

[OVER 50S OUTREACH SERVICE]

HELPING PEOPLE AGED 50+ TO REDUCE DEPENDENCY

NORCAS

alcohol • drugs • gambling
change happens together

[UNDERSTANDING THE ISSUES]

There are many reasons that people become dependent on alcohol or drugs, but for older people it's often due to feelings of loss or disruption caused by retirement, children leaving home, divorce or the death of loved ones. It can also be a way of coping with isolation, loneliness, illness or pain.

Whatever the reason, people over 50 may be more vulnerable to dependency. For example, as the body ages, it becomes less efficient at breaking down alcohol. The ratio of water to fat changes, which leads to higher blood alcohol levels from drinking smaller amounts of alcohol. And as the cardiovascular system, central nervous system, liver and kidneys age, their capacity to tolerate the toxic effects of alcohol reduces.

[HOW NORCAS CAN HELP]

NORCAS is the largest independent provider of services for people with drug, alcohol and gambling problems in East Anglia. We work to reduce dependency and the harm it causes to individuals, families and communities, enabling people to recover their lives positively.

Our Over 50s Outreach Service is specifically designed to support people aged 50 years and over who have alcohol or drug issues, including prescribed medication. We can also support those who are affected by someone else's alcohol or drug misuse, as well as carers, professionals and other agency staff who work with the over 50s. Our substance misuse workers and counsellors provide the service, which includes therapy, group support and motivation, signposting and advice.

Counselling takes place on a one-to-one basis or within small groups in a private and confidential setting. It can help you work through issues that may have been affecting your life adversely and contributing to any addictive behaviour. This can empower you to move forward positively and make beneficial life changes.

Group support can help you develop positive coping skills and maintain your motivation. We offer a range of groups including motivational, abstinence and open support and the informal Norcafé.

Signposting to other services may be appropriate on occasions if other providers are better placed to address your needs. We can help you access their services if it's appropriate for you.

Information and advice is offered both to individuals affected by dependency and their families, carers and friends to help them understand more about substance misuse and look after their own wellbeing.

REFERRALS

To access our services, you can either be referred by your GP or other healthcare professional or you can refer yourself. Please contact the appropriate team within your area for more information or go to www.norcass.org.uk.

HOW TO SUPPORT US

As an independent charity, we rely on donations to help us deliver our greatly needed services. It's easy to donate online at www.norcass.org.uk and you'll find details of various other ways of donating, or call us on 01603 766993.

[CONTACT US]

If you're concerned about your or someone else's use of alcohol or drugs and you'd like more information about the Over 50s Outreach Service, help or advice, please get in touch with us at:

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Central Norfolk	07903 688947
South Norfolk	07951 591645

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www.norcass.org.uk

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