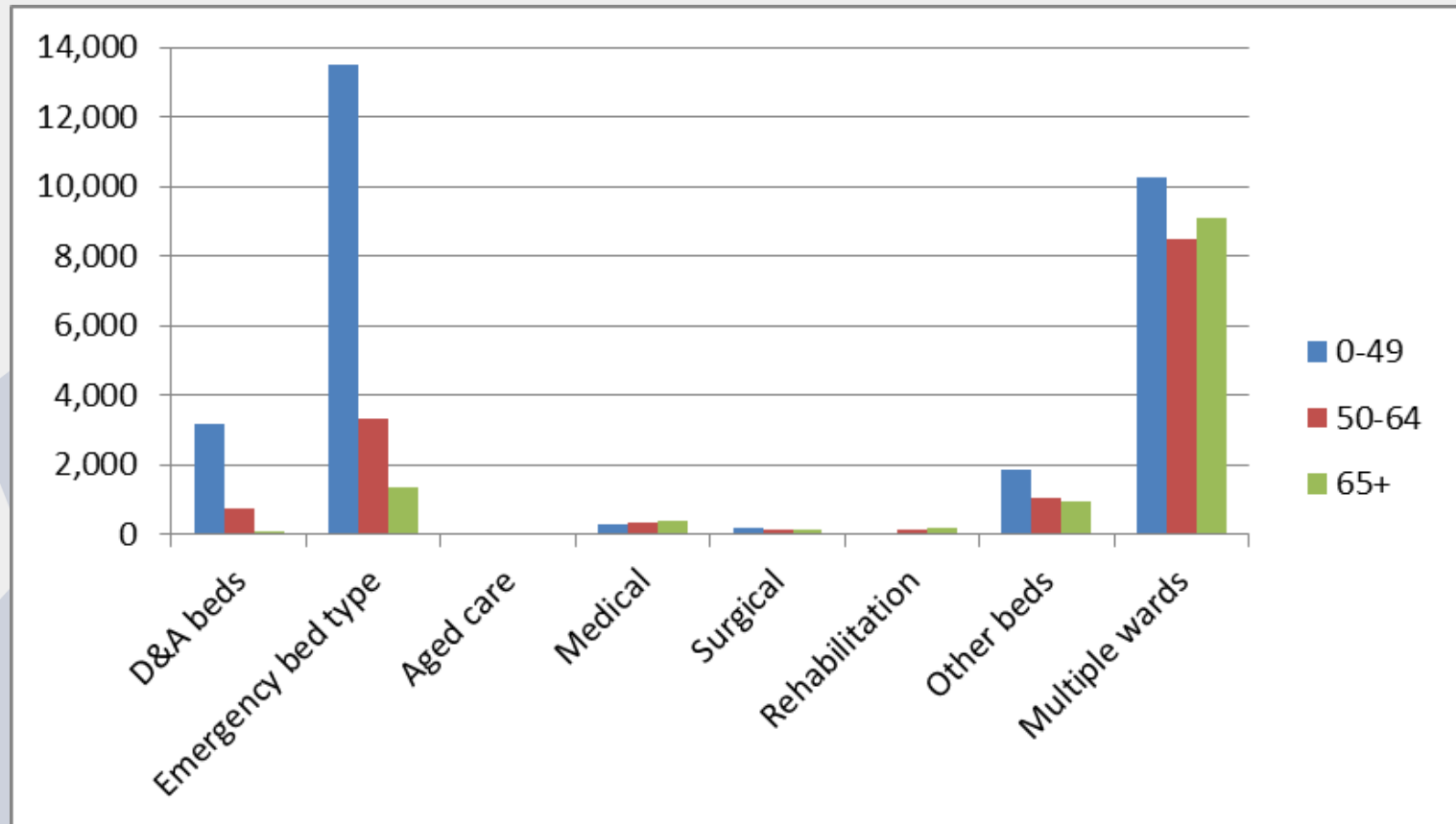
Hospital separations by year for people 50+ years with a drug and alcohol related diagnosis compared to people 0-49 years, over ten year period



Source: OPDA Project Report (Figure 31)

Older people with substance use issues in hospital – which beds?

2013-14 reporting year hospital separations with a drug and alcohol diagnosis, by age range and bed type



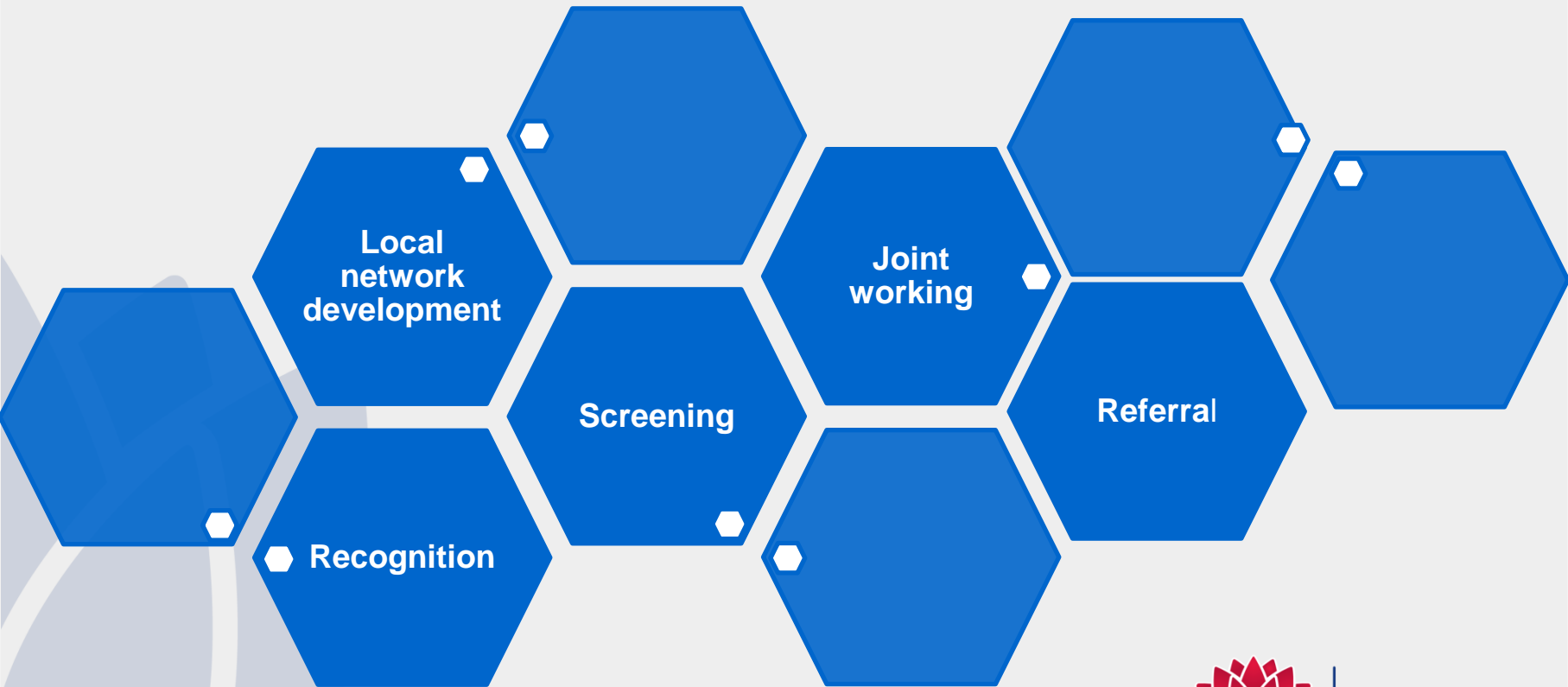
Source: OPDA Project Report (Figure 34)

How you may already be assisting

Community aged care services may have roles to play in:

- harm minimisation,
- supporting activities of daily living, and
- preventing early admission to residential aged care facilities.

Aged care and aged health services: project implications



QUESTIONS



References

Primary references: *Older People's Drug and Alcohol Project Report, Summary Report and Report in Brief*. NSW Health, 2015. Available from <http://www.health.nsw.gov.au/mhdao/publications/Pages/opdap-fullreport.aspx>

- Australian Institute of Health and Welfare 2015. National opioid pharmacotherapy statistics 2014. Bulletin no. 128. Cat. no. AUS 190. Canberra: AIHW. Available from <http://www.aihw.gov.au/publication-detail/?id=60129551121>
- Australian Institute of Health and Welfare 2014. National Drug Strategy Household Survey detailed report 2013. Drug statistics series no. 28. Cat. no. PHE 183. Canberra: AIHW. Available from <http://www.aihw.gov.au/alcohol-and-other-drugs/ndshs/>
- Lintzeris N, Rivas G, Monds L, Leung S, Withall A, Draper B. (2015). *Substance use, health status and service utilisation of older clients attending specialist drug and alcohol services*. Drug and Alcohol Review. Article first published online: 26 Oct 2015. DOI: 10.1111/dar.12266
- Roche, A. (2015). *The changing face of alcohol and other drug use among older Australians*. Presentation to the Grey Matters Conference, April 2015, Adelaide SA.

Further useful resources and links

- <http://www.olderwiseraod.net/> - OWL program website. Has link to the resource *Preventing and reducing alcohol- and other drug-related harm among older people: A practical guide for health and welfare professionals*.
- *NCETA Fact Sheets - Grey Matters*. These fact sheets were released in 2014 by NCETA. There are seven fact sheets covering the context and background to the emerging issue of older people with substance use issues, generational changes, prevention and screening, barriers and enablers, common comorbidities, and opioids and pain. There is also an eighth sheet containing references and links. *Available from* <http://nceta.flinders.edu.au/nceta/resource-kits/>.
- *Alcohol and Drug Information Service (ADIS)*. The Alcohol and Drug Information Centres are state and territory-based services that offer information, advice, referral, intake, assessment and support 24 hours a day. They offer services for individuals, their family and friends, general practitioners, other health professionals and business and community groups. *The ADIS contact details for NSW are 02 9361 8000 (metro) and 1800 422 599 (rural).*

Further useful resources and links - continued

- *NPS MedicineWise fact sheets.* There is a range of information and resources available on the NPS MedicineWise website relevant to older people and medications. *These can be found at <http://www.nps.org.au/topics/ages-life-stages/for-individuals/older-people-and-medicines>.*
- *ACI Pain management website.* The NSW Agency for Clinical Innovation (ACI) has produced a website containing useful information for individuals with chronic pain, and information and resources for health professionals on the assessment and management of pain. It has an emphasis on a balanced approach to pharmacological and non-pharmacological approaches to pain management. <http://www.aci.health.nsw.gov.au/chronic-pain/for-everyone>
- *Australian Indigenous Alcohol and Other Drug Knowledge Centre.* This website includes information on the evidence base to reduce harmful AOD use in Aboriginal and Torres Strait Islander communities. It has portals for AOD workers and for communities. <http://www.aodknowledgecentre.net.au/>