

Older Adults: Looking for Connections

For many older adults, gambling can feel like a fun way to pass the time, stay mentally active, or connect with others—especially if they're feeling lonely or isolated. Bingo nights, lottery tickets, or online games might offer a sense of routine or excitement. But there are also risks that can be easy to overlook.

Older adults may be more vulnerable to:

- **Financial loss** – With fixed incomes or retirement savings, even small losses can have a big impact.
- **Missing warning signs** – It might be harder to notice when gambling shifts from entertainment to a problem.
- **Scams and misleading promotions** – Some gambling platforms or ads may target older adults with offers that seem too good to be true—and often are.

Because gambling is more accessible than ever—through phones, computers, and even mail—it's important to stay informed and cautious.

Why It Matters

Gambling should never put someone's financial security or well-being at risk. Encouraging open conversations, setting spending limits, and knowing the signs of problem gambling can help older adults enjoy games safely and stay connected in healthy ways.