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NEWS RELEASE**

Most older Canadians feel they are ageing well, but income and health greatly affect outlook

***NIA launches first edition of annual survey that will track Canada's progress
on enabling healthy ageing over the next 10 years***

TORONTO, Dec. 20, 2022 — Most Canadians aged 50 years and older express a positive outlook about their experiences and expectations of growing older in Canada, but those who have health or financial challenges have more concerns about their future, a new survey from the **National Institute on Ageing** has found.

The NIA and the **Environics Institute for Survey Research** are partnering on an annual survey that, over the next decade, will track older Canadians' perspectives on their physical, social and financial well-being. The findings of the inaugural survey are detailed in a new report, [*Perspectives on Growing Older in Canada: The 2022 NIA Ageing in Canada Survey*](#).

Canada's population is set to hit peak ageing in the next 10 years, when about one-quarter of the population will be aged 65 years and older. To cope with this demographic upheaval, Canadian policymakers will need timely, reliable data to know what changes are needed and whether they're working. The NIA Ageing in Canada Survey will play a key role in filling this gap.

"This annual survey provides key indicators of healthy ageing and establishes a yardstick against which future progress — or setbacks — can be measured over time," said **Dr. Samir Sinha**, Director of Health Policy Research for the NIA. "With this survey, we're making sure that decision-makers have access to the best information possible as they shape the future for older Canadians."

The benchmark 2022 NIA Ageing in Canada Survey was conducted online with 5,885 Canadians aged 50 years and older who live in the community (as opposed to long-term care homes or other institutional settings), from July 5 to Aug. 7, 2022. Survey participants were asked about their perspectives, current circumstances and expectations for the future when it comes to three key dimensions of ageing: social well-being, financial security, and health and independence in the community.

Overall, most Canadians aged 50 years and older are feeling optimistic. For example, **63 per cent** said they felt positive about their experience or expectations of growing older; **72 per cent** said they had sufficient income to build their savings or avoid major problems; and **89 per cent** of those who still lived in their own homes were confident they could keep living there for as long as they wanted. What's more, the oldest Canadians in the survey — those aged 80 and older — felt the best about growing older, expressing more positivity on most aspects of ageing than those aged 50 to 79.

However, older Canadians who reported their health as fair or poor and their income as inadequate fared considerably worse than those in good health and with adequate income. They were more likely to be at risk of social isolation; less likely to expect they could retire when they wanted; and less likely to believe they would have access to the health care and community supports they would need to live in their own homes for as long as they wanted.

“This survey fills an important gap in our understanding of how older Canadians think about and experience ageing today, and how this may be similar or different depending on one’s age, socio-economic status and level of health,” said **Keith Neuman**, Senior Associate at the Environics Institute. “This kind of research is essential to helping us as a society to move beyond the casual stereotypes about seniors and ‘old people.’”

The Ageing in Canada Survey also identifies pressing concerns facing older adults today. For example, **41 per cent** of Canadians aged 50 years and older could be considered at risk of social isolation, and **28 per cent** said they have struggled to access the health care they needed over the past 12 months. Ageism is also a problem, with **31 per cent** of older Canadians, and **40 per cent** of those born outside of Canada, saying they have been discriminated against or mistreated because of their age.

“There are still challenges to ageing in Canada, and certain segments of Canada’s older population are especially vulnerable,” said report co-author **Natalie Iciaszczyk**, Policy Analyst at the National Institute on Ageing. “Conducting this survey annually will allow us to more quickly identify areas of growing concern and respond to them before they get worse.”

The 2022 NIA Ageing in Canada Survey also marks the beginning of a new initiative from the NIA, called [Enabling a Decade of Healthy Ageing in Canada](#). This is a 10-year campaign of advocacy, research and knowledge mobilization dedicated to enabling older Canadians to age with health, social inclusion and financial security. It aligns with the [United Nations Decade of Healthy Ageing](#), allowing the NIA to be part of an international movement to create a better world for older adults. More research from Enabling a Decade of Healthy Ageing in Canada will be shared in the months and years ahead.

About The National Institute on Ageing

The [National Institute on Ageing](#) is a think tank at Toronto Metropolitan University (formerly Ryerson University) focused on the realities of Canada's ageing population. Follow us on Twitter [@NIAgeing](#) and support our call for a National Seniors Strategy [@NSS_Now](#).

About the Environics Institute for Survey Research

The [Environics Institute for Survey Research](#) conducts in-depth public opinion and social research on the issues shaping Canada's future. It is through such research that Canadians can better understand themselves and their changing society. The Institute is a not-for-profit corporation that typically works in collaboration with other organizations from the public, private and not-for-profit sectors, who provide the thought leadership, networks and capacity to connect research insights to meaningful action and social change.

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