Low-Risk Drinking Limits

**Men 64 years & under**
- On a Single Day: No more than 4 drinks on any day
- Per Week: No more than 14 drinks per week

**Women & Men 65+**
- On a Single Day: No more than 3 drinks on any day
- Per Week: No more than 7 drinks per week

What is a “standard” drink?

- **12 fl. oz. of regular beer**
- **8-9 fl. oz. of malt liquor**
- **5 fl. oz. of table wine**
- **1.5 fl. oz. shot of 80 proof liquor/spirits**
| Build Report | - Hello, I am ___. Would you mind taking a few minutes to talk with me about your use of [X]?  
- Before we start, can you tell me a little bit about a day in your life? Where does your [X] use fit in? |
|---------------|---------------------------------------------------------------------------------------------------------------|
| Pros & Cons of Use | - Help me understand through your eyes the good things about using [X]. What are some of the not so good things about using [X]?
- So on one hand _PROS_, and on the other hand _CONS_. |
| Feedback | - I have some information about the guidelines for low-risk drinking, would you mind if I shared them with you?
- We know that drinking 4 or more (F)/5 or more (M) drinks in one sitting or more than 7F/14M in a week and/or use of illicit drugs can put you at risk for illness or injury. It can also cause health problems like [insert medical info].
- What are your thoughts on that? |
| Readiness to Change | - This Readiness Ruler is like the Pain Scale we use in the hospital. On a scale from 1-10, with 1 being not ready at all and 10 being completely ready, how ready are you to make any changes in your [X] use?
- You marked __. That’s great. That means you are ___% ready to make change.
- What are some options/steps that will work for you?
- What do you think you can do to stay healthy and safe?
- Tell me about a time when you overcame challenges in the past. What kinds of resources did you call upon them? Which of those are available to you this time? |
| Prescription for Change | - Will you summarize the steps you will take to change your [X] use? I’ve written down a plan, a prescription for change, to keep with you as a reminder.
- Give referrals if appropriate: outpatient counseling, suboxone, methadone clinic; needle exchange &/or AA/NA; primary care, mental health, shelter; handout and information; 
- Thank you for sharing with me today. |