Late-Career and Pre-Retirement Considerations for Recovering from a Gambling Problem

Late-career and pre-retirement gambling problems carry a different kind of risk: less time to recover financially, and more concentrated savings to protect.

Missouri Data On Older Adults Who Gamble

AGE GROUP	% GAMBLING PAST YEAR	% AT-RISK	% WITH GD
55–64 years	**66.5%**	**16.3%**	**3.0%**
65–74 years	**61.0%**	**13.7%**	**1.4%**
75–84 years	**53.6%**	**9.7%**	**1.1%**

Source: 2022 Missouri Gambling Prevalence Study

WHAT IS DIFFERENT IN LATE CAREER

- Larger retirement balances (401(k), IRA, pension) are more exposed.
- Less time to rebuild losses through future earnings.
- Greater likelihood of being a primary financial decision-maker for a household.
- Recovery should consider Medicare timing, Social Security strategy, and retiree benefits.

Source: The Better Institute; Sports Betting in Missouri; 2022 Missouri Gambling Prevalence Study

PROTECTIVE STEPS TO TAKE WHILE STILL EMPLOYED

- Use your EAP for confidential counseling and referrals before retirement.
- Connect to Missouri's gambling treatment through DBH-contracted providers.
- Consider self-exclusion from Missouri Lottery and the Missouri Gaming Commission DAP List.
- Add transaction alerts to retirement, brokerage, and joint accounts.

Source: NCPG & New York Council on Problem Gambling; The Better Institute; Sports Betting in Missouri; Missouri DMH

BUILDING SUPPORT BEYOND GAMBLING

Life transitions such as retirement, an empty nest, or a loss of routine can increase gambling as a coping mechanism. Peer support, community activities, and counseling can help rebuild connection, structure, and healthy routines. If you have access to an Employee Assistance Program (EAP), consider using it before retirement and ask about referrals that can support your next chapter.

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