

NIA Launches Cost of Ageing (COA) Calculator During National Pension Awareness Week

TORONTO, February 17, 2026 — As Canada stands on the cusp of becoming a super-aged nation, with 20% of the population aged 65 or older, the choices we make now will shape how people experience ageing and the social, health and economic outcomes that follow for decades to come.

In recognition of National Pension Awareness Week, taking place February 17–24, 2026, the National Institute on Ageing (NIA) is launching the [Cost of Ageing Calculator](#), a free, first-of-its-kind, interactive online research tool designed to help Canadians better understand and plan for the real costs associated with ageing.

The COA Calculator allows users to explore how ageing-related costs vary based on region, health status, living arrangements and homecare needs across three retirement living standards — modest, moderate and comfortable.

By reflecting the diverse ways Canadians age and retire, the tool helps individuals, families, employers, advisors and policymakers better anticipate financial needs and make more informed decisions.

The COA Calculator estimates costs across key areas, including:

- Housing and accommodation
- Health and care needs
- Transportation
- Food and daily living expenses
- Home and community supports

The Cost of Ageing Calculator was developed by the NIA at Toronto Metropolitan University under the academic leadership of Dr. Bonnie-Jeanne MacDonald, Director of Financial Security Research and Senior Researcher, He Chen.

“Too often, retirement planning focuses on income at the point of retirement, without accounting for how costs change as we age,” said Dr. Bonnie-Jeanne MacDonald. “This tool helps bring evidence into those conversations, so Canadians can better plan for the realities of ageing — not just the moment they retire.”

“National Pension Awareness Week is about more than understanding pensions; it’s about helping Canadians see how today’s decisions shape their financial security,” said **Mark Hazelden**, **Interim Executive Director of the NIA**. “With the launch of the Cost of Ageing Calculator, the NIA is providing a practical tool to help individuals, employers and policymakers plan for longer lives and a more secure retirement.”

About the National Institute on Ageing

Founded in 2016, the National Institute on Ageing (NIA) is celebrating a decade of impact in our mission to improve the lives of older adults and the systems that support them. Over the past 10 years, the NIA has become Canada's leading voice on ageing policy — convening stakeholders, conducting research, advancing policy solutions and practice innovations, sharing information and shifting attitudes. Our vision remains clear: a Canada where older adults feel valued, included, supported and better prepared to age with confidence.

The development of the Cost of Ageing Calculator was supported by the Canadian Investment Regulatory Organization (CIRO) and the Peterson Foundation, helping ensure the tool remains a trusted, public-interest resource.

-30-

For media inquiries, please contact:

Magdalen Stiff,

Director of Communications,

National Institute on Ageing

magdalen.stiff@torontomu.ca