

Al-Anon Family Groups Australia

2019 Al-Anon Membership Survey Summary



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Al-Anon Family Groups Australia 2019 Al-Anon Membership Survey Summary

In 2019, 668 Al-Anon members participated in the AGSO's fourth survey. Specific objectives for the survey were to:

- ▲ Determine the demographic and sociographic profile of Al-Anon Family Group members;
- ▲ Identify the relationship between members and alcoholics;
- ▲ Measure the impact that alcoholism has had on members' lives; and
- ▲ Determine the Al-Anon program's impact on the quality of life of its members.

The findings are an aid to professionals, researchers, students, the media and anyone seeking information about Al-Anon Family Groups. For complete survey results, visit: l-anon.org.au/2019_survey_result

Demographic profile of Al-Anon members



- ▲ In addition to being members of Al-Anon, males are three times more likely to be members of A.A.
- ▲ Females are more likely to have a partner or ex-partner who are active drinkers or in A.A. that led them to Al-Anon.
- ▲ The average age of female members surveyed was approximately **62** and have been attending Al-Anon for approximately **14** years.
- ▲ The average age of male members surveyed was approximately **60** and have been attending Al-Anon for approximately **12** years.

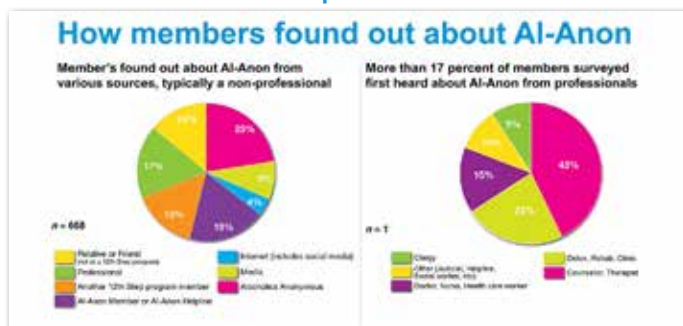
Al-Anon's effect

After having attended Al-Anon meetings, members report improved well-being across the board, in their daily life and their emotional state.

- ▲ **93%** of members' lives have been positively affected by Al-Anon Family Groups and **52%** of members' lives have been very positively affected.
- ▲ **93%** of members surveyed reported that their relationships with others had improved.
- ▲ **93%** of members surveyed reported that their feelings about themselves and their lives had improved.

- ▲ **92%** of members surveyed reported that their ability to express their needs and manage their own health and wellbeing had improved.

Al-Anon members and professional referrals



- ▲ **17%** of Al-Anon members surveyed joined because of professional referral.
- ▲ **80%** of those were referred by professionals in Clergy, Health, Rehab or Counselling.

More than 1 in 6 members surveyed first heard about Al-Anon from professionals such as counselors, therapists and social workers.

- ▲ **26%** of members surveyed joined Al-Anon because a person with a drug problem was negatively affecting their life.
- ▲ No education, police or justice system professionals assisted survey participants in finding Al-Anon.

Relationship between alcoholism and members



- ▲ **78%** of Al-Anon members surveyed are partner or ex-partner of alcoholics.
 - ▲ **48%** of Al-Anon members surveyed are children of alcoholics.
- 6 in 10** members have been affected by alcoholism spanning two or more generations.
- ▲ **38%** reported their parents and partner (and/or sibling) were alcoholics.
 - ▲ **27%** reported their children and partner (and/or sibling) were alcoholics.
 - ▲ **15%** reported their parents and children were alcoholics.



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