

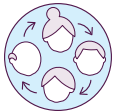
Perspectives on Ageing in Atlantic Canada (ATL)

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 ATL:

43% are at risk of social isolation (on par with national average)

- **54%** experience loneliness (vs. 57% nationally)
- **38%** have weak social networks (vs. 36% nationally)

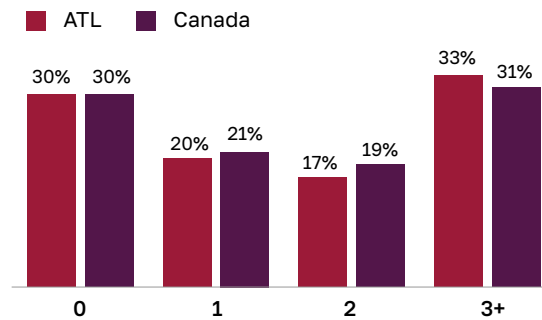


Experienced Ageism



70% of older adults in ATL report experiencing at least one form of everyday ageism (on par with national average)

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

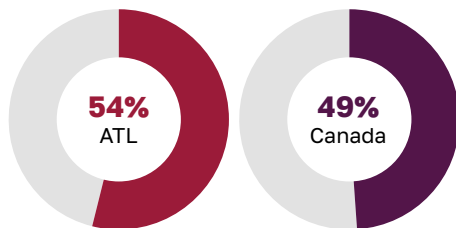


Social Engagement

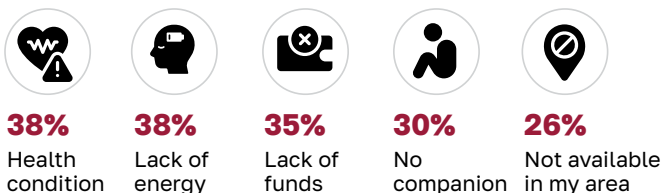


33% participate in social activities at least once a week (on par with national average)

Participation in social activities as often as they want



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



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

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



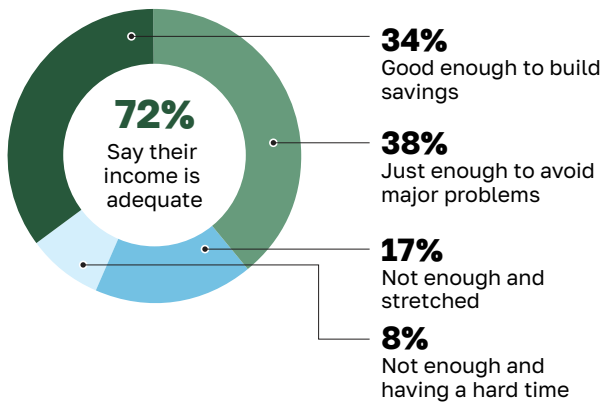
Financial Security

Income Adequacy



25% of older adults in ATL report an inadequate income (vs. 22% nationally)

Income adequacy among older adults in ATL

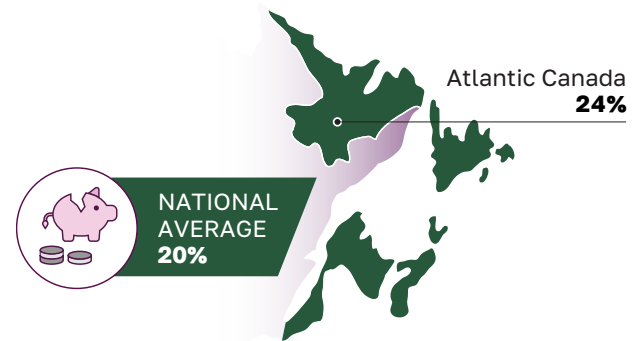


Material Deprivation



24% of older adults in ATL are experiencing material deprivation (vs. 20% nationally)

Older adults with poverty-level standard of living



Retirement Readiness

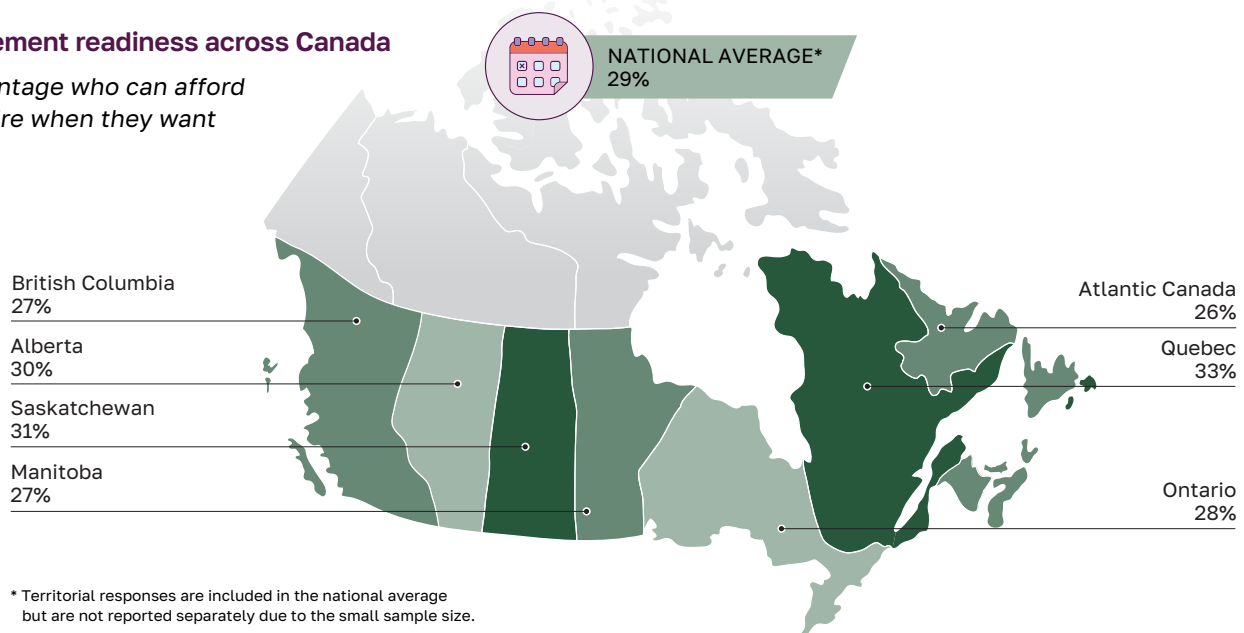


28% of older adults in ATL have saved \$5,000 or less for retirement (vs. 22% nationally).

- **26%** of older adults in ATL 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 ATL:

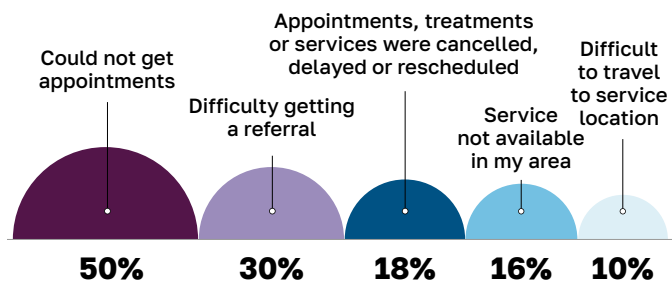


64% have a primary care provider who they see on an ongoing basis (vs. **68%** nationally)

- **68%** can access the health care they need all or most of the time (vs. 70% nationally)

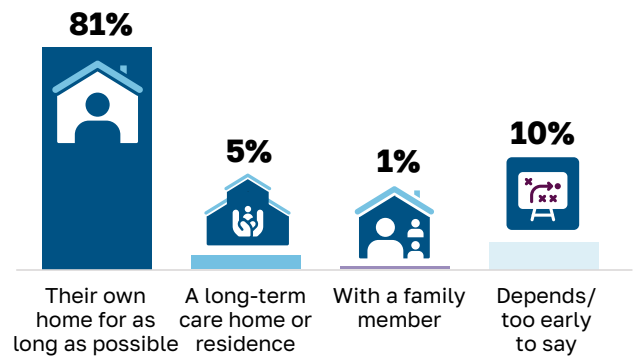
Top 5 barriers to health care access in ATL

Experienced by those who struggled to get the care they needed



Ageing in the Right Place

Where older adults in ATL want to live as they age



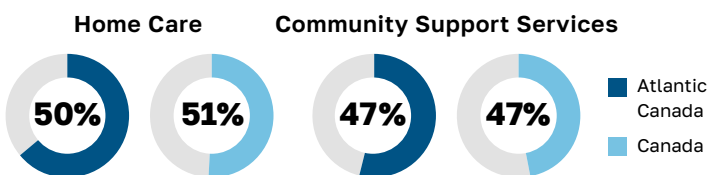
Among older adults in ATL:

- **54%** feel their home is fully suitable for their needs as they age (vs. 49% nationally)
- **61%** have not taken any steps to prepare their current home for ageing in place (vs. 62% nationally).

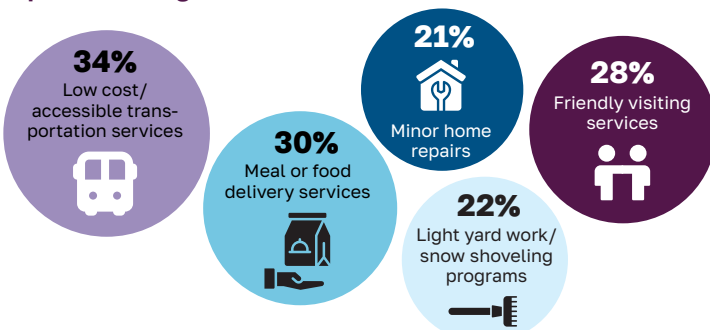
Access to Home and Community-based Care



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

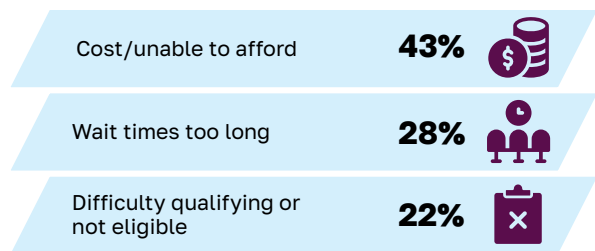


Community support services older adults in ATL report needing the most

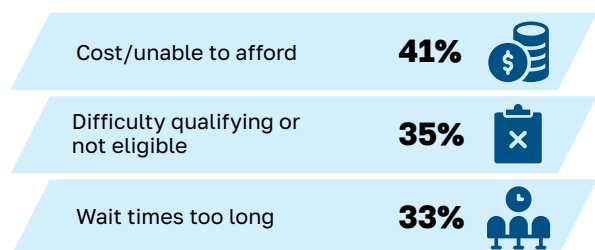


Top barriers to care in ATL

Home Care Services



Community Support Services

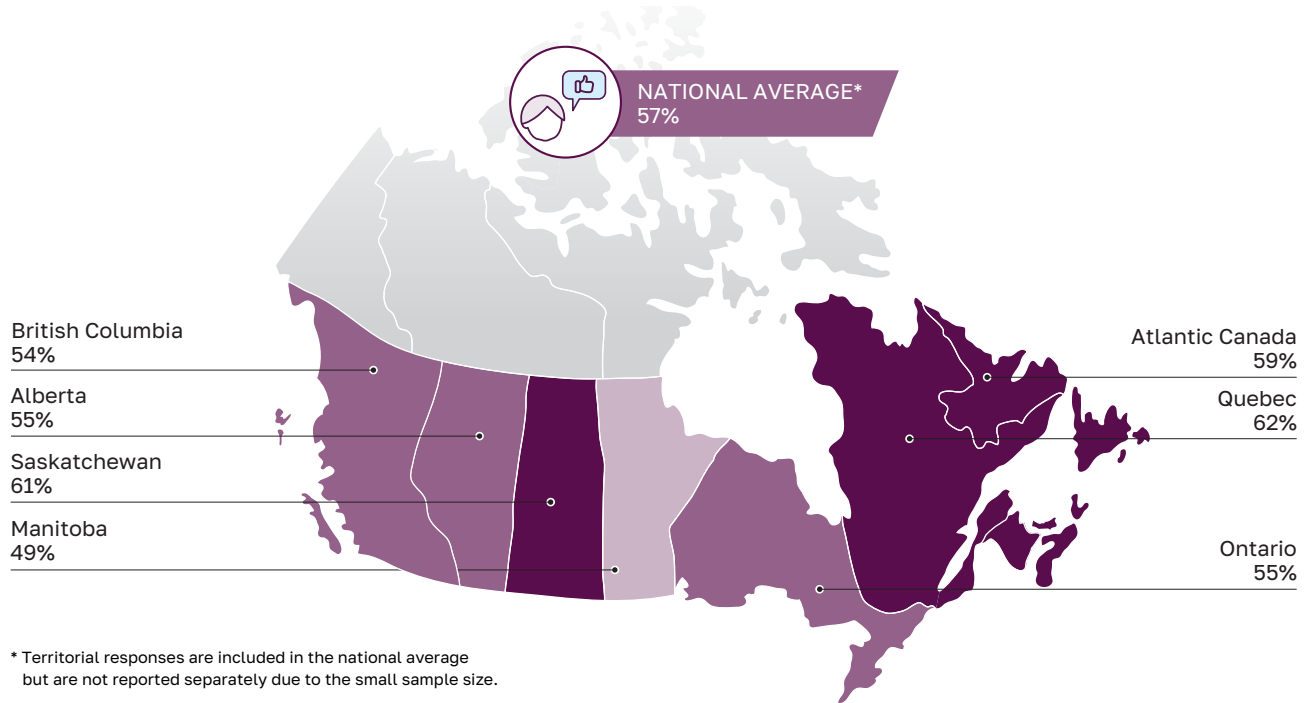


Perspectives on Ageing



59% of older adults in ATL 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

