

From the field

Thrive: a supportive network for family and friend caregivers of older adults who use substances or alcohol

Based in British Columbia, Canada, the 'Thrive' program was created to help address the unmet needs of family and friend caregivers of older adults who are using substances. Thrive, through its partnerships, works to increase knowledge around substance use in older adults in various ways. For example, in collaboration with the 'Deprescribing Network', Thrive has created a workshop on the potential harms of using multiple prescription medications in older adults, as well as providing monthly remote support groups for family and friend caregivers throughout British Columbia, and monthly support groups to those who care for an older adult who may be at risk of harm associated with problematic prescription medication use, as well as other services. The aims of this service include the creation of a supportive network where family members and friends can connect with people who have similar experiences, offering practical skills and education (e.g., decisional balance tools, motivational interviewing) and referrals to additional resources. A more detailed description of the intervention is provided [here](#).