



Sample guidelines for responsible gambling include:

- Know the risks involved
- Plan ahead and set a dollar limit
- Set a time limit
- Expect to lose
- Do not gamble on credit
- Create balance in your life
- Avoid chasing lost money
- Do not gamble as a way to cope



PTP# 517 • 8-23-13



“It’s Only a Nickel”

Older Adult Problem Gambling

Wisconsin Council On Problem Gambling, Inc.

Many calls to the Wisconsin Council on Problem Gambling’s 24-hour Helpline come from family members (adult sons and daughters) who have discovered their parent’s addiction and question how they might help their loved one.

If gambling is becoming a problem for you or someone you care about, help is available 24-hours a day.

**Call the Wisconsin Council on Problem Gambling 24–Hour Helpline
1-800-GAMBLE-5
(1-800-426-2535)**

1585 Allouez Ave. • Green Bay, WI 54311
www.wi-problemgamblers.org
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The Council’s public awareness campaign is funded by the State of Wisconsin, Department of Health Services, Division of Mental Health & Substance Abuse Services, Bureau of Prevention Treatment and Recovery.



The Wisconsin Council on Problem Gambling, Inc. provides resources, public awareness and education on problem and pathological gambling disorders while maintaining strict neutrality on the issue of legalized gambling.

Many adults begin gambling more frequently later in life. Oftentimes, older adults are unaware of the problems excessive gambling may cause and that there is always the potential for addiction.

It is important to recognize the difference between social and problem gambling. Not all gambling is problem gambling. It may be merely an occasional social activity. However, social gambling may lead to problem gambling.

Gambling becomes a problem when it has a negative effect on one's life and the lives of people close to them. Gambling may also be used as a coping mechanism or as a way to supplement a limited income.

Older adults are often widowed and frequently suffer losses of lifelong friends; may be geographically separated from loved ones; or may be simply bored or unhappy with retirement. These changes and stressors may exacerbate the gambler's addiction.

Family and friends often view unusual gambling activities as a "temporary phase" and they often refuse to admit that a problem exists. Some family members are reluctant to confront an elder out of respect or fear. Problem gambling affects all ages, male and female. It is a hidden illness and can be difficult to address, especially with older adults.

It is important to analyze the reasons for gambling and be aware of the signs of problem gambling.

Why do older adults gamble?

- To escape from loneliness/depression
- To be active with friends
- To increase fixed incomes
- To provide entertainment and fun
- To forget the past

1-800-GAMBLE-5

Signs of Problem Gambling:

- Talking only about wins, not losses
- Lying to family and friends about the extent of gambling
- Hiding gambling losses
- Chasing losses
- Unsuccessfully attempting to cut back or stop gambling
- Borrowing from family or friends
- Gambling alone
- Gambling as a means to cope
- Gambling in spite of consequences
- Selling household or personal items for money to gamble
- Withdrawing from family and friends
- Being unable to meet living expenses that were previously met
- Depleting financial reserves
- Suffering increased health problems
- Feeling bored when not gambling and claiming there's nothing else to do
- Considering gambling to be the only form of recreation and socialization
- Cashing in insurance policies
- Gambling on credit
- Giving up effort to form new friendships and interests after a geographic move

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*If any of these statements sound like someone you know, that person may have a problem with gambling. Help is confidential and it works.
CALL TODAY!*