



# Find help and hope

for alcoholism, drug abuse or problem gambling

Call or Text

## 1-877-8-HOPENY

Text: HOPENY (467369) 1-877-846-7369

Available 24 hours / 7 days



Office of Addiction  
Services and Supports

[www.oasas.ny.gov](http://www.oasas.ny.gov)

*All calls are  
anonymous and  
confidential.*

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Office of Addiction  
Services and Supports

### New York State Office of Addiction Services and Supports (NYS OASAS)

501 7th Avenue | New York, New York 10018-5903 | [oasas.ny.gov](http://oasas.ny.gov) | 646-728-4720

1450 Western Avenue | Albany, New York 12203-3526 | [oasas.ny.gov](http://oasas.ny.gov) | 518-457-4384



Office of Addiction  
Services and Supports

# Problem Gambling and Seniors



## PROBLEM GAMBLING AND SENIORS

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Many seniors come from a generation where it was uncommon to admit addictive behaviors and seek treatment for them. With age can come more isolation, more free time and changes in body chemistry, all of which can turn a weekend habit into a problem.

### Reasons Seniors Gamble

- As a leisure activity and for social interaction
- Many seniors have more disposable income
- To increase fixed incomes
- Perception that they deserve to have some fun now
- Escape from loneliness or boredom
- To forget the past
- Physical limitations may not permit past hobbies
- Lured in by advertising (television, radio, coupons, handouts, etc.)



## FACTORS THAT PLACE SENIORS AT INCREASED RISK

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- Relocation (selling house, moving to senior housing, etc.)
- Depression
- Stress
- Loneliness
- Fear of death
- Loss of friends/loved ones
- Strong marketing including “freebies” and prizes



## WARNING SIGNS

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- Experiencing mood swings based on winnings and losses
- Neglecting other responsibilities in order to concentrate on gambling activities
- Becoming impatient with loved ones if they interrupt gambling activities
- Eating less or going without food to gamble
- Gambling with money designated for necessary expenses such as household supplies, groceries, medication, electricity and telephone
- Thoughts about cashing in an insurance policy for gambling money
- Spending retirement funds to gamble
- Fantasizing about big winnings and believing you will win back all your losses
- Sudden requests to borrow money
- Changing daily activities/behaviors (e.g., new drinking patterns, changed medication use)

It is important to note that an individual with gambling problems may not necessarily exhibit all of these behaviors.

**Find help for problem gambling,  
of substance use at**

**1-877-8-HOPENY or Text (467369).**

**All calls and texts are confidential**

### HOPEline services include:

- Masters level clinicians who are professional, well-trained and knowledgeable
- Crisis intervention (or management) for callers in need
- Referrals to more than 1,500 local prevention and treatment providers
- 48 hours call back to those who wish to be contacted

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## Contact Us

### NYS OASAS

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