

Perspectives on Ageing in Quebec

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 Quebec:

- **37%** somewhat lonely, **13%** very lonely
- **42%** are at risk or experiencing social isolation



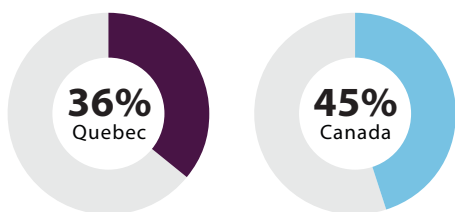
28% of Canadians 65+ in Quebec have weak social networks (socially isolated and lonely)

Comparing weak social networks in Quebec and Canada

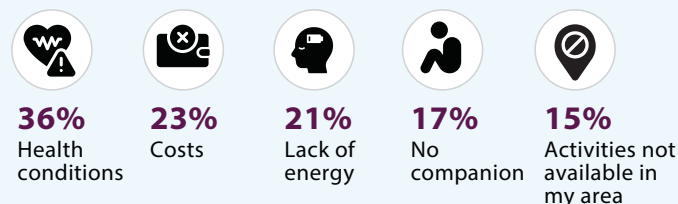


Social Engagement

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



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

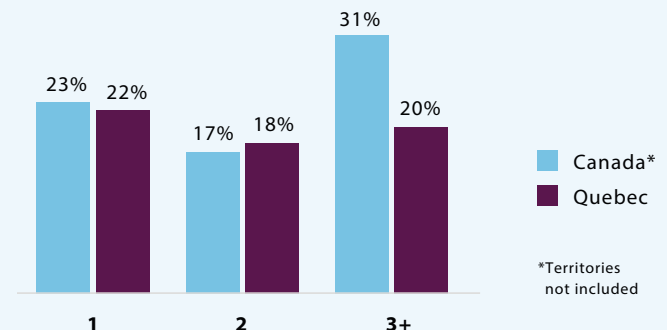


Experienced Ageism



60% of those aged 65+ in Quebec 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 Quebec 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.	34%
	I hear, see and/or read things suggesting that older adults and ageing are unattractive or undesirable.	21%
	People insist on helping me with things I can do on my own.	20%
	People assume I have difficulty hearing and/or seeing things.	19%
	People assume I have difficulty with cell phones and computers.	19%
	People assume I have difficulty remembering and/or understanding things.	14%
	People assume I do not do anything important or valuable.	11%



Financial Security

Financial Well-being



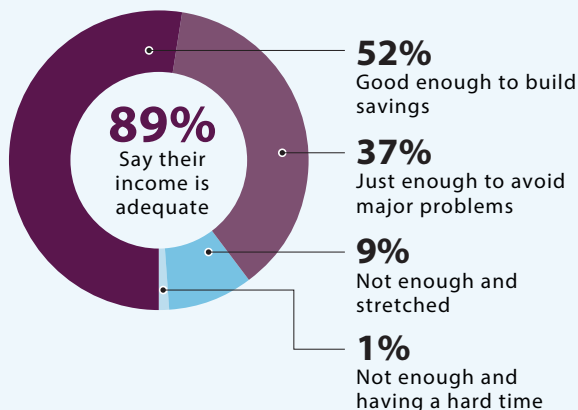
10% of older adults in Quebec are financially vulnerable, compared to 14% across Canada

Material Deprivation

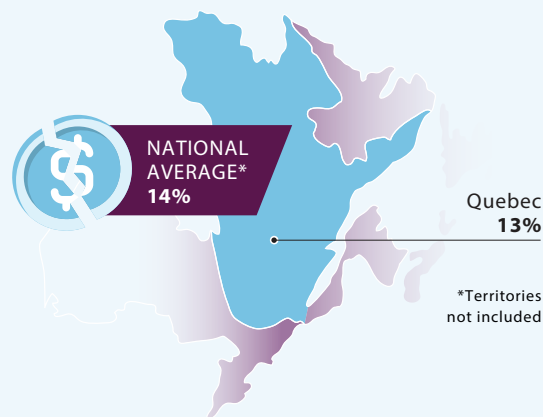


13% of those aged 65+ in Quebec have poverty-level living standards

Perspectives on Ageing in Quebec



Financial Insecurity in Later Life



Retirement Readiness

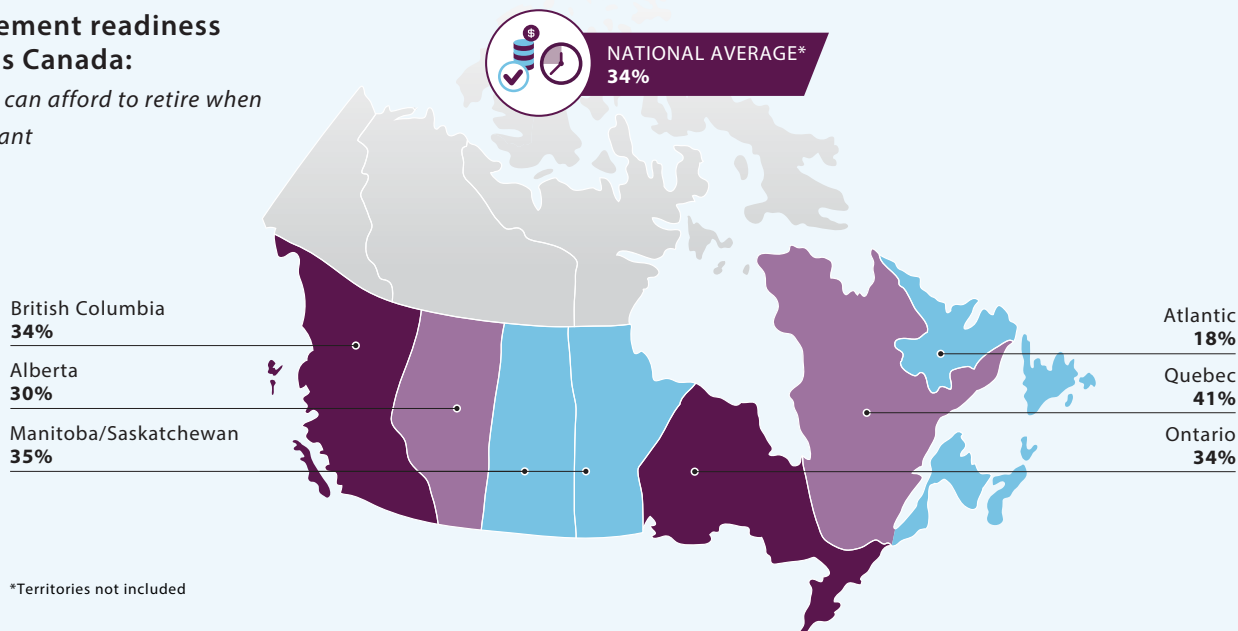
- While 1 in 4 Canadians aged 50+ have saved \$5,000 or less for retirement, in Quebec, the share is **20%**

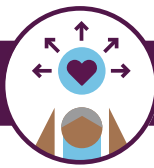


41% of those aged 50+ in Quebec say they can afford to retire when they want

Retirement readiness across Canada:

% who can afford to retire when they want





Health & Independence

Access to Health Care



Only 59% of those aged 65+ living in Quebec can access the health care they need all or most of the time.

Top 5 barriers to health care access in Quebec

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

- | | | | |
|---|--|-----|---|
| 1 | | 51% | Could not get appointments |
| 2 | | 19% | Appointments, treatments or services were cancelled, delayed or rescheduled |
| 3 | | 12% | Difficulty getting a referral |
| 4 | | 7% | Difficult to travel to service location |
| 5 | | 6% | Cost or unable to afford |

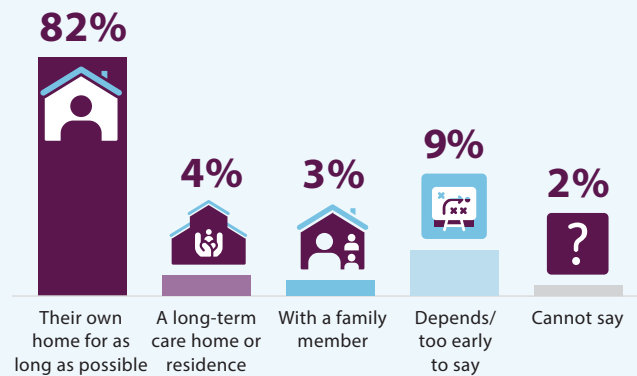
Enabling Ageing in Place



Desire to Age at Home

- 82% want to remain in their own home as they age
- Only 4% want to move to long-term care

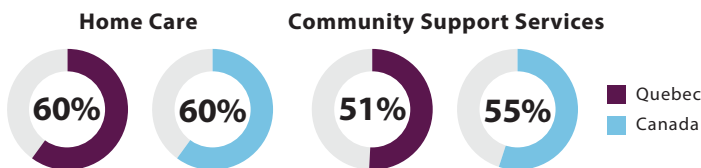
Where older adults in Quebec want to live as they age



Access to Home and Community-based Care



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

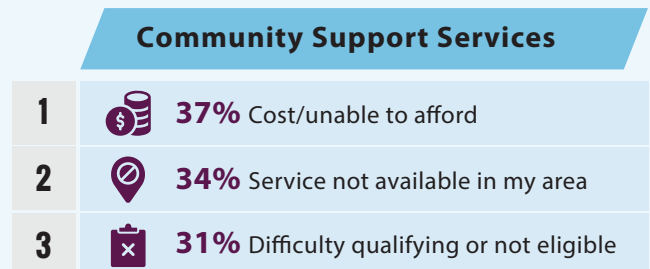
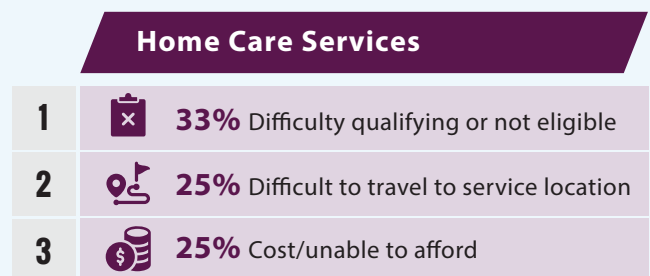


Community support services older adults in Quebec report needing the most



Top barriers to care across Canada

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





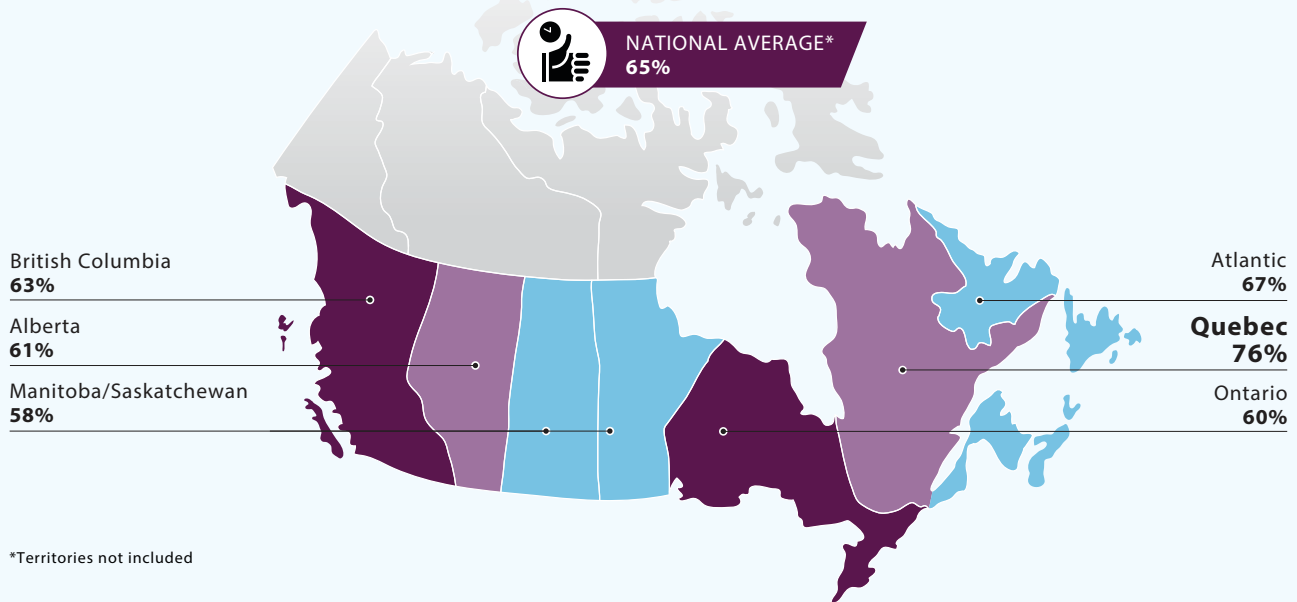
Perspectives on Ageing

Older adults in Quebec have the most positive view of ageing across all of Canada

- **76%** of those aged 65+ in Quebec feel positive about getting older
- That's significantly higher than the national average of **65%**

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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