

# Resources

- For more information about Cannabis use and its risks and benefits, the following websites are recommended:

**Canadian Coalition for Seniors Mental Health CCSMH** [https://ccsmh.ca/wp-content/uploads/2020/09/CCSMH\\_Cannabis\\_brochure\\_ENG.pdf](https://ccsmh.ca/wp-content/uploads/2020/09/CCSMH_Cannabis_brochure_ENG.pdf)

**FOR CARE GIVERS** <https://ccsmh.ca/areas-of-focus/cannabis-use-2/older-adults-and-care-partners/>

<https://ccsmh.ca/substance-use-addiction/cannabis-guidelines/>

[https://ccsmh.ca/wp-content/uploads/2020/01/Cannabis\\_Use\\_Disorder\\_ENG\\_WEB\\_Jan-21.pdf](https://ccsmh.ca/wp-content/uploads/2020/01/Cannabis_Use_Disorder_ENG_WEB_Jan-21.pdf)

Cannabis and Older Adults Know the Facts BSO BrainXchange Older Adult Substance Use Collaborative  
[https://brainxchange.ca/Public/BSO/Files/Substance-Use/Cannabis-Older-Adults-Know-the-Facts\\_Accessible\\_Fl.aspx](https://brainxchange.ca/Public/BSO/Files/Substance-Use/Cannabis-Older-Adults-Know-the-Facts_Accessible_Fl.aspx)

Active Aging Canada: <https://www.activeagingcanada.ca/participants/projects/cannabis-and-older-adults.htm>

**10 Ways to Reduce Risks to Your Health When Using Cannabis:** <https://www.camh.ca/-/media/files/pdfs---reports-and-books---research/canadas-lower-risk-guidelines-cannabis-pdf.pdf>

**The Straight Dope on Cannabis and Older People:** <https://www.ryerson.ca/content/dam/crnc/knowledge/infocus/factsheets/InFocus-Marijuana.pdf>

**Cannabis and your Health, Government of Canada:** <https://www.canada.ca/en/services/health/campaigns/cannabis/health-effects.html>

**Medical Cannabis: A Guide to Access, Arthritis Society of Canada:** <https://arthritis.ca/getmedia/1148862d-d223-4a78-9b06-483532041d2c/Medical-Cannabis-Brochure-2018-EN-WR.pdf>

**Ontario's Doctors Help You Make Informed Decisions: Clearing the Air About Adult Use Cannabis, Ontario Medical Association:**

# Canadian Guidelines for Substance Use Disorders in Older Adults

- <https://vimeo.com/347306120>
- <https://vimeo.com/358887906>
- <https://brainxchange.us8.list-manage.com/track/click?u=42d3dda06d31f20b2d894f558&id=a92c4c600a&e=28281069dc>

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**<https://ccsmh.ca/substance-use-addiction/cannabis-guidelines/>**

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