

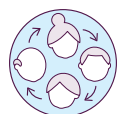
Perspectives on Ageing in Alberta (AB)

Insights from the 2025 Ageing in Canada Survey

NOTE: All results reflect the experiences of those aged 50+.



Social Wellbeing



Social Network Strength

Among older adults in AB:

40% are at risk of social isolation (vs. 43% nationally)

- **60%** experience loneliness (vs. 57% nationally)
- **38%** have weak social networks (vs. 36% nationally)

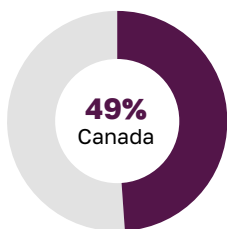
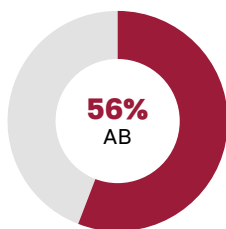


Social Engagement



35% participate in social activities at least once a week (vs. 33% nationally)

Participation in social activities as often as they want



What's holding older adults back? Barriers to social engagement in AB



39%
Lack of funds



37%
Health condition



32%
No companion



29%
Lack of energy



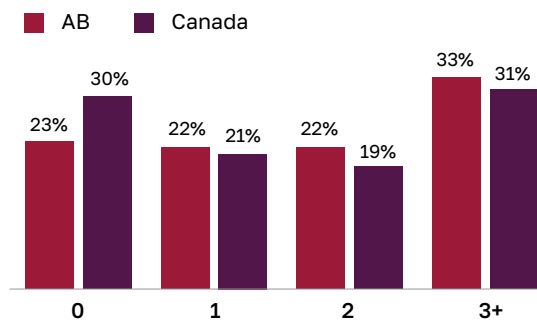
26%
Too busy/other responsibilities

Experienced Ageism



77% of older adults in AB report experiencing at least one form of everyday ageism (vs. 70% nationally)

Older adults who experience 0, 1, 2, or 3+ forms of everyday ageism



How older adults in AB experience ageism in their day-to-day lives

Percentage who have experienced this form of ageism often or sometimes in the past 12 months

- 54%** I hear, see and/or read jokes about old age, ageing or older people.
- 35%** I hear, see and/or read things suggesting that older adults and ageing are unattractive or undesirable.
- 28%** People assume I have difficulty with cell phones and computers.
- 24%** People assume I do not do anything important or valuable.
- 22%** People insist on helping me with things I can do on my own.
- 22%** People assume I have difficulty hearing and/or seeing things.
- 20%** People assume I have difficulty remembering and/or understanding things.

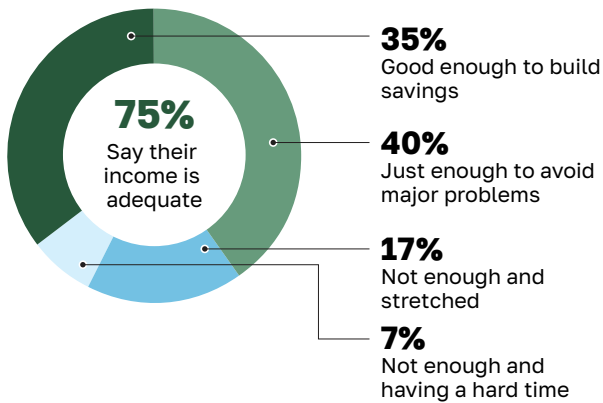
Financial Security

Income Adequacy



24% of older adults in AB report an inadequate income (vs. 22% nationally)

Income adequacy among older adults in AB

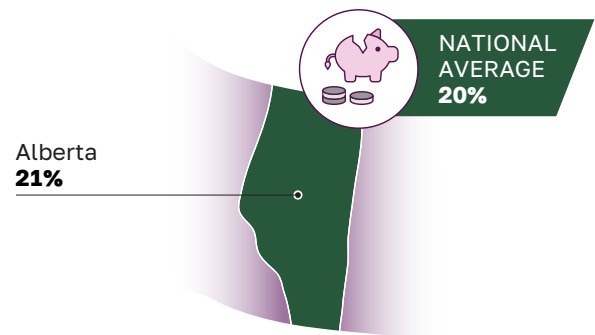


Material Deprivation



21% of older adults in AB are experiencing material deprivation (vs. 20% nationally)

Older adults with poverty-level standard of living



Retirement Readiness

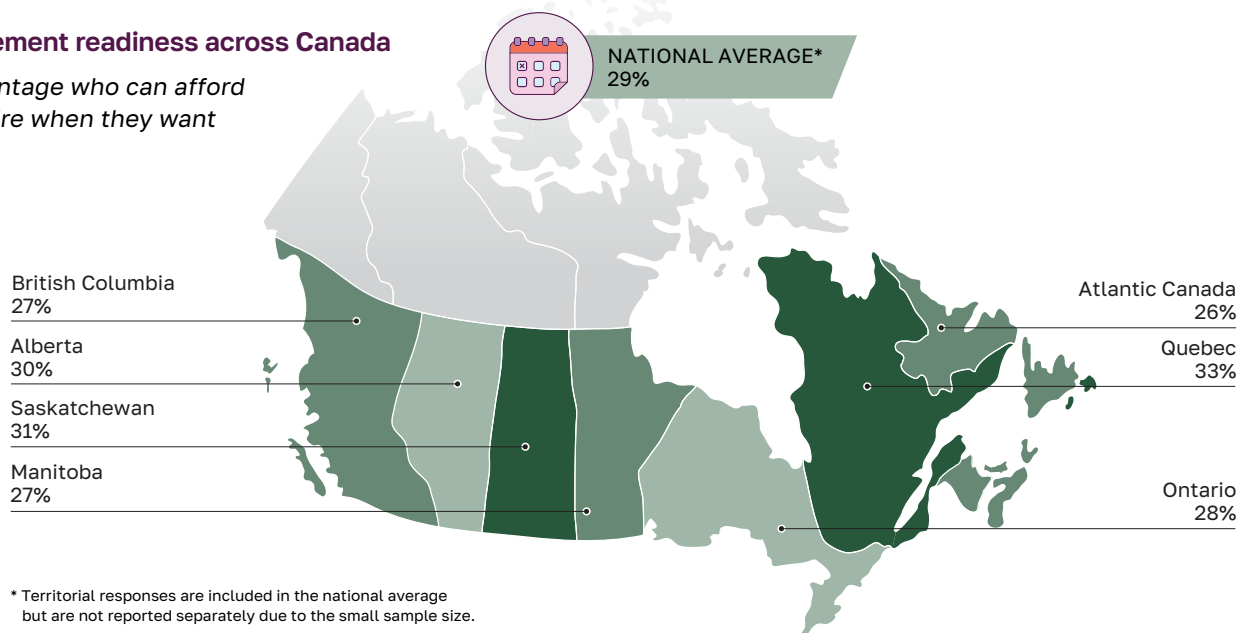


24% of older adults in AB have saved \$5,000 or less for retirement (vs. 22% nationally).

- **30%** of older adults in AB who are still working say they can afford to retire when they want (vs. 29% nationally).

Retirement readiness across Canada

Percentage who can afford to retire when they want



* Territorial responses are included in the national average but are not reported separately due to the small sample size.

Health & Independence

Access to Health Care

Among older adults in AB:

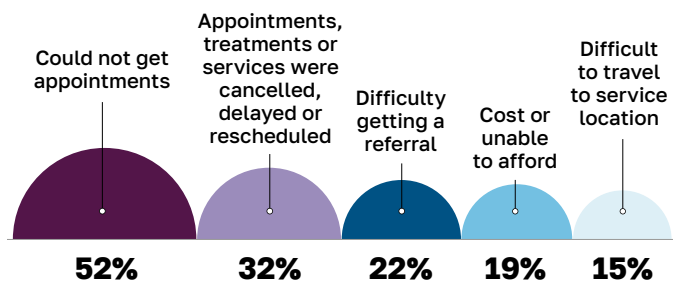


66% have a primary care provider who they see on an ongoing basis (vs. **68%** nationally)

- **71%** can access the health care they need all or most of the time (vs. 70% nationally)

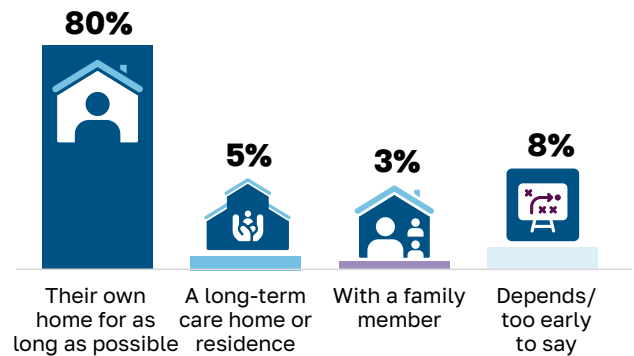
Top 5 barriers to health care access in AB

Experienced by those who struggled to get the care they needed



Ageing in the Right Place

Where older adults in AB want to live as they age



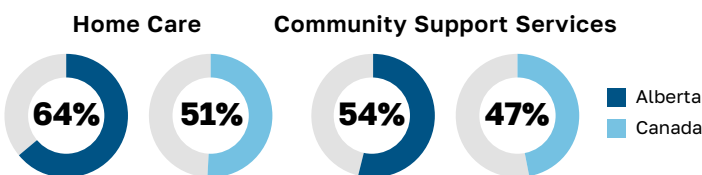
Among older adults in AB:

- **47%** feel their home is fully suitable for their needs as they age (vs. 49% nationally)
- **57%** have not taken any steps to prepare their current home for ageing in place (vs. 62% nationally).

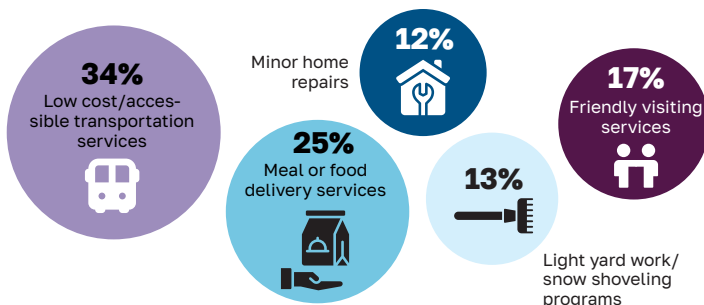
Access to Home and Community-based Care



Those who could access care when they needed it, among older adults in AB:

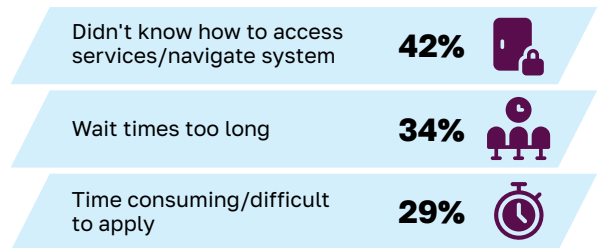


Community support services older adults in AB report needing the most

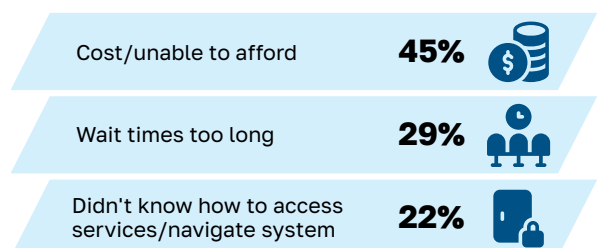


Top barriers to care in AB

Home Care Services



Community Support Services

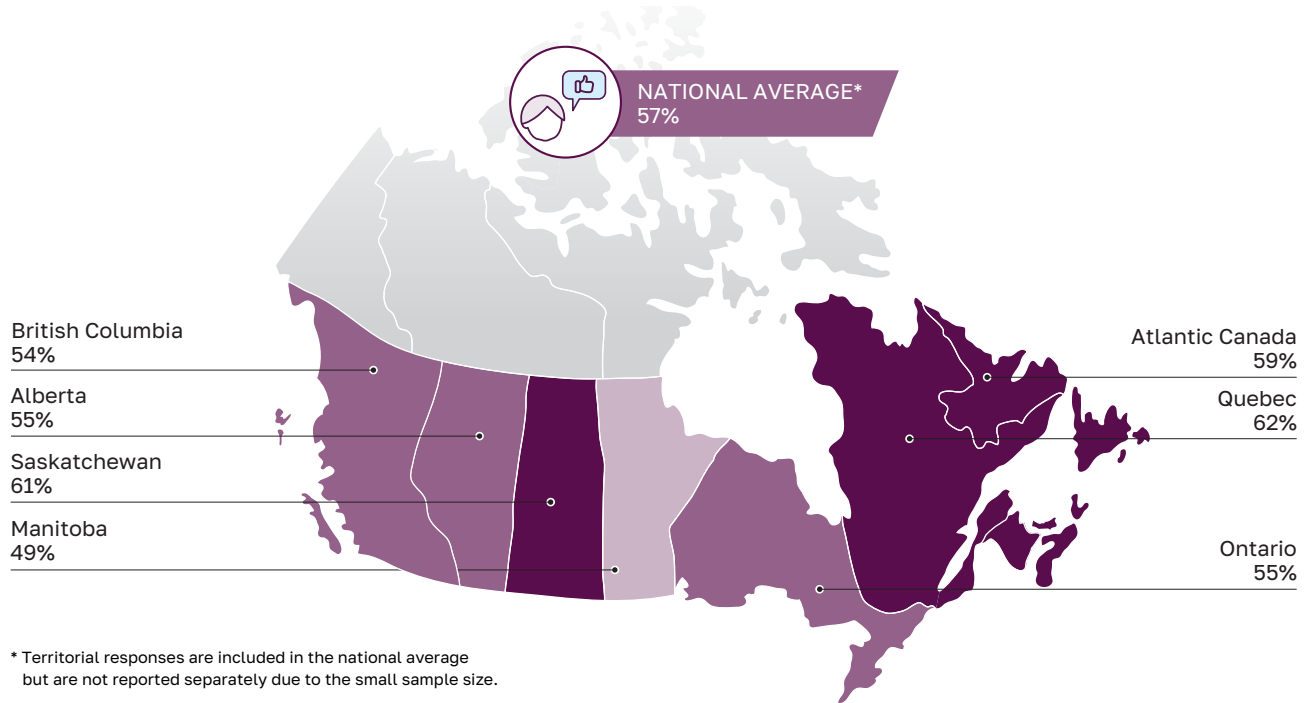


Perspectives on Ageing



55% of older adults in AB felt positively about ageing (vs. national average of 57%)

Positive feelings about ageing among older adults



To learn more about the NIA, visit our website at www.NIAgeing.ca and follow us on **X**, **LinkedIn**, and **Facebook**.



Scan here to download the full *2025 Ageing in Canada Survey Report*

The 2025 Ageing in Canada Survey was generously supported by Manulife and Waltons Trust

