

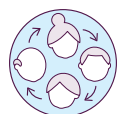
Perspectives on Ageing in Quebec (QC)

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 QC:

50% are at risk of social isolation (vs. 43% nationally).

- **55%** experience loneliness (vs. 57% nationally).
- **34%** have weak social networks (vs. 36% nationally).

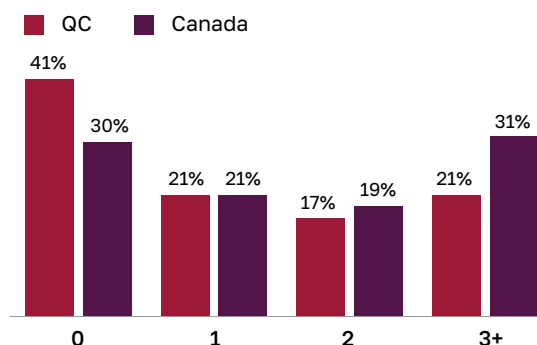


Experienced Ageism



59% of older adults in QC 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 QC experience ageism in their day-to-day lives

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

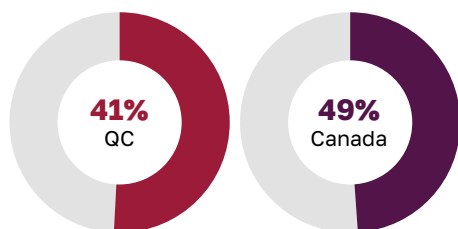
- 34%** I hear, see and/or read jokes about old age, ageing or older people.
- 22%** People insist on helping me with things I can do on my own.
- 20%** I hear, see and/or read things suggesting that older adults and ageing are unattractive or undesirable.
- 20%** People assume I have difficulty hearing and/or seeing things.
- 19%** People assume I have difficulty remembering and/or understanding things.
- 17%** People assume I have difficulty with cell phones and computers.
- 14%** People assume I do not do anything important or valuable.

Social Engagement



Only **28%** 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 QC

- 35%** Lack of funds
- 30%** Lack of energy
- 26%** No companion
- 26%** Too busy/ other responsibilities
- 24%** Health condition

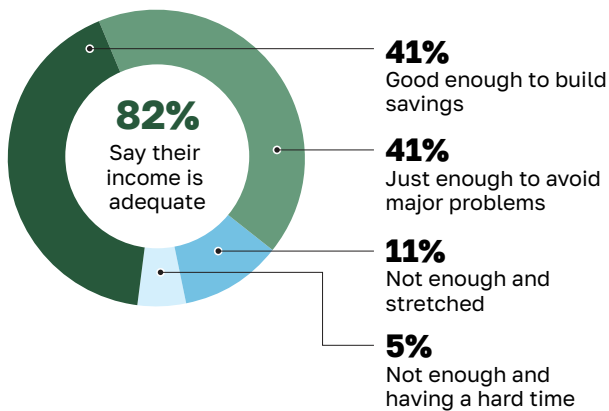
Financial Security

Income Adequacy



16% of older adults in QC report an inadequate income (vs. 22% nationally)

Income adequacy among older adults in QC

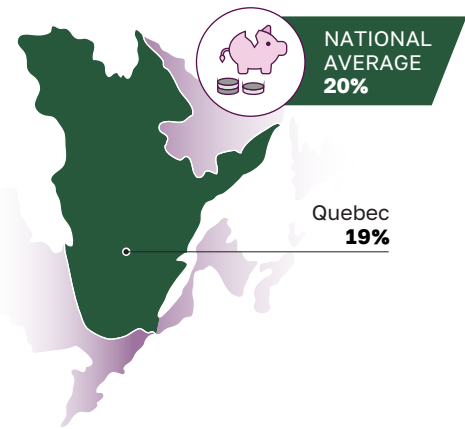


Material Deprivation



19% of older adults in QC are experiencing material deprivation (vs. 20% nationally)

Older adults with poverty-level standard of living



Retirement Readiness

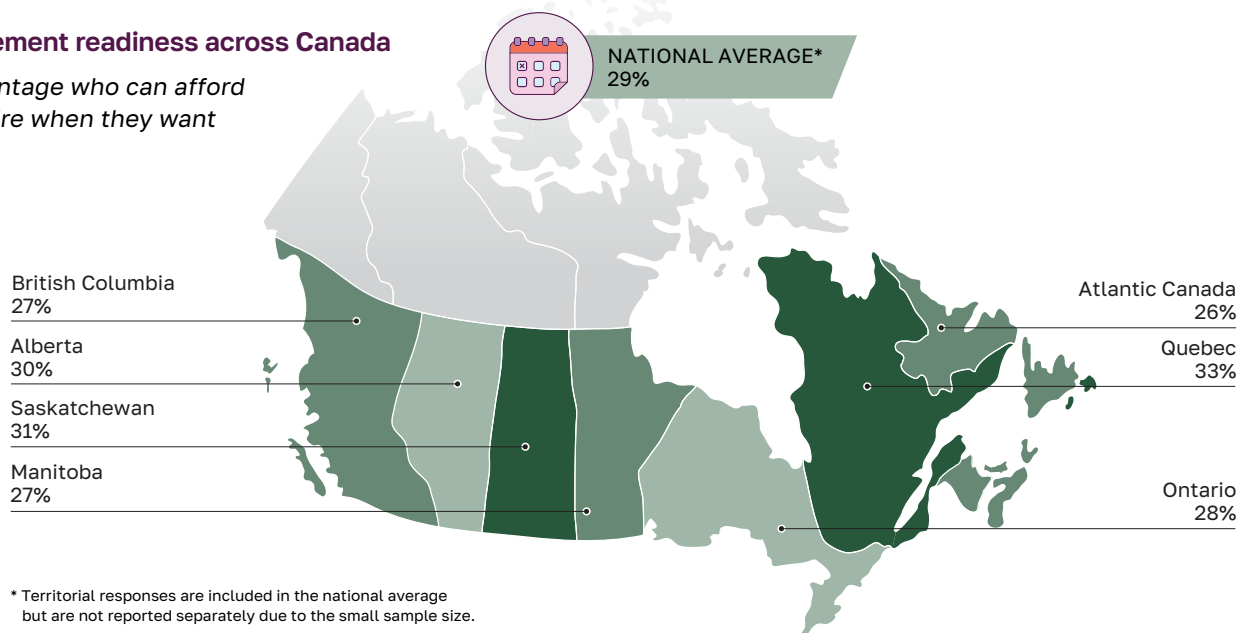


22% of older adults in QC have saved \$5,000 or less for retirement (on par with national average).

- **33%** of older adults in QC 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 QC:

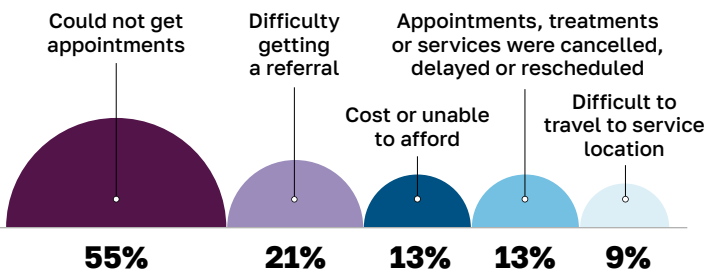


69% have a primary care provider who they see on an ongoing basis (vs. 68% nationally).

- **66%** can access the health care they need all or most of the time (vs. 70% nationally).

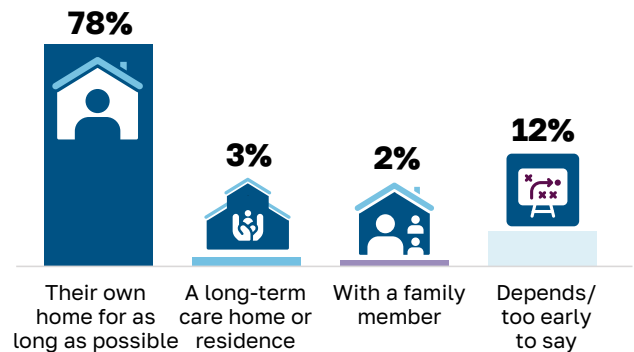
Top 5 barriers to health care access in QC

Experienced by those who struggled to get the care they needed



Ageing in the Right Place

Where older adults in QC want to live as they age



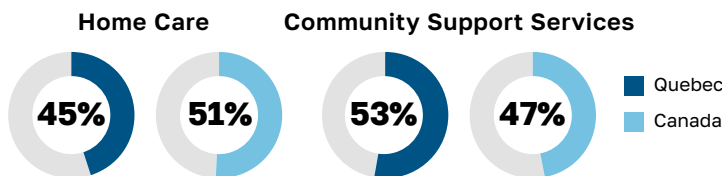
Among older adults in QC:

- Only **50%** 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).

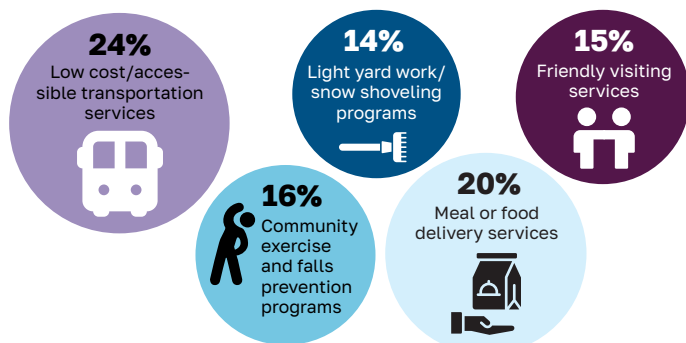
Access to Home and Community-based Care



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

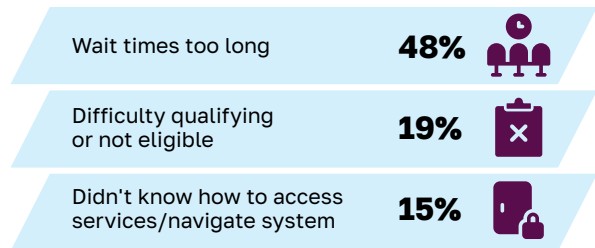


Community support services older adults in QC report needing the most

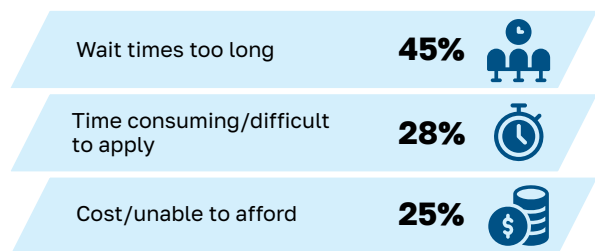


Top barriers to care in QC

Home Care Services



Community Support Services

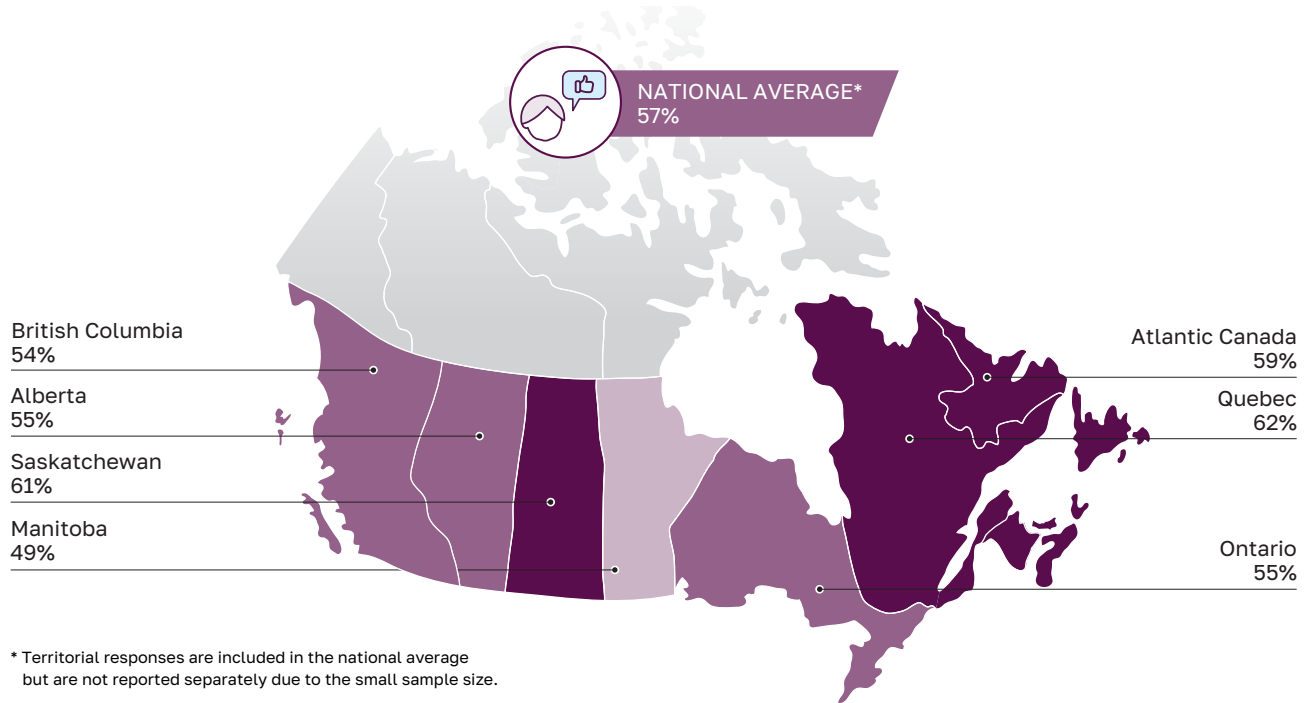


Perspectives on Ageing



62% of older adults in QC 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

