

# **EASY READING BROCHURE**

## **Addictions in the Home**

**An information brochure for adults  
with low English literacy**



**EASY READING**



Vecova Centre for Disability Services and Research is a leading-edge, registered not-for-profit charitable research and service organization that has been building the capacity of persons with disabilities and enriching communities through leadership, innovation and collaboration since 1969. Affiliated with the University of Calgary we are recognized as a leader in the field of disability services and research.

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## What is an Easy Reading Brochure?

Plain language is a way of writing so that more people can understand the information. There are some things we do with plain language that you would not see out-side of plain language.

For example, words like understand and outside, used in the first paragraph, have a - in the middle. This helps to make a longer word that is made of more words, easier to read.

We also use things like square brackets and definitions:

### Square Brackets [ ]

Some-times you will see square brackets, like these [ ], beside a word. The letters between the brackets are there to help people learn how to say the word.

### Definition Box

Some words you see will have a box around the word like "Definition Box" to the left. Beside each box, there will be a paragraph that has an line around it, like this one. This is to help people learn what the word means.

**A person has an alcohol problem if they continue to drink even though it's having negative effects on their life.**

- Alberta Health Services

**You will learn about:** .....

..... **1** **What is an Addiction?**

..... **2** **My Helper Has an Addiction**

..... **3** **What Can You Do?**

..... **4** **Who Can Help?**

..... **R** **Resources**

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**70% to 90% of people  
who are regular users of  
tobacco are addicted  
to nicotine.**

- Alberta Health Services

## 1

## What is an Addiction?

### Addiction [ah-dik-shun]

When a person acts in a way that is bad for them. They have a very hard time to not act like this.

▶ A person can be addicted to many different things

▶ When a person has an addiction they may have problems with the police or at work

Here are some-things people can be addicted [ah-dik-ted] to:

- Tobacco
- Drugs
- Alcohol [al-ko-hall]
- Gambling [gam-bull-ing]

### Gambling

To play a game for money.



People can be addicted to more than one of these at one time.

A person becomes addicted over time.

## ② Your Helper Has an Addiction

Your helper was not always addicted. Now they are more interested in drugs, alcohol, or gambling.

### Helper

A person who takes care of you at home.

### How Can You Tell Your Helper Has an Addiction?

Your helper can have an addiction if they:

- Use drugs, drink alcohol, or gamble a lot
- Act in a different way when they drink, use drugs, or gamble
- Have problems at work
- Have money problems
- Have problems with the police



- Stay away from friends and family
- Lie about how they use drugs or drink alcohol or gamble
- Break promises

## Promise

Some-thing some-one says they will do.



## Your Helper Has An Addition.

### How Does This Affect You?

Most people who deal with an addicted helper follow 3 rules at home.

1. I do not talk.
  - I do not talk about my helper's addiction to any-one. I keep it a secret.
2. I do not trust.
  - I do not think my helper will keep their promise. I do not believe some-one who offers to help.
  - I am always ready for my helper's next big problem.





3. I do not feel.

- I stop being mad, sad, happy, or scared about any-thing.
- I do not want to tell other people how I feel. I do not think any-body will listen.
- I hide how you feel.

When you follow these rules, you do not help yourself, the people you live with, or your helper.

Here are some ways you may feel or things you may do when you follow these rules:

- You feel bad about how you deal with your helper
- You take care of your helper and not yourself
- You feel like you do not have hope
- You feel alone
- You make up reasons for why your helper can not go out or acts in different ways

You do not want to do these things.  
You do not want to feel this way.



## 3

## What Can You Do?

Your helper's addiction did not happen because of you.

▶ There are 3 things you can do to help some-one with an addiction:

- Learn about addiction
- Talk to some-one you trust
- Talk to the person with the addiction

But it is now your problem too. You can do things to help yourself and your helper.

You can try to help your helper.

1. You can learn about addiction.

- Reading this pamphlet is your first step to learn about addiction.

2. You can talk to some-one you trust, like your family, a friend, or your worker.

- You need to talk about the problem
- You need more ideas about what you can do

3. When you feel ready, you can talk to your helper. You can ask your helper to get help for their problem.

- They may be mad
- They may not want to get help
- They may agree and say they need help
- You do not know how they will react



## 4 Who Can Help?

▶ There are several things you can do to help some-one with an addiction.

▶ Talk to people that you trust about the problem

▶ Do not cover for some-one elses addiction.

An addictions counsellor from Alberta Health Services can teach your helper about their addiction. They can give your helper ideas about what they can do about their addiction.

Al-Anon and Alateen Family Groups can help you talk about your helper's addiction. You can talk to other people who have a helper with an addiction.

- Al-Anon Family Groups is a group for adults who have friends or family with an addiction
- Alateen Family Groups is a group for teenagers who have friends or family with an addiction



Your helper may not want to get help.  
You can help yourself even if your helper  
does not get help.

There are 6 ways you can help yourself:

1. You can talk to a person you trust.
2. You can talk to an addictions counsellor from Alberta Health Services about the problem.
  - You can ask them what you can do
3. You can talk to a group of people who have a helper with an addiction.
4. From now on you should:
  - Talk about the problem
  - Start to trust others
  - Show how you feel
5. You should tell the truth about how your helper is addicted. You do not cover for your helper.
6. You feel good about how you take care of yourself.

Your helper may not want to get help. You can choose to help yourself. This is your right.



**More men (23.5%) than women (14.2%) are heavy smokers.**

- Statistics Canada

## Resources



### Support Services

#### **Alberta Health Services: Addiction Hotline**

- Phone: 1-866-332-2322
- Website: [www.albertahealthservices.ca/addiction.asp](http://www.albertahealthservices.ca/addiction.asp)

This place can:

- Talk to you about addiction
- Give you the name of a person you can go to talk to

#### **Al-Anon and Alateen**

- Phone: 1-888-425-2666 for group meetings
- Phone: 1-613-723-8484 to learn about Al-Anon or Alateen.
- Website: [www.al-anonfamilygroups.com](http://www.al-anonfamilygroups.com)

At this place you can:

- Talk to others who have a family member, friend, or helper who is addicted to alcohol

**In 2008, 24.1% of men and  
9.6% of women reported  
heavy drinking.**

- Statistics Canada

Please think of the environment when printing this workbook.

Please print double sided.

Addictions in the Home is an information brochure developed for adults with low English literacy created by Vecova, located in Calgary, Alberta, Canada.

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