

Perspectives on Ageing in Alberta

The 2024 Ageing in Canada Survey

NOTE: All results reflect the experiences of those aged 65+ unless otherwise specified.



Social Well-Being

Social Network Strength

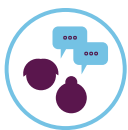
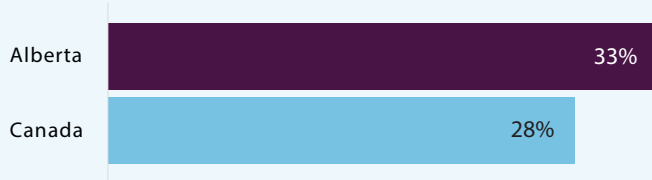
Among those aged 65+ living in Alberta:

- **34%** somewhat lonely, **21%** very lonely
- **43%** are at risk or experiencing social isolation



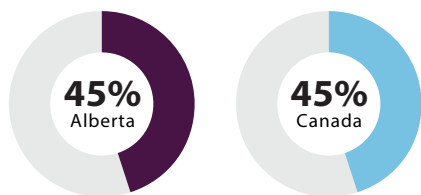
33% of Canadians 65+ in Alberta have weak social networks (socially isolated and lonely)

Social network strength in Alberta and Canada



Social Engagement

What proportion of older adults engage in social activities at least weekly?



Barriers to social engagement in Alberta: What's holding older adults back from participating in activities as often as they would like?



38%
Health conditions



32%
No companion



29%
Lack of energy



28%
Costs



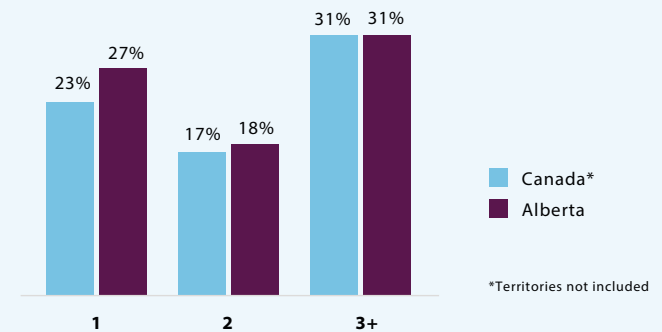
21%
Activities not available in my area

Experienced Ageism



76% of those aged 65+ in Alberta report experiencing at least one form of everyday ageism

Older adults who experience 1, 2, or 3+ forms of everyday ageism



Ageism in Daily Life: An Alberta Snapshot

Percentage who report often or sometimes to each form of ageism

	I hear, see and/or read jokes about old age, ageing or older people.	52%
	People assume I have difficulty with cell phones and computers.	29%
	People insist on helping me with things I can do on my own.	25%
	I hear, see and/or read things suggesting that older adults and ageing are unattractive or undesirable.	22%
	People assume I have difficulty remembering and/or understanding things.	22%
	People assume I have difficulty hearing and/or seeing things.	21%
	People assume I do not do anything important or valuable.	17%



Financial Security

Financial Well-being



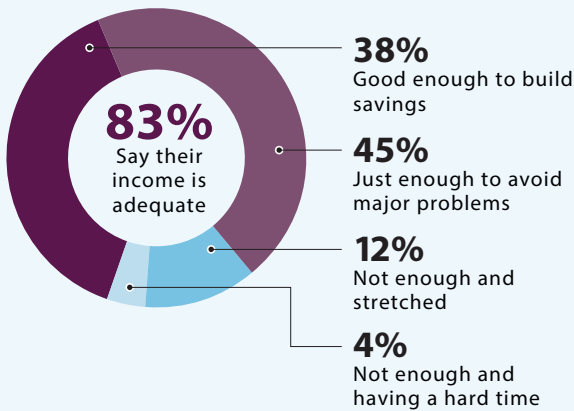
16% of older adults in Alberta are financially vulnerable, compared to 14% across Canada

Material Deprivation

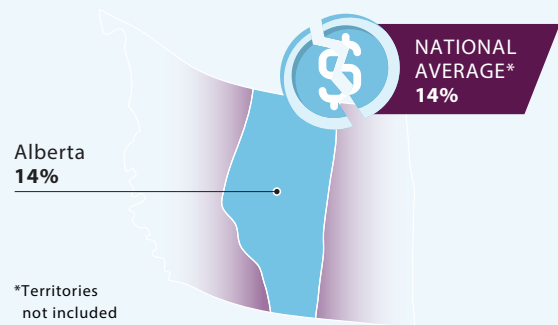


14% of those aged 65+ in Alberta have poverty-level living standards – at par with the national average.

Income Adequacy in Later Life: Alberta



Financial Insecurity in Later Life



Retirement Readiness

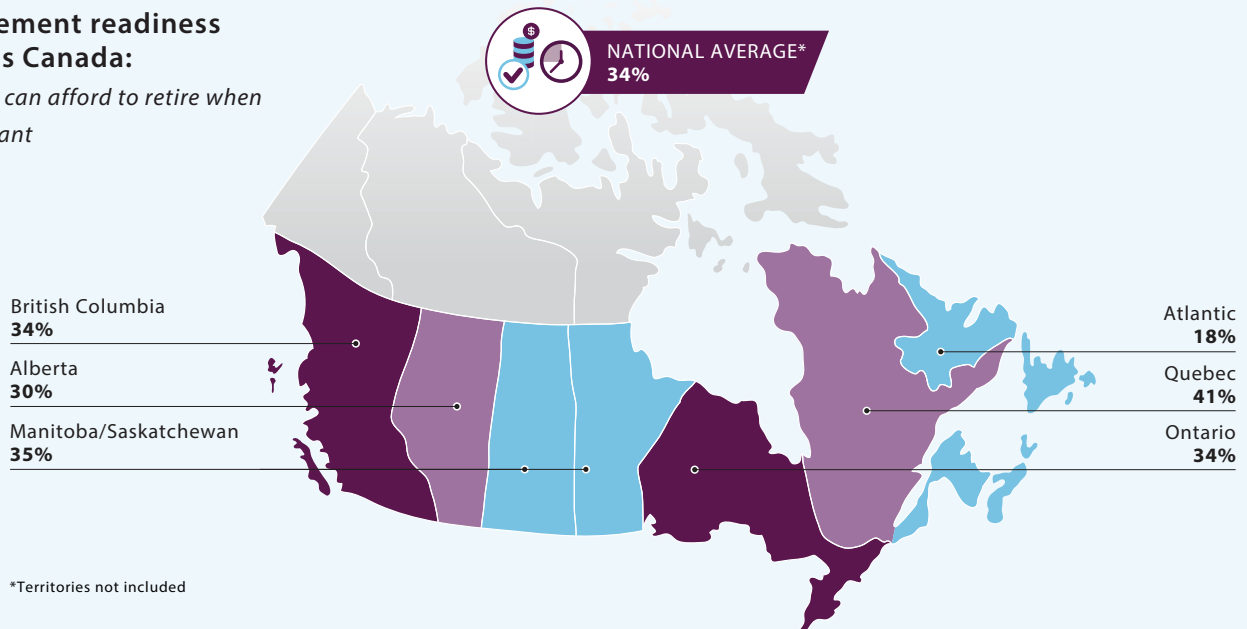
- While 1 in 4 Canadians aged 50+ have saved \$5,000 or less for retirement, in Alberta, the share is **34%**



30% of those aged 50+ in Alberta say they can afford to retire when they want

Retirement readiness across Canada:

% who can afford to retire when they want





Health & Independence

Access to Health Care



Only 68% of those aged 65+ living in Alberta can access the health care they need all or most of the time.

Top 5 barriers to health care access in Alberta

Experienced by older adults who struggled to get the care they needed

- 1 54% Could not get appointments
- 2 27% Appointments, treatments or services were cancelled, delayed or rescheduled
- 3 15% Difficult to travel to service location
- 4 14% Difficulty getting a referral
- 5 11% Service not available in my area

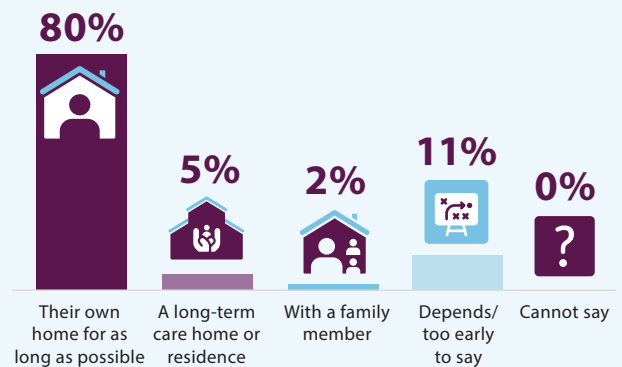
Enabling Ageing in Place



Desire to Age at Home

- 80% want to remain in their own home as they age – lower than all of Canada
- Only 5% want to move to long-term care

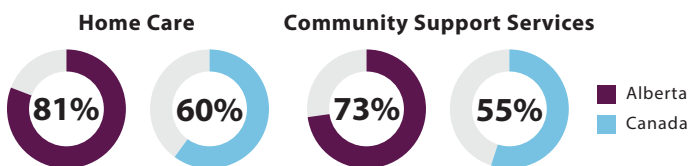
Where older adults in Alberta want to live as they age



Access to Home and Community-based Care



Those aged 65+ who could get the care they needed — all or most of the time:

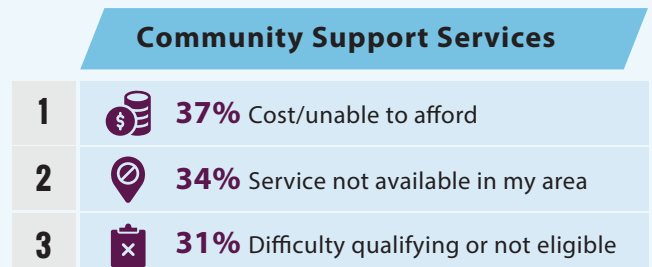
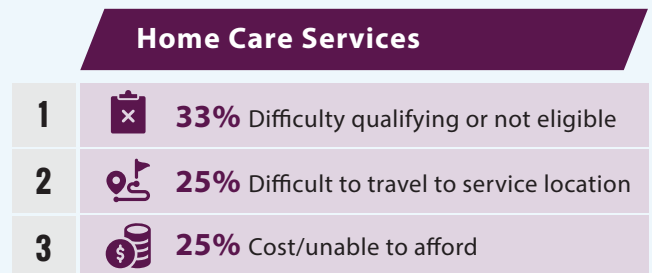


Community support services older adults in Alberta report needing the most



Top barriers to care across Canada

Experienced by older adults who struggled to get the care they needed





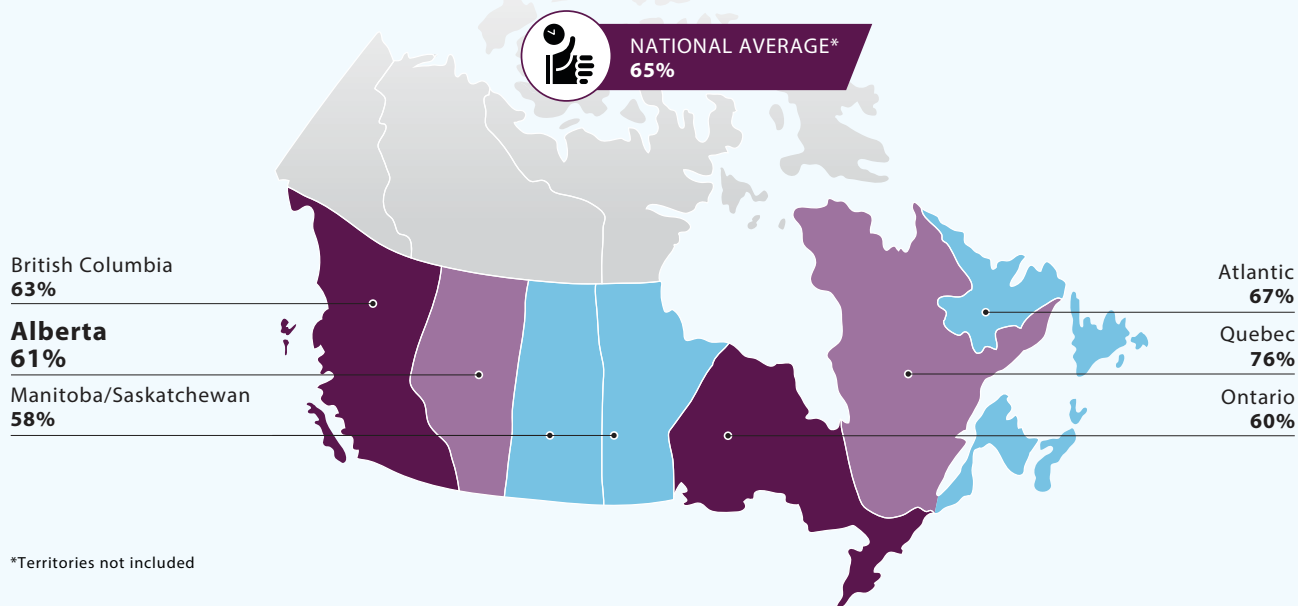
Perspectives on Ageing

Fewer older adults in Alberta have a positive view of ageing than most older Canadians

- **61%** of those aged 65+ in Alberta feel positive about getting older
- That's lower than the national average of **65%**
- Quebec ranks the highest at **76%**

Positive feelings about ageing among older adults

% who report very or somewhat positive feelings



To learn more about the NIA, visit our website at www.NIAgeing.ca and follow us on **X** (formerly known as Twitter), **LinkedIn**, and **Facebook**.



Scan here to read *Perspectives on Growing Older in Canada: The 2024 NIA Ageing in Canada Survey*



Sign up for the NIA Newsletter: Hear About Our New Research First By Scanning Here