

Do you know the facts about Older Adults and Gambling?

MYTH: “Older Adults don’t gamble.”

FACT: Older adults (55+) spend more money on gambling than any other age group (eg. lotteries, bingo, casino games, etc.).

MYTH: “Older Adults don’t have problems with gambling.”

FACT: Circumstances like retirement, death of a spouse, and changes in health can influence people to find refuge in an activity such as gambling.

Do you or someone you know do any of the following?

- Constantly think or talk about gambling
- Gamble until the last dollar is gone
- Spend more money than intended
- Borrow money to gamble
- Lie about wins, losses, or time spent gambling
- Feel defensive, guilty, or argue when asked about gambling
- Gamble to escape other problems
- Skip other activities or time with friends to gamble

These can be signs of a problem with gambling.

If you or someone you love needs support, or for more information, please contact the BC Problem Gambling Help Line at **1.888.795.6111** (24hrs) or check out **bcresponsiblegambling.ca**. Services are confidential and free of charge.

BC Responsible and Problem Gambling Program

Education and Awareness

The BC Responsible and Problem Gambling Program has educational resources available to you including:

- Workshops for older adults or people who work with older adults
- Fun, interactive booths
- Short plays that can be offered to a wide variety of audiences

You will learn:

- Tips to keep gambling as a form of recreation, if choosing to gamble
- Signs of a problem with gambling
- The impact of problem gambling on older adults
- How to overcome the barriers to seeking counselling
- Where to get help if a problem exists

For more information, or to book a free workshop or booth, check out bcresponsiblegambling.ca or call **1.888.795.6111** (24hrs).

When a problem begins, no one wins.



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