



# Betting on Older Adults:

## A Problem Gambling Awareness Kit

*Facilitator's Guide*



Centretown Community  
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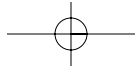
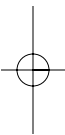
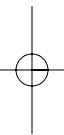
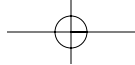
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RESPONSIBLE GAMBLING COUNCIL





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### FACILITATOR'S GUIDE

#### OVERVIEW:

This facilitator's guide provides exercises to be used with an audience of older adults after presentation of the video "Betting on Older Adults."

#### PREPARATION:

Participants may have different attitudes towards gambling. Some may feel it is morally wrong, whereas others may find it an acceptable recreational activity. It is important for the discussion leader to acknowledge all attitudes and opinions. The important thing is to encourage questions and discussion.

To complete all the exercises below, facilitators will need to ensure that all participants have a pen or pencil, a blank sheet of paper, and photocopies of any exercises from this section that are designed to be distributed. The facilitator will need a blackboard, flipchart, or overhead.

#### QUESTIONS:

1. What was your reaction to the video?
2. How do you feel about gambling?
3. What kind of gambling do you see in your community?
4. What kind of attitudes towards gambling do you see in your community?
5. Why do you think people gamble?
6. What do you think are the reasons some people gamble too much?
7. Are there other activities that people do for recreation that have risks?
8. The video mentioned some issues specific to adults over fifty-five that might make gambling attractive to them. Can you think of others?
9. Do you ever gamble?
10. How do you feel about following the guidelines in the video?

#### EXERCISES:

These exercises are designed to deepen participants' understanding of certain issues raised by the video.

#### SUGGESTIONS FOR THE FACILITATOR:

Distribute these questions or ask the questions verbally. Give the participants five minutes to answer the questions. Then review them and ask the participants for their answers and the reasons behind them. Give the correct answers. Encourage reactions.

The quiz is a mixture of questions based on information in the video and questions with answers that may surprise the participants.

## A | QUIZ QUESTIONS:

1. Which of the following is more likely than winning a Super 7 jackpot?

- Being killed in an airplane accident.
- Being hit by lightning.
- An asteroid hitting the Earth and killing everyone sometime in the next hundred years.
- All of the above.

2. Which group of numbers has the best chance of winning a 6/49 jackpot?

- 15 16 17 18 19 20
- 10 15 20 25 30 35
- 27 34 17 8 46 41
- Each group of numbers has the same chance of winning.

3. Which of the following statements are true and which are false? Circle T (for True) or F (for False).

- Buying a lottery ticket is a form of gambling. .... **T** or **F**
- Gambling is a good way to make money. .... **T** or **F**
- Borrowing money to gamble is a good way to win big. .... **T** or **F**
- All casino games take in more money than they pay out. .... **T** or **F**
- If you play certain number combinations, you are more likely to win a lottery jackpot. .... **T** or **F**

4. Which of the following is not a guideline for low-risk gambling?

- Gamble with money that you can afford to lose.
- Set a money limit; when you reach your limit, quit gambling.
- Always gamble with money borrowed on a credit card, not with cash.
- Balance gambling with other activities/interests.

5. Which of the following is not a sign of problem gambling?

- Lying to family about gambling.
- Spending more money than you can afford to lose.
- Setting a time limit and taking frequent breaks.
- Betting more to get back money that has been lost.

6. Problem gambling can be a more serious concern for older adults because:

- Many are on a fixed income and have little opportunity to recoup any financial losses.
- As we age we experience many stressful changes and losses.
- Older adults sometimes gamble to relieve the boredom that can come with having much more free time.
- All of the above.

## ANSWERS TO QUIZ

1. d. All are more likely. The chance of winning a Super 7 jackpot is an astounding 1 in 21 million.
2. d. They all have the same chance of winning. Some numbers seem more unlikely than others because they follow a pattern but any group of 6 numbers has the exact same chance of winning.
3. a. **T**      b. **F**      c. **F**      d. **T**      e. **F**
4. c. Low-risk gambling never includes borrowing money to gamble – only use money you can afford to lose.
5. d. Setting a limit on the amount of time you spend gambling and taking breaks throughout is NOT a sign of problem gambling – it is a guideline for low-risk gambling.
6. d. All of the above reasons can attribute to why problem gambling can be a more serious concern for older adults.

## B | WHAT ARE THE ODDS?

Start this exercise by explaining the term 'odds'. 'Odds' simply means the chances that something will happen.

Next, ask the participants what they think the odds are of the following events occurring. Record a few of their answers on the blackboard or flip chart. Then write down the correct answers, which are given with each item. You may want to explain some of the information that is included with each answer. Ask for reactions.

### 1. The odds of matching all 6 numbers in Lotto 6/49?

*answer:* 1 in 13,983,816

This means they can expect to match all six numbers once if they played over 13 million times.

### 2. The odds of matching 5 numbers?

*answer:* 1 in 2,330,636

### 3. The odds of matching 3 numbers?

*answer:* 1 in 57

This is a good illustration of the payout being greater than the take. The payout for matching three numbers is \$10. But you will have to play 57 times to expect to win once. It will cost you \$114 in order to win \$10.

### 4. The odds of being struck by lightning?

*answer:* 1 in 240,000

This is more likely than matching 5 or 6 numbers in the 6/49 lottery.

## C | EXPANDING ON THE LOW-RISK GAMBLING GUIDELINES

- Ask the participants to recall the guidelines for low-risk gambling. Write them on a blackboard, flip chart or overhead projector.
- Ask the participants if they can think of any other guidelines or suggestions for low-risk gambling.
- Discuss.

### Some examples of additional guidelines would include:

- Take frequent breaks.
- Leave credit cards and bank machine cards at home.
- Plan other activities for the same day or evening as gambling.
- If you do win money, quit.
- Don't gamble when you're stressed, depressed or troubled in some other way.

## D | COMMON MISCONCEPTIONS

Gamblers often hold misconceptions about the games. These distorted ideas can make someone more vulnerable to problem gambling. Below are three of the most common misconceptions.

Write each of these ideas on a blackboard, flipchart or overhead. Ask participants for their opinions on the truth of each idea and for the reasons behind their answers. Then correct any misconceptions with the information that appears after each idea.

### *Lottery betting systems work.*

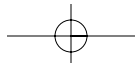
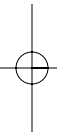
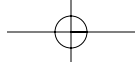
On the Internet there are many systems for choosing lottery numbers that are being promoted. The people selling these systems make the claim that certain numbers or combinations of numbers are more likely to win than others. This is completely false. The winning numbers are generated randomly. Every number has an equal chance of being generated.

### *There are special ways to improve your luck.*

Gamblers do all kinds of things to improve their "luck". Probably the most obvious are craps players who often blow on, kiss, or rub the dice before they throw them. None of this makes any difference. Lottery players often use the date of their birthday or other numbers they believe are "lucky". This makes no difference because the numbers are generated at random and the machine has no idea when a person's birthday is. Bingo players often bring small objects they consider lucky (e.g. small charms or stuffed animals) to the bingo hall. Of course, these objects cannot influence which numbers are called.

### *After a losing streak, you are more likely to win.*

After a losing streak, a person is no more likely to win than before. They may very well just keep on losing. Slot machines, card games or horses in a race do not keep track of who is "due" for a win.



*Betting On Older Adults: A Problem Gambling Awareness Kit* was produced by the Ontario Resource Group on Problem Gambling & Older Adults 55+ and the Responsible Gambling Council, with financial support from the Addiction Program, Mental Health and Addictions Branch, Ministry of Health and Long-Term Care.

To order this resource please complete the online form at [www.responsiblegambling.org/olderadults](http://www.responsiblegambling.org/olderadults)



Responsible Gambling Council 3080 Yonge Street, Suite 4070, Box 90, Toronto, Ontario, M4N 3N1  
tel: 416 . 499 . 9800 toll free: 1 (888) 391 . 1111 fax: 416 . 499 . 8260

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