

# OLDER ADULTS and PROBLEM GAMBLING



## Fact

“The risk of losing control in gambling increases when you’re lonely, bored and/or grieving”

CONNECTICUT COUNCIL on  
**PROBLEM  
GAMBLING**

16 West Main Street  
Clinton, CT 06413  
Tel. (860) 664-3996

[www.problemgambling.org](http://www.problemgambling.org)

PG Chat available on  
website

As gambling opportunities in Connecticut increase, the impact of problem gambling increases, including its effect on family and friends of problem gamblers. Problem Gambling among Older Adults is an issue of growing concern.

According to a study conducted by CCPG in 2001 of senior center directors across Connecticut, 55% of respondents had moderate to high concerns about problem gambling among some of their clients. Forty-eight (48%) percent suspected or knew of at least one senior who had a gambling problem.

Over time, giving money to a family member or close friend who has a gambling problem can destroy your financial security even more fully than being scammed by a stranger.

Some reasons contributing to problem gambling among older adults include:

- Unresolved grief from the loss of a loved one
- Loneliness and boredom after retirement
- Declining mental awareness
- Social isolation
- Confusion from medications taken

Following these tips can help to keep gambling a recreational activity and avoid gambling becoming an addiction.

- Avoid gambling when upset or depressed
- Set time and dollar limits and stop when they are reached
- Never gamble with money needed for household bills
- Do not gamble on credit - leave credit cards at home
- Avoid gambling alone
- Do not drink alcohol while gambling

If you think that you or someone you care about has a problem, please call the Problem Gambling Helpline which is toll-free, confidential, and available 24 hours a day.

The person at the other end of the line can direct you to the help you need.

**HELPLINE 1-800-346-6238**