

FOR HELP

free of charge

If you are concerned about your own gambling, or someone you care about, you can get help or answers.

1-800-GAMBLER

California Office of Problem Gambling
www.problemgambling.ca.gov

California Council on
Problem Gambling
www.calproblemgambling.org
info@calproblemgambling.org

California Lottery
Problem Gambling Helpline
1-888-277-3115
www.calottery.com/playresponsibly

Gam-Anon, International Service Office
(A 12-step self-help group for family
members of problem gamblers)
www.gamanon.org/gamanon/index.htm
info3@gam-anon.org

Gamblers Anonymous
(12-Step Self-Help Groups)
www.gamblersanonymous.org
isomain@gamblersanonymous.org

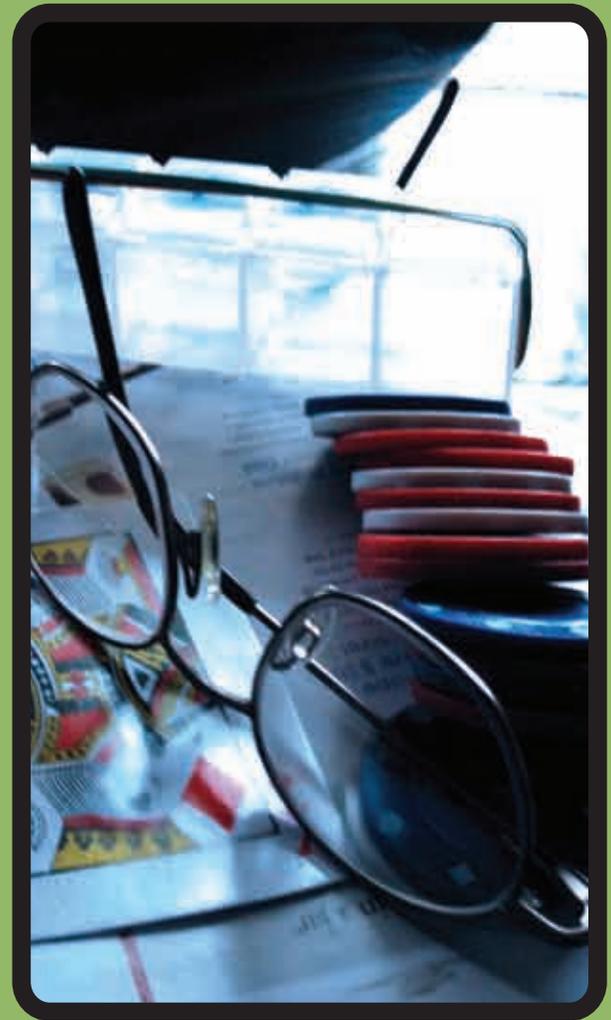
NICOS Chinese Health Coalition
Problem Gambling Helpline –
San Francisco area only
(Mandarin and Cantonese languages)
1-888-968-7888
www.nicoschc.com/index.html
nicos@nicoschc.com



OFFICE OF
PROBLEM GAMBLING
California Department of
Alcohol & Drug Programs

1700 K Street Sacramento, CA 95814-4037

With permission, adapted from "Gambling away your retirement?" by the Florida Council on Compulsive Gambling, Inc. and "It's Only a Game" from the Responsible Gambling Council (Ontario, Canada).



ARE YOU GAMBLING AWAY YOUR RETIREMENT?

California Office of Problem Gambling



* Most people gamble without difficulty. Yet, many older adults develop serious gambling problems.

KEEP IT recreational

Older Adults typically gamble:

- Because of boredom or loneliness
- For excitement
- To avoid thinking about problems
- Because of unrealistic hopes of large winnings

Warning signs of Problem Gambling:

- Gambling to forget worries or to reduce depression or loneliness
- Needing to gamble larger and larger amounts of money to maintain the thrill
- Withdrawing from family, friends, or regular activities
- Blocks of time that are unaccounted for
- Mood swings based upon winning and losing
- Neglecting personal needs or health
- Feeling anxious after gambling
- Lying when questioned about gambling habits
- Using retirement funds or cashing in an insurance policy to finance gambling

Playing the Game

Each year, more older adults are gambling. They play casino games, go to the track, or play some other game of chance like poker.

While most gambling does not cause problems, some people do become “hooked” on gambling, just as some people become dependent on alcohol.

The consequences can be severe. Older adults who develop a gambling problem are in danger of losing their life savings. Unlike a younger person, someone who is older has limited opportunities to replace this money.

Low-risk gambling is a way of playing without creating the problems you would experience if you lose control. The key to low-risk gambling is to realize “it’s only a game.”

Low-risk gamblers understand that, while they may get lucky from time to time, over the long-run they are highly likely to lose money. They know that games of chance work that way.

Low-risk gamblers look at gambling as a form of entertainment, not as a way to make money. For them, a gambling loss is only the cost of a day’s entertainment, just like the cost of a movie ticket or a restaurant bill.

Low-Risk Gamblers Follow These Tips:

- Decide on a loss limit ahead of time and stick to it
- Never borrow money to gamble
- Set a limit on the the amount of time they will gamble
- Take frequent breaks
- Balance gambling with other activities
- Only gamble with money set-aside for entertainment, never with money needed for everyday expenses
- Do not gamble when stressed, depressed, or troubled

For Help Call:

1-800 -GAMBLER

24 hours a day / 7 days a week