

Understanding gambling in later life



What is gambling?

- A person is gambling when they risk something of value, usually money, on an uncertain outcome. Whether you win or lose is uncertain because it's decided mostly by chance.^{1,2}
- It becomes a problem when it hurts you financially, gets in the way of your life or creates problems with friends and family.³
- If you are worried you might have a problem, ask yourself if you have ever:
 - tried to control your gambling?
 - lied about how much you gamble?
 - been distracted thinking about gambling?⁴

What does problem gambling look like?³

- Spending more on gambling than you meant to
- Feeling sad, bad or guilty about gambling
- Not having enough money for food, rent or bills
- Withdrawing from friends and family

How can I play safely?⁵

- Set a budget and stick to it
- Set a time limit
- Enjoy your winning but know it happens by chance
- Balance gambling with other activities

Where can I get help?



Resources and support for problem gambling and other mental health problems are available in your community.

For more information, connect with any of the following organizations:

ConnexOntario

Contact for 24/7, confidential and free information about mental health, addiction and problem gambling services throughout Ontario.
www.connexontario.ca
1-866-531-2600

Centre for Addiction and Mental Health
www.camh.ca **1-800-463-2338**

Gambling, Gaming and Technology Use
Centre for Addiction and Mental Health
www.problemgambling.ca

Ontario Association of Credit Counselling Services
<https://financialfitness.ca/>
1-888-746-3328

Community Information Centres
www.211Ontario.ca **Dial 211**

References

1. Centre for Addiction and Mental Health. (2018a). Gambling information. Available: <https://www.problemgambling.ca/gambling-help/gamblinginformation/default.aspx>. Accessed February 7, 2020.
2. Tirachaimongkol, L.C., Jackson, A.C. & Tomnay, J.E. (2010). Pathways to problem gambling in seniors. *Journal of Gerontological Social Work*, 53 (6), 531-546.
3. Centre for Addiction and Mental Health. (2019b). Gambling in older adults. Available: <https://www.camh.ca/en/health-info/guides-and-publications/gambling-in-older-adults>. Accessed February 7, 2020.
4. Toce-Gerstein, M., Gerstein, D.R. & Volberg, R.A. (2009). The NODS-CLiP: A rapid screen for adult pathological and problem gambling. *Journal of Gambling Studies*, 25 (4), 541.
5. Centre for Addiction and Mental Health. (2008). *Problem gambling: A guide for families*. Available: <https://learn.problemgambling.ca/PDF%20library/handbook-guide-for-familiesaccessible-2017.pdf>. Accessed February 7, 2020.

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