

OLDER ADULTS AND GAMBLING

Problem gambling can affect all ages, genders, and races, regardless of economic status. Some people are at a higher risk than others. Older adults are a high-risk group for problem gambling behaviors. Older adults can benefit from learning about responsible gaming and the help that is available if they are facing a problem.

PROBLEM GAMBLING FACTS

- Most people can gamble or game responsibly
- About 300,000 Pennsylvanian's have a problem gambling behavior
- 1 in 5 individuals with a gambling problem have thought of suicide
- Problem Gambling outpatient treatment is free for Pennsylvanians' and their family members if they are underinsured or uninsured

1-800-GAMBLER provides 24/7 access to help through calls, texts, or online chat

ANNUAL OLDER ADULT PROBLEM GAMBLING IN PENNSYLVANIA

On average--

- 10% of callers who seek help for problem gambling were over age 65
- 52% are female and 48% are male
- 78% are Caucasian, 11% are African American, 2% are Asian
- 37% prefer slot machines, 16% other casino games, 12% lottery tickets, and 10% internet gaming
- Co-occurring problems: 34% have depression, 10% have alcoholism, and 5% overspend

Why are Older Adults at High Risk for Problem Gambling?

- 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

What are the Dangers in Older Adults with a Gambling Problem?

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

Council on Compulsive Gambling of Pennsylvania (2022). Retrieved from <https://www.pacouncil.com/>