

Older adults who drink alcohol can benefit from answering the following questions. These questions are designed specifically for older adults. Your answers may indicate that you need to discuss your drinking with your doctor.

1. When talking with others, do you ever underestimate how much you actually drink?		
2. After a few drinks, have you sometimes not eaten or been able to skip a meal because you didn't feel hungry?		
3. Does having a few drinks help decrease your shakiness or tremors?		
4. Does alcohol sometimes make it hard for you to remember parts of the day or night?		
5. Do you usually take a drink to relax or calm your nerves?		
6. Do you drink to take your mind off your problems?		
7. Have you ever increased your drinking after experiencing a loss in your life?		
8. Has a doctor or nurse ever said they were worried or concerned about your drinking?		
9. Have you ever made rules to manage your drinking?		
10. When you feel lonely, does having a drink help?		

Scoring: If you have two or more “yes” responses, this indicates a possible alcohol problem. See your doctor.

Source: Michigan Alcoholism Screening Test—Geriatric Version[®], The Regents of the University of Michigan, 1991.