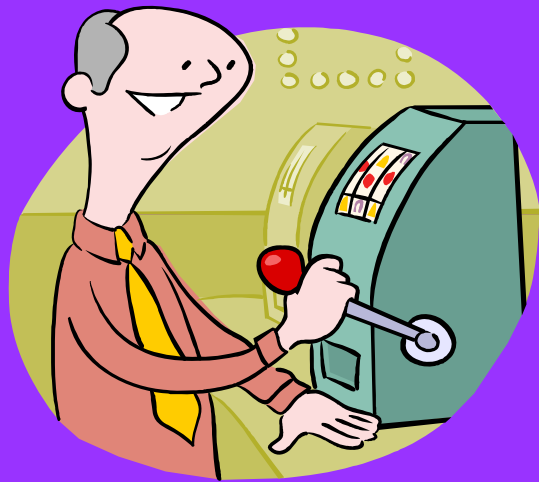


# ***Gambling Away the Golden Years***



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# What is Problem Gambling?

- Continuation of gambling behavior in spite of serious, negative consequences



# National Prevalence Rates

- **National Council on Problem Gambling, Washington, DC**
- **2% to 3% of US Population in any given year**
- **6 million to 9 million Americans**



# DSM-IV Symptoms of a Gambling Problem



# Loss of Control

- **Makes unsuccessful efforts to stop, control or cut back on gambling.**



# Chasing

- After losing money gambling, returns as soon as possible and gambles more to try to win back lost bets

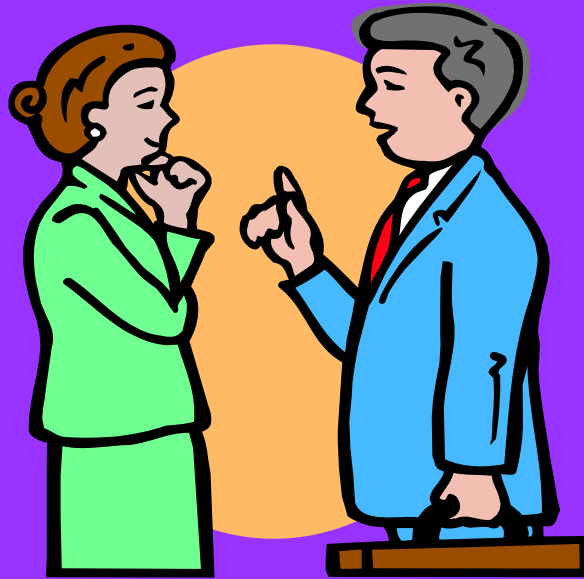


# Preoccupation

Often thinking about gambling and/or  
obtaining money to gamble



# Lying



- To family members, friends, co-workers, employer, clergy or other important people about gambling

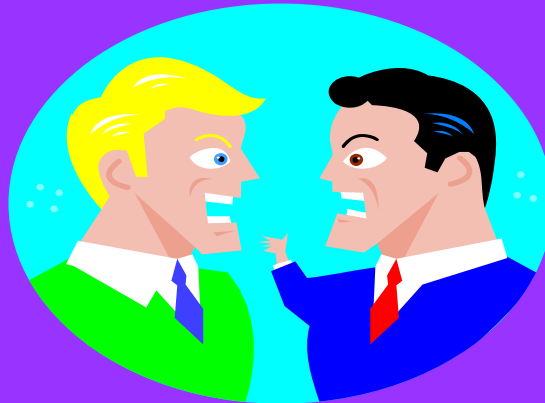
# Escape

- **Uses gambling as a way to escape stress, depression, grief, boredom, loneliness, boredom and other negative feelings**



# Jeopardized Relationships and Loss of Activities

- Has given up other social or recreational activities
- Jeopardized family, friendships, career or school in order to keep gambling



# Tolerance



- **Increased size/frequency of bets to achieve desired excitement**

# Bailouts

- Turns to others for money to relieve financial crisis caused by gambling or to get money to gamble



# Withdrawal

- **Is restless or irritable when attempting to cut back or stop gambling**





## Illegal Acts

- **Commits forgery, fraud, theft or embezzlement to get money to gamble or to resolve financial crisis caused by gambling**

# Is it Problem, Pathological or Compulsive???

**5 or more symptoms = Pathological Gambler**



**1 to 4 symptoms = Problem Gambler**

# Two Types of Gamblers



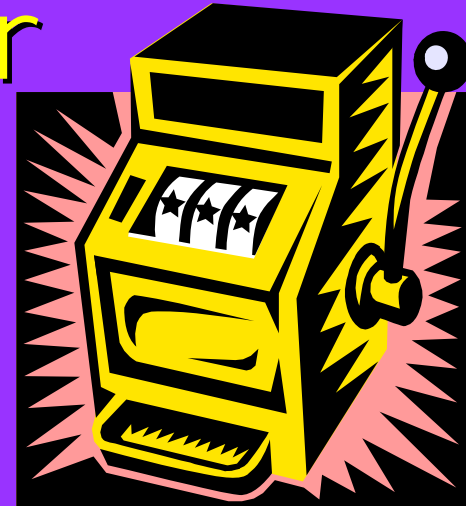
# Action Gambler

- More often males
- Intelligent, good with numbers
- May suffer from inflated ego (narcissistic)
- Often successful at work
- Usually does not drink while gambling
- Likes games of skill such as cards, sports, horse/dog races



**From first bet to rock bottom**  
**can take 10 to 20 years**

# Escape Gambler



- Often females
- Often passive, co-dependent
- Often un/underemployed or retired
- Often depressed or has other mental health problems
- Often drinks alcohol while gambling
- Likes games of chance, unskilled such as BINGO, tips, slot machines, lottery tickets

**From 1st bet to rock bottom**  
**can take 6 months to 2 years**

# Risk Factors



**That may contribute to the likelihood that someone develops a gambling problem**

# An Early Big Win

*Greater than or equal to  
one month's income*



# Childhood Abuse, Neglect or Abandonment



# Pre-existing mental health problems

Depression, anxiety, bipolar, alcoholism, drug addiction and others...



# Family history of addictions

alcohol, drugs, gambling and others...



# Stressful life event

Death of a loved one, divorce, job loss, injury,  
illness and others...



# Parkinson's Disease!



# Harvard Medical School Lie-Bet Screen

"yes" to either 95% to 99% accurate

- **Have you ever lied to anyone important to you about your gambling?**
- **Do you feel the need to bet more and more money?**



# Why are seniors considered at high risk?

- More free time
- More disposable income
- Industry marketing



# Why are seniors considered at high risk?

- **Gambling with money considered common, acceptable form of recreation**
- **May be bored, lonely, grieving**
- **Social isolation**



# Why are seniors considered at high risk?

- Limited access to other recreation
- Chronic pain or disabling condition
- Parkinson's Disease



# How Can You Help?

1-800-522-4700

National Problem Gambling Help-line

- **Add Screen to Current Intake**
- **Payroll Memo**
- **Worksite Posters**
- **Community Awareness Seminar**
- **Newsletter**
- **Lunch 'n' Learn**
- **Payroll Insert**

# Fourth Annual Problem Gambling Awareness Week



March 6-12, 2006  
[www.NPGAW.org](http://www.NPGAW.org)

