



**WISCONSIN COUNCIL  
ON PROBLEM GAMBLING**

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## *Watch for signs of problem gambling among seniors*

**For Immediate Release**

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(Green Bay, WI) – For many senior citizens, gambling has become a popular pastime. In fact, a study by the University of Pennsylvania found that 70% of seniors had gambled in the last year. While seniors are among the fastest-growing group of gamblers, they may also be among the most vulnerable.

“Seniors often face emotional pain, such as the loss of a loved one, chronic pain or even the fear of death,” said Rose Gruber, Executive Director of the Wisconsin Council on Problem Gambling. “For those seniors, gambling can become a means of escape from daily problems. Many seniors also have time available for recreational activities, like gambling.”

In the past, gambling generally declined with age. “Today, however, most seniors are more active than their counterparts in the past,” Gruber said. “Gambling hotline counselors throughout the country are noticing that calls from seniors are on the rise.”

There are signs that may be an indication that someone close to you is developing a gambling problem:

- Lying about gambling
- Hiding gambling losses
- Changing from gambling with groups to gambling alone
- Talking only about wins, not losses
- Missing household or personal items
- Becoming withdrawn from family and friends
- Use of credit cards to gamble

For seniors, or others, who may have a gambling problem, Gruber says there is help available. “We’ve been able to identify and provide training for a statewide network of treatment providers,” Gruber said. “The counselors are trained specifically to deal with gambling addictions to help the problem gambler and family members.”

*(more)*

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The Council also maintains a listing of Gamblers Anonymous and GamAnon (for family members) groups that are located throughout the state.

For more information about problem gambling, visit [www.wi-problemgamblers.org](http://www.wi-problemgamblers.org).

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*The Wisconsin Council on Problem Gambling is funded by a public awareness grant from the State of Wisconsin and additional funding from donors, including Wisconsin Native American Tribes. The Council operates a 24-hour Helpline at 1-800-GAMBLE-5, distributes informational brochures, organizes an annual statewide conference, makes presentations on problem gambling and conducts training sessions for treatment providers interested in the special requirements for working with compulsive gamblers and their families. For more information, visit [www.wi-problemgamblers.org](http://www.wi-problemgamblers.org).*

***If you or someone you know has a gambling problem, call the Wisconsin Council on Problem Gambling Helpline at 1-800-GAMBLE-5 for confidential help.***

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