

Vaccines for Older Canadians:

What People Need to Know to Stay Healthy and Independent

TORONTO, Wednesday, November 12 — Respiratory infections remain among the leading causes of emergency department visits, hospitalizations and death in later life. In fact, more than 13,000 older Canadians lost their lives to COVID-19, influenza and pneumonia alone in 2023. The greatest tragedy is that many of these severe outcomes are preventable through timely vaccination.

To mark World Pneumonia Day and the 2025–26 cold and flu season, the NIA's latest educational resources and upcoming [webinar](#) emphasize the importance of vaccination for healthy aging, disease prevention, and aging in the right environment.

As colder weather sets in, staying protected against vaccine-preventable illnesses is one of the best ways to support healthy, independent living. This fall and winter, vaccines for seasonal influenza, RSV, COVID-19, and pneumococcal disease are especially critical—along with maintaining protection through routine immunizations like shingles, tetanus and diphtheria.

“It can be surprisingly hard to know what’s covered and where to go, because vaccine access and funding decisions still vary significantly by province and territory,” said Dr. Samir Sinha, Director of Health Policy Research at the NIA. “Our new resources clearly outline which vaccines are nationally recommended for older adults by Canada’s National Advisory Committee on Immunization (NACI) and which ones are publicly covered by each jurisdiction across Canada—so people can make confident, timely choices that help them stay healthy and independent.”

Among the new public education materials being released are:

- [A Guide to Vaccines for Older Canadians \(Updated 2025\)](#): A comprehensive overview of recommended vaccines for older adults, including COVID-19, seasonal influenza, RSV, pneumococcal disease (pneumonia), shingles, tetanus and diphtheria, aligned with the latest recommendations from the National Advisory Committee on Immunization (NACI), impact of vaccine-preventable diseases, the cost and best ways to access vaccines.
- [COVID-19 Vaccines — What Older Canadians Need to Know \(Updated 2025\)](#): A focused guide to help older adults navigate common questions that surround the continued recommendations for older Canadians to stay up to date with their COVID-19 vaccination this season.
- [Provincial/Territorial Specific Vaccine Coverage Guides for Adults 65+ \(2025\)](#): These ‘one-pagers’ provide clear summaries of national vaccine recommendations, which



vaccines are publicly covered in each province and territory, with guidance on how to best access them through local programs and providers.

To support accessibility and reach, these resources will be further published in multiple languages over the coming weeks.

“Vaccination is one of the most effective, evidence-based interventions to prevent vaccine-preventable diseases like pneumonia and reduce emergency department visits, hospitalizations and deaths among older adults,” said Mark Hazelden, Executive Director of the NIA. “By providing clear, accessible, and updated information about recommended vaccines and public coverage, we’re helping older Canadians and their families take action this season.”

- Join us on November 13, 2025, 12:00-1:00 ET [Vaccines for Older Canadians: What You Need to Know to Stay Healthy and Independent](#)

The NIA is encouraging older adults, caregivers, health-care providers and policymakers to use these resources to raise vaccination rates and ensure older Canadians have equitable access to protection against COVID-19, influenza, RSV, pneumococcal disease (pneumonia), shingles, tetanus and diphtheria.

About The National Institute on Ageing

The National Institute on Ageing (NIA) improves the lives of older adults and the systems that support them by convening stakeholders, conducting research, advancing policy solutions and practice innovations, sharing information and shifting attitudes. Our vision is a Canada where older adults feel valued, included, supported, and better prepared to age with confidence.

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