Unless otherwise stated, “Edmonton” refers to Census Metropolitan Area and not solely the City of Edmonton.

**SENIOR WOMEN IN EDMONTON**

**DEFINITIONS**

**SENIOR OR “SENIOR CITIZEN”** In Canada there is no set age at which a person is considered a senior. Many government benefits begin at 60 or 65 years of age. However, senior discounts often start at 55.

For the purposes of this report, 65+ will denote a senior, and an older adult will refer to those aged 55 to 64, octogenarian will refer to those 80+.

**AGEISM** is the stereotyping, prejudice, and discrimination against people on the basis of their age.

**ELDER ABUSE** is any action or inaction by self or others that jeopardizes the health and wellbeing of an older adult.

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**WHO ARE SENIOR WOMEN?**

- They live longer than men and may become isolated, especially if their health deteriorates and they lack support networks.
- They have lower levels of income (experience more poverty).
- They are at greater risk of depression and dementia.
- They are more likely to experience elder abuse.

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**INCOME**

**PART-TIME WORK IS MORE COMMON AMONG SENIOR WOMEN.**

More seniors are working past the age of 65. In 2015, 53.2% of employed women aged 65 and over were working part-time.

**ALBERTANS ARE MORE LIKELY TO WORK FULL-TIME IN LATER LIFE THAN THE REST OF CANADIANS.**

**MEDIAN INCOME OF SENIOR WOMEN HAS INCREASED, BUT REMAINS LOWER THAN THAT OF SENIOR MEN.**

Although the median total income from all sources of women aged 65 and over has followed an upward trend since the mid-1970s, the median income of senior men is approximately 1.5 times higher than that of senior women.

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**WHERE SENIORS RESIDE**

**NEIGHBOURHOODS IN EDMONTON WITH THE MOST:**

**SENIORS (65-79):**

**OCTOGENARIANS (80+):**
1. Kensington  2. Oliver  3. Downtown

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**LIVING ARRANGEMENTS**

In 2011, 89.9% of women aged 65 and over lived in private households, as did 94.7% of senior men, while the remaining shares (10.1% and 5.3%, respectively) lived in collective households or dwellings.

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**AGING IN PLACE**

Research shows older people who stay independent and age in place live longer. It’s also a more cost-effective choice. In 2004, costs for community-based care per person averaged $8,900/year while residential care costs averaged $30,000/year.

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Sources for these statistics are available at ecfoundation.org
**Health & Wellness**

**The Life Expectancy of an Albertan at Age 65 is 21.3 Years (Males) and 24.5 (Females).**

The leading causes of death for Edmonton seniors:

- **Circulatory Diseases** (35%)
  - Heart disease (26%)
  - Stroke (6%)
  - Other circulatory diseases (3%)
- **Respiratory Diseases** (12%)
- **Cancer** (26%)

**Engagement & Social Isolation**

Social isolation happens when a senior's social participation or social contact decreases.

An estimated 30 percent of Canadian seniors are at risk of becoming socially isolated.

According to a needs assessment of older adults in the City of Edmonton, 32% indicated there were things that make it difficult to pursue social interactions.

- 18% mentioned poor health or general poor health reasons
- 3% indicated they do not socialize with anyone over an average week
- 17% mentioned disability
- 11% cited financial reasons
- 29% indicated that they would like more acquaintances – given the opportunity
- 16% cited feelings of isolation as the reason they felt unsafe in their community
- 11% cited financial reasons

The leading causes of hospital visits for Edmonton seniors:

- Injuries from falls are the number-one reason seniors visited the emergency room or were admitted to hospital
- Motor vehicle accidents

**STIs in Seniors**

According to Health Canada, national rates of sexually transmitted infections for people 60+ have increased significantly since the early 2000s.

Between 2001 and 2011, chlamydia cases in people over 60 increased more than 3 times.

Chlamydia and gonorrhea increased more than 2.5 times in women over the age of 60.

**Diversity**

**LGBTQ2 Seniors** often face homophobia and discrimination when trying to access programs and services. Certain spaces may not be especially welcoming or inclusive to them.

**Aboriginal Seniors** made up 5.1% of Edmonton’s Aboriginal population in 2016, and 2.5% of Edmonton’s Senior population.

Due to a history of discrimination, the aging experiences of Aboriginal seniors may be quite different from other seniors, and they may require specific programs and services to meet their needs.

**Immigrant Seniors** have varying levels of fluency in English, and this will affect their ability to participate in programs.

Edmonton’s immigrant seniors population is changing.

**Before 2001**

- 50% of immigrant seniors came from Europe.

**2001-2006**

- 73% of immigrant seniors came from Asia and the Middle East.

**Elder Abuse**

In 2015:

- Elder Abuse Unit with EPS concluded 48 files and laid 9 charges.

**225 Female Senior Family Violence Cases Were Reported to the Police.**

**What to Do If You Suspect Abuse**

- **Acknowledge** – Document evidence of suspected abuse.
- **Barriers** – Address concerns of fear of retaliation, withdrawal of caregiver, and family support confidentiality.
- **Urgency** – Assess immediate risk of physical harm or if basic necessities of life are provided.
- **Empower** – Inform person of the right to live free of abuses and the resources available to support this. Seek help to establish a safety plan.

Sources for these statistics are available at ecfoundation.org