

Perspectives on Ageing in Atlantic Canada

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

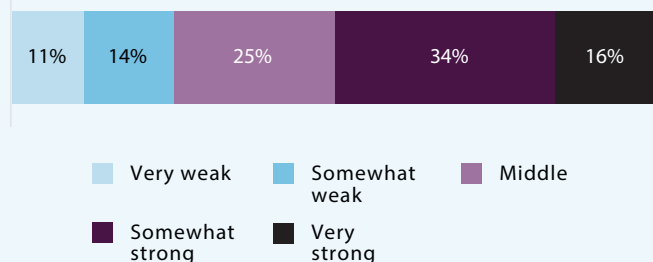
Among those aged 65+ living in Atlantic Canada:

- **29%** somewhat lonely, **14%** very lonely
- **29%** are at risk or experiencing social isolation



25% of Canadians 65+ in Atlantic Canada have weak social networks (socially isolated and lonely)

Social network strength in Atlantic Canada



Social Engagement

Do older adults in Atlantic Canada engage in social activities as often as they would like?

- **40%** participate in social activities at least weekly
- **66%** say they do so as often as they want

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



43%
Health conditions



29%
Costs



29%
No companion



21%
Concerns about getting sick



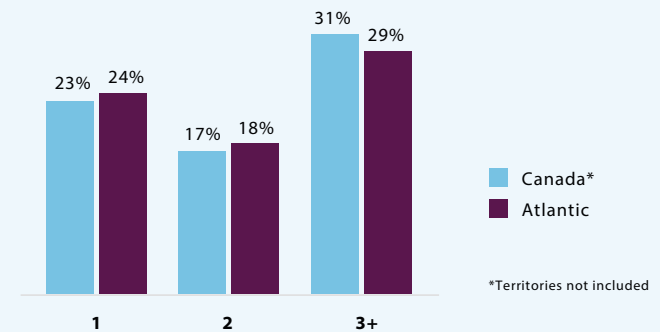
18%
Lack of energy

Experienced Ageism



70% of those aged 65+ in Atlantic Canada 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 Atlantic Canada 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.	54%
People assume I have difficulty with cell phones and computers.	27%
I hear, see and/or read things suggesting that older adults and ageing are unattractive or undesirable.	25%
People insist on helping me with things I can do on my own.	21%
People assume I have difficulty hearing and/or seeing things.	21%
People assume I have difficulty remembering and/or understanding things.	20%
People assume I do not do anything important or valuable.	16%



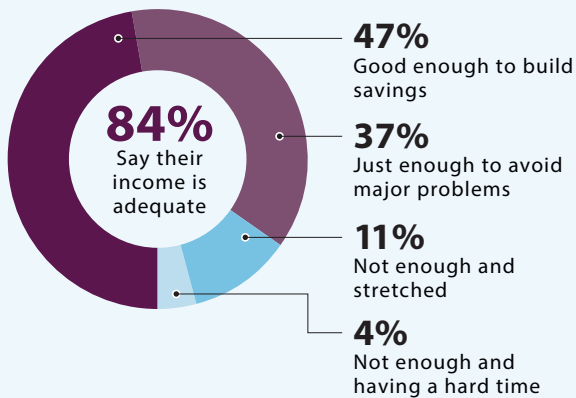
Financial Security

Financial Well-being



15% of older adults in Atlantic Canada are financially vulnerable

Income Adequacy in Later Life: Atlantic Canada

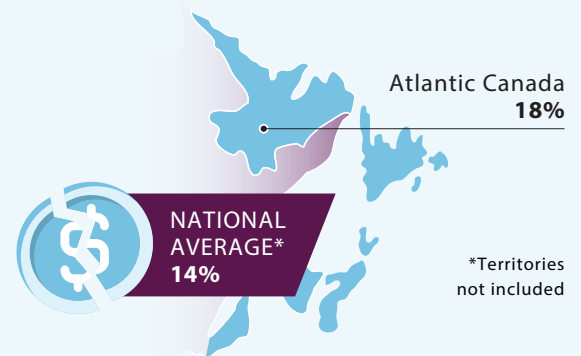


Material Deprivation



18% of those aged 65+ in Atlantic Canada have poverty-level living standards — higher than any other region in Canada

Financial Insecurity in Later Life



Retirement Readiness

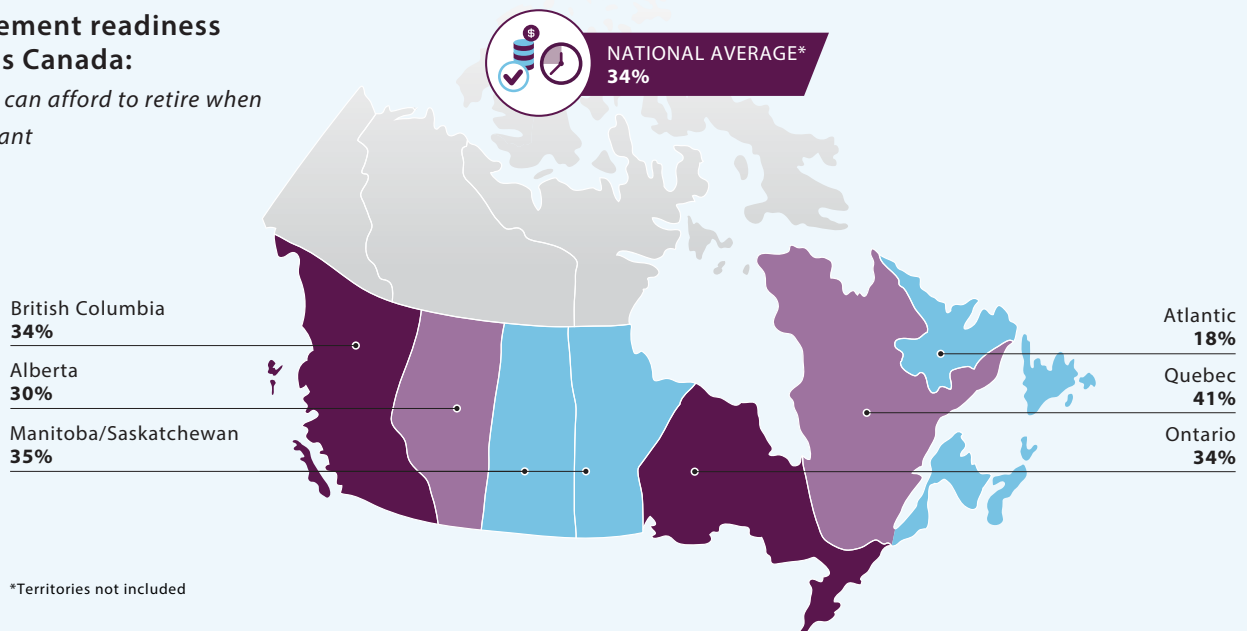
- While 1 in 4 Canadians aged 50+ have saved \$5,000 or less for retirement, in Atlantic Canada, the share is **36%**

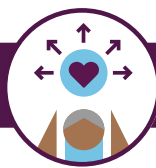


18% of those aged 50+ in Atlantic Canada say they can afford to retire when they want — the lowest rate in the country

Retirement readiness across Canada:

% who can afford to retire when they want





Health & Independence

Access to Health Care



Only 63% of those aged 65+ living in Atlantic Canada can access the health care they need all or most of the time

Top 5 barriers to health care access

Experienced by those who struggled to get the care they needed

- 1 **58%** Could not get appointments
- 2 **26%** Difficulty getting a referral
- 3 **24%** Appointments were cancelled, delayed or rescheduled
- 4 **13%** Service not available in my area
- 5 **12%** Cost or unable to afford

Enabling Ageing in Place



Desire to Age at Home

- **85%** want to remain in their own home as they age
- Only **5%** want to move to long-term care

Where older adults in Atlantic Canada want to live as they age

85%



Their own home for as long as possible

5%



A long-term care home or residence

2%



With a family member

7%



Depends/too early to say

1%



Cannot say

Access to Home and Community-based Care



Among those aged 65+ in Atlantic Canada:

- Only **53%** can access home care reliably
- Only **45%** can access community support services when they need them

Community support services older adults in Atlantic Canada report needing the most

Light yard work/snow shovelling programs



32%

Friendly visiting services



27%

Meal or food delivery services



12%

Low-cost/accessible transportation services



16%

Minor home repairs

26%



Top barriers to care across Canada

Home Care Services

- 1 **33%** Difficulty qualifying or not eligible
- 2 **25%** Difficult to travel to service location
- 3 **25%** Cost/unable to afford

Community Support Services

- 1 **37%** Cost/unable to afford
- 2 **34%** Service not available in my area
- 3 **31%** Difficulty qualifying or not eligible



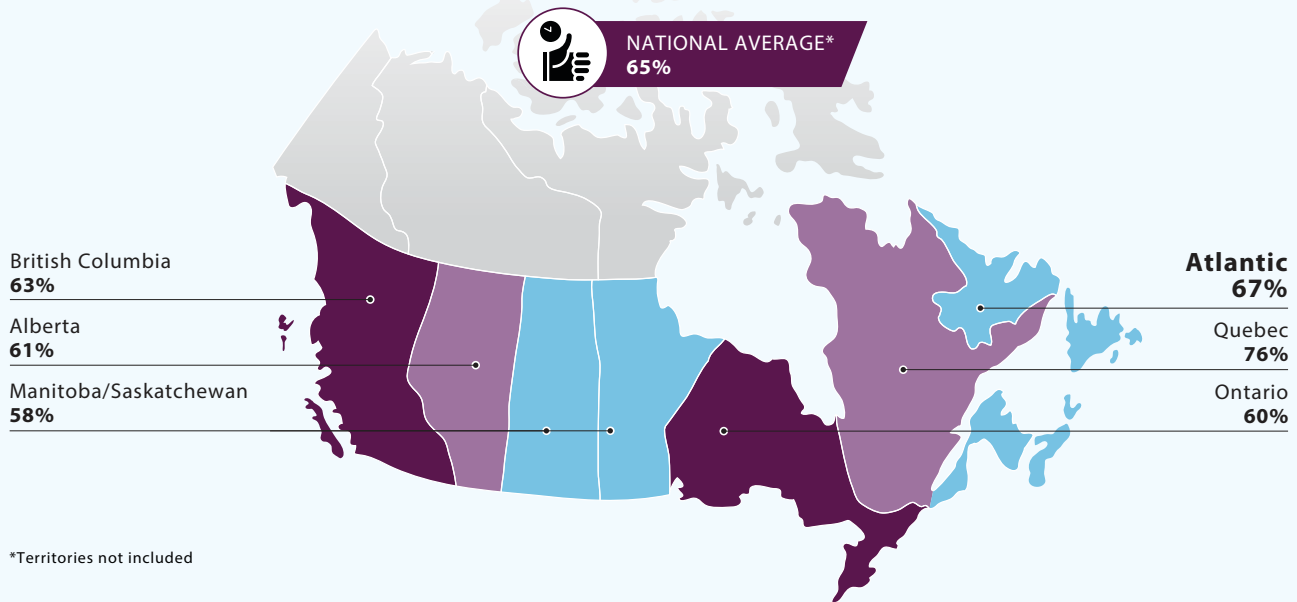
Perspectives on Ageing

Older adults in Atlantic Canada have a more positive view of ageing than most older Canadians

- **67%** of those aged 65+ in Atlantic Canada feel positive about getting older
- That's above the national average of **65%**
- Quebec ranks 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*



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