

Problem Gambling & Older Adults

For many, gambling is a fun activity, but for those who become addicted, it can be a devastating disease.

It can be even worse for the older adult.

Today, there are more Americans than ever before who are over the age of 65 and living alone. As a result, many may turn to gambling, not only as a social and entertaining activity, but also as a means of trying to deal with loss, grief and time alone.

Gambling among older adults is on the rise, largely due to availability and accessibility. A gambling problem can be particularly challenging for older adults because recouping a financial loss during this stage of life can be very difficult, if not impossible.

Even if they recognize that there is a problem, they may not know that help is available or where to get it.



**Council on
Compulsive Gambling
of Pennsylvania**

**Help is available
1-800-GAMBLER®
www.pacouncil.com**

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Several factors can contribute to why older adults may develop gambling related difficulties.

For many older adults, gambling is used as an escape, brought on by the following:

- Increase of unstructured time after retirement
- Loss of a spouse or other loved one
- A limited social network
- Changes in physical or mental health
- Boredom

Potential Dangers of Older Adults' Gambling

- Loss of life savings
- Lack of understanding of addiction
- Lack of willingness to seek help
- Hiding gambling due to the stigma
- Ease of access to gambling

Getting Help for Older Adults

Certified gambling counselors see clients of all ages. Several counseling options exist in Pennsylvania for the gambler, and their loved ones. Additionally, support groups, such as Gamblers Anonymous and Gam-Anon, welcome people of all ages.

What Help Is Available?

If you think you, or someone you know, may have an issue related to gambling, please call the 24/7 toll-free Pennsylvania Problem Gambling Helpline at 1-800-GAMBLER®.

Help is just a phone call away.

For more information about frequently displayed warning signs, ways to maintain responsible play limits and additional resources for help, please visit www.pacouncil.com



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