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: CC庞G.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.

References: