

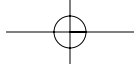
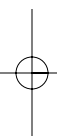
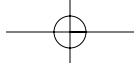
Betting on Older Adults:

A Problem Gambling Awareness Kit



B I N G O®

Game Answers





BINGO[®]

answer sheet

B 4

True or False

Older adults who develop problems with gambling experience difficulties quicker and with more devastating effects.

True

Adults new to retirement often have access to large lump sum pensions, R.R.S.P.s, Reverse Mortgages, etc. This often creates opportunities to completely wipeout savings in a short period of time. Trying to recoup their losses, while living on a small fixed income may leave them feeling frustrated, ashamed, depressed and financially devastated.

Source: Ontario Resource Group for Problem Gambling and Older Adults.

B 55

True or False

Feeling lucky and bringing “lucky” objects to bingo will increase your chance of winning.

False

Gamblers often use irrational beliefs to support continued gambling.

Ability to Influence the Outcome:

Gamblers begin to believe that wins were produced solely by their own efforts, rather than by randomness (i.e. “I know if I press the slot machine with my ring finger, I will win”).

Superstitions and Rituals:

Gamblers begin to believe that certain objects, ways of sitting or even articles of clothing may be helping or hindering their gambling wins (i.e. A women brings a “lucky” troll into the bingo hall to bring her luck).

Illusion of Control:

The belief that if a slot machine hasn't paid out for a while it will pay out soon, or that if it has paid out recently it is not “due” to pay out in the near future (i.e. “I watch for a slot machine that hasn't paid out for along time and I rush to it because I know the machine is due to pay out”).

Source: adapted from AF

B 20

When is it the right time to ask for assistance for problem gambling?

1. When everything is all gone
2. When experiencing feelings of guilt or shame over gambling
3. When others complain about gambling
4. When you begin to wonder if you might have a problem
5. All of the above

5. All of the above
Any time is the right time to contact a counsellor.

Counsellors are able to assist older adults to evaluate their gambling behaviour; determine if it is problematic, assist with changing or stopping gambling behaviour and make referrals for further treatment or financial counselling.

Source: Ontario Resource Group for Problem Gambling and Older Adults

B 47

True or False

People with gambling problems are found in all age groups, income groups, cultures and jobs.

True

People with gambling problems are found in all age groups, income groups, cultures and jobs.

Source: CAMH

B 34

Which of the following make gambling safe and fun?

1. Having a variety of leisure activities.
2. Gambling to have fun
3. Expecting to lose
4. All of the above

4. All of the above

choices will allow gambling to remain fun and safe. One of the greatest challenges for older adults is getting involved in activities, interests and relationships that will prove satisfying. It's important to find a personal connection as well as variety and balance in your life.



BINGO[®]

answer sheet

I 75

I 13

I 60

I 33

I 45

Which one(s) of the following are signs that a person may have a gambling problem?

1. Needing to gamble with larger amounts of money
2. Gambling is causing financial problems
3. Chasing losses or wins
4. Feeling guilty about gambling
5. All of the above

5. All of the above

answers are common signals that gambling is causing problems.

True or False

It is legal for anyone under 18 to purchase and receive winnings from any form of gambling.

False

It is illegal in the province of Ontario for anyone under 18 to participate in any form of gambling. **Not** knowing that it's illegal, grandparents give lottery tickets to their grandchild under age 18 on special occasions.

Significant life changes which affect seniors include:

1. Retirement
2. Death of a spouse
3. Increased "free time"
4. Loss of close friends and community
5. All of the above

5. All of the above

Statistics Canada (1990) reports that the average Canadian senior has 7.7 hours of free time each day. Coupled with retirement and other losses, social contact diminishes and a heightened sense of loneliness, isolation, and depression, especially for those on fixed income, may develop.

Barriers that prevent older adults from getting help for gambling include:

1. Health issues
2. Transportation issues
3. Cultural issues
4. All of the above

4. All of the above

Examples of issues which prevent older adults from accessing help include mental health issues i.e. depression; emotional health i.e. grief and loss; physical health i.e. arthritis and physical mobility problems. Also, cultural beliefs and values prevent older adults from reaching outside their family for help and will feel cultural shame for doing so.

Source: Ontario Resource Group for Problem Gambling and Older Adults

Reason why an older adult may gamble:

1. Extra leisure time
2. Loneliness
3. To "top up" their monthly income
4. All of the above

4. All of the above

There are many reasons why older adults gamble. Older adults may gamble to avoid boredom due to having extra leisure time while lacking other social activities or opportunities, in addition to having limited finances or physical restrictions. Gambling may offer temporary relief from the feelings of loneliness and isolation caused by the loss of loved ones or the separation of family/friends. Some older adults may believe that their retirement will be partially subsidized from the proceeds of gambling.

Source: CAMH



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answer sheet

N 67

Which of these will significantly affect a person's likelihood of winning at slot machines:

1. Certain time of day
2. When a machine hasn't paid out for a long time
3. Finding a lucking machine
4. None of above

4. None of above

In gambling, persistence generally doesn't pay off over time. The fact that a machine feels lucky, or hasn't paid off for a long time, or if it is a certain time of day, won't influence the outcome of the next play(s).

Source: CAMH

N 10

How many older adults in Ontario gamble?

1. 73.5%
2. 50%
3. 25.9%
4. Everyone gambles

1. 73.5% of older adults gambled on at least one activity in the past year

Source: "Gambling and problem gambling among older adults in Ontario" Wiebe, Jamie; Single, Eric; Falkowski-Ham, Agata; Mun, Phil; Source: RGC; CCSA

FREE

N 52

True or False

The longer you gamble the more likely you are to recoup your losses.

False

Gambling is the act of risking money, property or something of value on an activity with an uncertain outcome. The longer you gamble...the more likely you are to lose.

N 25

Which of the following are benefits of attending a self-help or support group for older adults?

1. Reducing isolation
2. Improving their problem-solving skills
3. Giving an opportunity to vent feelings and frustrations
4. Increasing knowledge and awareness
5. All of the above

4. All of the above

Seniors attending self-help or support groups reduce suffering and regain autonomy – to recover a sense of control over their lives in the wake of illness or loss, to cope with stressful events and experiences.

Source: Expression "Newsletter of the National Advisory Council on Aging."



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answer sheet

G 16

True or False

Only people who gamble and lose all their money are problem gamblers.

False

Losing money is only one part of problem gambling. One can also lose personal relationships, time and self-respect.

Source: Ontario Resource Group for Problem Gambling and Older Adults

G 39

Seniors who develop gambling addictions often are using it as a way to:

1. Escape loneliness
2. Depression
3. Boredom
4. Loss
5. All of the above

5. All of the above

According to a recent study by University of Windsor; research (Langewisch) found that 92% of seniors in their study who scored in the pathological gambling range reported childhood trauma. They also reported that seniors start gambling and go on to develop addiction because of stress, a change in their social situations and health problems.

G 43

Which of the following may lead to problem gambling?

1. Loss of a significant other
2. Retirement
3. Loss of health
4. All of the above

4. All of the above

Age brings with it many positive changes that create a sense of excitement, purpose and freedom within us. But sometimes these same changes can be disruptive and challenging. We may suffer losses due to retirement, moving from the family home, death of a partner and/or close friends. All of these changes can lead to sadness, loneliness, frustration, isolation, inadequacy, and loss of self-confidence or depression. We may experience several life changing events at one time which can be very overwhelming. In our struggle to cope, we may use gambling as a way to escape.

G 57

True or False

Gambling problems can be overcome.

True

Although one may feel overwhelmed by gambling and other problems, change is possible. There are FREE and confidential services available. **The Ontario Problem Gambling Helpline (OPGH)** offers a free, confidential and anonymous service, 24 hours a day, seven days a week, at: **1-888-230-3505** or online at **www.opgh.on.ca**

Referrals provided for:

- Treatment and counselling services for problem gambling
- Credit and debt counselling services
- Telephone counselling services if they are available in your community
- Self-help organizations such as Gamblers Anonymous and Gam-Anon

G 1

True or False

There are many levels of gambling problems.

True

Gambling problems can range from mild to severe:

- Most people who gamble do so casually without experiencing any harm.
- Serious social gamblers play regularly, but gambling doesn't come before family and work.
- People who gamble excessively often have trouble in their work, or with family and friends. Their gambling often causes money problems.

For some people, gambling seriously harms every part of their lives.

Source: CAMH



BINGO[®]

answer sheet

0 7

0 64

0 21

0 50

0 37

The term “sea of grey” refers to:

1. A paint colour
2. Snowbirds travelling south for the winter
3. Amount of older adults that are gambling in the casino or bingo halls

3. Amount of older adults that are gambling in the casino or bingo halls.

Older adults have 7.7 hours free time daily and are targeted by casinos with “Seniors’ Days”. One of the leisure activities often chosen by seniors is gambling. Many seniors engage in gambling as a social activity and as a means of enhancing satisfaction.

Source: Alberta Gaming Research Institute.

Which of the following are forms of gambling?

1. Lotteries and Scratch Tickets
2. Betting on Sport Events
3. Stock Market Investing
4. Casino Table Games
5. All of the above

5. All of the above

Other examples are Bingo, Slots, Pull-Tab Tickets, Raffle Tickets, 50-50 draws, Horse Racing, Betting Pools, Internet gambling sites.

Some signs you may see if your grandchild is gambling:

1. 1-900 calls on your phone bill
2. You are missing money or possessions
3. Borrowing money from you to pay gambling debts
4. All of the above

4. All of the above

True or False

Older adults are often affected by the gambling behaviour of other family members.

True

When family members become too involved in gambling they may look to their parent or grandparent for help. Sometimes it’s for help to solve emotional or financial problems and sometimes it’s for help with practical problems like babysitting or paying for groceries.

True or False

Gambling has always been an accepted social activity in Canada.

True

As a society, our view of gambling has changed during the last century. There was a time when society viewed gambling as a manifestation of the devil. Morally deemed a sin, it was also an illegal activity, serious enough to warrant time in prison. In the 1950’s, we entered what some might call the “Las Vegas” era. Unlike today, when the nearest gaming site might be as close as your local convenience store, legal forms of gambling were confined to what the travel industry designated as “destination resort centres.” However, we now see a dramatic shift in the manner that society views gambling. It is now promoted as just another form of adult entertainment and is readily accessible to most citizens.

Source: CAMH

