

Gambling Shouldn't Cost More Than You Expect:

Understanding Gambling Risks After Age 55

WHY IT MATTERS

- Many adults enjoy **bingo, lottery tickets, casino games, slot machines, and games on their phones**. What many people don't realize is that these are all forms of gambling.
- While gambling can be a fun and social activity, it can also become risky when it starts affecting your **finances, relationships, health, or well-being**.

WHY OLDER ADULTS MAY BE MORE VULNERABLE

Life after 55 often brings important changes:

- Retirement or reduced income
- Living on a fixed income
- Loss of a spouse, family member, or friend
- Loneliness or isolation
- Health concerns
- Increased free time

These life changes can make gambling seem like a way to stay busy, socialize, cope with stress, or ease financial concerns.

WARNING SIGNS

Take a closer look if you:

- Spend more money than planned
- Gamble to cope with loneliness, boredom, grief, or stress
- Try to win back losses
- Use money needed for food, housing, medications, or healthcare
- Depend on gambling winnings to help pay bills
- Hide gambling activity from family or friends

KNOW THE FACTS

Gambling cannot:

- ✗ Replace retirement income
- ✗ Solve financial problems
- ✗ Guarantee a win
- ✗ Eliminate loneliness or stress
- ✗ Recover money that has already been lost

Gambling should be:

- ✓ Fun
- ✓ Affordable
- ✓ Occasional
- ✓ Entertainment, not income

ASK YOURSELF

"Am I gambling for fun, or am I gambling to cope with loneliness, boredom, stress, grief, or financial worries?"

If gambling is becoming a way to cope rather than a form of entertainment, help is available.

NEED SUPPORT OR GUIDANCE? WE ARE HERE TO HELP

Virginia Problem Gambling Helpline

Call, text, or chat: 1-888-532-3500

24/7 • Free • Confidential

www.VCPG.net

The helpline isn't just for someone with a problem - it's also for caregivers looking for guidance and support.

Virginia Council on Problem Gambling