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# How practitioners can better meet the needs of midlife women with alcohol dependence: results of the Researching with Women in Recovery (RWR) study

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# How practitioners can better meet the needs of midlife women with alcohol dependence: results of the Researching with Women in Recovery (RWR) study

## **Abstract**

Abstract of the presentation that was presented at the conference workshop - Women's Drug & Alcohol Specialist Services.

## **Disciplines**

Medicine and Health Sciences | Social and Behavioral Sciences

## **Publication Details**

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# Concurrent sessions

CONFERENCE DAY 2 – Tuesday 13 May 2014

WOMEN'S DRUG & ALCOHOL SPECIALIST SERVICES cont WORKSHOP

3.00 – 3.30 pm

## HOW PRACTITIONERS CAN BETTER MEET THE NEEDS OF MIDLIFE WOMEN WITH ALCOHOL DEPENDENCE: RESULTS OF THE RESEARCHING WITH WOMEN IN RECOVERY (RWR) STUDY

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This study, conducted between 2006 and 2013, explored how alcohol dependent midlife women (35-59 years) in Australia establish and maintain abstinent recovery. Three research outcomes are presented: Early identifiers for preventive recovery; women's Recovery Continuum; and respite care approaches to sustain long-term recovery with comorbid disorders. Participants comprised 246 midlife women in abstinent recovery (2-31 years abstinence) and 106 practitioners (with recognised qualifications in addiction care) working with AUDs clients. The data were generated in four lines of inquiry, using six methods of collection, and subjected to NVivo text analysis as part of a planned mixed methods triangulation strategy.

Over the six Action Cycles of the seven-year study six phases of the women's Recovery Continuum (early abstinence to long-term recovery) were identified and described: 1. Distressed recovery; 2. Enacting recovery; 3. Enabling recovery; 4. I'm in recovery; 5. Complex recovery; and 6. Valued recovery. Options for an agreed sustainable Chronic illness Recovery management plan integrating self-management and wellness monitoring are presented. These include practical healthcare strategies to enable midlife women to maintain self-care and dignity, emotional wellness, enriching relationships and decision-making for purposeful lifespan goals, supported by integrated healthcare and community care partnerships.

