

# PROBLEM GAMBLING: CLOSE CONNECTIONS

PROBLEM GAMBLING  
**NEW YORK STATE**  
RESOURCE CENTERS  
*— Here to Help —*

## *Aging Population & Seniors*

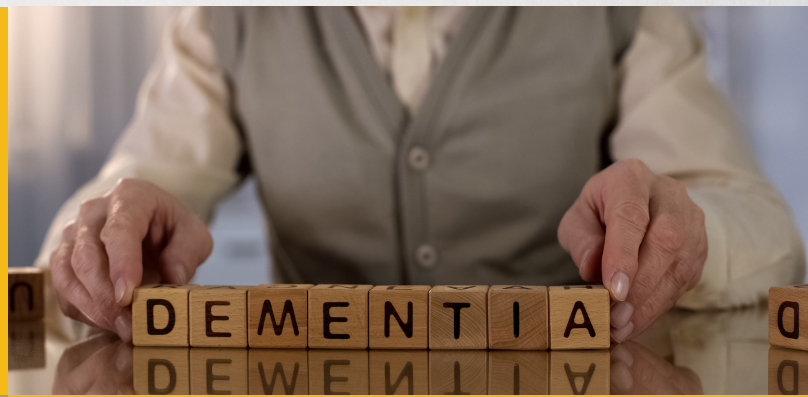
The Aging Population and Seniors are one of the fastest growing groups of gamblers. Studies show that seniors are at risk for developing gambling problems.

### SOURCES:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6886010/>

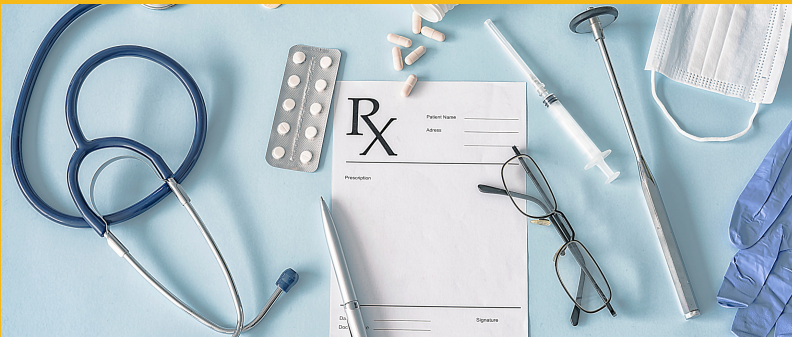
<http://www.aarp.org/health/brain-health/info-01-2014/gambling-addiction.html>

Older Americans are the fastest-growing group of people with a gambling addiction. Many can lose their **RETIREMENT NEST EGG**.



Individuals with **DEMENTIA** are at a higher risk for problem gambling as they may be unable to recognize limitations or use appropriate judgement.

Problem gambling is linked to **HEALTH COMPLICATIONS** including heart disease, intestinal problems, migraines, depression, and other stress-related disorders.



**BUS TOURS TO ACCESS GAMBLING VENUES** is associated with an increased risk of PG among older adults.

*If you are interested in more information about this topic, you can reach out to your Regional Problem Gambling Resource Center (PGRC).*

Regional PGRC information can be found at **[NYProblemGamblingHELP.org](http://NYProblemGamblingHELP.org)**

# PROBLEM GAMBLING WARNING SIGNS:

## *Aging Population & Seniors*

- Constant thoughts of gambling
- Borrowing money
- Selling personal items
- Irritability, restlessness, withdrawal
- Delay payment of bills
- Loss of pension benefits
- Loss of social security benefits
- Neglecting household duties
- Decline in personal hygiene
- Decline in health
- Alienation from family and friends
- Inability to cut back / stop gambling
- Extreme guilt or shame
- Disappear for long periods of time
- Suicidal thoughts



**Scan the QR code or visit  
[NYProblemGamblingHELP.org/e-screener](https://NYProblemGamblingHELP.org/e-screener)  
for personalized feedback & info.**

*If you or someone you know are experiencing any of these warning signs, reach out to your local Problem Gambling Resource Center (PGRC) for confidential help and support.*

**Local PGRC contact info can be found at  
[NYProblemGamblingHELP.org](https://NYProblemGamblingHELP.org).**