

OLDER ADULTS & GAMBLING

GAMBLING IS A POPULAR ACTIVITY AMONG OLDER ADULTS

Up to half of older adults gamble and over 25% wager regularly. The most popular forms of gambling in older adults include: **Bingo, Lotteries, Scratch Tickets, Card Games and Slot Machines.**



EVEN REGULAR RECREATIONAL GAMBLING IS ASSOCIATED WITH SOME HARM IN OLDER ADULTS.

- Older adults with gambling problems have higher rates of medical problems, including angina and arthritis.
- Problem gambling is associated with development of heart disease in persons aged 55 and older.
- Up to 1/3 of persons with a gambling disorder attempt suicide.
- Older adult problem gamblers also have more than a 4-fold increased risk of anxiety and depression relative to their non-gambling peers.
- Six percent of older adult problem gamblers commit illegal acts to support their gambling.
- Compared to non-gamblers, older adult problem gamblers are nearly 7 times more likely to be smokers, 6 times more likely to have an alcohol problem, and 3.5 times more likely to have a drug use problem.

DESPITE THE PREVALENCE OF GAMBLING AND RELATED PROBLEMS IN OLDER ADULTS, LESS THAN 10% OF PERSONS WITH GAMBLING PROBLEMS RECEIVE TREATMENT.

- KNOW THE RISKS -

- KNOW HOW TO KEEP THE PROBLEM OUT OF GAMBLING -

- KNOW WHEN AND HOW TO ASK FOR HELP -



DO YOU OR SOMEONE YOU KNOW NEED HELP WITH A GAMBLING PROBLEM?

HELP IS FREE, AVAILABLE 24/7 AND 100% CONFIDENTIAL.

CALL THE PROBLEM GAMBLING HELPLINE
1-888-789-7777

TEXT CTGAMB TO 53342 OR
A LIVE CHAT: CCPG.ORG/CHAT

ACCESS GAMTALK, A 24/7 MODERATED ONLINE PEER SUPPORT FORUM
WWW.GAMTALK.ORG

Gambling is the act of risking something of value, including money and property, on an activity that has an uncertain outcome.

FOR MORE INFORMATION, PLEASE VISIT
CONNECTICUT'S STATEWIDE PROBLEM GAMBLING SERVICES
WWW.CT.GOV/DMHAS/PGS



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