

OLDER ADULTS & GAMBLING

FACT SHEET

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**



REFERENCES: 1. AM J PSYCHIATRY 2004; 161:1672-79. 2. PSYCHOL ADDICT BEHAV 2007;21:431-40. 3. J GERIATR PSYCHIATRY NEUROL 2003;16:172-77. 4. AM J GERIATR PSYCHIATRY 2007;15:301-13. 5. INT J GERIATR PSYCHIATRY 2005;20:754-59. 6. J GAMBL STUDIES 2000;16:393-415. 7. J INT NEUROPSYCHOL SOC. 2007;13: 480-89. 8. AM J ADDICT 2006;15:303-10. 9. J ADDICT MED 2013;7:387-93. 10. AM J PSYCHIATRY 2006;163:297-302. 11. J CONSULT CLIN PSYCHOLOGY 2006;74:555-67. 12. J CONTEMP PSYCHOTHERAPY 2009;39:221-29. 13. J CONSULT CLIN PSYCHOLOGY 2008;76:1090-94. 14. PSYCHOL ADDICT BEHAV 2002;16:76-9. 15. J CONSULT CLIN PSYCHOLOGY 2008;76:318-28.