

Common types of gambling.

- ✓ Bingo
- ✓ Casinos
- ✓ Commodities Market
- ✓ Dog/Horse Racing
- ✓ Internet Gambling
- ✓ Keno
- ✓ Lottery
- ✓ Sports Betting
- ✓ Stock Market
- ✓ Sweepstakes

“My father is a gambling addict. We didn’t know for years – never an odor on his breath, never a DUI, no hangovers, no empty Vodka bottles...”

“Uncle Joe died in a head-on crash just three miles from a casino. A month after his funeral, his son found a small, tattered notebook documenting his gambling wins and losses. During the two months before his death, Joe gambled five or six days a week and suffered incredible financial losses. We are beginning to wonder if his wreck was really an accident.”

“My mother wears Depends on her day’s outing to the casino. She says she doesn’t want to bother with restroom breaks because she is afraid someone might take her ‘lucky machine.’”

Guidelines for Responsible Gambling.

- Never borrow money to gamble.
- Always gamble with others.
- Never bet more than you can afford to lose.
- Do not gamble as a way to cope with emotional or physical pain.
- Learn about the potential for addiction, and understand the warning signs of problem gambling.
- Include a variety of recreational activities in your life.
- Set limits on how much time and money you spend on gambling.
- Do not skip meals or medications while gambling.
- Know the odds. Expect to lose. And think of your losses as the cost of your entertainment.
- Never gamble with money set aside for living expenses such as rent, food, medications and utilities.

Getting Help is your **Best Bet.**

If you suspect that you or someone you know is a problem gambler, call our toll-free number and talk to a trained counselor at no charge.

(800) 522-4700

Problem Gamblers Helpline
TTY Users: Kansas Relay Center
(800) 766-3777 or 711

Do you sponsor trips for older adults to gambling sites?

- Be responsible
- Learn the risks and warning signs of problem gambling
- Educate your group about these warning signs

Gambling problem?

Getting Help is your **Best Bet.**

800.522.4700 ksgamblinghelp.com

older adults



Are you gambling away your health and happiness?

Do you, a friend or loved one have a problem with gambling? Your best bet is to learn more about gambling addiction today.

Pastime or problem?

For many older adults, gambling is a source of entertainment, a chance to socialize with others in a fun, safe and exciting atmosphere and, perhaps, to win some money. It's no wonder that older adults in Kansas have been gambling in record numbers.

However, Harvard Medical School's Division on Addiction estimates that about 4 percent of the adult population of Kansas, which is approximately 73,000 people – could have gambling problems.

NO-COST TREATMENT is available to problem gamblers and concerned others. Call 800-522-4700 to find treatment.

Watch for signs of problem gambling.

Gambling problems can be easy to hide. But if you see the signs of trouble in yourself or someone you know, you might save a terrible loss down the road.

- ✓ Withdrawal from family and friends
- ✓ Missing personal or household items
- ✓ Hiding gambling losses from family members
- ✓ Secrecy or deception when asked about gambling or finances
- ✓ Late notices or telephone calls from creditors
- ✓ Talks only about wins, not losses
- ✓ Liquidation of assets
- ✓ Failed attempts to cut back or stop gambling
- ✓ Intense interest in gambling-related matters

If you see signs of problem gambling, seek help at no cost:

ksgamblinghelp.com
or call
(800) 522-4700

Why do older adults gamble?	What can we say to help?
Boredom, loneliness or isolation due to not having transportation	There may be lots of people around, but gambling is not a group activity. You may feel lonelier because of gambling
To forget about problems	Problem gambling increases anxiety, moodiness, stress and stress-related illnesses
Feeling that casinos are safe places that provide a sense of security	It's not really safe because of the high risk of losing money
Waiting for the "big win" to add needed income	The odds are always against you. Problem gamblers can lose their life savings, leading to bankruptcy, depression and even suicide
For entertainment and excitement	Casino lights and noise may over stimulate your central nervous system
To deal with declining health, loss of a vehicle or home, chronic pain, disabilities and/or abuse	Gambling can give a false sense of control. You may begin to neglect your health and have more problems coping
To feel accepted and gaining a purpose in life	You are a unique and valuable person, but gambling can make you feel like a loser without a purpose or future
Marketing targets older adults by using "senior friendly" themes such as slot club promotions, buffet discounts, drawings and escorts	Free casino bus transportation, buffet discounts and free hotel rooms often end up costing more than planned
To reduce physical and emotional pain through the thrill of gambling	The elation is only temporary and may cause you to neglect your bodily needs like meals or restroom breaks. Urinary tract infections, missed medications, poor nutrition and deteriorating health are common in problem gamblers