



# Lifescrpts

*Advice for Healthy Living*

## Action Plan

### Alcohol





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Advice for Healthy Living

## My action plan for cutting back my drinking

My name: .....

Date of birth: .....

Based on my health assessment, my current level of drinking is:

- Risky for my health
- High risk and very likely to cause me health problems

### Health Conditions

I have been told that I have (eg. high blood pressure, diabetes, liver disease, depression, high risk of alcohol withdrawal):

.....  
.....

### Medications

I am taking medicines that my doctor has prescribed or suggested, which are (eg. prescribed, over the counter or herbal):

.....  
.....

### I will try to:

- Drink no more than ..... standard drinks ( .....cans/stubbies) in any one day
- Drink no more than a total number of ..... standard drinks over any whole week
- Try to include..... alcohol free days each week
- Not drink at all (abstinence)

I have been advised that by reducing my drinking I can start to feel healthier and reduce problems later on with:

Anger and frustration	Family problems	Legal problems
Anxiety	Housing problems	Money problems
Caring for children and elders	Illnesses	Pregnancy and breast feeding
Depression (being very sad)	Injury	Other

### Referral

To help me with my alcohol related problems I have been referred to:

.....  
.....

I would like you to come back to see how you are going in ..... weeks

Healthcare Provider's Signature: .....

Date: .....



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## General Guidelines

### What is a standard drink?

a can of light beer (375ml)

a small glass of mid strength beer (285ml)

a small glass of wine (100ml)

a single measure of spirits (30ml)



a can of full strength beer (375ml)

slab/carton of full strength beer



a 4-litre cask of wine

a flagon of port

a bottle of rum (700ml)



### Think About

- Getting help and treatment to cut down or stop drinking
- Visiting the doctor or Aboriginal or Torres Strait Islander Health Worker regularly for health checks and help to manage your medicines and health issues
- You may be at risk of injury due to being drunk (intoxication)
- You may be at risk of serious alcohol withdrawal if you stop drinking suddenly without help from your doctor
- Alcohol may stop your prescribed medicines working properly
- Alcohol may complicate other illness, eg. diabetes, heart disease, kidney disease, sleep problems, depression or anxiety

### Tips for low risk drinking

- Avoid drinking on an empty stomach
- Think of some answers you can give people if you feel pressured to drink eg. "Nah, I got to get up early in the morning or " No thanks, I'm on some tablets/medication, maybe later"
- Shorten your drinking time – start later and finish earlier
- Avoid eating salty foods like nuts and chips when you are drinking
- Have a glass of water between alcoholic drinks