

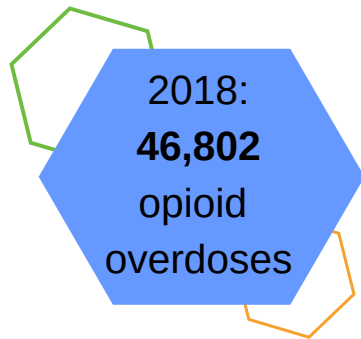


Hawai'i Kupuna Drug Overdose Prevention

“Older adults are more susceptible to drug effects since the body cannot break them down easily as it ages. Also, older adults are more likely to unintentionally misuse medicines by forgetting to take them, taking them too often, or taking the wrong amount.”

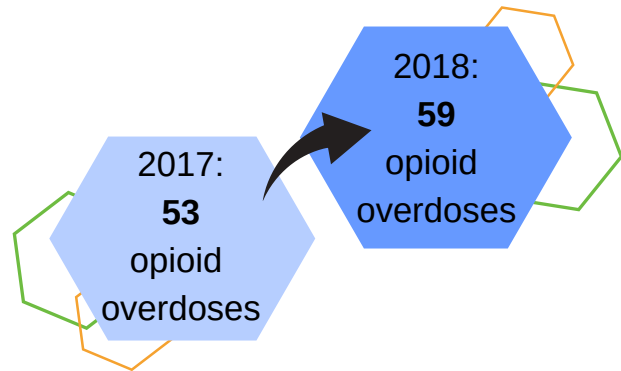
United States

Opioid overdose death rates per 100,000 people:²



Hawai'i

Opioid overdose death rates per 100,000 people:²



Chronic pain is the most common reason **older adults** seek medical care which is **linked to dependence on opioids**.³



Hawai'i residents at the age of **50 to 59 years old** had the **highest death rate for opioid overdose deaths** in 2012-2016 compared to other age groups.⁴

Substance Use Risk Factors Among Older Adults

- Self-medication
- High rates of painful conditions
- Depression
- Forced retirement
- Dementia
- Cognitive impairment
- Social isolation
- Poor support systems⁵





Supporting Kupuna

What To Do During An Active Opioid Overdose

1. **Call 911**
2. Ask the person questions to **keep them awake**
3. If they're not breathing, **turn them on their side**
4. **Give first aid as directed by 911** until help arrives
5. If NARCAN is available, **safely administer NARCAN***
6. If you're qualified to do so, **perform CPR**** until help arrives⁶



Protective Factors Among Older Adults

- Social support (family and friends)
- Be non-judgmental of substance use
- Be mindful of substance use history
- Know signs of a drug overdose
- Monitor substance use with a doctor
- Seek support from a therapist³

Questions To Ask Kupuna To Prevent A Drug Overdose

- Have you heard that there are more risks to use drugs the older you get?
- What do you take your medicine for?
- Do you know someone who can help you?
- How do you take care of yourself?
- What do you do to cope with pain?
- Where do you go to get treatment?
- Who do you talk to for support?
- How do you remember when to take your medicine?¹

*NARCAN - Naloxone: An opioid antagonist used to reverse the effects of opioids. (Talk to your Primary Care Physician to learn more about NARCAN.)

**CPR - Cardiopulmonary Resuscitation: An emergency procedure that combines chest compressions often with artificial ventilation.





Resources

Hawai'i Healthy Aging Partnership (<https://hawaiihealthyaging.org/>)

Programs that support older adults.

Papa Ola Lokahi (<http://www.papaolalokahi.org>)

Organization serves Native Hawaiians and others to improve their physical, mental and spiritual health.

Hawai'i Health & Harm Reduction Center (<https://www.hhhrc.org/overdose>)

Provides Naloxone and other overdose prevention resources.

Center for Disease Control and Prevention (<https://www.cdc.gov/>)

Organization works to prevent and inform the public about diseases and drug overdose in our nation.

Hawai'i Coordinated Access Resource Entry System (DOH CARES) Line:

O'ahu 1-808-832-3100 | Toll-Free 1-800-753-6879 | hicares.hawaii.gov

Hawaii CARES offers 24/7 support for individuals in crisis or those seeking mental health, substance use treatment and COVID-19 isolation and quarantine services.

This project is funded by the CDC Overdose Data to Action Project through the Hawai'i State Department of Health, Behavioral Health Administration.

This infographic was developed by the OD2A-C3 team and DOH partners: Zedrick-Kyle Oda, Yeonjung Jane Lee, Mei Linn Park, Amy Curtis, Tammie Smith, and Seunghye Hong.

Visit Our Website: <http://manoa.hawaii.edu/c3od2a/>

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Older adults are more susceptible to drug effects since the body cannot break them down easily as it ages. Also, older adults are more likely to unintentionally misuse medicines by forgetting to take them, taking them too often, or taking the wrong amount. ¹

Within the United States:

Opioid overdose death rates per 100,000 people were as follows:

- In 2018, there were 46,802 opioid overdose deaths ²

Within the State of Hawai'i:

Opioid overdose death rates per 100,000 people were as follows:

- In 2017, there were 53 opioid overdose deaths
- In 2018, there were 59 opioid overdose deaths ²

Chronic pain is the most common reason **older adults** seek medical care which is **linked to dependence on opioids**. ³

Hawai'i residents at the age of 50 to 59 years old had the highest death rate for opioid overdose deaths in 2012-2016 compared to other age groups. ⁴

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