Offering help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling.

All calls are anonymous and confidential.

Call

1-877-846-7369

Or Text

HOPENY (467369)
PROBLEM GAMBLING AND SENIORS

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 social interactions
• 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

• 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

• Experience mood swings based on winnings and losses
• Neglect other responsibilities in order to concentrate on gambling activities
• Impatient with loved ones if they interrupt gambling activities
• Eats less or goes without food so you can gamble
• Gambles 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
• Spends retirement funds to gamble
• Fantasizes about big winnings and believe you will win back all your losses
• Sudden requests to borrow money
• Change in 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, alcoholism or drug abuse 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 and motivational interviewing 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

Contact Us

NYS OASAS
1450 Western Avenue | Albany, New York 12203–3526

518-457-4384

501 7th Avenue | New York, New York 10018-5903

646-728-4720

www.oasas.ny.gov
www.oasas.ny.gov/gambling/index.cfm