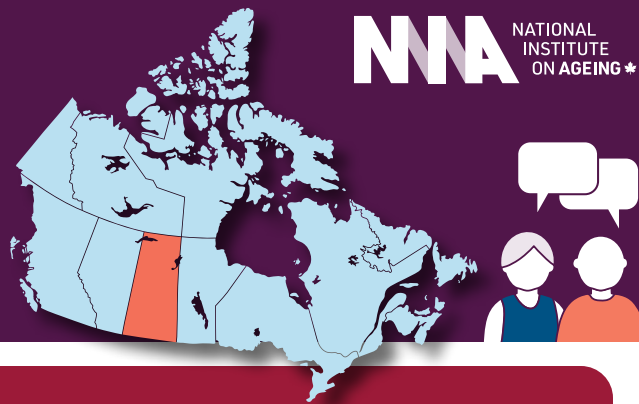


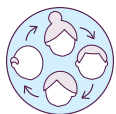
# Perspectives on Ageing in Saskatchewan (SK)

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 SK:

**39%** are at risk of social isolation (vs. 43% nationally).

- **53%** experience loneliness (vs. 57% nationally).
- **35%** have weak social networks (vs. 36% nationally).



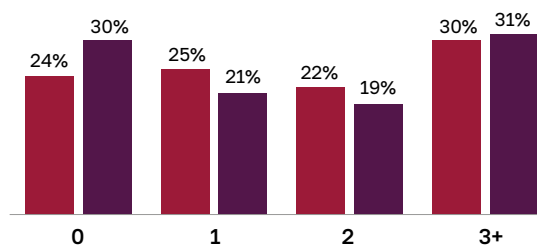
### Experienced Ageism



**76%** of older adults in SK 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

■ SK ■ Canada



#### How older adults in SK experience ageism in their day-to-day lives

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

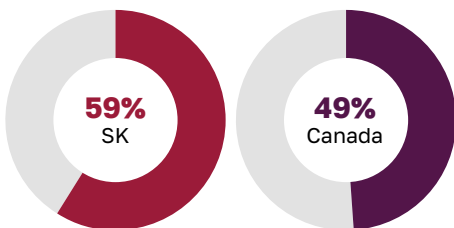
- 56%** I hear, see and/or read jokes about old age, ageing or older people.
- 29%** I hear, see and/or read things suggesting that older adults and ageing are unattractive or undesirable.
- 25%** People assume I have difficulty with cell phones and computers.
- 25%** People assume I do not do anything important or valuable.
- 22%** People assume I have difficulty hearing and/or seeing things.
- 21%** People assume I have difficulty remembering and/or understanding things.
- 18%** People insist on helping me with things I can do on my own.

## Social Engagement



**40%** 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 SK

- 33%** Too busy/other responsibilities
- 33%** No companion
- 30%** Health condition
- 30%** Lack of funds
- 29%** Inconvenient timing

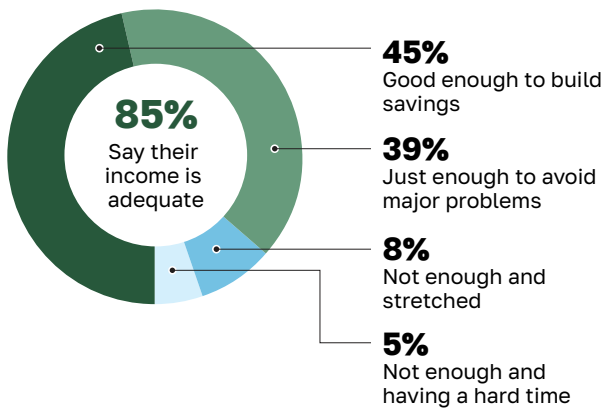
# Financial Security

## Income Adequacy



**14%** of older adults in SK report an inadequate income (vs. 22% nationally)

### Income adequacy among older adults in SK

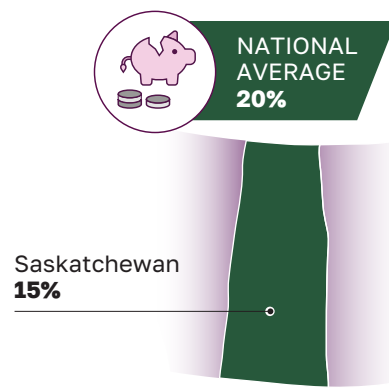


## Material Deprivation



**15%** of older adults in SK are experiencing material deprivation (vs. 20% nationally)

### Older adults with poverty-level standard of living



## Retirement Readiness

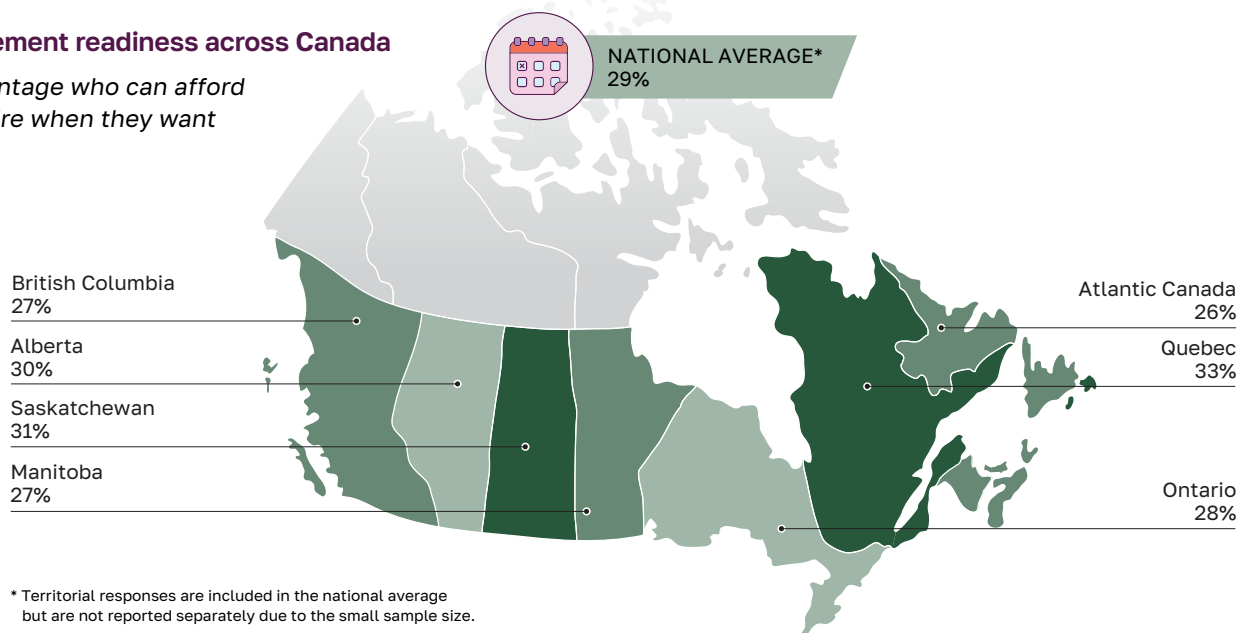


**18%** of older adults in SK have saved \$5,000 or less for retirement (vs. 22% nationally).

- **31%** of older adults in SK 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 SK:

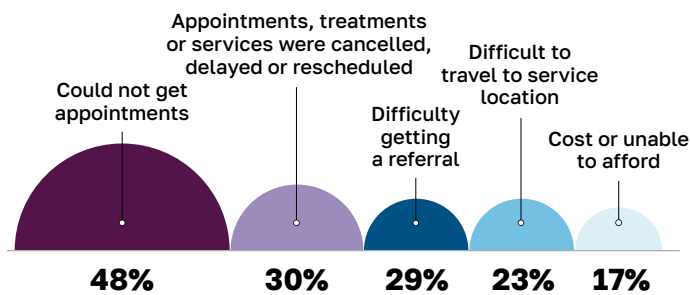


**71%** have a primary care provider who they see on an ongoing basis (vs. 68% nationally).

- **74%** can access the health care they need all or most of the time (vs. 70% nationally).

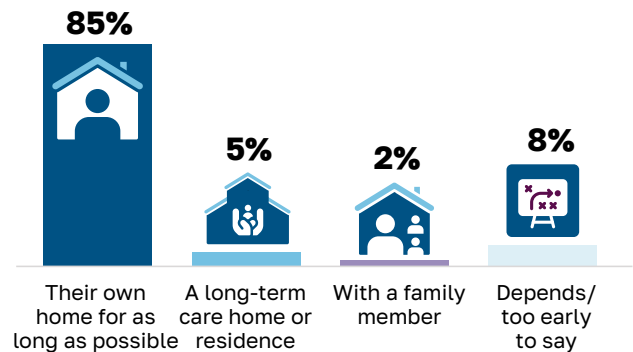
### Top 5 barriers to health care access in SK

Experienced by those who struggled to get the care they needed



## Ageing in the Right Place

Where older adults in SK want to live as they age



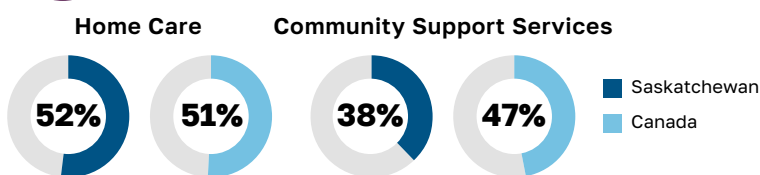
Among older adults in SK:

- Only **46%** feel their home is fully suitable for their needs as they age (vs. 49% nationally).
- **65%** 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 SK:

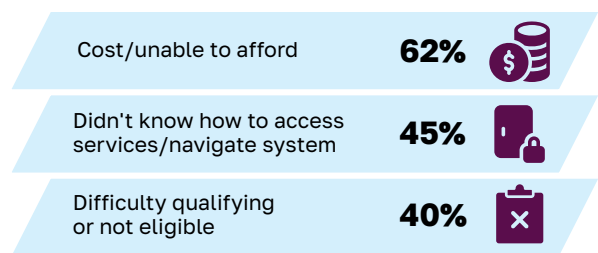


Community support services older adults in SK report needing the most

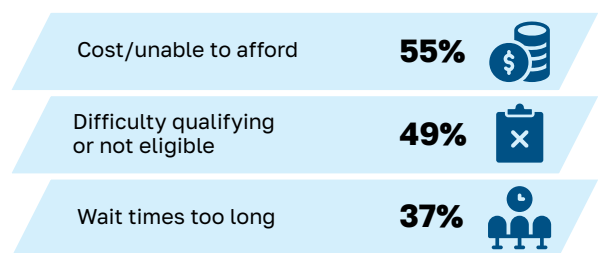


### Top barriers to care in SK

#### Home Care Services



#### Community Support Services

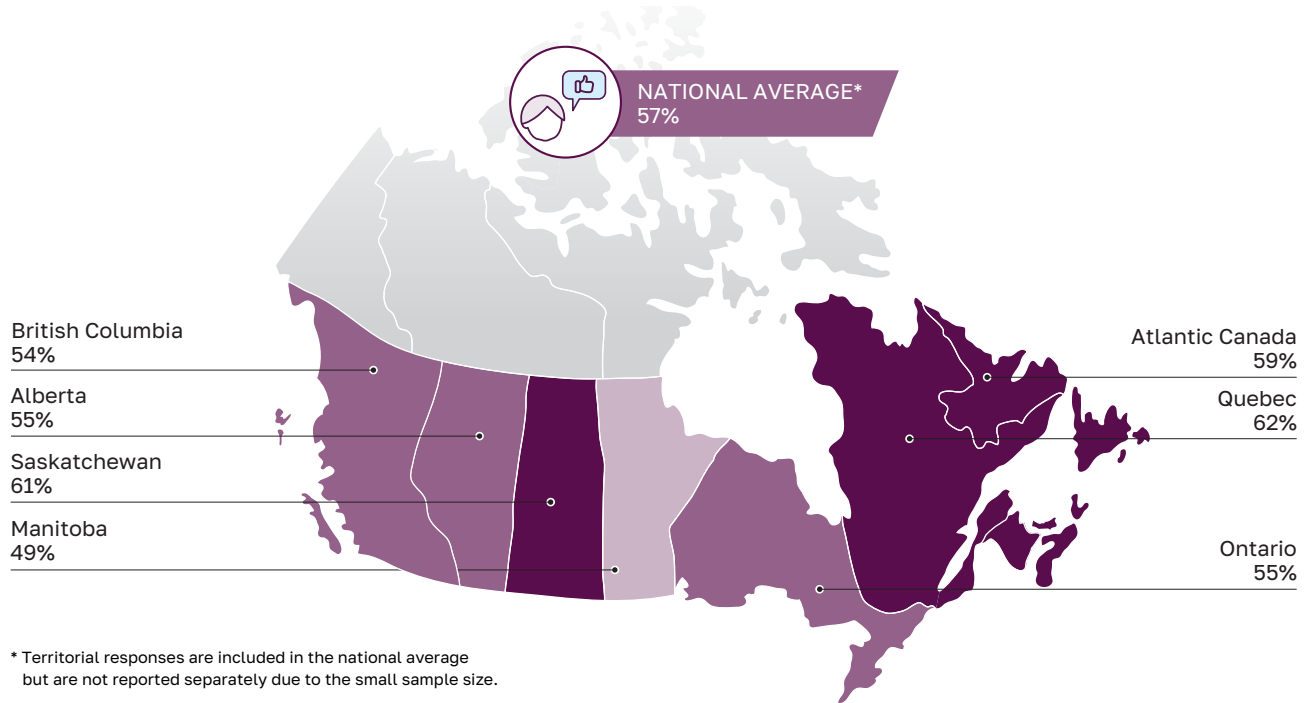


# Perspectives on Ageing



**61%** of older adults in SK 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](http://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

