



COAAA Professional Education

April 15, 2026

9:00 a.m. - 12:15 p.m.

FREE

Minimize Risk ~ Maximize Life: Alcohol and Older Adults

Drinking is complicated. It's a normalized part of many social settings, from formal celebrations to simple evenings with family or friends. Yet, annually in the U.S., alcohol is responsible for nearly 180,000 deaths and innumerable health and safety problems. Because of physiological, mobility, and social changes inherent in aging, alcohol-related harms are often exacerbated. Despite the prevalence of alcohol consumption in our society, there is little to guide adults – especially older adults – in making informed choices about drinking.

This training will provide participants with practical understanding of alcohol use, based on current research, while answering questions like “Is drinking ok for me?,” “If so, how much and how often?” Participants will also increase their skills to aid the older adults they work with make informed decisions about drinking, quality of life, health, and safety. The training provides research-based education on alcohol consumption with a common language for adults to use personally and professionally.

Presenter:

Jim Ryan, OCPC, ICPS is an Ohio Certified Prevention Consultant and Internationally Certified Prevention Specialist with over 40 years of experience in behavioral health and social services. Jim provides training and consultation services on local, state, national, and international levels, training professionals within provider agencies, government entities, education systems, and community-based organizations on substance use, mental health, and cultural responsiveness –including working with LGBTQIA+ and Appalachian clients and consumers – content. Jim’s mission is to support professionals to provide the best possible services to the populations they serve. Jim has provided training and consultation services to a range of organizations and systems, including Franklin County Children Services, Central Ohio Area Agency on Aging, the Ohio Department of Behavioral Health, The Ohio State University College of Social Work, National Alliance on Mental Health Ohio, Prevention Action Alliance, Marshall University, MADD, and Applied Prevention Science International.

Objectives:

Upon the completion of this workshop participants will:

- Understand and apply low-risk drinking guidelines.
- Evaluate health and other priorities in the context of low- and high-risk drinking decisions
- Educate older adults about low-risk drinking and health, safety, and quality of life implications of alcohol use

Continuing Education Units 3.0

3.0 Social Work Clock Hours (#RSX059002) 3.0 Counselor Clock Hours (#RCX109207)

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Registration Form

Deadline: Apr 8

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please email registration form to training@coaaa.org

Name: _____

Agency: _____

Address: _____

Special accommodations needed due to disability:

Phone (_____) _____

Email: _____

COAAA is happy to offer workshops free of charge

Social Worker Nurse Other _____

(please email registration form to training@coaaa.org)

Questions? Call (614) 645-7250 or 1-800-589-7277. COAAA cannot accept registrations over the phone.

****If no confirmation received within 5 business days, please contact the office****



Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207

614-645-7250 1-800-589-7277 www.coaaa.org coaaa@coaaa.org

Your Aging and Disability Resource Network