

Perspectives on Ageing in Manitoba/Saskatchewan

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

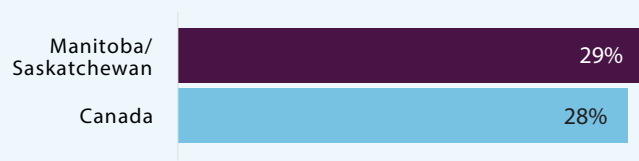
Among those aged 65+ living in Manitoba/Saskatchewan:

- **38%** somewhat lonely, **11%** very lonely
- **38%** are at risk or experiencing social isolation



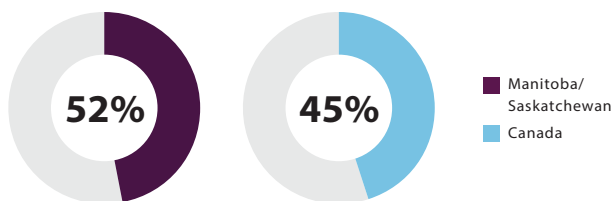
29% of Canadians 65+ in Manitoba/Saskatchewan have weak social networks (socially isolated and lonely) – highest throughout Canada

Comparing weak social networks in Manitoba/Saskatchewan and Canada



Social Engagement

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



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



38%
Costs



35%
Health conditions



35%
No companion



23%
Timing is inconvenient



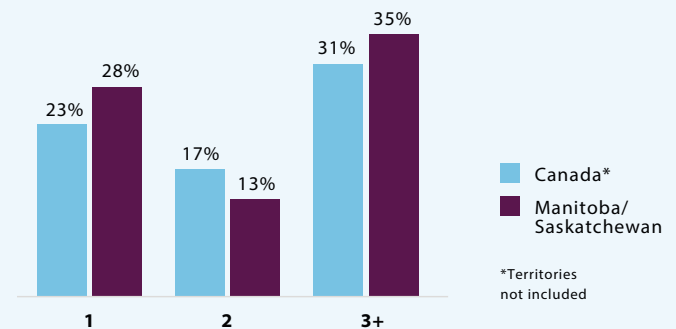
18%
Lack of energy

Experienced Ageism



77% of those aged 65+ in Manitoba/Saskatchewan 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: A Manitoba/Saskatchewan 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.	46%
	People assume I have difficulty with cell phones and computers.	34%
	People insist on helping me with things I can do on my own.	32%
	People assume I have difficulty hearing and/or seeing things.	29%
	People assume I have difficulty remembering and/or understanding things.	23%
	I hear, see and/or read things suggesting that older adults and ageing are unattractive or undesirable.	21%
	People assume I do not do anything important or valuable.	21%



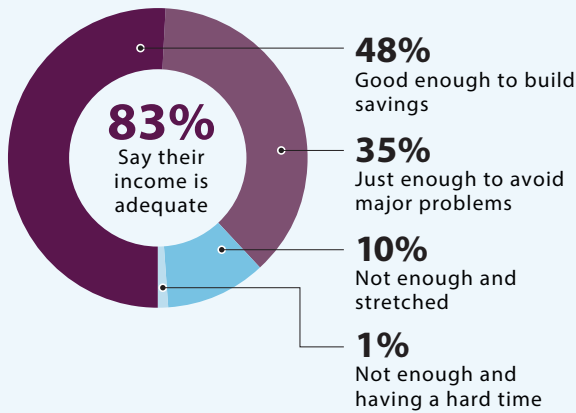
Financial Security

Financial Well-being



11% of older adults in Manitoba/Saskatchewan are financially vulnerable, compared to 14% across Canada

Perspectives on Ageing in Manitoba/Saskatchewan



Material Deprivation



8% of those aged 65+ in Manitoba/Saskatchewan have poverty-level living standards – lower than the national average of 14%

Financial Insecurity in Later Life



NATIONAL AVERAGE*
14%

Manitoba/Saskatchewan
8%

*Territories not included

Retirement Readiness

- While 1 in 4 Canadians aged 50+ have saved \$5,000 or less for retirement, in Manitoba/Saskatchewan, the share is **29%**



35% of those aged 50+ in Manitoba/Saskatchewan say they can afford to retire when they want

Retirement readiness across Canada:

% who can afford to retire when they want



NATIONAL AVERAGE*
34%

British Columbia
34%

Alberta
30%

Manitoba/Saskatchewan
35%

Atlantic
18%

Quebec
41%

Ontario
34%

*Territories not included



Health & Independence

Access to Health Care



Only 67% of those aged 65+ living in Manitoba/Saskatchewan can access the health care they need all or most of the time.

Top 5 barriers to health care access in Manitoba/Saskatchewan

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

- | | | | |
|----------|--|------------|---|
| 1 | | 56% | Could not get appointments |
| 2 | | 36% | Appointments, treatments or services were cancelled, delayed or rescheduled |
| 3 | | 28% | Difficulty getting a referral |
| 4 | | 25% | Service not available in my area |
| 5 | | 8% | Difficult to travel to service location |

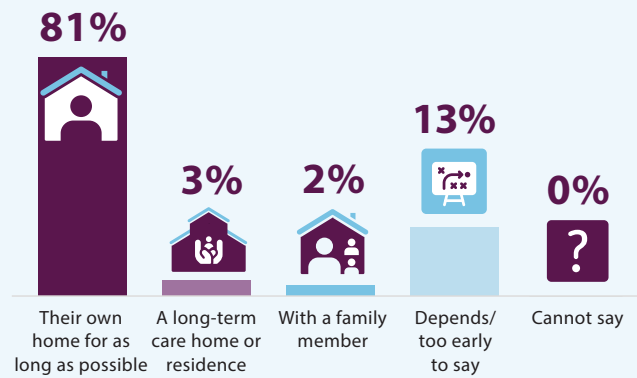
Enabling Ageing in Place



Desire to Age at Home

- **81%** want to remain in their own home as they age – highest in all of Canada
- Only **3%** want to move to long-term care

Where older adults in Manitoba/Saskatchewan want to live as they age



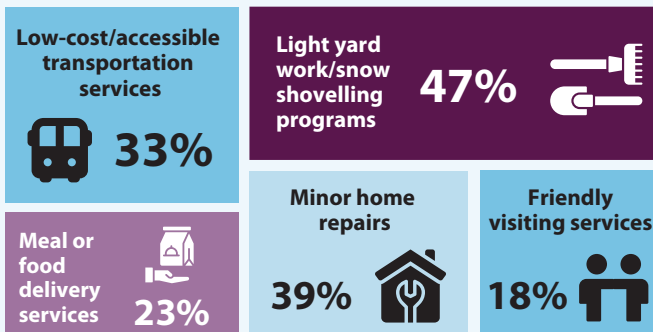
Access to Home and Community-based Care



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

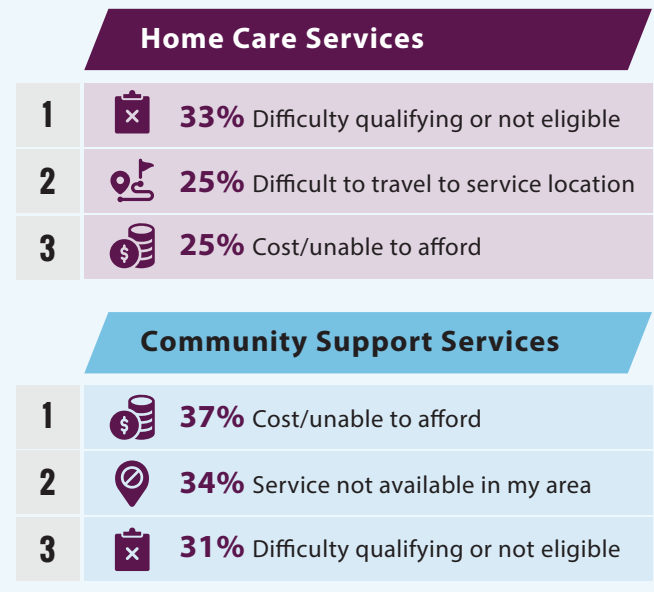


Community support services older adults in Manitoba/Saskatchewan report needing the most



Top barriers to care across Canada

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





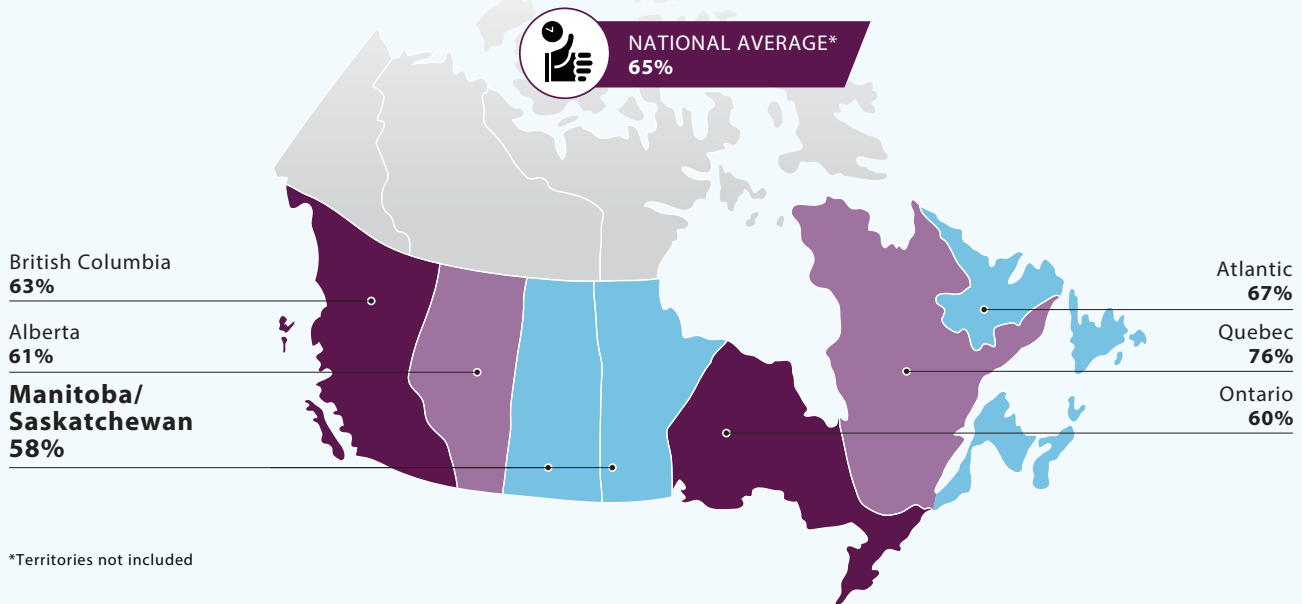
Perspectives on Ageing

Fewer older adults in Manitoba/Saskatchewan have a positive view of ageing than most older Canadians

- **58%** of those aged 65+ in Manitoba/Saskatchewan 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*



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