

KEEP GAMBLING FUN IN RETIREMENT.



If you gamble,
use your GameSense.



AGLC

GameSense

In retirement, gambling can be a fun, social activity. Many seniors find the right balance between gambling and other activities, but there are some factors that could increase a senior's risk of developing a problem with gambling.

- **Increased leisure time in retirement, which could potentially lead you to gamble more than you intended.**
- **A decline in income brought on by the transition to a fixed retirement income, which can increase the impact of gambling losses.**
- **Major life changes that could lead you to gamble to escape other problems.**



GAMESENSE Tips

The more you know about gambling, the better equipped you are to keep it fun. Here are a few tips to help:

Get to know the games

- Before you play, learn about the odds of the games and how they work.

Balance gambling with other activities

- Whether it's reading, golfing or something else you enjoy.

Set a budget

- Keep gambling enjoyable by having a fixed budget when you go to the casino.

Set a time limit

- It can be easy to lose track of time when gambling. Plan ahead and set an alarm on your phone.

Don't chase losses

- The outcome of a game is random and the house always has the advantage. It's important to know how the games work and stick to the time and budget limits you've set.

Take a break

- Go for a coffee or sit down with friends and have a chat. Taking breaks at the casino can be just as fun as playing!

GAMESENSE IS HERE TO HELP

Visit a GameSense Info Centre at any casino or racing entertainment centre for more tools and resources.

If you need further assistance, you can call the 24-hour, toll-free Alberta Health Services Addiction Helpline at 1-866-332-2322.

GameSenseAB.ca



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