

Prevalence of Gambling and Problem Gambling Among Older Adults in Manitoba

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Prepared by

Jamie Wiebe

Research and Quality Monitoring

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EXECUTIVE SUMMARY

Over the last decade Manitobans have experienced a large increase in gambling and gambling opportunities. With the increase in the availability of gambling opportunities it is imperative that the impacts of gambling on segments of the population are monitored. One group that has been identified as potentially at-risk is older adults.

Research has found that the proportion of seniors who are participating in gambling has increased dramatically between 1975 and 1998 (NORC, 1999). Groups of seniors are often visible in casinos. Tour companies specifically target seniors in the marketing of trips to casinos in Canada and the United States. Older adults face a unique set of factors that may place them at greater risk of developing gambling problems, including loneliness, fixed incomes, and vulnerability resulting from post-retirement inactivity (Fessler, 1996). There is also concern that gambling problems among seniors may be more difficult to identify because of increased isolation from co-workers, friends and family (Fessler, 1996).

At present, however, there is little empirical evidence available in this area. The present study was conducted by the Addictions Foundation of Manitoba (AFM) to improve understanding of the extent and nature of gambling among the older adult population in Manitoba, defined as individuals 60 years and older. In phase 1 of the research process, a total of 1,000 older adults 60 years of age and older were interviewed by telephone between April 7 and May 2, 2000. While most of the questions on the survey were gambling-related, the survey also explored demographic, social and familial dimensions. In phase 2, in-depth telephone interviews were conducted with 61 older persons identified in phase I as experiencing gambling-related problems, and 22 individuals who were experiencing problems from another person's gambling. These in-depth telephone interviews allowed for the detailed exploration of issues that could not be addressed in detail in the baseline survey due to time limits inherent to large-scale telephone surveys.

The results showed gambling to be a fairly common activity among adults 60 years and older in Manitoba, with 77.5% of respondents having gambled at least once in the year prior to the study. Of those who do gamble, the large majority are not experiencing any problems related to their gambling, as measured by the South Oaks Gambling Screen Revised (SOGS-R). The profile of a ‘typical’ older gambler is an individual who purchases lottery or raffle tickets, to support good causes, win money or for the entertainment value, and spends less than \$50/month on gambling activities. Compared to other social and recreational activities, older adults do not view gambling as an important activity

Of the total sample, 1.6% of participants were gambling at problem levels, and 1.2% were gambling at a probable pathological level. These problem gambling rates are lower than those that have been observed among Manitoba youth (Wiebe, 1999) and the general population of adults in the province (Criterion, 1995). The most common gambling activities among older adults in the problem categories were purchasing lottery tickets and scratch tickets, and playing VLTs/slots. Reasons associated with problem gambling included entertainment, winning money, passing time and forgetting problems. This finding suggests the need for greater promotion, and perhaps development, of other forms of social and recreational activities that are available, accessible and desirable to the senior population.

The large majority of older adults who are gambling at problematic levels do not consider themselves to have a problem with gambling. This represents a considerable challenge to the provision of services. A further challenge in responding to older adult with gambling-related concerns is the lack of observable signs associated with problem gambling. Among participants in the problem gambling categories, the most common indicators of problem gambling included gambling more than intended and feeling guilty about gambling. Most are not acquiring gambling money from household funds, through cashing in savings or borrowing from family or friends. Unless the individual specifically identifies gambling as a concern, the problem gambling could go unnoticed.

An important group identified in the present study are older adults affected by someone’s gambling. In the baseline survey of 1,000 participants, 5% reported being negatively impacted by someone’s gambling. Often the problem gambler was their child. The type of assistance that was

provided by the older adult was often in the form of lending money, emotional support or childcare.

Although older problem gamblers and affected individuals are aware of the gambling services provided by the AFM, most are unlikely to access services. Factors such as embarrassment, shame and denial often prevent an older adult from seeking assistance. Rather than seeking outside assistance, older adults prefer to entrust their concerns to family and friends. The implication for programming in this area is that services need to be delivered to those in potential need or to those who are sources of support, rather than expecting older adults to access the information on their own.

In this regard, the media offers an important venue for delivering prevention and intervention messages. The mass media could be used to convey information on how an individual can protect themselves from the negative impacts of gambling. Other important sources that were identified include physicians and religious figures. It will be important to collaborate with these groups to increase awareness of gambling problems and appropriate responses.

Participants provided a number of suggestions on how the AFM could make it easier for an older adult with a gambling problem to access help. The responses revealed the importance of accessible services. Many older adults live in small communities, are dependent on others for transportation, and cannot easily leave their homes. There is a need for greater awareness of AFM's 1-800 line and telephone counselling services. For others, home visits may be a more preferred response.

This study provides baseline information on the extent and nature of problem gambling among older adults in Manitoba. The results show that most older adults are not experiencing problems from their gambling. However, it is unknown whether these findings will apply to the upcoming generation of older adults, who may have attitudes quite different from the current generation.

INTRODUCTION

Over the last decade Manitoba has experienced a considerable shift in its political attitude toward gambling. Today, extensive gambling opportunities exist and media advertising encourages participation, all within a climate that sanctions gambling as a government regulated activity.

With the increase in gambling opportunities, the Addictions Foundation of Manitoba needed to extend their understanding of the extent and nature of problems associated with gambling in order to develop and implement effective programming. Earlier research in this area focused primarily on examining the prevalence of gambling and problem gambling among the general population of adults. Last year the Addictions Foundation of Manitoba conducted a study to examine the impacts of gambling on youth between the ages of 12 and 17 years (Wiebe, 1999). The results from this study are being used to develop programs targeted at youth who are experiencing problems related to gambling, or at-risk of such problems.

More recently, attention is being directed at the senior population. Research has found that the proportion of seniors who are participating in gambling has increased dramatically between 1975 and 1998 (NORC, 1999). Groups of seniors are often visible in casinos. Tour companies specifically target seniors in the marketing of trips to casinos in Canada and the United States. Although, for many, gambling provides a form of entertainment and a social outing, there is concern that an increasing number of seniors may be experiencing problems related to their gambling. These concerns are highlighted in the following newspaper and magazine headlines: "Many seniors gambling homes away" (Ogle, 1998), "A gamble on the rest of their lives: many seniors fall prey to gambling addiction" (Diffendal, 1998), and "Gambling it all away: the spread of casinos in Canada is posing a threat to the country's growing population of seniors" (Nicol, 2000).

Older adults face a unique set of factors that may place them at greater risk of developing gambling problems, including loneliness, fixed incomes, and vulnerability resulting from post-retirement inactivity (Fessler, 1996). There is also concern that gambling problems among seniors

may be more difficult to identify because of increased isolation from co-workers, friends and family (Fessler, 1996). At present, however, there is little empirical evidence available in this area. Research with the general population has typically found rates of problem gambling to decrease with age (NORC, 1999; Mok and Hraba, 1991; Wynne Resources, 1998). However, no study has included a large enough sample to examine the actual prevalence of gambling and problem gambling among seniors.

Seniors constitute one of the fastest growing population groups in North America. As this segment of the population continues to expand, the Addictions Foundation of Manitoba needs to stay abreast of the issues facing this group. The present study was conducted to enhance our understanding of the extent and nature of gambling among the older adult population in Manitoba, defined as individuals 60 years and older. The specific objectives were to determine: a) extent of gambling and problem gambling; b) role of gambling in the older adult's life; c) protective and risk factors related to problematic levels of gambling; d) affected issues (impact of other's gambling); e) attitudes/barriers towards gambling prevention/education and treatment services; and f) mediums for reaching at-risk older adults. The results from this research will provide direction for the development, enhancement and modification of problem gambling initiatives for older adults in Manitoba.

RESEARCH DESIGN

Overview

The research employed two distinct, but complementary methodologies. In the first phase, 1,000 adults 60 years and older from Manitoba were interviewed by telephone about their participation in gambling activities. The interviews occurred between April 7 and May 2, 2000. Households were randomly selected from a listed sample, with controls in place to ensure representation by region, gender and age. In the second phase, in-depth interviews were conducted with a sample of gamblers (n=61) and a sample of individuals who had been affected by other gambling (n=22) who were identified from phase I. These follow-up interviews were intended to provide more detailed information on the impacts of gambling and directions for the development and provision of services.

Viewpoints Research Ltd. was contracted for instrument development, establishing sampling procedures, and data collection and entry. The responsibilities of the contractor were met in close collaboration with a research advisory committee consisting of AFM staff and other stakeholders.

Sampling

Services at the Addictions Foundation of Manitoba are administered and delivered through three regional offices. The regional structure promotes the development and targeting of services specific to the unique needs of a community. Given that an overriding objective of this study is to guide further program development, the ability to assess regional variations was an important consideration in developing the sampling framework for this study.

AFM regions consist of the Northern Region, Western Region and Winnipeg Region. Winnipeg Region includes the city of Winnipeg, as well as surrounding rural communities. Given the possibility of urban/non-urban differences, a decision was made to divide Winnipeg Region into the City of Winnipeg and Winnipeg Rural. Using AFM geographical information and census maps obtained from Statistics Canada, Viewpoints Research worked together with SM Research

Technologies in Ontario to delineate the regions. The Census divisions and sub-divisions corresponding to each of the four regions are presented under the technical Note 1 in Appendix A.

Next, the population size of those 60 years and older by region was determined using 1996 Census data (see Table 1). Basing the sampling on these figures, about 56% of the study participants were drawn from the City of Winnipeg, 23% from Winnipeg Rural, 19% from the West and only 2% from the North. The total sample for each region and corresponding margins are also presented in Table 1. The margin of error associated with the total sample of 1,000 is $\pm 3.0\%$ at a 95% confidence level.

Table 1: Regional Breakdown of the Study Sample

Region	Total Population	Population 60+ yrs	% 60 yrs+ in Man. by region	Study Sample (n)	% of Study Sample	Margin of Error
Northern	68,267	4,562	2%	19	2%	$\pm 22.4\%$
Western	162,161	37,169	19%	190	19%	$\pm 7.1\%$
Winnipeg Rural	264,627	44,960	23%	231	23%	$\pm 6.4\%$
City of Winnipeg	618,843	108,834	56%	560	56%	$\pm 4.1\%$
Total	1,113,898	195,525	100%	1000	100%	$\pm 3.0\%$

A total of 17,120 phone numbers were used for this study. Controls were in place to ensure appropriate representation of gender. The gender differences amongst this age cohort vary from those existing in the general population. In Manitoba, approximately forty-nine percent of the population is male while fifty-one percent is female. This difference is more pronounced as the population ages, with only forty-three percent males and fifty-seven percent females in the target population. A total of 570 females (57%) and 430 males (43%) participated in this study.

A breakdown of the age of the study sample appears in Table 2. Compared to the actual distribution of ages in the population, those 60 to 69 years were slightly over-sampled, while those 70 and over were slightly under-sampled.

Table 2: Age Breakdown of the Study Sample

	Actual Population	Study Sample	Difference
60-64 years	22.33%	25.6%	3.27%
65-69 years	21.43%	23.6%	2.17%
70-74 years	20.35%	19.4%	(-0.95%)
75-79 years	15.64%	14.1%	(-1.54%)
80-84 years	11.29%	7.7%	(-3.59%)
85+ years	8.93%	3.8%	(-5.13%)
Unclassified		5.8%	

Procedures

The interviews for this study took place between April 7 and May 2, 2000. Households were randomly selected from a listed sample, informed of the study's purpose, and asked whether there was anyone living in the household who was 60 years of age or older. If someone in the household met the age requirements, the interviewer asked to speak to that person. If more than one person met the age requirements, the person whose birthday came next was asked to complete the interview (a process used to randomize the selection within each household). Only one individual from each household was asked to participate. In total, 1,000 Manitoba adults 60 years and older were interviewed. A detailed summary of the contacts for this study, and estimated response and refusal rates, appear in Note 2, Appendix A.

At the end of the telephone interviews, each participant was asked if they would be willing to be contacted for a follow-up interview. Of the total sample, 82% agreed to be re-contacted. Follow-up interviews were conducted with a total 61 gamblers and 22 individuals affected by another person's gambling. A summary of the contacts for the follow-up interviews is provided in Note 2, Appendix A.

Trained interviewers, working in a supervised setting, conducted the telephone surveys. Survey responses were entered directly into the computer with the use of a computer assisted telephone-

interviewing system (CATI). Viewpoints Research supervisors verified a sample of completed interviews to monitor the accuracy of the collection process.

Measurement Instruments

The core of the questionnaire with the 1,000 participants was the South Oaks Gambling Screen Revised (SOGS-R) (Lesieur and Blume, 1987). The SOGS-R classifies gambling behaviour into one of four categories: non-gambler, non-problem gambling, problem gambling and probable pathological gambling. Non-gambling was applied to participants who indicated that they had not participated in gambling activities in the past year. Non-problem gambling was based on scores between 0 and 2 on the SOGS-R, problem was scores between 3 and 4 and probable pathological was based on scores of 5 or greater. This instrument has been used in Canada, the United States and abroad to measure the prevalence of problem gambling among the general population. Appendix B contains a copy of the prevalence survey instrument and the two follow-up surveys.

Data Analysis

The chi-square test and analysis of variance procedures were used to determine overall levels of association between gambling category and a range of variables of interest. All reported significant differences are at a probability level less than or equal to .05. Post hoc testing was only completed on select variables to determine which gambling categories differed from one another. This procedure was followed to avoid excessive error rates.

Design Limitations

In reviewing the results, it is important to keep in mind some of the limitations associated with cross-sectional designs and telephone surveys. The largest restriction of a cross-sectional design is that causal inferences are not possible. Observed statistical relationships in this study only signify associations between variables. In order to more confidently infer a causal relationship, a longitudinal research design is required. An important limitation associated with telephone surveys is that the results may not be generalizable to the population at large, particularly those who do not have access to a telephone or refuse to participate, or those 70 years and older (who were under sampled in the present study).

SECTION 1: PREVALENCE STUDY RESULTS

GAMBLING LEVELS & CONSEQUENCES

This section explores the prevalence of gambling and problem gambling among older adults (60 years and older) in Manitoba. The information in this section sets the stage for the remaining sections, where the overriding focus is the exploration of factors associated with problematic levels of gambling.

Gambling Levels

Participants were presented with a comprehensive list of gambling activities, and asked if they had spent money betting on any of the activities in the past 12 months. Of the total sample, just under one-quarter (22.5%) were classified as non-gamblers, having spent no money on gambling activities in the past year. The majority (74.7%) of respondents had gambled in the past year, and were not experiencing problems from their gambling. Of the total sample, 1.6 % were gambling at "problem" levels, and a further 1.2% were gambling at a "probable pathological" level (see Figure 1). In terms of actual numbers, these rates represent totals of 225 in the non-gambling category, 747 in the non-problem gambling category, 16 problem and 12 probable pathological.

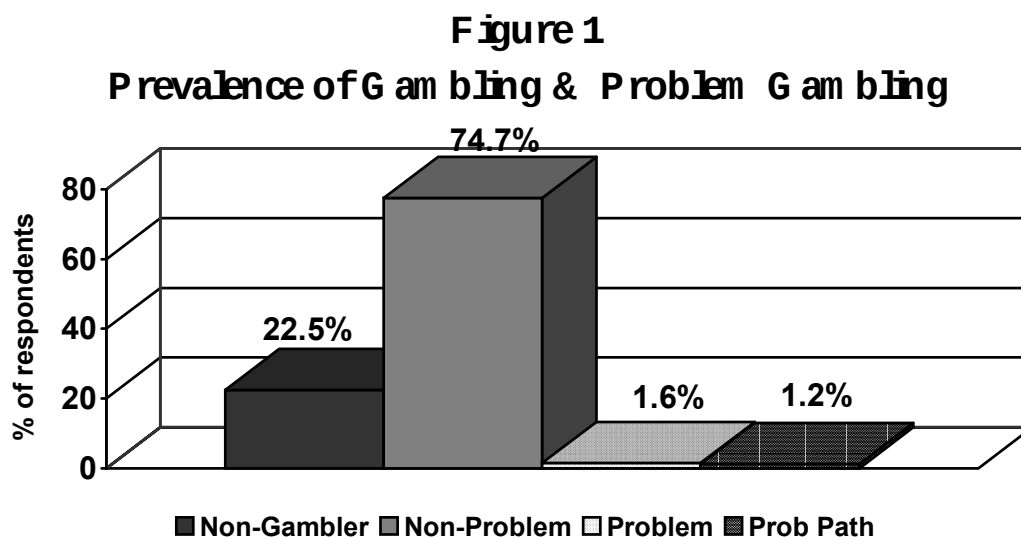


Table 3 compares gambling prevalence rates observed among older adults in this study, with those obtained for the general population of adults and youth (12 to 17 years old) in Manitoba. Direct comparisons with the youth rates are not possible due to variations in the measurement instruments used to measure problem gambling. Nonetheless, the results indicate that older adults are less likely than the general population of adults and youth to gamble at problematic levels.

Table 3: Comparison of Gambling Prevalence Rates

	Non-Gambler	Non-Problem	Problem	Prob Path
Manitoba Youth* (Wiebe, 1999)	21.8%	67%	8%	3.2%
Manitoba Adults (Criterion Research, 1995)	8%	88%	2.4%	1.9%
Manitoba Seniors	22.5%	74.7%	1.6%	1.2%

* For youth, "problem" is classified as "at-risk" and "probable pathological" as "problem"

Indicators of Problem Gambling

The SOGS-R includes items that assess thoughts and behaviours considered indicative of problem gambling. Only those who had gambled in the year prior to the survey completed the SOGS-R. Table 4 shows the proportion of affirmative responses to various items on the SOGS-R, by gambling level. A complete listing of the questions, with precise wording, is located in Appendix B. The information is presented to provide a greater appreciation of the characteristics associated with problematic levels of gambling. Given that these are the very questions used to construct the different gambling levels, the relatively high representation of those in the problem gambling categories is expected.

Table 4: Endorsement of SOGS-R Items by Gambling Category

	Non-Problem (n=747)	Problem (n=16)	Prob. Path. (n=12)
Gambled more than intended	3%	69%	92%
Felt guilty about gambling	2%	69%	92%
People criticized your gambling	1%	31%	58%
Withdrawals on credit cards for gambling	2%	19%	58%
Felt you have a problem with gambling	0%	6%	50%
Wanted to stop gambling, but didn't think could	0%	19%	50%
Tried to win back lost money	1%	25%	42%
Claimed to be winning when losing	2%	25%	42%
Borrowed from household \$ to gamble	1%	0%	42%
Borrowed from spouse/partner	0%	0%	25%
Loans from banks for gambling	0%	0%	17%
Hidden gambling from others	0%	0%	8%
Borrowed from relatives/in-laws	0%	0%	8%
Wrote bad cheques to gamble	0%	0%	8%
Cashed stocks/bonds to gamble	0%	0%	0%
Sold property to gamble	0%	0%	0%
Missed work due to gambling	0%	6%	0%

The most common characteristics of problematic levels of gambling, experienced by both those in the problem and probable pathological gambling categories, were gambling more than intended and experiencing guilty feelings related to gambling. The SOGS-R contains a series of questions related to sources for obtaining money to gamble or pay gambling debts. In this study, the most commonly used means for accessing money were withdrawals on credit cards and borrowing from household funds. Generally, older adults who are experiencing problems with gambling are

not borrowing from others, selling property or cashing stocks or bonds as ways to acquire money for gambling purposes.

Among those who were gambling at the most severe level, only half felt that they had a problem with gambling, and a same proportion wanted to stop gambling, but did not think that they could. This has implications for interventions targeted at assisting older adults who are experiencing problems with their gambling.

As a final note, with the exception of one individual, none of the gamblers indicated that they had missed work due to gambling. Given that most of the participants in the study are retired, this is not surprising. This item speaks to the limitation of the SOGS-R in assessing problem gambling among a sample of older adults.

Affected Issues

Participants were asked if they had experienced any problems in the past 12 months from someone else's gambling. Of the total sample, 5% had experienced affected issues. When asked to identify their relationship with the individual with gambling problems, the most common response was friend (26%), followed by child (22%).

Summary

This section examined the prevalence of gambling and problem gambling among adults 60 years and older, and the characteristics associated with problematic levels of gambling. The results show that:

- The majority of older adults in Manitoba gamble (77.5%). Of those who gamble, most (96%) are not experiencing problems from their gambling.
- Fewer than 3% (2.8%) of older adults are gambling at problematic levels, with 1.6% gambling at problem levels, and 1.2% at probable pathological levels.
- The prevalence of problem gambling among older adults in Manitoba is lower than rates observed among youth and the general population of adults in the province.

- The most commonly experienced characteristics associated with problematic levels of gambling among older adults include gambling more than intended and feeling guilty about gambling.
- Individuals who are gambling at probable pathological levels are also likely to report criticism from others related to their gambling, withdrawing money from credit cards for the purposes of gambling, feeling that they had a problem with gambling and wanting to stop gambling, but not feeling that they could.
- Affected issues are an important concern among older adults, with 5% of participants having experienced the negative impacts of someone else's gambling.

GAMBLING PATTERNS

This section examines gambling patterns of older adults, including types of gambling activities engaged in, time and money expended, and reasons for gambling. Throughout the discussion, a central focus is the examination of differences between those experiencing and not experiencing problems related to their gambling.

Gambling Activities

Participants were presented with a list of various types of gambling activities and asked if they had spent money on any in the past 12 months. Response options included never, one or two times a year, about once a month, about once a week, several times a week and daily. Table 5 shows the percentage of participants who have participated in each type of activity, at any time in the past 12 months, by gambling level.

Table 5: Participation in Gambling Activities by Gambling Category in the Past 12 Months

	Non-Problem (n=747)	Problem (n=16)	Prob. Path. (n=12)
Slots (Casino)	35%	75%	92%
Lottery Tickets (649, Super 7)	74%	87%	75%
Scratch Tickets/Instant Win/Break Open	29%	50%	58%
VLTs (Not in a Casino)	15%	62%	58%
Bingo	21%	31%	50%
Raffle Ticket	72%	56%	42%
Cards/Board games/Dice/Coins	13%	19%	17%
Table games (Casino)	5%	25%	17%
Horse Races	5%	4%	8%
Mail Sweepstakes	7%	0%	8%
Sports Teams/Events	4%	0%	0%
Games of skill (pool, golf, etc.)	4%	6%	0%
Speculate on Stock Market	9%	0%	0%
Internet	1%	6%	0%

As shown, the most common gambling activities among non-problem gamblers are purchasing lottery tickets (74%) and raffle tickets (72%). With the exception of these two activities, the majority of non-problem gamblers pursue no other activity. In comparison, the majority of individuals who are gambling at problematic levels have gambled on slots and VLTs, and have purchased lottery and scratch tickets in the previous year. On average, those in the non-problem group participated in 2.9 types of activities in the past year; those in the problem and probable pathological groups participated in an average of 4.3 types of activities. This difference is statistically significant ($F_{\{2, 772\}} = 7.6, p < .001$).

Table 6 explores the proportion of older adults who have engaged in each activity on a weekly or greater basis. The most frequently pursued gambling activity, among all levels of gamblers, is purchasing lottery tickets. A notable number of individuals who are gambling at problematic levels are also playing bingo, slots/VLTs and purchasing scratch tickets on a regular basis. Frequent gambling on the stock market, sporting events, table games, mail sweepstakes or the Internet is not common among older adults.

Table 6: Weekly Gambling by Gambling Category

	Non-Problem (n=747)	Problem (n=16)	Prob. Path. (n=12)
Lottery Tickets	35%	81%	66%
Bingo	10%	13%	33%
Coin Slots (Casinos)	3%	19%	33%
VLTs (Not in a Casino)	3%	44%	25%
Scratch Tickets	7%	26%	8%
Cards/Board games/Dice/Coins	6%	6%	8%
Raffle Ticket	1%	6%	0%
Speculate on Stock Market	1%	0%	0%
Horse Races	0%	0%	0%
Sports Teams/Events	0%	0%	0%
Table Games (black jack, roulette)	0%	6%	0%
Games of skill (pool, golf, etc.)	1%	6%	0%
Mail Sweepstakes	0%	0%	0%
Internet	0%	0%	0%

Participants who indicated that they had gambled on slots or VLTs in the past year were asked to indicate the locations at which they bet on these games. For all participants, the most common locations were casinos (69%), bar/hotel/lounge (33%) and out-of-province (26%). Few frequented legions (13%), First Nation reserves (7%) or the race track (3%). Participants were also asked whether a person needed to have skill to win at VLTs or slots. This question was posed to identify any irrational beliefs individuals may have about winning at these games. The majority of all respondents did not feel that skill was involved: 85% non-problem group, 85% problem group and 83% probable pathological group.

Time and Money Spent

The amount of money spent on gambling in an average month by participants is presented in Table 7. As shown, the large majority of non-problem gamblers are spending less than \$49 in an average month, of these, 62% are spending less than \$10/month. In comparison, the largest proportion of individuals in the problem gambling group are spending \$50 to \$99/month, and those in the probable pathological group between \$100 to \$199. Whereas only 6% of non-problem gamblers indicate spending \$100 or greater/month, 44% and 80% of problem and probable pathological gamblers, respectively, are spending this amount. This was found to be a significant relationship between gambling category and the average amount of money spent on gambling. Compared to non-problem gamblers, those in the problem gambling category were significantly more likely to spend \$100/month or more on gambling ($\chi^2=28.9$, $df=1$, $p<.001$), as were those in the probable pathological gambling category ($\chi^2=75.1$, $df=1$, $p<.001$).

Table 7: \$ Spent on Gambling in an Average Month by Gambling Category

	Non-Problem (n=724)	Problem (n=16)	Prob. Path. (n=10)
\$1 to \$49	88%	25%	20%
\$50 to \$99	6%	31%	0%
\$100 to \$199	4%	19%	50%
\$200 to \$299	1%	6%	20%
\$300 to \$399	0%	13%	0%
\$400 or more	1%	6%	10%

The survey also asked participants about the amount of time typically spent gambling in an average week. Those in the problem gambling category were significantly more likely than non-problem gamblers to spend more than 2 hours/week gambling ($\chi^2=6.5$, $df=1$, $p<.05$); those in the probable pathological category were also more likely than non-problem gamblers to spend this amount of time gambling ($\chi^2=44.3$, $df=1$, $p<.001$). As shown in Table 8, approximately two-thirds (64%) of older adults in the probable pathological gambling category spent a weekly average of two hours or more gambling, compared to 25% of those in the problem gambling category, and approximately 8% of non-problem gamblers.

Table 8: Amount of Time Spent Gambling by Gambling Category*

	Non-Problem (n=727)	Problem (n=16)	Prob. Path. (n=11)
Less than 1 hour	82%	38%	18%
1 to 2 hours	10%	38%	18%
2+ to 5 hours	6%	19%	55%
5+ to 12 hours	1%	0%	0%
12+ hours	1%	6%	9%

*Columns may not equal 100% due to rounding

Reasons for Gambling

Participants were presented with a list of possible reasons why people may gamble, and asked to select those that they felt were reasons for themselves. Responses to each response option by gambling category are presented in Table 9.

Table 9: Reasons for Gambling by Gambling Category

	Non-Problem (n=747)	Problem (n=16)	Prob. Path. (n=12)
Exciting & Challenging	24%	38%	83%
Win Money	56%	94%	83%
Pass Time	32%	75%	83%
Entertainment or fun	59%	88%	83%
Forget problems	7%	13%	67%
Be With Others/ Do things with friends	39%	69%	42%
Support Good Causes	66%	50%	42%
Lucky at it	3%	13%	25%
Good at it	2%	13%	17%
To be alone	3%	18%	17%

The results revealed substantial differences between non-problem gamblers in the endorsement of items. For those in the non-problem group, the primary reason for gambling is to support good causes (66%), followed by entertainment or fun (59%) and to win money (56%). For those in the problem group, virtually all are gambling to win money (94%), for entertainment/fun (88%) and to pass time (75%). These are the three most common reasons among those in the probable pathological group, with the addition of gambling for the excitement/challenge (83%). In addition, the majority (69%) of those in the problem gambling category indicated gambling to be with friends, compared to 42% of those in the probable pathological category. In contrast, the majority (67%) of those in the probable pathological group gamble to forget problems, compared to only 13% of problem gamblers.

Analyses showed that those gambling at problematic levels (problem and probable pathological gamblers combined) were significantly more likely than those in the non-problem group to gamble for the following reasons: because it is challenging and exciting; to win money; to pass time, for entertainment/fun, forget problems, their lucky at it, good at it, and to be alone. Non-problem gamblers were more likely to gamble to support good causes. The only item where no significant differences were observed was related to gambling with friends. See Appendix A (Technical Note 3) for significant levels.

To gain an appreciation of the meaning of gambling to older adults, participants were asked to rate the importance of gambling as an activity compared to other social/recreational activities. Of the total sample, the large majority (97%) indicated that gambling was not important, with 19% stating that it “was not very important” and 78% “not important at all” (see Table 10). Those in the probable pathological gambling category were significantly more likely than non-problem gamblers to perceive gambling as an important activity, relative to other activities ($\chi^2=68.3$, $df=1$, $p<.001$). However, there were no significant differences between non-problem gamblers and those in the problem gambling category.

Table 10: Importance of Gambling as an Activity by Gambling Category*

	Non-Problem (n=747)	Problem (n=16)	Prob. Path. (n=11)
Very Important	0%	0%	0%
Somewhat Important	2%	6%	46%
Not Very Important	19%	25%	36%
Not Important At All	79%	69%	18%

Finally, a question was posed to obtain a historical perspective of gambling activity among this population. The question asked, "Compared to ten years ago, would you say that today you gamble more, less or about the same amount as before" (see table 11).

Table 11: Gambling Now Compared to 10 Years Ago*

	Non-Problem (n=727)	Problem (n=16)	Prob Path (n=12)
A Lot More	2%	31%	50%
A Little More	18%	25%	25%
Same Amount	69%	31%	17%
A Little Less	5%	0%	0%
A Lot Less	6%	13%	8%

Most gamblers indicated that they were gambling approximately the same amount now as they were ten years ago (67% of all gamblers combined). Not surprisingly, participants who were gambling at problematic levels were more likely than those in the non-problem group to be gambling more today than ten years ago. There were a significantly higher proportion of problem gamblers ($\chi^2=12.3$, $df=1$, $p<.001$) and probable pathological gamblers ($\chi^2=21.3$, $df=1$, $p<.001$)

who were gambling more now, compared with non-problem gamblers. Whereas only 20% of non-problem gamblers were gambling more now, the corresponding rates for those in the problem and probable pathological groups were 56% and 75%, respectively.

Summary

This section examined the gambling patterns of older adults in terms of gambling activities, money and time expended, and reasons for gambling.

- The most common gambling activities among individuals who are gambling at problematic levels are playing slots/VLTs and purchasing lottery and scratch tickets.
- The majority of those who are gambling at problematic levels purchase lottery tickets weekly or more often.
- Compared to non-problem gamblers, those in the problem categories spend significantly more time and money on gambling.
- Common reasons that individuals in the problem gambling categories gamble are to win money, to pass time, for entertainment or fun, excitement and challenge, and to forget problems. The main reason for non-problem gamblers is to support good causes.
- For the majority of older adults, gambling is not considered as important as other social/recreational activities. Those in the problem gambling categories are more likely than non-problem gamblers to rate gambling as an important activity.
- For the most part, older adults are gambling the same amount today as they were ten years ago. Those who are gambling at problematic levels are more likely than non-problem gamblers to be gambling more now.

EXPLORATION OF CORRELATES

The focus of the discussion to this point has been on describing the nature of gambling among adults 60 years and older in the province of Manitoba. This section examines relationships between the categories of gambling, as measured by the SOGS-R, and demographics, general well being and the use of substances. The information in this section provides a glance at some of the factors that may need to be considered in the development of problem gambling prevention and intervention strategies that are tailored to older adults in Manitoba.

Demographics

The total sample was comprised of 57% (n=570) females and 43% (n=430) males. As shown in Table 12, a greater proportion of males (88%) than females (13%) were in the problem gambling category, and a greater proportion of females (58%) than males (42%) were in the probable pathological category. Overall, however, males were more likely than females to be gambling at problematic levels (problem and probable pathological combined). Among those who were gambling at problematic levels, approximately two-thirds (67.9%) were males ($\chi^2=21.3$, $df=1$, $p<.001$).

Table 12: Gender by Gambling Category

	Non Gambler (n=225)	Non-Problem (n=747)	Problem (n=16)	Prob. Path (n=12)
Males	48%	41%	87.5%	42%
Females	52%	59%	12.5%	58%

Table 13 examines age differences among the various categories of gamblers. As show below, the largest proportion of individuals who are gambling at problematic levels are between 60 and 65 years of age. Analyses revealed that those in the 60 to 65 year range are more likely than those 66 years and greater to be gamblers ($\chi^2=10.8$, $df=1$, $p<.01$). However, there were no significant differences between individuals 60 to 65 years and those 66 years and greater in terms of the proportion who were problem gamblers ($\chi^2=2.4$, $df=1$, NS).

Table 13: Age Breakdown by Gambling Category*

	Non-Gambler n=221	Non-Problem n=747	Problem n=16	Prob. Path. n=12
60-65	24%	36%	56%	42%
66-70	16%	25%	19%	33%
71-75	24%	19%	13%	17%
Over 75	35%	20%	13%	8%

*Columns may not equal 100% due to rounding

Table 14 explores the relationship between education and gambling involvement. Overall, the majority of respondents (47%) had less than a high school education, 23% had completed high school and 35% had some post secondary education. No significant relationship was observed between education level and whether an individual was gambling at a problematic level ($\chi^2=3.9$, $df=2$, NS).

Table 14: Education by Gambling Category

	Non-Gambler n=225	Non-Problem n=747	Problem n=16	Prob. Path. n=12
Less than high school	49%	39%	60%	50%
High school complete	14%	26%	27%	25%
Post secondary	37%	35%	13%	25%

The majority of participants in all categories were retired: 87% non-gambler, 85% non-problem, 69% problem and 92% probable pathological. Household incomes by gambling category are presented in Table 15. The majority of participants, in all categories, reported incomes less than \$30,000 per year. Household income was not significantly related to whether or not an individual was gambling at problematic levels ($\chi^2=15.1$, $df=3$, NS).

Table 15: Household Income by Gambling Category*

	Non-Gambler n=166	Non-Problem n=582	Problem n=11	Prob. Path. N=8
Less than 20,000	43%	28%	27%	25%
Less than 30,000	16%	24%	36%	38%
Less than 40000	13%	19%	9%	13%
40,000 or more	28%	29%	27%	25%

*Columns may not equal 100% due to rounding

The final demographic variable examined was region (see Table 16). The results showed that the proportion of older adults in the non-problem and problem gambling categories was essentially the same throughout the province of Manitoba ($\chi^2=11.4$, $df=9$, NS).

Table 16: Regional Distribution by Gambling Category

	Winnipeg City n=560	Winnipeg Rural n=231	West n=190	North n=19
Non-Gambler	22%	24%	24%	0%
Non-Problem	75%	75%	74%	95%
Problem	2%	0%	1%	5%
Prob. Path.	1%	1%	1%	0%

Health and Well Being

Participants were asked to rate their current health status on a scale that included very good, good, fair, poor and very poor. As shown in Table 17, most rated their health as either very good or good: 67% non-gamblers, 71% non-problem gamblers, 57% problem gamblers, 50% probable pathological gamblers. A relationship between perceived health status and whether or not an individual was gambling at problematic levels was not observed ($\chi^2=7.3$, $df=4$, NS).

Table 17: Ratings of Health Status by Gambling Category*

	Non-Gambler n=223	Non-Problem n=738	Problem n=16	Prob. Path. n=12
Very Good	27%	28%	44%	17%
Good	40%	43%	13%	33%
Fair	27%	24%	44%	33%
Poor	5%	3%	0%	17%
Very Poor	0%	1%	0%	0%

*Columns may not equal 100% due to rounding

An indicator of emotional well being was obtained by participants if they had felt anxious, upset or depressed in the past 12 months (see Table 18). Whereas 59% of individuals in the probable pathological group and 47% of those in the problem gambling group reported feeling anxious, upset or depressed most of the time or some of the time, the corresponding rates for the non-problem and non-gambling groups were 21% and 19%, respectively. Additional analyses confirmed that those gambling at problematic levels were more likely than non-problem gamblers to report feelings of anxiety or depression ($\chi^2=15.3, df=3, p<.01$).

Table 18: Feeling Anxious, Upset or Depressed by Gambling Category*

	Non-Gambler n=221	Non-Problem n=734	Problem n=15	Prob Path n=12
Most of the time	3%	2%	0%	17%
Some of the time	16%	19%	47%	42%
Not very often	48%	44%	20%	25%
Not at all	34%	35%	33%	17%

*Columns may not equal 100% due to rounding

The majority of respondents reported having a family member or friend who they could talk most of the time or some of the time about problems. The respective rates for the different categories of gamblers were as follows: non-gamblers (85%), non-problem (84%), problem (80%) and probable pathological (92%).

Substance Use

A series of questions were posed that asked participants about their use of alcohol, tobacco and prescription or non-prescription drugs for sleep, depression or pain (see Table 19). Analyses compared substance use patterns between non-gamblers and gamblers, as well as non-problem gamblers and those who were gambling at problematic levels.

Table 19: Substance Use by Gambling Category*

	Non-Gambler (n=225)	Non-Problem (n=747)	Problem (n=16)	Prob. Path. (n=12)
Alcohol (last year)				
Not at all	59%	34%	13%	50%
Less than once/month	17%	24%	19%	17%
Monthly (2-3 times)	9%	14%	6%	0%
Weekly	8%	18%	38%	33%
Daily	7%	10%	25%	0%
5+ drinks of alcohol at one sitting (previous month)	(n=89)	(n=488)	(n=14)	(n=6)
None	97%	86%	50%	83%
1-2	2%	8%	21%	17%
3-4	1%	3%	21%	0%
5+ times	0%	3%	7%	0%
Tobacco (past year)	(n=225)	(n=744)	(n=16)	(n=12)
Not at all	90%	82%	69%	50%
Less than once/month	1%	1%	0%	0%
Monthly (2-3 times)	0%	1%	0%	0%
Weekly	0%	1%	0%	17%
Daily	8%	16%	31%	33%
Prescription/nonprescription (past year)	(n=222)	(n=745)	(n=16)	(n=12)
Not at all	52%	59%	56%	42%
Less than once/month	11%	9%	13%	0%
Monthly (2-3 times)	6%	6%	6%	8%
Weekly	6%	5%	6%	17%
Daily	24%	21%	19%	33%

*Columns may not equal 100% due to rounding

Overall, older adults in this study consume alcohol infrequently, and rarely consume five or more drinks on one occasion. Most do not use tobacco products, and of those who do, the majority report a daily habit. The use of prescription or non-prescription drugs for sleep, depression or pain is quite common, with 43% having used these medications in the past year.

Compared to gamblers, non-gamblers were more likely to abstain from alcohol ($\chi^2=50$, $df=4$, $p<.01$). Gamblers were also more likely than non-gamblers to consume 5 or more drinks on an occasion ($\chi^2=9.0$, $df=3$, $p<.05$). There were no significant differences between problem and non-problem gamblers related to frequency of alcohol consumption in the past year ($\chi^2=7.8$, $df=4$, NS). However, those who were gambling at problematic levels were more likely than non-problem gamblers to consume 5 or more drinks at a sitting ($\chi^2=12.2$, $df=3$, $p<.01$).

With tobacco use, gamblers were more likely than non-gamblers to be regular consumers ($\chi^2=13.5$, $df=4$, $p<.01$), and problem gamblers were more likely than non-problem to use tobacco ($\chi^2=13.9$, $df=4$, $p<.01$). No significant relationships were observed related to the use of prescription or nonprescription drugs and whether an individual was a gambler or non-gambler ($\chi^2=3.9$, $df=3$, NS) or a non-problem gambler and a problem gambler ($\chi^2=1.5$, $df=3$, NS).

Summary

This section examined some of the factors that are related to gambling levels among older adults in Manitoba.

- Males are more likely than females to be gambling at problematic levels.
- Adults 60 to 65 years of age are more likely than those 66 years and older to have gambled in the past year. Age, however, was not related to whether or not an individual was engaging in problem gambling.
- There were no significant differences between the gambling categories related to education, income or region of residence.
- Those gambling at problematic levels were more likely than non-problem gamblers to report feelings of anxiety and depression.
- Older adults, regardless of gambling level, have access to a family member or friend who they can talk to about problems.
- Those who are gambling at problematic levels are more likely than non-problem gamblers to consume five or more alcoholic beverages on one occasion and to use tobacco products.

SECTION 2: IN-DEPTH INTERVIEW RESULTS

In-depth interviews were conducted with a sample of gamblers and a sample of individuals affected by others gambling in an attempt to gain further direction for the development and provision of services. Participants were identified from the prevalence study. The questionnaires, as well as responses to the questions, are provided in **Appendix C**.

GAMBLERS FOLLOW-UP

A total of 61 gamblers were contacted. Of these 47 (77%) were non-problem gamblers, 6 (10%) were gambling at a problem level, and 8 (13%) were gambling at a probable pathological level. Most were female (61%), between the ages of 60 and 65 years (41%) and married (66%).

Gambling Activities

Just under one-half (48%) of participants indicated that they gamble on a regular basis, that is, at least once a month or more often. Of these, 10% started gambling regularly in the past year, 48% between 2 to 5 years ago, and 34% between 6 to 10 years ago. Most participants were unable to identify a reason for taking up gambling on a regular basis. Of those that did provide a response, the most common explanation was the increased accessibility to gambling. Another reason was that gambling provided an opportunity to do something with friends.

In terms of favorite gambling activities, lottery tickets were the most common (31%), followed by VLTs (26%) and slots in a casino (23%). When playing VLTs or slots, older adults are most likely to play line-up games and video poker. Few play electronic bingo or electronic keno. Participants were also asked to identify any gambling activities that they would not participate in. The most common response was table games (41%), followed by cards/board games/dice games (26%). The main reason for not participating in these activities was they don't know how/not interested.

Approximately one-quarter (23%) felt that gambling is more exciting than other ways to spend time. One in ten individuals indicated that there are activities that they no longer participate in

because of gambling. These included socializing, watching TV, substituting VLTs for bingo, and not going to the concert hall.

Beliefs about Gambling

The majority (70%) of participants believe that they lose more often than win when gambling. Only 6.6% felt that they win more often. When asked specifically about winning money playing VLTs or slots, the majority 82% felt that you would not make money. In terms of the factors associated with winning at gambling, 69% indicated 'luck', and, alternatively, 'bad luck' was associated with losing at gambling.

Positive and Negative Impacts of Gambling

A series of questions were posed to examine the benefits and problems that participants have personally experienced from gambling. When asked about the benefits, the most common response (46%) was that there were none. The next most shared response (28%) was that gambling provided an opportunity to socialize. In terms of negative impacts, the majority (84%) indicated that they had not experienced any problems from their gambling. Of those that had, the most common was income loss/debt (10%). Few (15%) felt that a certain type of gambling was more likely to cause problems for them. Of those that did, the most common activity identified were slots in a casino.

The prevalence study found lower rates of problem gambling among Manitobans 60 years of age and older compared to those 18 to 60 years. Participants were asked their thoughts on potential reasons for these lower rates. The most common response was lack of finances/frugality, followed by maturity (older adults know better). A few respondents felt that problem levels would be higher among older adults because they have more time and money.

Reaching Older Adults with Gambling Problems

Participants were asked about their use of the mass media (television, radio, newspapers). The results identified specific television stations, radio stations and newspapers that are accessed by

this population. This information could be used in developing mass media campaigns on problem gambling for this population.

The majority (54%) of participants did not know the best way to communicate information about problem gambling to seniors. Of those that provided responses, television and seniors organizations/groups were the most common mediums.

In general, participants felt that a senior with a gambling problem may talk to a minister/priest/rabbi (26%), followed by friend (20%) and family (15%). When asked to identify the people that they talk to about important issues, the most common response was family (77%), friend (21%) and then family doctor (8%). Only family and friends occupy an important role in both instances, it appears that a gambling problem is quite distinct from other important issues. Perhaps this is related to shame and embarrassment associated with gambling issues.

The majority (92%) of participants did not feel that they ever had a gambling problem. Table 20 examines perceptions of a gambling problem by SOGS-R categories. As shown, the majority of all gamblers, including those gambling at problematic levels as identified by the SOGS-R, did not feel that they ever had a problem with gambling. Those who felt that they had a gambling problem (8% of the sample) also indicated that they wanted help to stop gambling or cut down. However, none tried to receive any help.

Table 20: Perceived Gambling Problems by SOGS-R Categories

Ever had a gambling problem?	Non problem (n=47)	Problem (n=6)	Prob. Path. (n=7)
Yes	4.3%	16.7%	8.2%
No	95.7%	83.3%	91.8%

In terms of reasons a senior who has a gambling problem may not receive help, the most common response was embarrassment/shame (43%) followed by denial/won't admit that they have a problem (20%). Factors that could potentially make it easier for seniors with a gambling problem to receive help included more publicity/awareness, crisis line, easy access to counsellors and

limiting access to money. One participant mentioned that activities such as cribbage and card games should be promoted in the casino so that you still have the glitz but spend less money.

The majority of respondents (74%) were aware that the AFM provided counselling to people with gambling problems. Most (67%) felt that there was a need to increase seniors' awareness of problems that can occur from gambling. When asked how the AFM could best assist seniors with gambling problems, 15% recommended advertisements and 15% mentioned seminars/speakers at seniors organizations. Other suggestions included providing assistance with budgeting, offering accessible and visible services and helping seniors find other forms of recreational activities.

In summary, the majority of participants who were identified as having a problem with gambling do not perceive themselves as having a gambling problem. This has important implications for reaching this population. Factors that may prevent an individual from receiving assistance include embarrassment/shame and denial. The majority of respondents felt that there was a need to increase awareness of problems that can occur from gambling.

AFFECTED FOLLOW-UP

In the prevalence study of 1,000 individuals over 60 years of age, 50 (5%) indicated that someone else's gambling had caused problems for them in the past year. Of these, 22 people were followed up to obtain more detailed information on the types of impacts that were being experienced, and gain insight into service needs. Of the 22 affected participants, 55% were male, 69% were between 60 and 70 years old and 64% were married.

Relationship with the Problem Gambler

Participants were asked questions about the person whose gambling has had the most affect on them. In most cases, this individual with the gambling problem was male (68%). There was a wide range in the ages of the individuals identified, from 20 to 83 years. For 50% of the sample, the person was between 20 and 45 years old. Most reported that the person with the gambling problem was their child (32%), followed by sibling (18%), other relative (18%), and spouse (14%). In most cases (77%), the individual was not living with the participant. A large proportion of participants (41%) also indicated that this person had problems with alcohol or other drugs.

Most (77%) have known or suspected that this person has had a gambling problem for 'many years', and 91% have been experiencing problems from this person's gambling for a 'couple of years'. VLTs or slots were the most commonly identified gambling activities that were causing problems for this person. Approximately one-quarter (27%) of respondents indicated that the individual with the gambling problem wanted help to stop gambling. Participants felt that the main reason an individual with a gambling problem may not seek help is because they deny that they have a problem (41%).

Affected Issues

Many reported feeling angry with the person's gambling. About one quarter (23%) stated that there were activities that they no longer did with this individual as a result of their gambling. Approximately one third (36%) indicated that they had done nothing to try to stop the person's gambling. Of those that had taken action, 27% indicated that they talked to them about the

problem. Others mentioned seeking advice from family or friends, threatening to stop looking after their finances, showing this individual more positive forms of entertainment, or simply sharing their feelings about the hardships caused to the family.

A series of questions were posed about the ways in which participants had to help this person out because of their gambling. The most common response was lending or giving money (59%), followed by providing emotional support (50%) and looking after children (32%). In terms of negative impacts experienced, the most common response was repeated broken promises (59%), manipulated into lending money (32%), and being yelled at (32%). Other impacts included neglect/abandonment (18%), money or valuables taken (9%), and being pushed or hit (9%).

Reaching Older Adults Affected by Other's Gambling

The majority (91%) of respondents reported having access to a family member to talk to about important issues affecting their life. Only 22% of responses reported seeking help or advice about the person's gambling problem. Of these, 60% talked to a family member, 20% a psychologist/counsellors and 20% approached GAMANON.

The majority (77%) felt that they knew where to go for help, and 86% were aware that the AFM offered assistance to people with gambling problems and people affected by someone else's gambling. When asked what, if any, services the AFM could provide to assist them, most (59%) didn't know, 32% indicated nothing, and 9% suggested written materials. Just under one-quarter (23%) wanted to receive information about the AFM.

In summary, financial hardship is the most common impact being experienced by those affected by someone else's gambling. Most have accessed informal support, such as speaking to a friend or family member. This group appears unlikely to access counselling services, but rather, would likely benefit more from information on ways to protect themselves from the negative impacts of others gambling.

DISCUSSION

The present study has found that gambling is a fairly common activity among adults 60 years and older in Manitoba. Of those who do gamble, the large majority are not gambling at problematic levels. The profile of a 'typical' older gambler is an individual that purchases lottery or raffle tickets, to support good causes, win money or for the entertainment value, and spends less than \$50/month on gambling activities. Compared to other social or recreational activities, gambling is not viewed as an important activity.

For just under 3% of older adults, however, gambling is creating problems. In this study, 1.6% of participants were gambling at problem levels, and 1.2% were gambling at probable pathological levels. Compared to the 'typical' older gambler, the profile of these individuals looks quite different.

The most common gambling activities among those who are gambling at problematic levels include purchasing lottery and scratch tickets, and playing VLTs/slots. This finding supports the relationship that has been observed between continuous games and problem gambling (Dickerson, 1993). Continuous games are characterized by a short time span between placing a wager and obtaining the outcome. The sequence of wager-play-outcome occurs rapidly and can be repeated frequently. Gambling activities that fit this description include scratch tickets, slots and VLTs.

Compared to non-problem gamblers, those who are gambling at problematic levels are more likely to gamble on a weekly or greater basis, thereby spending more time and money on gambling. Similar to non-problem gamblers, those in the problem gambling categories gamble for the entertainment and to win money. Unlike non-problem gamblers, however, those gambling at problematic levels also gamble to pass time and forget problems. These reasons are similar to those obtained in a study conducted by McNeilly (1999) that found boredom, feeling part of the action, and passing time to be common motivations for gambling among older problem gamblers.

In the in-depth interviews conducted with gamblers, one suggestion on how the Addictions Foundation of Manitoba could assist seniors with gambling problems was to promote other forms

of recreational activities. Loneliness and boredom have been identified as factors that place seniors at risk for problem gambling. Perhaps there is a need for greater awareness of alternative forms of social and recreational activities that are available and accessible to the senior population.

Gambling as a means of forgetting problems may be related to the higher reports of anxiety and depression observed among those who are gambling at problematic levels. These findings are also consistent with clinical observations of older adults believed to be relief-escape problem gamblers (McNeilly and Burke, 1998). In a study conducted with geriatric outpatients, McNeilly and Burke (1998) observed an increasing number of older adults who present themselves for the treatment of an affective disorder, and who also have undetected gambling problems. Based on these findings, the authors stressed the need for assessments of problem gambling behaviours as a routine portion of geriatric clinical evaluations.

In this study, older males were more likely than older females to be gambling at problematic levels. cursory analyses failed to identify any relationships between problem gambling and income, education and region of residence. An important topic for future research is the examination of the relationship between problem gambling among older adults and the full spectrum of health determinants.

Only 50% of individuals in the probable pathological category and 6% of those in the problem gambling category felt that they had a problem with gambling. In the in-depth interviews with gamblers, the majority of those that had been identified as gambling at problematic levels did not feel that they had a gambling problem. One of the main reasons cited as to why an individual with a gambling problem may not receive help was denial of the problem. This presents a considerable challenge to the provision of services.

A further challenge in responding to older adults who are experiencing gambling-related problems are the lack of observable signs. The most common indicators of problem gambling found in the present study included gambling more than intended and feeling guilty about gambling. Most are obtaining money to gamble by using household funds or making withdrawals on credit cards. They are not borrowing from family or friends, writing bad cheques or cashing in

savings. Unless the individual specifically identifies gambling as a problem, it is easy to see how many of these signs could go unnoticed or be attributed to behaviour other than gambling.

An important group identified in the present study are those who are experiencing problems as a result of someone else's gambling. Affected individuals comprised 5% of individuals 60 years and older. The in-depth interviews provided important insight into the nature of the relationship between a problem gambler and an affected person. When asked to identify the individual whose gambling has had the most impact, the most common individual cited was their child. In most cases, the affected person has been experiencing the impacts of this person's gambling for at least a couple of years. Assistance to the problem gambler was most often in the form of financial and emotional support and providing childcare. Negative impacts experienced included broken promises, manipulated into lending money, being yelled at, and in a few cases, being pushed or hit.

Family and friends are a critical source of support for older adults. Although most problem and affected gamblers are aware of the gambling services provided by the Addictions Foundation of Manitoba, most are unlikely to arrive at the door for assistance. Embarrassment/shame and denial are reasons that an individual with a gambling problem may not seek assistance. Most who are affected by someone else's gambling do not seek assistance, and if they do, a family member is the preferred source of support. The implication is that information on resolving gambling-related problems needs to be delivered to those in potential need, rather than waiting for them to access the information on their own.

In this regard, the media may offer an important venue for delivering information to older adults who are experiencing problems with gambling, or are affected by someone else's gambling. The in-depth interviews identified popular television stations, radio stations and newspapers accessed by older adults. The mass media could be used to convey information on how an individual can protect themselves from the negative impacts of their own or someone else's gambling.

Another important source for disseminating information is through senior's organizations. In addition to providing information on the signs of problem gambling and ways to protect oneself, the discussion could also focus on budgeting and other forms of recreational activities.

The in-depth interviews revealed the importance of accessible services. When asked what conditions could make it easier for seniors with a gambling problem to get help, a number of respondents mentioned a crisis line. Perhaps the Addictions Foundation of Manitoba needs to heighten awareness of the 1-800 line and telephone counselling for problem gambling. For others, home visits may offer a more appropriate response. As one participant mentioned, "Someone should approach them [the problem gambler] since they are often dependent on others for transport." Other related comments included, "Go to their homes to talk to them since many are not able to get out easily"; "They [AFM] would have to come to small towns, because not everyone can get to the city"; and "AFM should be more accessible to seniors who can approach them with problems."

In addition to informal sources of support such as family and friends, physicians and religious figures were identified as people seniors may approach with important issues. In meeting the gambling-related needs of seniors, the Addictions Foundation of Manitoba may need to provide services indirectly, through these groups. Assistance could occur by providing information on the identification of gambling problems and appropriate responses.

In summary, older adults who are experiencing problems with their own gambling or someone else's gambling are unlikely to directly access services at the Addictions Foundation of Manitoba. As such, it will be important to develop and provide services consistent with this group's help seeking tendencies. This includes the dissemination of information through the mass media, working with senior's groups, physicians and religious figures, fostering informal sources of support, and making services more accessible by promoting telephone services and possibly home visits.

FINAL COMMENTS

This study provides baseline information on the extent and nature of gambling among older adults in Manitoba. The results show that the majority of seniors are not experiencing problems related to gambling. It is not clear, however, whether this trend will continue. The next generation of seniors may have attitudes quite different from the current generation, which may affect their involvement with gambling. Borrowing money and living beyond one's means are common descriptions applied to baby boomers. In the present study, frugality was a common reason identified as to why problem gambling rates are lower among seniors compared to those 18 to 60 years. It is unclear whether the upcoming generation of older adults, who may not be so frugal, with time and money on their side, will demonstrate similar gambling behaviours.

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TECHNICAL NOTES

1. CENSUS DIVISIONS AND SUBDIVISION FOR EACH REGION

- The Northern Region consists of Census Divisions (CD) 21, 22 and 23.
- The Western Region is made up of CD 20, 17, 16, 15, 4, 5, 6, 7 and sub-divisions 19-070, 19-071 and 19-072. Part of CD 8 is in the West (csd 069, 072, 054, 042) as well as part of CD 4 (csd 068, 044, 046, 039, 051, 053, 057).
- Winnipeg Rural is made up of CD 1, 2, 3, 10, 11, 12, 13, 14, 18, 19 and 9. Parts of CD 8 (csd 066, 059, 061, 048, 045, 039, 031, 038, 033) and CD 4 (csd 063, 066, 035, 033) are also included.
- The City of Winnipeg makes up the last region. It consists of the Census Sub Division of Winnipeg, known as Winnipeg City.

2. TELEPHONE CONTACTS AND RESULTS

Contacts	Number
Total Numbers Attempted (lines 1 to 14)	17,120
1) Not in service	2,026
2) Fax/Modem	146
3) Business	141
B. Total Eligible Contacts (lines 4 to 14)	14,807
4) Busy	61
5) Answering Machine	767
6) No answer	750
7) Language	223
8) Illness, Incapable	125
9) Selected person not available	153
C. Total Asked (lines 10 to 14)	12,728
10) Disqualified	857
11) Household refusal	9,339
12) Respondent refusal	1,467
13) Qualified respondent break off	65
14) Completed Interview	1,000

A total of 17,120 contacts were made to secure the 1,000 interviews. Of this total, 12,728 contacts resulted in a household being asked if they met the study's criteria. Of these, 857 did not have a person 60 years or older, and 9,339 refused to indicate either way. Of the 2,532 households that identified an eligible respondent, 1,467 were unwilling to participate, 65 respondents ended the survey prematurely and 1,000 completed interviews. Therefore, among the households with a known eligible respondent, the response rate was 39% and the refusal rate was 61%.

Problem Gamblers Panel	
Contacts	Number
Total Numbers Attempted (lines 1 to 14)	255
1) Not in service	2
2) Fax/Modem	0
3) Business	0
B. Total Eligible Contacts (lines 4 to 14)	253
4) Busy	6
5) Answering Machine	67
6) No answer	42
7) Language	2
8) Illness, Incapable	2
9) Selected person not available	57
C. Total Asked (lines 10 to 14)	77
10) Disqualified	0
11) Household refusal	1
12) Respondent refusal	13
13) Qualified respondent break off	2
14) Completed Interview	61

A total of 255 contacts were made to secure the 61 follow-up interviews with gamblers. Of this total, 77 contacts resulted in a household being asked if they would complete the survey. Of these, none were disqualified. Of the 77 households that were reached, 14 were unwilling to participate, 2 respondents ended the survey prematurely and 61 completed interviews. Therefore, among the households reached, the response rate was 79% and the refusal rate was 21%.

Affected Persons Panel	
Contacts	Number
Total Numbers Attempted (lines 1 to 14)	90
1) Not in service	1
2) Fax/Modem	0
3) Business	0
B. Total Eligible Contacts (lines 4 to 14)	89
4) Busy	6
5) Answering Machine	11
6) No answer	30
7) Language	0
8) Illness, Incapable	1
9) Selected person not available	15
C. Total Asked (lines 10 to 14)	26
10) Disqualified	0
11) Household refusal	1
12) Respondent refusal	2
13) Qualified respondent break off	1
14) Completed Interview	22

A total of 90 contacts were made to secure the 22 interviews. Of this total, 26 contacts resulted in a household being asked if they would complete the survey. Of these, none were disqualified. Of the 26 households that were reached, 3 were unwilling to participate, 1 respondent ended the survey prematurely and 22 completed interviews. Therefore, among the households reached, the response rate was 85% and the refusal rate was 15%.

3. REASONS FOR GAMBLING: LEVELS OF SIGNIFICANCE

Comparisons Between Non-Problem and Problem Groups (Problem and Probable Pathological Combined)

Exciting/Challenging: ($\chi^2=15.6$, $df=1$, $p<.001$)

Win Money:	$(\chi^2=12.1, df=1, p<.001)$
Pass Time:	$(\chi^2=28.1, df=1, p<.001)$
Entertainment/Fun:	$(\chi^2=8.0, df=1, p<.01)$
Forget Problems:	$(\chi^2=30.9, df=1, p<.001)$
Support Causes:	$(\chi^2=4.1, df=1, p<.05)$
Lucky at it:	$(\chi^2=4.2, df=1, p<.05)$
Good at it:	$(\chi^2=13.7, df=1, p<.001)$
To be alone:	$(\chi^2=19.6, df=1, p<.001)$

TELEPHONE QUESTIONNAIRE

GENDER: Male1 Female.....2

REGION Winnipeg.....1 Eastern.....2 Western3
Northern4

Hello, my name is (first & last name) and I'm calling from Viewpoints Research. We're a professional public opinion research company and today we're calling a random sample of Manitoba residents on behalf of Manitoba Health and the Addictions Foundation of Manitoba.

This survey is on the gambling activities and attitudes of Manitobans and we'd like to include your views. I'd like to assure you that we are not trying to sell anything and all of your answers will remain confidential.

For this survey, we need to speak with adults who are 60 years of age or older? Are you or is anyone in your household 60 years of age or older?

IF RESPONDENT QUALIFIES, GO TO BEGIN SURVEY.

IF OTHER PERSON ASK TO SPEAK TO THAT PERSON. RE-READ INTRODUCTION.

IF BOTH OR MORE THAN ONE, ASK TO SPEAK TO THE PERSON WHOSE BIRTHDAY COMES NEXT.

IF QUALIFIED PERSON NOT AVAILABLE, ARRANGE A TIME TO CALL BACK.

Could I please have the first name of that person so I can ask for them when I call back?

CALL BACK: Name: _____

Date/Time: _____

IF NO OR NOT SURE:

Manitoba Health and The Addictions Foundation would really appreciate your cooperation on this study. If you like, I can have Jamie Wiebe, the person responsible for this project at the AFM, give you a call to provide you with more information before you make a final decision about whether to participate. Would you like her to give you a call?

IF YES, Can I please have your name to provide to her? Name: _____

What time of day is it best to reach you? _____

Is this the best number to reach you at or is there another number?

(ALTERNATE PHONE NUMBER) ____ - ____

IF RESPONDENT WOULD PREFER TO CALL AFM DIRECTLY THEN SAY:

You can call Jamie Wiebe, the person responsible for this project at the Addictions Foundation.

You can call her, at 944-6291 **(FOR LONG DISTANCE RESPONDENTS THEY CAN**

CALL HER COLLECT). I will re-contact you in a week to give you time to speak with her.

Can I please have your first name so I know who to ask for when I call back?

NAME: _____ CALL BACK: _____

IF PERSON STILL REFUSES, THANK AND TERMINATE

IF PERSON NEVER GAMBLER, DOESN'T BELIEVE IN GAMBLING, ETC SAY: We understand that not everyone gambles, but your opinions are still very important to us.

BEGIN SURVEY HERE

I'd like to begin the survey now if this is a good time. It will take approximately 15 minutes depending on how many questions apply to you. Before we start, I'd like to assure you that your participation is voluntary and that any information you provide will be kept completely confidential. If there are any questions that you do not wish to answer, please feel free to point these out to me and I'll go on to the next question.

As you know people bet money and gamble on many different things including buying lottery tickets playing bingo or card games with their friends. I am going to list some activities that you might have bet money on. For each activity, if you haven't participated in the last 12 months just say so, otherwise I'd like you to tell me how often in the last year you've participated in the activity.

Q1 In the last 12 months, how often, if at all, did you buy Lottery tickets like the 649, Super 7, or Pick 3? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q2 In the last 12 months, how often, if at all, did you buy instant win or scratch tickets like break open, pull tab, or Nevada strips? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q3 In the last 12 months, how often, if at all, did you buy raffle or fundraising tickets to win money or a prize? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q4 In the last 12 months, how often, if at all, did you bet on horse races, either live at the track or off-track? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q5 In the last 12 months, how often, if at all, did you bet on sports teams or sporting events? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q6 In the last 12 months, how often, if at all, did you bet or spend money on bingo? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q7 In the last 12 months, how often, if at all, did you bet or spend money on card games or dice games? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q8 In the last 12 months, how often, if at all, did you bet or spend money on table games such as black jack, roulette, or pai gow (pie gow) in a casino? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q9 In the last 12 months, how often, if at all, did you bet or spend money on coin slot machines or other gambling machines in a casino? **(IF ASKED THIS INCLUDES CHARITY CASINOS)** Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q10 In the last 12 months, how often, if at all, did you bet or spend money on VLTs (video lottery terminals) *not* in a casino? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

IF RESPONDENT ANSWERED YES TO Q9 OR Q10 OR BOTH THEN ASK Q11 AND Q12.

IF RESPONDENT ANSWERED NEVER / DON'T KNOW/REFUSED TO BOTH Q9 AND Q10 THEN GO TO Q13.

Q11 At which locations did you bet money on VLTs or slots machines? **READ LIST. CIRCLE ALL MENTIONS**

Casinos.....	1
A Bar, hotel or lounge.....	2
Legions.....	3
Race track.....	4
First nation / Reserve	5
Out of province	6

Other (SPECIFY).....	7
Don't know	8
Refused	9

Q12 In general, do you think to win at VLT's or slot machines a person needs to have a *lot* of skill, a *little* skill, or do you think there is no skill involved in this type of gambling?

A lot of skill	1
A little skill	2
No skill.....	3
Don't know	4
Refused	5

Q13 In the last 12 months, how often, if at all, did you bet on games of skill such as pool, golf, bowling, darts or any other game of skill? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q14 In the last 12 months, how often, if at all, did you bet or spend money on mail sweepstakes? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q15 In the last 12 months, how often, if at all, did you spend money gambling on the Internet? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q16 In the last 12 months, how often, if at all, did you personally speculate on the stock market? Would you say.....**READ LIST**

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

IF RESPONDENT ANSWERS "NEVER" TO <u>ALL</u> OF THE ACTIVITIES (Q1-16) SKIP TO Q52
--

Q17 In the last 12 months how often, if at all, have you taken any trips out of the province for gambling purposes?

Daily.....	1
Several times a week.....	2
About once a week.....	3
About once a month.....	4
One or two times a year	5
Never.....	6
Don't know	7
Refused	8

Q18 Can you give me an idea of the amount that you spend on gambling in an average month? **IF HESITANT, SAY: I'm just looking for an approximate amount. IF STILL HESITANT THEN READ LIST. IF RESPONDENT ASKS IF THIS INCLUDES LOSSES SAY YES**

\$1 to \$10	01
\$11 to \$49	02
\$50 to \$99	03
\$100 to \$199	04
\$200 to \$299	05
\$300 to \$399	06
\$400 to \$499	07
\$500 to \$599	08
\$600 to \$699	09
\$700 to \$799	10
\$800 to \$899	11
\$900 to \$999	12
More than \$1000	13
Don't know	14
Refused	15

People gamble for different reasons. When you gamble, please tell me whether or not each of the following is a reason for you. **READ LIST ROTATE**

		Yes	No	DK
Q19	To be with others or to do things with your friends	1	2	3
Q20	Because it's exciting and challenging	1	2	3
Q21	Because you're lucky	1	2	3
Q22	To win money	1	2	3
Q23	To support good causes	1	2	3
Q24	To pass the time	1	2	3
Q25	For entertainment or fun	1	2	3
Q26	To forget problems for awhile	1	2	3
Q27	Because you're good at it	1	2	3
Q28	To be alone	1	2	3

Q29 Compared to other recreational or social activities, how important is gambling to you? Would you say it is.....**READ LIST?**

Very important	1
Somewhat important	2
Not very important	3
Not important at all	4
Don't know	5
Refused	6

Q30 In an average week how much time do you usually spend gambling? ...Do you spend.....**READ LIST**

Less than 1 hour	1
1 to 2 hours.....	2
Longer than 2 hours but up to 5 hours	3
Longer than 5 hours but less than 12 hours	4
12 hours or more	5
Don't know / Refused.....	6

SOGS – R QUESTIONS

The next few questions have been used in similar surveys with other people throughout Canada. There are no right or wrong answers to the questions that follow. We want to know what **your** experiences have been. Some of these questions may not apply to you, but please try to be as accurate as possible in your answers and remember that all this information is confidential.

S31 In the past 12 months how often have you gone back another day to win back money you lost? **READ LIST**

Almost always.....	1
Most of the time	2
Sometimes.....	3
Never.....	4
Don't know	5
Refused	6

S32 In the past 12 months, have you ever claimed to be winning money from these activities when in fact you lost? **READ LIST**

Almost always.....	1
Most of the time	2
Sometimes.....	3
Never.....	4
Don't know	5
Refused	6

S33 In the past 12 months, have you spent more time or money gambling than you intended?

Yes	1
No.....	2
Don't know	3
Refused	4

S34 In the past 12 months, have people ever criticized your gambling?

Yes	1
No.....	2
Don't know	3
Refused	4

S35 In the past 12 months, have you ever felt guilty about the way you gamble or about what happens when you gamble?

Yes1
 No.....2
 Don't know3
 Refused4

S36 In the past 12 months, have you ever felt that you would like to stop gambling, but didn't think that you could?

Yes1
 No.....2
 Don't know3
 Refused4

S37 In the past 12 months, have you ever hidden betting slips, lottery tickets, gambling money or other signs of gambling from your spouse or partner, children, or other important people in your life?

Yes1
 No.....2
 Don't know3
 Refused4

S38 In the past 12 months, have you ever argued with people you live with over how you handle money?

Yes1
 No.....2 **GO TO S40**
 Don't know3 **GO TO S40**
 Refused4 **GO TO S40**

S39 Have these money arguments ever centred on your gambling?

Yes1
 No.....2
 Don't know3
 Refused4

S40 Have you ever missed time from work due to gambling?

Yes1
 No.....2
 Don't know3
 Refused4

S41 In the past 12 months have you ever borrowed money from someone and not paid them back as a result of your gambling?

Yes1
 No.....2
 Don't know3
 Refused4

I am going to read a list of ways in which some people get money for gambling. Can you tell me which of these, if any, you have used to get money for gambling or to pay gambling debts.

S42 In the past 12 months have you ever borrowed from household money to gamble or to pay gambling debts?

Yes	1
No.....	2
Don't know	3
Refused	4

S43 In the past 12 months have you ever borrowed money from your spouse or partner to gamble or to pay gambling debts? **IF RESPONDENT HAS NO SPOUSE/PARTNER ENTER NO**

Yes	1
No.....	2
Don't know	3
Refused	4

S44 In the past 12 months have you ever borrowed money from other relatives or in-laws to gamble or to pay gambling debts? **(INCLUDES CHILDREN AND OTHER FAMILY MEMBERS)**

Yes	1
No.....	2
Don't know	3
Refused	4

S45 In the past 12 months, have you ever gotten loans from banks, loan companies or credit unions for gambling or to pay gambling debts?

Yes	1
No.....	2
Don't know	3
Refused	4

S46 In the past 12 months, have you ever made cash withdrawals on credit cards such as VISA or MasterCard to get money to gamble or to pay gambling debts? **(DOES NOT INCLUDE ATM OR INSTANT CASH CARDS)**

Yes	1
No.....	2
Don't know	3
Refused	4

S47 In the past 12 months have you ever gotten loans from loan sharks to gamble or to pay gambling debts?

Yes	1
No.....	2
Don't know	3
Refused	4

S48 In the past 12 months, have you cashed in stocks, bonds or other securities to gamble or pay gambling debts?

Yes	1
No.....	2
Don't know	3
Refused	4

- S49 In the past 12 months have you ever sold personal or family property to gamble or to pay gambling debts?
- Yes1
No.....2
Don't know3
Refused4
- S50 In the past 12 months have you ever borrowed money from your chequing account by writing cheques that bounced to get money for gambling or to pay gambling debts?
- Yes1
No.....2
Don't know3
Refused4
- S51 In the past 12 months have you felt you had a problem with betting money or gambling?
- Yes1
No.....2
Don't know3
Refused4
- Q52 In the past 12 months, has someone else's gambling ever caused any problems for you?
- Yes1
No.....2
Don't know / Refused.....3
- GO TO Q54**
GO TO Q54
- Q53 Whose gambling caused problems for you? **CIRCLE ALL MENTIONS**
- Spouse1
Child.....2
Grandchild.....3
Friend4
Parent5
Other6
Don't know / Refused.....7
- Q54 Compared to 10 years ago, would you say that today you gamble more, less or about the same amount as before? **IF RESPONDENT SAYS MORE/LESS, ASK: Would that be a lot more/less or a little more/less than before?**
- A lot more1
A little more2
Same amount.....3
A little less4
A lot less5
Don't know / Refused.....6

DEMOGRAPHICS

Now we would like to get some basic information from you. Like all your other answers, we will not tell anyone what you say. To begin with....

- Z1 Gender **DO NOT ASK**
- Male1
Female.....2

Z2	Are you single, married, widowed or divorced?	
	Single	1
	Married.....	2
	Widowed	3
	Divorced.....	4
	Don't know / Refused.....	5

Z3	What is the highest level of formal education that you have completed?	
	Did not complete high school	1
	High school graduate	2
	Some college/technical	3
	College/technical graduate.....	4
	Some university	5
	University graduate.....	6
	Post-graduate university.....	7
	Don't know / Refused.....	8

Z4 Can you tell me your age please? ____

IF RESPONDENT REFUSES, OFFER TO READ CATEGORIES AND HAVE HIM/HER TELL YOU WHICH CATEGORY HE/SHE FALLS INTO?

60 to 62	1
63 to 65	2
66 to 70	3
71 to 75	4
76 to 80	5
81 to 85	6
86 to 90	7
Over 90.....	8
Don't know / Refused.....	9

Z5	Would you say that your total household income before taxes is...?	
	Less than \$20,000	1
	Less than \$30,000	2
	Less than \$40,000	3
	Less than \$60,000	4
	Less than \$80,000	5
	\$80,000 or more.....	6
	Don't know / Refused.....	7

Z6	Are you currently employed outside the home on a full time or part-time basis or are you retired?	
	Employed full time	1
	Employed part time.....	2
	Retired.....	3
	Unemployed.....	4
	Don't know / Refused.....	5

Z7 How would you rate your current health status? Would you say you are in very good health, good health, fair, poor or very poor health?

- Very good.....1
- Good.....2
- Fair.....3
- Poor.....4
- Very poor.....5
- Don't know / Refused.....6

PERSONAL / ALCOHOL & DRUGS USE

Next, I'd like to ask you a few questions about your feelings in general and about alcohol and drug use. Please answer honestly and remember that I will not tell anyone what you tell me.

D8 How often have you felt anxious, upset, or depressed in the past 12 months? Would you say**READ LIST**

- Most of the time.....1
- Some of the time.....2
- Not very often.....3
- Not at all.....4
- Don't know.....5
- Refused.....6

D9 Can you talk to family or a friend about problems you are having...**READ LIST?**

- Most of the time.....1
- Some of the time.....2
- Not very often.....3
- Not at all.....4
- DO NOT READ**
- Depends / Don't have problem.....5
- Don't know.....6
- Refused.....7

D10 In the past 12 months how often have you used alcohol. Would you say...**READ LIST**

- Not at all.....1 **GO TO D12**
- Less than once a month.....2
- 2 – 3 times a month.....3
- Once or more a week.....4
- Once or more a day.....5
- Don't know.....6 **GO TO D12**
- Refused.....7 **GO TO D12**

D11 How many times in the last month have you had 5 or more drinks of alcohol at one time. **IF THEY ASK:** One drink means one bottle or glass of beer or cooler, one glass of wine or one mixed drink with one and a half ounces of liquor such as whisky, vodka, rum, gin, etc.

- Never had more than 5 drinks at once1
- Not once in the last month2
- Once in the last month3
- Twice in the last month4
- Three times in the last month5
- Four times in the last month6
- Five or more times in the last month7
- Don't know8
- Refused9

D12 In the past 12 months have you used tobacco products, like cigarettes? Would you say you've used them.....? **READ LIST**

- Not at all.....1
- Less than once a month.....2
- 2 – 3 times a month.....3
- Once or more a week4
- Once or more a day5
- Don't know6
- Refused7

D13 In the past 12 months have you used prescription or non-prescription drugs for sleep, depression or pain?

- Not at all.....1
- Less than once a month.....2
- 2 – 3 times a month.....3
- Once or more a week4
- Once or more a day5
- Don't know6
- Refused7

That ends our survey. I would like to thank you very much for taking the time to answer our questions. We are doing a follow-up study and we may want to call you back in the next few months to interview you again about some of these issues. Would you be interested in participating again?

- Yes1
- No.....2
- Don't know / Refused.....3

IF YES, SAY: Great. Can I confirm that your home phone number is

() - - - - -

And is there another number where you can be reached? () - - - - -

And may I have your first name or initial so that we may ask for you when we call back?

First _____

IF NO, OR NOT SURE SAY: I understand. But just before I go, I'd like to confirm that your home phone number is () - - - - -

IN-DEPTH INTERVIEWS

Gamblers Follow-up

GENDER: Male 39.3% Female..... 60.7%

Hello, may I please speak to _____? **IF NOT AT HOME ARRANGE A TIME TO CALL BACK**

Hello, my name is _____ and I'm calling from Viewpoints Research. A few weeks ago you participated in one of our surveys and agreed to answer a few questions at a later date. Is this a good time for you? It will take approximately 15 minutes.

For each of the following publications please tell me whether you read them on a regular basis, occasionally, or never.

		REGULAR	OCCAS- IONAL	NEVER	DK/REF
Q1	The Winnipeg Free Press 	54.1%	32.8%	13.1%	0.0%
Q2	The Winnipeg Sun	9.8%	39.3%	50.8%	0.0%
Q3	Another local daily newspaper	16.4%	3.3%	72.1%	8.2%
Q4	A weekly comm  y newspaper	44.3%	23.0%	29.5%	3.3%
Q5	Seniors Today, the Manitoba Society of Seniors paper	8.2%	34.4%	55.7%	1.6%
Q6	 Please tell me which radio station you listen to most often?				
	CBC 990.....	13.1%			
	CJOB.....	39.3%			
	CFRY Portage.....	4.9%			
	1290 Starlight.....	8.2%			
	CKLQ.....	4.9%			
	Other (see verbatim)	18.0%			
	Don't listen to radio regularly.....	11.5%			
	Don't know / Refused.....	0.0%			
Q7	Which local supper hour TV news program do you watch most often?				
	CKY	44.3%			
	CBC TV	18.0%			
	Global.....	11.5%			
	A-Channel	9.8%			
	None.....	4.9%			
	Other (see verbatim)	8.2%			
	Don't know / Refused.....	3.3%			

Q8 In an average week, how many days do you participate in a social or recreational activity, other than gambling, outside the home?

0 day.....	27.9%
1 day.....	24.6%
2 days	21.3%
3 days	9.8%
4 days	6.6%
5 days	3.3%
7 days	6.6%

HISTORICAL PERSPECTIVE

Q9	Do you gamble on a regular basis, in other words once a month or more often?	
	Yes	47.5%
	No.....	52.5%
	Don't know / Refused.....	0.0%
		GO TO Q12
		GO TO Q12

Q10	When did you start gambling on a regular basis? (n = 29)	
	0 month ago.....	3.4%
	6 months ago	3.4%
	1 year ago.....	3.4%
	2 years ago	13.8%
	3 years ago	10.3%
	4 years ago	3.4%
	5 years ago	17.2%
	6 years ago	3.4%
	7 years ago	3.4%
	8 years ago	10.3%
	10 years ago	17.2%
	15 years ago	3.4%
	20 years ago	3.4%
	45 years ago	3.4%

Q11	Was there some event that was related to you taking up gambling on a regular basis? PROBE (n = 29)	
	No.....	41.4%
	Something to do with friends.....	17.2%
	Retirement.....	6.9%
	Increased accessibility to gambling	24.1%
	Other (see verbatim)	10.3%

GAMBLING ACTIVITIES

Q12 What kind or kinds of gambling do you like to do most? **CIRCLE ALL MENTIONS**

Lottery tickets	31.1%
Raffle tickets	9.8%
Slots in a casino	23.0%
VLTs	26.2%
Bingo.....	19.7%
Break-open or scratch tickets.....	4.9%
Cards, board games, dice games	16.4%
Table games (blackjack, roulette)	4.9%
Stock market	3.3%
Other (see verbatim)	3.3%
Don't know	3.3%
Refused	0.0%

GO TO Q14
GO TO Q14

Q13 Why do you like these types of gambling? **PROBE**

Chance to win	16.9%
Relaxing	6.8%
Fun, entertainment	10.2%
To socialize, recreation	15.3%
Exciting	13.6%
Other (see verbatim)	27.1%
Don't know	10.2%

Q14 What games do you play when you play VLTs or slots? **CIRCLE ALL MENTIONS**

Video poker.....	23.0%
Line-up games.....	27.9%
Electronic bingo.....	4.9%
Electronic keno	1.6%
Don't play VLTs or slots	39.3%
Other (see verbatim)	8.2%
Don't know / Refused.....	8.2%

Q15 Are there any types of gambling activities that you would not participate in? **CIRCLE ALL MENTIONS**

Lottery tickets	1.6%	
Raffle tickets	1.6%	
Slots in a casino	11.5%	
VLTs	9.8%	
Bingo	6.6%	
Break-open or scratch tickets.....	3.3%	
Cards, board games, dice games	26.2%	
Table games (blackjack, roulette)	41.0%	
Horse races.....	11.5%	
Other (see verbatim)	11.5%	
None.....	18.0%	GO TO Q17
Don't know	9.8%	GO TO Q17
Refused	3.3%	GO TO Q17

Q16 Why? **PROBE** (n = 42)

Don't know how / not interested	47.6%
Too expensive, risky	33.3%
Can lead to problems, can get hooked	9.5%
Other (see verbatim)	9.5%

Q17 Compared to other ways you spend your time, would you say that gambling is more exciting?

Yes	23.0%
No.....	75.4%
Don't know	0.0%
Refused	1.6%

Q18 Are there any activities that you used to do, but don't anymore because of gambling?

Yes	9.8%	
No.....	90.2%	GO TO Q20
Don't know	0.0%	GO TO Q20
Refused	0.0%	GO TO Q20

Q19 What are they? **PROBE**

We don't socialize as much as used to - we go straight to VLTs instead of talking at table.
I watched less TV and I'm happy about that, so many programs are just rehashing same ideas.

Go to Bingo less, rather go to VLTs - more exciting.

Used to meet friends, go for coffee - now I'd rather go gambling.

I used to go out visiting in evenings.

Doesn't go to concert hall any more, would rather spend the money on something, enjoys more.

BELIEFS ABOUT GAMBLING

Q20 Overall, would you say you win or lose more often when gambling?

Win.....	6.6%
Lose.....	70.5%
About the same wins and losses / break even	16.4%
Don't know / Refused.....	6.6%

- Q21 What do you believe contributes to you winning at gambling? **PROBE**
- | | |
|------------------------------|-------|
| Luck | 68.9% |
| Right place, right time..... | 6.6% |
| Other (see verbatim) | 6.6% |
| Don't know | 18.0% |
- Q22 What do you believe contributes to you losing at gambling? **PROBE**
- | | |
|-----------------------------------|-------|
| Bad luck | 54.1% |
| Don't quit / keep on playing..... | 8.2% |
| Wrong numbers..... | 6.6% |
| Other (see verbatim) | 16.4% |
| Don't know | 14.8% |
- Q23 In the long run, do you think that you will make money playing VLTs or slots?
- | | |
|--------------------------------|-------|
| Yes | 0.0% |
| No..... | 82.0% |
| Don't play VLTs or slots | 18.0% |
| Don't know / Refused..... | 0.0% |

GAMBLING CONSEQUENCES

- Q24 What, if any, are some of the benefits you have experienced from gambling? **CIRCLE ALL MENTIONS**
- | | |
|---|-------|
| Mental stimulation | 4.9% |
| Being with other people / decreased isolation | 9.8% |
| Opportunity to socialize..... | 27.9% |
| Forget about problems | 3.3% |
| Excitement | 8.2% |
| Decrease boredom..... | 3.3% |
| Fun, entertainment | 14.8% |
| Winning..... | 14.8% |
| None..... | 45.9% |
| Other (see verbatim) | 1.6% |
| Don't know / Refused..... | 0.0% |
- Q25 What, if any, are some of the problems you have experienced from gambling? **CIRCLE ALL MENTIONS**

Income loss / gone into debt	9.8%
Relationship problems / losses.....	0.0%
Health problems	0.0%
Loss of priorities	0.0%
Loneliness / increased isolation	0.0%
Don't get things done / get nothing accomplished.....	1.6%
Rush through work.....	0.0%
None.....	83.6%
Other (see verbatim)	6.6%
Don't know / Refused.....	0.0%

Q26 Are there certain types of gambling that are more likely to cause problems for you?

Yes	14.8%
No.....	82.0%
Don't know	3.3%
Refused	0.0%

GO TO Q28

GO TO Q28

GO TO Q28

Q27 Which ones? **DO NOT READ, CIRCLE ALL MENTIONS** (n = 9)

Lottery tickets	0.0%
Raffle tickets	0.0%
Slots in a casino	44.4%
VLTs	11.1%
Bingo.....	0.0%
Break-open or scratch tickets.....	11.1%
Cards, board games, dice games	22.2%
Stock market	11.1%
Other (see verbatim)	11.1%
Don't know	0.0%
Refused	0.0%

Q28 In the last year, how many times have you taken a trip to gamble?

0 time	68.9%
1 time	14.8%
2 times.....	3.3%
3 times.....	3.3%
3-4 times.....	3.3%
4-5 times.....	1.6%
6 times.....	1.6%
15 times	1.6%
30 times	1.6%

COMMUNICATION STRATEGIES

Q29 What is the best way to communicate information about problem gambling to seniors?

TV	9.8%
Radio	1.6%
Newspaper.....	4.9%
Seniors organizations / groups	9.8%
Church / place of worship	0.0%
Doctor's office	0.0%
Information available at gambling venue	4.9%
Other (see verbatim)	14.8%
Don't know / Refused.....	54.1%

Q30 Who do you think a senior might talk to about their gambling problem? **CIRCLE ALL MENTIONS**

Family	14.8%
Friend	19.7%
Family doctor	8.2%
Minister / Priest / Rabbi	26.2%
Social worker / Psychologist/counsellor	13.1%
AFM	3.3%
Another senior / peer.....	13.1%
No one	3.3%
Other (see verbatim)	9.8%
Don't know / Refused.....	24.6%

Q31 Why do you think seniors who have a problem with gambling might not seek help? **PROBE CIRCLE ALL MENTIONS**

Deny the problem / won't admit they have a problem...	19.7%
Embarrassment / shame	42.6%
Feel they can't quit.....	1.6%
Feel available programs won't work.....	0.0%
Not aware of where to go for help	0.0%
Believe they can stop on their own	3.3%
Accessibility problems (transportation, distance, etc.)	1.6%
Stubborn / independent	9.8%
Other (see verbatim)	18.0%
Don't know / Refused.....	14.8%

Q32 What conditions or factors could make it easier for seniors with a gambling problem to get help? **PROBE**

More publicity / awareness	16.4%
Programs / counselors at seniors homes	8.2%
Other (see verbatim)	41.0%
Don't know	34.4%

Q33 How many seniors do you know who you think might have a gambling problem?

None.....	57.4%
1 or 2	18.0%
3 or 4	3.3%
More than 4.....	9.8%
Don't know / Refused.....	11.5%

Q34 When you have something important to talk to someone about, who do you talk to? **CIRCLE ALL MENTIONS**

Family	77.0%
Friend	21.3%
Family doctor	8.2%
Minister/ Priest / Rabbi	6.6%
Social worker/Psychologist / counsellor	1.6%
AFM / Addictions Foundation	1.6%
No one.....	1.6%
Other (see verbatim)	3.3%
Don't know / Refused.....	0.0%

Q35 Have you ever thought you had a gambling problem?

Yes	8.2%
No.....	90.2%
Don't know	1.6%
Refused	0.0%

GO TO Q38

GO TO Q38

GO TO Q38

Q36 **(IF YES)** How long ago did you think this? **PROBE**

- 2 years ago when first bought tickets.
- 3 years ago.
- 4 years ago.
- 25 to 30 years ago.
- Might have been when it first came out.

Q37 Do you think you have a problem now? (n = 5)

Yes	20.0%
No.....	80.0%
Don't know / Refused.....	0.0%

Q38 Has anyone ever told you that you have a gambling problem?

Yes	8.2%
No.....	91.8%
Don't know	0.0%
Refused	0.0%

Q39 Have you ever wanted help to stop gambling or cut down?

Yes	8.2%
No.....	91.8%
Don't know	0.0%
Refused	0.0%

GO TO Q42

GO TO Q42

GO TO Q42

Q40 Did you try to get help? (n = 5)

Yes	0.0%	
No.....	100.0%	GO TO Q42
Don't know	0.0%	GO TO Q42
Refused	0.0%	GO TO Q42

Q41 Where did you go for help? **CIRCLE ALL MENTIONS** (n = 0)

Family	0.0%
Friend	0.0%
Gamblers Anonymous or other support group.....	0.0%
Social worker, psychologist, or psychiatrist	0.0%
Minister, Priest, Rabbi	0.0%
Family doctor	0.0%
AFM HELPLINE (Problem Gambling).....	0.0%
Addictions (Alcoholism) Foundation of Manitoba (AFM)	0.0%
Other alcohol or drug addiction treatment centre	0.0%
Other (specify)	0.0%
Didn't get help	0.0%
Don't know	0.0%
Refused	0.0%

Q42 Before this survey, had you ever heard of the Addictions Foundation of Manitoba or the AFM?

Yes	88.5%
No.....	9.8%
Don't know / Refused.....	1.6%

Q43 Are you aware that the AFM provides counselling to people with gambling problems?

Yes	73.8%
No.....	23.0%
Don't know / Refused.....	3.3%

Q44 In your view, how could the AFM best assist seniors who are having gambling problems? **PROBE**

Advertise, offer information	14.8%
Seminars, speakers at seniors organizations	14.8%
Counseling for seniors	8.2%
Other (see verbatim)	37.7%
Don't know	24.6%

Q45 Do you think that there is a need to increase seniors' awareness of problems that can occur from gambling?

Yes	67.2%
No.....	18.0%
Don't know / Refused.....	14.8%

Q46 What kinds of information should be made available to seniors about gambling? **PROBE**

Financial risks	41.0%
AFM / help available	13.1%
Other (see verbatim)	26.2%
Don't know	19.7%

Q47 Finally, research has found lower rates of problem gambling among Manitobans 60 years of age and older compared to those 18 to 60 years. Do you have any thoughts on why there may be less problem gambling among older adults? **PROBE**

Lack of finances / frugal	31.1%
Old enough to know better / mature	23.0%
Illness, difficult to get out	9.8%
Weren't brought up with gambling	6.6%
Other (see verbatim)	23.0%
Don't know	6.6%

Q48 Can I confirm that the number I dialled is (204) ____ - ____
I'd like to thank-you for taking the time to participate in this survey and to advise you that my supervisor may be calling you later to verify your participation.

Q6 Please tell me which radio station you listen to most often?

- QX-104
- QX 104 FM
- Q94
- CKRC
- CKVM
- MAGIC 99.9 FM
- CBK
- CKX BRANDON
- CKY
- KY 58
- 401 FM

Q7 Which local supper hour TV news program do you watch most often?

- CHANNEL 42
- CHANNEL 22 TSN
- CHANNEL 5
- CBK
- CKX BRANDON

Q11 Was there some event that was related to you taking up gambling on a regular basis?

- I won jackpot and wanted to keep trying
- Now have non-smoking Bingo halls, husband passed away
- Gambling trips to USA was how I was introduced to it.

Q12 What kind or kinds of gambling do you like to do most?

- Race-track
- Sports select

Q13 Why do you like these types of gambling?

- I have no interest, not just pull a slot machine
- It's something different to do
- Feel it's a type of investment more than it is gambling
- I like horses, they're nice well looked after
- They're relating i.e. "no brainers" and get some excitement if I win
- Do it because someone wants to sell me a raffle ticket
- I like lottery tickets (649) because of curiosity and hope to win money
- They don't take any mental effort
- More affordable: can play a long time on little money

- Convenient to play
- I like card games
- Because I can make money in the stock market.
- Inexpensive
- Gambler has a bit of control over slots
- Not particularly fond of Bingo
- These types of gambling support local projects

Q14 What games do you play when you play VLTs or slots?

- "Reel 'em in"
- Progressive
- Wild cherry VLT
- Trick or treat and chicken game
- Hockey players

Q15 Are there any types of gambling activities that you would not participate in?

- Keno
- Craps
- Poker
- Everything other than slots
- All of the above activities
- All
- Big lottery draws

Q16 Why?

- Have to be a "gambler" to play those games
- Because the chances to win are too small in big lottery draws
- Has to limit himself
- Mainly due to religious beliefs

Q21 What do you believe contributes to you winning at gambling?

- Pleasure
- Nothing - it's just a chance you take
- Said he does not gamble
- It depends on what mood I'm in

Q22 What do you believe contributes to you losing at gambling?

- Because dealers are lucky sometimes
- They tighten up machines so you can't win as much or at all.
- Not being at right machine at right time
- Easy access to gambling contributes to losing as does luck and chance
- Don't spend much so don't lose much
- Not being in the right place at the right time

- Place bets on golf, different shots; depends on the game
- Myself
- Not knowing how to play
- If I lose, I lose - it's my fault

Q24 What, if any, are some of the benefits you have experienced from gambling?

- It's a change of scene and routine, and recreational

Q25 What, if any, are some of the problems you have experienced from gambling?

- I feel badly when I lose
- Sometimes spend more money than I intended
- Family disputes are a problem
- Smoking environment makes you sick

Q27 Which ones?

- Someone phones you to tell you you've won a prize.

Q29 What is the best way to communicate information about problem gambling to seniors?

- Seniors magazine
- Seniors magazine
- Individual with problem, talking to them
- Explain the problems to gamblers
- Videos, lectures
- Information sent to their home (targeting seniors)
- Posters
- Advertise phone line for problem gamblers counselling
- Speakers to discuss gambling with them

Q30 Who do you think a senior might talk to about their gambling problem?

- The person they're gambling with
- Hotline
- Senior newspaper, as in a regular column
- Someone who doesn't know them; won't gossip
- Addiction centre in Brandon
- Someone who is unbiased

Q31 Why do you think seniors who have a problem with gambling might not seek help?

- Scared of losing money, don't want anyone to know

- Pride - may have status in working life, don't want to ask
- If they enjoy it they don't want to give it up
- They believe they can "win the big one"
- Don't want others to know their business
- Want to hide it
- Doing it cause they're bored
- Seniors are more affluent and can afford go on gambling
- Always think they'll win; its time to win.
- Because they feel isolated
- They may be depressed

Q32 What conditions or factors could make it easier for seniors with a gambling problem to get help?

- Making arrangements for support staff to help them
- Something like a walk-in clinic specifically for people with a gambling problem
- Maybe funds could be limited/tied up; can't gamble without money
- The gambler has to talk to someone; maybe a family member could take action
- If they ran out of money, they'd have to stop until they got their next pay cheque
- To have special phone line available to seniors at all time
- Promote more activities in casino (whist/cribbage) so can still get glitz but spend less money
- Could go to gamblers anonymous
- Easy access to counsellors would help seniors with problem; to talk about problem
- Crisis line or hot lines
- Only way is through the AFM and their minister
- Talk to friends and/or relative
- Accessibility to counsellors
- Go to AFM - I don't know how easily they could get help there, though
- There's already signs on machines
- Confidentially with relatives or friends
- Someone should approach "them" since they are often dependent on others for transport
- They could ask their friends that are not addicted to help
- Government should shut down casinos, but can't because dependent on revenue
- Should have support group to refer to.
- The availability of a gambling addiction crisis telephone line
- Family intervention
- Limit their access to money
- If they could talk to a reformed gambler, someone who has experienced the same problem
- Some societies could help them

Q34 When you have something important to talk to someone about, who do you talk to?

- Peers
- I'd talk to anybody

Q44 In your view, how could the AFM best assist seniors who are having gambling problems?

- Budget with them; may have only so much to live on and can't afford to spend
- Get after the government to pull out all the VLTs

- Continue to remain accessible to them through pamphlets etc.
- Encourage them not to do it. Loneliness has a lot to do with problem gambling.
- AFM could provide a place like Al-anon, where people could come and talk to people with same problem
- Make it handy/well known that seniors can phone hotline, make it available
- Just talk to them
- Plan more social activities as alternative to gambling, partner people so not so lonesome
- Should manage money for them - make sure rent, bills are paid
- AFM should be more accessible to seniors who can approach them with problems
- They have to lose their shirts first
- Persuade them to enroll in clubs/groups to make friends, develop new interests
- I don't know a senior is a mere individual, stubborn and stupid
- Continue to have pamphlets, etc. available at gambling establishments and other places seniors frequent
- Help is there, a person having the problem has to want to overcome it
- Go to their homes to talk to them since many are not able to get out easily
- Have meetings like the ones for A.A.
- AFM should supply senior gamblers with money to help them get over their gambling problem
- Get the seniors to do something else
- They'd have to come to small towns, because not everyone can get to the city
- Have info booths at gambling establishments
- Talk to the gamblers
- Close all of the casinos

Q46 What kinds of information should be made available to seniors about gambling?

- It's form of recreation/social activity/fun. Don't have to go everyday
- Think they are doing everything possible already
- Don't gamble
- Think they already have information sheets at various gambling establishments
- Let them know someone cares and is always there to help them
- Told odds of winning. Can't afford it, don't do it. Ones without money who gamble
- Results of survey should be circulated among seniors to identify problems
- Find different kind of hobby. Make money doing nothing
- Word of mouth. They don't have enough to gamble.
- Books and pamphlets
- Get info about how casinos built and are major cause of gambling
- Feels there is enough info already available
- Suggest other ways to gamble besides gambling.
- Let them know % of times they would win
- I think there's enough education and advertising about that
- Tell them not to do it because it doesn't get them anywhere

Q47 Finally, research has found lower rates of problem gambling among Manitobans 60 years of age and older compared to those 18 to 60 years. Do you have any thoughts on why there may be less problem gambling among older adults?

- I don't believe that
- I thought there'd be more problems because they have more time.
- It may be because they have the experience with gambling and know the problems it can cause
- Other ones have nothing but time. The younger have more responsibility.
- I believe there's more problems among older people because they have more money.
- Over 60 people do have a reasonable amount of money they can use if lose. Youth pay rent
- There is help, and they can approach it
- They may have enough savings to gamble and still live comfortably

- Younger people are doing it to win money whereas the seniors do it more for recreation
- More time available and more money.
- Young people try things we don't - like different types of gambling
- Younger people (18-60 years) feel less secure than people 60+ and therefore more inclined to gambling
- To older people, gambling is just entertainment, young people want fast money
- Younger people have no sense; they just want to win and end up losing double

AFFECTED FOLLOW-UP

GENDER: Male.....54.5% Female45.5%

Hello, may I please speak to _____? **IF NOT AT HOME ARRANGE A TIME TO CALL BACK**

Hello, my name is _____ and I'm calling from Viewpoints Research. A few weeks ago you participated in one of our surveys and agreed to answer a few questions at a later date. Is this a good time for you?

You indicated on our previous survey that someone's gambling causes problems for you. Today I'd like to ask you some questions about their gambling and how it affects you. (If there is more than one person, please answer the questions in regard to the person that has the most affect on you).

Q1 Can you please tell me the gender of the person with the gambling problem?

Male.....68.2%
Female31.8%
Refused.....0.0%

Q2 What is the age of this person?

204.5%
224.5%
234.5%
3013.6%
344.5%
394.5%
404.5%
424.5%
454.5%
5013.6%
584.5%
609.1%
624.5%
674.5%
754.5%
774.5%
834.5%

- Q3 What is your relationship with this person?
- | | |
|----------------------------|-------|
| Spouse | 13.6% |
| Parent..... | 0.0% |
| Sibling | 18.2% |
| Child..... | 31.8% |
| Grandchild..... | 0.0% |
| Friend | 13.6% |
| Other relative..... | 18.2% |
| None | 4.5% |
| Don't know / Refused | 0.0% |
- Q4 Does this person live with you?
- | | |
|----------------------------|-------|
| Yes..... | 22.7% |
| No | 77.3% |
| Don't know / Refused | 0.0% |
- Q5 To your knowledge, does this person have problems with alcohol or drug use?
- | | |
|----------------------------|-------|
| Yes..... | 40.9% |
| No | 54.5% |
| Don't know / Refused | 4.5% |
- Q6 How long have you known or suspected that this person has a gambling problem?
- | | |
|---|-------|
| Just realized they had a problem recently | 0.0% |
| For a few months..... | 4.5% |
| For about a year..... | 0.0% |
| For a couple of years | 18.2% |
| For many years..... | 77.3% |
| Don't know / Refused | 0.0% |
- Q7 How long has this person's gambling been causing you problems?
- | | |
|-----------------------------|-------|
| Just recently | 0.0% |
| Few months | 9.1% |
| For about a year..... | 0.0% |
| For a couple of years | 90.9% |
| Don't know / Refused | 0.0% |
- Q8 Do you know what type of gambling is causing problems for this person?
- | | |
|---|-------|
| VLTs / Slots | 50.0% |
| Bingo | 0.0% |
| Lottery Tickets / Scratch Tickets | 9.1% |
| Horse Races..... | 0.0% |
| More than one..... | 27.3% |
| Other (see verbatim)..... | 13.6% |
| Don't know / Refused | 0.0% |

- Q9 What kinds of problems have you experienced because of their gambling? **PROBE**
- | | | |
|--------------------------------|-------|--|
| Stress | 13.6% | |
| Financial / loaned money | 45.5% | |
| Other (see verbatim) | 40.9% | |
- Q10 How does this person's gambling make you feel? **PROBE**
- | | | |
|----------------------------|-------|--|
| Depressed | 9.1% | |
| Angry | 40.9% | |
| Powerless | 4.5% | |
| Sad | 9.1% | |
| Anxious | 0.0% | |
| Embarrassed | 0.0% | |
| Not affected | 9.1% | |
| Other (see verbatim) | 45.5% | |
| Don't know / Refused | 4.5% | |
- Q11 What, if anything, have you done to try and stop the person's gambling? **PROBE**
- | | | |
|--|-------|--|
| Nothing | 36.4% | |
| Talked to them about the problem | 27.3% | |
| Other (see verbatim) | 36.4% | |
- Q12 Have they ever indicated to you that they wanted help to stop gambling?
- | | | |
|------------------|-------|--|
| Yes | 27.3% | |
| No | 72.7% | |
| Don't know | 0.0% | |
| Refused | 0.0% | |
- Q13 Are there any activities that you used to do with them, but don't anymore because of their gambling?
- | | | |
|------------------|-------|------------------|
| Yes | 22.7% | |
| No | 72.7% | GO TO Q15 |
| Don't know | 0.0% | GO TO Q15 |
| Refused | 4.5% | GO TO Q15 |
- Q14 What activities? **PROBE**
- I spend less time on visits with her.
- Fishing.
- Various functions such as picnics, and family closeness have been terminated/disappeared.
- Visits that involved talking, conversation have ceased.
- I have had to give up various social activities and events that we did together.
- Q15 Are there any activities that this person is responsible for that you have had to take on because of their gambling?
- | | | |
|------------------|-------|------------------|
| Yes | 22.7% | |
| No | 77.3% | GO TO Q17 |
| Don't know | 0.0% | GO TO Q17 |
| Refused | 0.0% | GO TO Q17 |
- Q16 What activities? **PROBE**

I'm looking after her children more often when she's away gambling.
 Since he gave me control of his finances, debt collectors are coming to me for money he owes.
 I had to take on a second job just to support myself and him.
 I drive the person to work from time to time.
 Different home and household chores and activities.

Please tell me whether you have ever had to help this person out in any of the following ways because of their gambling problem. **ROTATE**

		YES	NO	DK	REF
Q17	Looking after their children?	31.8%	68.2%	0.0%	0.0%
Q18	Financial support such as lending or giving them money?	59.1%	40.9%	0.0%	0.0%
Q19	Providing them with emotional support?	50.0%	50.0%	0.0%	0.0%
Q20	Providing them with a place to stay?	27.3%	72.7%	0.0%	0.0%
Q21	Cover up their gambling (lying about gambler's behaviour to others)	13.6%	86.4%	0.0%	0.0%

Q22 Are there any other ways you have helped them that I haven't mentioned? **PROBE**

Nothing, none63.6%
 Other (see verbatim).....36.4%

Now can you please tell me whether you have ever experienced any of the following because of this person's gambling problem? Have you ever been.....? **ROTATE**

		YES	NO	DK	REF
Q23	Threatened by this person?	13.6%	86.4%	0.0%	0.0%
Q24	Yelled at?	31.8%	68.2%	0.0%	0.0%
Q25	Had your money or credit cards stolen or used without permission?	9.1%	90.9%	0.0%	0.0%
Q26	Had other valuables taken or sold?	9.1%	86.4%	4.5%	0.0%
Q27	Pushed, hit or physically abused in any way?	9.1%	90.9%	0.0%	0.0%
Q28	Repeated broken promises?	59.1%	40.9%	0.0%	0.0%
Q29	Unpaid loans?	36.4%	63.6%	0.0%	0.0%
Q30	Manipulated into lending money?	31.8%	68.2%	0.0%	0.0%
Q31	Neglect / abandonment?	18.2%	77.3%	0.0%	4.5%

- Q32 Why do you think people who have a problem with gambling might not seek help? **PROBE**
- | | |
|---|-------|
| Deny the problem / won't admit they have a problem | 40.9% |
| Embarrassment / shame | 9.1% |
| Feel they can't quit | 18.2% |
| Feel available programs won't work | 0.0% |
| Not aware of where to go for help | 0.0% |
| Other (see verbatim) | 13.6% |
| Don't know / Refused | 18.2% |
- Q33 When you have something important to talk to someone about, who do you talk to, outside of a *family* member?
- | | |
|---------------------------------|-------|
| Friend | 50.0% |
| Priest / Minister / Rabbi | 13.6% |
| Family doctor / physician | 0.0% |
| Psychologist / counsellor | 4.5% |
| No one | 22.7% |
| Other (see verbatim) | 0.0% |
| Don't know / Refused | 9.1% |
- Q34 Is there anyone in your family that you can talk to about important issues affecting your life?
- | | |
|----------------------------|-------|
| Yes | 90.9% |
| No | 9.1% |
| Don't know / Refused | 0.0% |
- Q35 Have you sought help or advice about the person's gambling problem and how it affects you?
- | | |
|----------------------------|-------|
| Yes | 22.7% |
| No | 77.3% |
| Don't know / Refused | 0.0% |
- GO TO Q37**
GO TO Q37
- Q36 Who did you talk to? (n = 5)
- | | |
|-----------------------------------|-------|
| Friend | 0.0% |
| Child | 0.0% |
| Family member | 60.0% |
| Priest / Minister / Rabbi | 0.0% |
| Family doctor / physician | 0.0% |
| Psychologist / counsellor | 20.0% |
| Addictions Foundation (AFM) | 0.0% |
| GAMANON | 20.0% |
| Other (see verbatim) | 0.0% |
| Don't know / Refused | 0.0% |
- GOTO Q38**
- Q37 Would you know where to go for this kind of help? (n = 17)
- | | |
|----------------------------|-------|
| Yes | 76.5% |
| No | 23.5% |
| Don't know / Refused | 0.0% |

Q38 Have you ever heard of the Addictions Foundation of Manitoba or the AFM?

Yes..... 100.0%
No 0.0%
Don't know / Refused 0.0%

Q39 Are you aware the Addictions Foundation offers help for people with gambling problems and people who are affected by someone's gambling problem?

Yes..... 86.4%
No 13.6%
Don't know / Refused 0.0%

Q40 What, if any. Services could the AFM provide that would be of assistance to you?

Written material..... 9.1%
Group counselling 0.0%
Individual counselling 0.0%
Telephone counselling 0.0%
Nothing..... 31.8%
Don't know / Refused 59.1%

Q41 Would you like to be sent information about the Addictions Foundation of Manitoba?

Yes..... 22.7%
No 72.7% **GO TO END**
Don't know / Refused 4.5% **GO TO END**

Q42 Can I please have the correct spelling of your name and address so I can have this information sent to you?

Name _____
Address _____
Postal Code R ____ _

END

I would just like to verify that the number I dialed was ____ - ____?

I'd like to thank-you for taking the time to participate in this survey and to advise you that my supervisor may be calling you later to verify your participation.



VERBATIM RESPONSES

Q8 Do you know what type of gambling is causing problems for this person?

- Casino games
- Poker among friends
- Casino table games

Q9 What kinds of problems have you experienced because of their gambling?

- We have different ideas about gambling and its effects
- None that I can think of
- None really, I just express deep concern about her problem
- Domestic problems
- Abandonment by him to me
- It bothers me emotionally by seeing him ruin his life
- Their gambling led to stealing things
- Hardships for the person's family that has been deprived of things since no money left
- The gamblers unwillingness to do other things than gambling, some effect financially

Q10 How does this person's gambling make you feel?

- Bad
- Bad
- No emotional feelings
- Frustrated
- Empathy
- Terrible
- Resentful
- Resentful
- Disgusted

Q11 What, if anything, have you done to try and stop the person's gambling?

- Showed him the right direction for his life
- I have talked to family and a friend to get advice
- Provide him with useful positive advice about life
- Threatened him that I'd stop looking after his finances if he wouldn't stop gambling
- Always nag him about his problems
- I would indirectly show him onto different more positive forms of entertainment (library)
- Nothing other than not associating with the person
- Nothing other than to share my feelings about the hardships caused to the family



Q22 Are there any other ways you have helped them that I haven't mentioned?

- Once and while I had to clean her house because she is away gambling
- Provide counselling to her by giving her advice on how to straighten out her life
- Extensive conversations
- Help pay for bills when they are too high
- Talk with him about what gambling is doing to him
- I give him counselling on how he should straighten out his life
- Provide him with positive alternatives to gambling
- Have really indepth talks with her

Q32 Why do you think people who have a problem with gambling might not seek help?

- Because they are stupid people
- Their personal pride and denial
- They enjoy gambling