Introduction

In 2018-2019, the City of Edmonton, along with Age Friendly Edmonton, conducted an older adults needs assessment. This research project builds on a similar study conducted in 2015. The City of Edmonton (the City)
The needs assessment captures perspectives from a diverse group of older adults. It focuses on participation in activities, volunteering, technology use, intergenerational connectedness, social isolation and loneliness, safety and financial security, volunteering, technology use, accessibility among other areas of interest.

Research Methodology

Conducted between October 2018 and February 2019, the research was focused on 713 older adults (55 years and older) residing within Edmonton. The research involved a telephone survey and three focus groups and 31 in-depth interviews with various groups of older adults (55 years and older). Where applicable, comparisons between the 2015 and 2018 results are shown.

Focus Groups

The needs assessment captures perspectives from a diverse group of older adults. It focuses on participation in activities, volunteering, technology use, accessibility among other areas of interest.
Key Findings

Participation in Activities

Top Activities, more than once a week

Physical
Recreational/Leisure
Daily Living

54%
20%
74%
44%

Wish to be more active in the community or in their everyday life

Technology

Seniors who use technology

90%

Purpose for using a digital device

58%
49%
31%

General purpose/entertainment
To stay connected
Professional

Volunteering

Barriers that prevent volunteering

27%
48%

44%

Ageism

15%

Have felt discriminated against

9%

Getting to appointments

16%

Everyday housework

27%

Maintenances, home and yard

79%

Seeking assistance from someone

79%

Living Arrangement

Rent, mortgage, or other

19%

Confidence in ability to live in current residence

77%

Physical and/or community connected with people

61%

Feel lonely at least once a week

72%

More than or equal to people in similar age groups

69%

79%

Confidence in ability to afford and continue to live in current residence

Confidence in ability to afford and continue to live in current residence

79%

Feeling safe and secure in the community

77%

Feel financially secure

77%

77%

Affordability of housing

77%

Aging in Place

Important considerations when thinking about where to live in the future

76%

77%

77%

79%

Staying at home

Affordability of housing

76%

100%

Being near family & friends

77%

Being near amenities

77%

61%

Isolation/Intergenerational Connectedness

Feel lonely at least once a week

72%

Are currently engaged in activities that connect with people of different ages

31%

61%

Feel connected to family, friends, and/or community

75%

Seeking Assistance

Getting to appointments, running errands

9%

Home and yard maintenance

16%

Everyday housework

27%

Seeking assistance from someone

79%

Technology

Seniors who use technology

90%

Purpose for using a digital device

58%

49%

31%

General purpose/entertainment
To stay connected
Professional

Safety and Security

Seeking assistance from someone

79%

Confidence in ability to afford and continue to live in current residence

76%

Feel satisfied with the City’s facilities, programs, website, and information

Accessibility

60%

Ageism

15%

Have felt discriminated against

9%

Getting to appointments

16%

Everyday housework

27%

Seeking assistance from someone

79%

Aging in Place

Important considerations when thinking about where to live in the future

76%

77%

77%

79%

Staying at home

Affordability of housing

76%

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15%

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9%

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16%

Everyday housework

27%

Seeking assistance from someone

79%
Older adults in Edmonton are generally active in daily living, physical and recreational activities. More than once a week:

- 74% engage in daily living activities;
- 54% engage in physical activities;
- 20% engage in recreational and leisure activities.

On a regular basis:

- 21% do yard work or gardening;
- 19% walk for exercise;
- 11% swim;
- 10% do light home maintenance;
- 8% do heavy work;
- 7% are involved in community leagues, boards or political associations;
- 5% are involved in spiritual activities.

Less frequently:

- 4% are involved in educational activities;
Interest in increased activity among older adults has been consistent since 2015.

Forty-four (44) per cent of older adults wish they could be more active compared to 42 per cent in 2015.

Health and work are top two barriers to increased activity.

The top barrier for not participating in activities among older adults is health (27 per cent), followed by work (15 per cent). Health is more of a barrier for those over the age of 80 while work is mostly a barrier for those between the ages of 55 and 64.

Over a quarter of older adults (27 per cent) prefer to be active outdoors.

Over 2/5 of older adults (44 per cent) feel that they could be more active.

Consistent since 2015.

Health and work are top two barriers to increased activity.

Additional reasons:

- Transportation barriers: 6 per cent
- Cost is too expensive: 8 per cent
- It is too exclusive: 7 per cent
- A condition prevents you from doing more: 7 per cent
- Working currently: 7 per cent
- You have a condition that prevents you from participating in activities: 6 per cent
- A condition prevents you: 6 per cent
- Other: 4 per cent

Time of day:

- Weekdays
  - AM: 65 per cent
  - PM: 35 per cent
- Weekends
  - AM: 55 per cent
  - PM: 45 per cent

Types of spaces:

- Outdoors: 27 per cent
- Gym/Fitness Centre: 14 per cent
- Park: 14 per cent
- Recreation Centre: 13 per cent
- Shopping Centre: 12 per cent
- Place of Worship: 7 per cent
- Senior Centre: 6 per cent
- Other: 4 per cent

Overall:

- Age: 0-49: 49 per cent
- Age: 50-54: 8 per cent
- Age: 55-59: 15 per cent
- Age: 60-64: 18 per cent
- Age: 65-69: 28 per cent
- Age: 70-74: 19 per cent
- Age: 75-79: 17 per cent
- Age: 80-84: 6 per cent
- Age: 85-89: 4 per cent
- Age: 90+: 3 per cent

Ten per cent of older adults have limited mobility that is a barrier for those over the age of 80 while work is mostly a barrier for those between the ages of 55 and 64.

A condition prevents you from participating in activities among older adults is health (27 per cent), followed by work (15 per cent). Health is more of a barrier for those over the age of 80 while work is mostly a barrier for those between the ages of 55 and 64.

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...from Discussions with Older Adults

activities geared to older adults. Technologies are less aware of how and where to access to adults in Edmonton. Also, older adults with lower access to attending public libraries, compared to other aggregated English language, specifically social and recreational engagement less in activities, specifically social and recreational second language and have lower access to technology. Newcomers and older adults who speak English as a

ADDITIONAL INSIGHTS

Low-income older adults are less active but interested in being more active. Approximately 60 per cent or those with household monthly income of less than $1,500 are not as likely to be active. However, 62 per cent tend to be most interested in being more active in their community or everyday life compared to other older adults. Two of the top barriers to increased low-income older adults are transportation and cost of activities. More than 60 per cent of survey respondents reported monthly incomes lower than $1,600.

Underprivileged communities are less aware of how and where to access to activities, such as studying English or computer training, compared to other aggregated older adults in Edmonton. Respondents from Indigenous communities are more interested in educational activities, whereas newcomers were more interested in activities, specifically social and recreational activities. Newcomers and older adults who speak English as a second language and have lower access to technology. Newcomers and older adults who speak English as a second language and have lower access to technology. Newcomers and older adults who speak English as a second language and have lower access to technology.
Several ideas may be considered to meet the needs for increased activity among older adults:

- **Develop a multi-pronged communication strategy**
  including tapping into traditional media sources and marketing tactics, communicating in various languages, and developing a city-wide web-based resource on all-things older adults.

- **Organize social events with a focus on increasing multicultural awareness**
  that provide the opportunity for newcomers and immigrant older adults to mingle with other older adults.

- **Make participation in activities affordable and accessible**
  by coordinating with Transportation Services, such as offering special rates, free rides, extended routes, and increased frequency of trips.

- **Improve public transportation service offerings**
  for older adults by working with Transportation Services, including special rates, free rides, extended routes, and increased frequency of trips.
The top volunteering activity among older adults is at a charity and/or a not-for-profit agency (25 per cent). Other popular volunteering activities include donating time for a religious group (18 per cent), community-based activities (14 per cent), and fundraising with a local charity (10 per cent).

Volunteering peaks at ages 65–79 years (55 per cent), although 18 per cent of older adults over 90 years old still volunteer. Although 18 per cent of older adults are 55–79 years (55 per cent), volunteering peaks at ages 65–79 years (55 per cent).

Volunteering rates among older adults rose from 25 per cent in 2015 to 54 per cent in 2018. Fewer older adults are volunteering early on to ensure high participation by older adults, including providing opportunities for older adults to explore volunteering, especially for those who have no prior volunteer experience.

To meet older adult volunteering needs, two recommended actions can be considered based on older adult feedback:

1. Encourage volunteerism early on to ensure high participation by older adults, including providing opportunities for older adults to explore volunteering, especially for those who have no prior volunteer experience.
2. Increase multi-generational volunteer opportunities, including working with schools to help children and having seniors read and tell stories to school-age children and having

Youth visit senior homes to interact with older adults.

Health and work are barriers in volunteering activities. Two of the top barriers to volunteering is health (27 per cent) and work schedules (15 per cent).

Identified Needs

Volunteering

Volunteering needs are based on older adult feedback:
Technology use among older adults is increasing. In 2018, less than one-in-ten (9 per cent) do not use technology at all, compared with 15 per cent in 2015. Older adults in Edmonton use technology widely. Nine in ten older adults in Edmonton use digital devices, such as smartphones, tablets, and desktop and laptop computers. Eighty-two per cent (82%) use digital devices at least 5 times per week.

**In the course of an average week, how often do you use a digital device?**

<table>
<thead>
<tr>
<th>Frequency</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>One or two times</td>
<td>9%</td>
<td>15%</td>
</tr>
<tr>
<td>Three or four times</td>
<td>4%</td>
<td>7%</td>
</tr>
<tr>
<td>Five or more times</td>
<td>5%</td>
<td>3%</td>
</tr>
<tr>
<td>Ten or more times</td>
<td>4%</td>
<td>1%</td>
</tr>
<tr>
<td>Not at all</td>
<td>95%</td>
<td>87%</td>
</tr>
</tbody>
</table>

Technology use among older adults is increasing.
Focus Areas When Using Technology

Technology adoption is not the same for every older adult. Among older adults who are newcomers, indigenous, and over 80 years old,
adolescent's technology use is also low. Based on focus groups and
devices, technology use is least likely to use digital devices compared to other older adults.

Older adults with monthly incomes of $1,600 or less are least likely to use digital devices.

Feedback from in-depth interviews and focus group discussions.
Intergenerational Connectedness

Intergenerational Connectedness is a motivation for technology use. Older adults who adopt technology more readily report higher motivation for learning to enhance connectedness with their children and grandchildren. Affordability, confidence, and learning supports are factors to increase uptake.

Barriers to using technology include: cost/affordability; lack of confidence and patience to learn how to use new technology; lack of support to learn; and distrust towards new technology.

Several solutions may be considered to meet the needs for increased technology adoption by older adults in Edmonton:

- **Provide a learning platform** that is easily available and accessible with phone support, screen-sharing capabilities, and trained staff to teach and troubleshoot.
- **Offer affordable and accessible technology classes** that can be co-located at public libraries or recreation and senior centres.
- **Co-locate with libraries** to reach and support older adults who wish to use technology.

**From Discussions with Older Adults**

**Identified Needs**

- Older adults who use technology more are those who report higher motivation for learning to enhance connectedness with their children and grandchildren.
- Older adults who adopt technology more report more intergenerational connectedness.

**Additional Insights**

- Technology use among older adults has increased due to perceived benefits and motivation for learning.
Intergenerational connectedness is high among older adults in Edmonton. Seventy-five (75) per cent are in agreement that they are connected to friends, family and/or their community and 61 per cent currently engage in activities or hobbies that connect older adults with people of different ages. Sports and socializing are top activities that enhance connectedness. Participating in sports and recreation activities (15 per cent) and spending time with family and friends (11 per cent) are the top two intergenerational activities in which older adults in Edmonton tend to engage.

The space to transmit experiences and knowledge to younger generations is an essential connection with the particular phase in life in which older adults share experiences and pass on knowledge to younger adults in their 30s, 40s and 50s. A connection with older adults in their 30s, 40s and 50s—such as chess tournaments and other activities—shows young adults’ preference to interact with older adults in their 30s, 40s and 50s. Discussions with older adults show that young adults are more likely to be connected with older adults who have low access to technology and no family around.

Intergenerational connectedness can be enhanced in the following ways:

- Support mentorship programs between older adults and younger peers in a variety of areas, professional and social, that would be beneficial for both the older adult and their younger counterpart. Discussions with older adults show preference for interaction with younger adults in their 30s, 40s and 50s—a connection with that particular phase in life in which they were the most economically and professionally active.
- Organize more events to promote and encourage intergenerational interaction, such as chess tournaments and other activities.
- Identify needs.

- Newcomers and older adults who have low access to technology and not enough knowledge of new technologies, and not connectedness, including knowledge especially for newcomers and discussions with older adults to various barriers to intergenerational connectedness among older adults who have low access to technology and not enough knowledge of new technologies, and not connectedness.

Sports and socializing are top activities that enhance connectedness. Participating in sports and recreation activities (15 per cent) and spending time with family and friends (11 per cent) are the top two intergenerational activities. Active participation in hobbies that connect older adults with people of different ages.

Intergenerational connectedness is high among older adults in Edmonton.
Older adults in Edmonton generally do not feel lonely or socially isolated. The majority (96 per cent) of older adults socialize with more than one friend, family and/or neighbour in the course of an average week and more than a third (33 per cent) never feel lonely. Loneliness and isolation are correlated with income and current living arrangement. Forty-six (46) per cent of older adults whose incomes are below $1,600 per month and 45 per cent of those who live alone, often or some of the time feel lonely.
Language and cultural barriers increase feelings of isolation for immigrants and newcomers.

Older adults who speak English as a second language, newcomers, immigrants, and refugees indicate increased feelings of social isolation outside of their ethnic or lingual community due to language and cultural barriers and family separation. For some older adults, isolation was believed to be a mental state or a personal choice, and the way to overcome it is through increased social integration for newcomers and immigrants.

Increased feelings of loneliness among LGBTQ+ older adults.

Discussions with older adults from the LGBTQ+ community show a high degree of social isolation. LGBTQ+ older adults came out in a generation where gender and sexual orientation discrimination were much stronger than they are for younger LGBTQ+ persons and as such, interaction with other older adults feels more stressful—especially when other adults feel more judgmental. Having no specific gathering place for them to meet increases the sense of loneliness. Having no specific gathering place for them to create contacts and decrease their sense of loneliness is another challenge the LGBTQ+ older adults face.

Increased feelings of loneliness among Indigenous community older adults.

Despite cultural traditions that make loneliness and isolation less likely in the Indigenous community, in general, dysfunction within families, family separation, and effects of addiction and residential schools were themes that were present in the focus group discussions. Family dynamics in general, dysfunction within families, family separation, effects of addiction and residential schools were themes that were present in the focus group discussions, leaving several participants feeling alone, without conjugal companionship, estranged from children and siblings, and distrustful of others.

ADDITIONAL INSIGHTS

Several solutions may be considered to address needs of older adults in Edmonton related to social isolation and loneliness:

• Address language barriers and cultural differences to express their unique experiences.
  - and who speak English as a second language.
  - who feel lonely.
  - in multiple languages.
  - in senior homes, long-term care settings in senior homes, and among Indigenous communities.
  - and implementing affordable and accessible English classes focused on older adults.
  - for older adults.
  - from English classes.

• Support and increase awareness of gathering spaces.
  - for older adults.
  - for LGBTQ+ older adults.
  - for Indigenous community older adults.

• Indigenize
  - for newercomers and immigrants.

• Language and cultural barriers increase feelings of isolation among older adults.

• From discussions with older adults.
In 2018, older adults in Edmonton tend to feel less safe than in 2015. Seventy-nine (79) per cent of older adults report feeling safe in their homes and communities. This compares with 85 per cent in 2015.

Older adults in Edmonton continue to feel the same degree of financial security. In 2018, 70 per cent of older adults agree that they are financially secure, similar to 2015.

Older adult females tend to feel less safe and financially secure. Females (75 per cent) are less likely to feel safe compared to males (85 per cent) and less likely to agree that they are financially secure (65 per cent) compared to males (75 per cent).

Criminal activity is the top reason for not feeling safe in their community. Of older adults who reported not feeling safe, close to half (46 per cent) attributed this feeling to criminal activity. Among older adults who reported not feeling safe in their community, close to half (46 per cent) attributed this feeling to criminal activity.

Older adults in Edmonton continue to feel less safe than in 2015. In 2018, older adults in Edmonton tend to feel less safe than in 2015.
Many immigrant older adults are financially dependent and continue to work in old age. Most respondents from immigrant communities depend on a spouse or children for financial support. Some immigrant older adults also continue to work past retirement age to receive a pension or to make ends meet.

Newcomer and refugee older adults are optimistic despite multiple barriers. Many newcomer older adults, having “lost everything” and are currently unemployed or actively searching for work, despite multiple barriers, have come to Canada having “lost everything” and are currently unemployed or actively searching for work, despite multiple barriers. Many newcomer older adults, having “lost everything” and are currently unemployed or actively searching for work, despite multiple barriers, have come to Canada having “lost everything” and are currently unemployed or actively searching for work, despite multiple barriers. Many newcomer older adults, having “lost everything” and are currently unemployed or actively searching for work, despite multiple barriers.

Address community safety needs, including increasing the number of sidewalks, ensuring efficient sidewalk clearing, surveillance cameras and security guards.

Address safety concerns in public housing.

Address in-home safety needs, such as providing financial support for older adults who wish to adapt their homes.

Promote technology use among older adults. Focus on those living alone so they could use devices to alert others of health problems. Technology can be used among older adults. Focus on those who are alone so they could use devices to alert others of health problems.

Any of the following strategies may be considered to address financial security concerns among older adults:

- Increase support for financial literacy initiatives, focusing on vulnerable older adults, including the Seniors Financial Empowerment Network.
- Increase support for financial literacy initiatives, focusing on vulnerable older adults, including the Seniors Financial Empowerment Network.
- Address in-home safety needs, such as providing financial support for older adults who wish to adapt their homes.
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Additional Information

- Older Adults Needs Assessment Highlight Report | June 2019
- Older Adults Needs Assessment Highlight Report | June 2019
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Aging in Place

Older Edmontonians are primarily homeowners with no mortgage payments. Eighty-six (86) per cent of older adults in Edmonton live in private homes, own their homes (91 per cent), and are able to afford to stay in their own home having paid off the mortgage on their homes (78 per cent).

Older adults in Edmonton continue to prefer to age-in-place. Older adults’ most important considerations for aging-in-place are to stay in their own home (79 per cent), afford their homes (77 per cent), and be close to their family and friends (77 per cent). Results in 2018 closely match the 2015 older adults needs assessment study.

Top Considerations for Aging-in-Place

- Staying in your home: 79%
- Affordability of housing: 77%
- Being near or close to family and friends: 77%
- Being near or close to amenities like shopping, restaurants, etc.: 76%
- Being near or close to a physician: 69%
- Familiarity of neighbourhood or community: 69%

2015 older adults needs assessment study.

2018 closely matched the 2015 older adults needs assessment study. Results in 2018 closely match the 2015 older adults needs assessment study. Older adults most important considerations for aging-in-place are to stay in their own home (79 per cent), afford their homes (77 per cent), and be close to their family and friends (77 per cent).

Older adults in Edmonton continue to prefer to age-in-place.

Fifty-six (56) per cent of older adults in Edmonton live in private homes, primarily homeowners with no mortgage payments.
Older adults in Edmonton are confident in their aging-in-place plans. For the next ten years, 76 per cent of older adults plan to remain in their current residence and 76 per cent are confident in being able to afford and continue to live in their current residence.

Older adults require a variety of assistance and services to stay home. Such services include health services (21 per cent), caregiving assistance (19 per cent), transportation (16 per cent), home renovations (11 per cent), and meal programs (11 per cent).

Home and yard maintenance is top service sought by older adults. In the past 12 months, older adults in Edmonton required home and yard maintenance (27 per cent), followed by housework assistance (22 per cent) and getting to appointments and running errands (16 per cent). Catering to appointments and running errands, such as shopping for groceries, getting up, laundry, and tidying up, and doing laundry is also seen as a top service need (16 per cent). Meal or grocery delivery, making bank transactions or paying bills, and looking after your personal finances such as less taxes require the least assistance, at 6 per cent each.

For the next ten years, 76 per cent of older adults plan to remain in their aging-in-place plans.
Older adults continue to have difficulties in finding where to look for help and are concerned with costs.

Older adults are having difficulty knowing where to look for help (11 per cent) and finding qualified help (10 per cent). They are also concerned with cost of assistance (10 per cent). The 2018 results closely match those from the 2015 study. Older adults are having difficulty knowing where to look for help (11 per cent) and finding qualified help (10 per cent). They are also concerned with cost of assistance (10 per cent). The 2018 results closely match those from the 2015 study.

Various strategies and actions to encourage aging-in-place could be considered to make homes and communities attractive places for older adults to spend their aging years.

• Offer programs to help older adults retrofit their homes, through do-it-yourself tutorials, and financial assistance.

• Support affordable home-care services required by older adults, such as snow removal, lawn mowing, housekeeping.

• Support community/neighborhood planning to include: caregiving, and meal preparation and delivery.

• Increase profile of the role of home support coordinators in community leagues to help address challenges in obtaining or receiving assistance and knowing where to look for help.

• Increase profile of the role of support coordinators in local communities to help address challenges in obtaining or receiving assistance and knowing where to look for help.

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Some older adults in Edmonton feel they are discriminated against because of age. Fifteen (15) per cent of older adults indicate that they have been in a situation where they felt that they were discriminated against based on their age.

Ageism comes primarily from youth and the workplace. Discussions with older adults indicate that older adults experience ageism that primarily comes from youth and at the workplace.

To further dispel hidden prejudices about older adults, two recommended actions can be taken into consideration:

- Increase opportunities to connect older adults with youth, such as increasing programming that engage seniors in visiting schools and interacting with children to help them appreciate the knowledge and experience of older adults.
- Increase awareness of value and experience older adults bring to workplace and community, tapping into the rich diversity of older Edmontonians.

The following tables contrast the 2015 results to those in 2018, where possible.
### Interest in Being More Active

Do you wish you could be more active in your community life or in your everyday life?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>42%</td>
<td>56%</td>
<td>2%</td>
</tr>
<tr>
<td>2018</td>
<td>44%</td>
<td>54%</td>
<td>2%</td>
</tr>
</tbody>
</table>

**Total:** 100%

### Frequency of Using Digital Devices

In the course of an average week, how often do you use a digital device? (Computer, eReader (e.g., Kindle), Smartphone, Tablet, Fitbit)?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td>15%</td>
<td>9%</td>
</tr>
<tr>
<td>One or two times</td>
<td>3%</td>
<td>4%</td>
</tr>
<tr>
<td>Three or four times</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Five or more times</td>
<td>77%</td>
<td>13%</td>
</tr>
<tr>
<td>10 or more times</td>
<td>69%</td>
<td>10%</td>
</tr>
</tbody>
</table>

**Total:** 100%

**Note:** The 2018 frequency options are different from the 2015 study.

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**Comparison with 2015 Results**

The frequency options in 2018 differ from those in 2015, which may affect the comparison between the two years.
### Volunteering

In general do you volunteer?

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>54%</td>
<td>48%</td>
</tr>
<tr>
<td>No</td>
<td>46%</td>
<td>52%</td>
</tr>
<tr>
<td>Don't know</td>
<td>0%</td>
<td></td>
</tr>
</tbody>
</table>

Total 100%

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### Feeling Safe and Secure in Community

Please rate the extent to which you feel safe and secure in your community. Please use a scale of 1 to 5, where 1 means very safe and 5 means not at all safe.

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Safe</td>
<td>85%</td>
<td>50%</td>
</tr>
<tr>
<td>2</td>
<td>30%</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Not at All Safe</td>
<td>4%</td>
<td>2%</td>
</tr>
</tbody>
</table>

Total 100%

---

### Agreement with Statement: “You are Financially Secure”

On a scale of 1 to 5, where 1 means strongly agree and 5 means strongly disagree, how much do you agree that you are financially secure?

<table>
<thead>
<tr>
<th></th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly agree</td>
<td>70%</td>
<td>45%</td>
</tr>
<tr>
<td>Agree</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Neither agree nor disagree</td>
<td>18%</td>
<td>17%</td>
</tr>
<tr>
<td>Disagree</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>11%</td>
<td>5%</td>
</tr>
<tr>
<td>Don't know/no answer</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

Total 100%
### Importance of Aspects Associated with Where to Live in Future

I am going to read you a list of topics that are associated with housing while one ages. For each of the following, I would like you to indicate, on a scale of 1 to 5, where 1 means “very important” and 5 means “not at all important”, how important each aspect is to you when considering where to live in the future.

<table>
<thead>
<tr>
<th>Aspect</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staying in your home</td>
<td>82%</td>
<td>79%</td>
</tr>
<tr>
<td>Affordability of housing</td>
<td>77%</td>
<td>76%</td>
</tr>
<tr>
<td>Being near or close to family and friends</td>
<td>76%</td>
<td>77%</td>
</tr>
<tr>
<td>Being near or close to amenities like shopping, restaurants, etc.</td>
<td>75%</td>
<td>76%</td>
</tr>
<tr>
<td>Being near or close to a physician</td>
<td>69%</td>
<td>69%</td>
</tr>
<tr>
<td>Familiarity of neighborhood or community</td>
<td>71%</td>
<td>69%</td>
</tr>
<tr>
<td>The amount of upkeep required for your property</td>
<td>66%</td>
<td>66%</td>
</tr>
<tr>
<td>Staying in your community</td>
<td>63%</td>
<td></td>
</tr>
<tr>
<td>Being near or close to public transportation</td>
<td>66%</td>
<td>56%</td>
</tr>
<tr>
<td>Meal programs</td>
<td>8%</td>
<td>11%</td>
</tr>
<tr>
<td>Meal programs</td>
<td>8%</td>
<td>11%</td>
</tr>
<tr>
<td>Caregiving assistance</td>
<td>9%</td>
<td>19%</td>
</tr>
<tr>
<td>Renovations to your current home</td>
<td>27%</td>
<td>11%</td>
</tr>
<tr>
<td>Knowing where to look for help</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>Finding qualified help</td>
<td>8%</td>
<td>11%</td>
</tr>
<tr>
<td>Difficulty asking for assistance</td>
<td>11%</td>
<td>12%</td>
</tr>
<tr>
<td>Difficulty obtaining or receiving assistance</td>
<td>11%</td>
<td>12%</td>
</tr>
</tbody>
</table>

**Activities or Services Required to Stay in Own Home**

In the past 12 months, did you ever experience any difficulties with any of the following? Multiple answers can be selected.

<table>
<thead>
<tr>
<th>Activity</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not knowing where to look for financial assistance</td>
<td>8%</td>
<td>4%</td>
</tr>
<tr>
<td>Difficulty asking for assistance</td>
<td>12%</td>
<td>9%</td>
</tr>
<tr>
<td>Family or friends being unavailable</td>
<td>19%</td>
<td>11%</td>
</tr>
<tr>
<td>The cost of help</td>
<td>69%</td>
<td>69%</td>
</tr>
<tr>
<td>Finding qualified help</td>
<td>12%</td>
<td>9%</td>
</tr>
<tr>
<td>Knowing where to look for help</td>
<td>16%</td>
<td>9%</td>
</tr>
<tr>
<td>Caregiving assistance</td>
<td>9%</td>
<td>19%</td>
</tr>
<tr>
<td>Renovations to your current home</td>
<td>27%</td>
<td>11%</td>
</tr>
<tr>
<td>Meal programs</td>
<td>8%</td>
<td>11%</td>
</tr>
<tr>
<td>Caregiving assistance</td>
<td>9%</td>
<td>12%</td>
</tr>
<tr>
<td>Not knowing where to look for financial assistance</td>
<td>8%</td>
<td>4%</td>
</tr>
</tbody>
</table>

**Difficulties Obtaining or Receiving Assistance**

In the past 12 months, did you ever experience any difficulties with any of the following? Multiple answers can be selected.

<table>
<thead>
<tr>
<th>Difficulty</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
</table>
| Not all answer options were provided in the 2015 study compared to the 2018 study.

**Programs and/or activities offered within a seniors housing facility**

Percent of respondents who participated in the following activities or programs

<table>
<thead>
<tr>
<th>Activity</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Programs and/or activities offered within a seniors housing facility</td>
<td>51%</td>
<td>47%</td>
</tr>
<tr>
<td>Food of meal services</td>
<td>51%</td>
<td>47%</td>
</tr>
<tr>
<td>Being near or close to public transportation</td>
<td>56%</td>
<td>56%</td>
</tr>
<tr>
<td>Staying in your community</td>
<td>63%</td>
<td>66%</td>
</tr>
<tr>
<td>The amount of upkeep required for your property</td>
<td>66%</td>
<td>66%</td>
</tr>
<tr>
<td>Being near or close to a physician</td>
<td>99%</td>
<td>99%</td>
</tr>
<tr>
<td>Familiarity of neighborhood or community</td>
<td>99%</td>
<td>99%</td>
</tr>
<tr>
<td>Meal programs</td>
<td>99%</td>
<td>99%</td>
</tr>
<tr>
<td>Being near or close to restaurants, etc.</td>
<td>99%</td>
<td>99%</td>
</tr>
<tr>
<td>Being near or close to a physician</td>
<td>99%</td>
<td>99%</td>
</tr>
<tr>
<td>Being near or close to family and friends</td>
<td>99%</td>
<td>99%</td>
</tr>
<tr>
<td>Affordability of housing</td>
<td>99%</td>
<td>99%</td>
</tr>
<tr>
<td>Staying in your community</td>
<td>99%</td>
<td>99%</td>
</tr>
</tbody>
</table>

**Older Adults Needs Assessment Highlight Report | June 2019**
### Demographics

#### Age

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>55 - 64</td>
<td>49%</td>
<td>50%</td>
</tr>
<tr>
<td>65 – 79</td>
<td>37%</td>
<td>36%</td>
</tr>
<tr>
<td>80 – 89</td>
<td>14% (80+)</td>
<td>11%</td>
</tr>
<tr>
<td>90+</td>
<td>-</td>
<td>4%</td>
</tr>
</tbody>
</table>

#### Marital Status

Which of the following best describes your marital status?

<table>
<thead>
<tr>
<th>Marital Status</th>
<th>2015</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single, that is, never married</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>Married or living together as a couple</td>
<td>65%</td>
<td>66%</td>
</tr>
<tr>
<td>Widowed</td>
<td>14%</td>
<td>14%</td>
</tr>
<tr>
<td>Separated</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Divorced</td>
<td>11%</td>
<td>9%</td>
</tr>
<tr>
<td>Refused</td>
<td>-</td>
<td>1%</td>
</tr>
</tbody>
</table>
### Current Living Arrangement

<table>
<thead>
<tr>
<th>Year</th>
<th>Alone</th>
<th>With Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>28%</td>
<td>72%</td>
</tr>
<tr>
<td>2018</td>
<td>28%</td>
<td>72%</td>
</tr>
</tbody>
</table>

### Retirement Status

<table>
<thead>
<tr>
<th>Year</th>
<th>Retired</th>
<th>Semi-retired</th>
<th>Working</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>57%</td>
<td>14%</td>
<td>29%</td>
</tr>
</tbody>
</table>

### Monthly Income

<table>
<thead>
<tr>
<th>Year</th>
<th>$1,600 to Less than $2,200</th>
<th>$2,200 to Less than $3,500</th>
<th>$3,500 to $5,000</th>
<th>Over $5,000</th>
<th>Prefer not to say</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>11%</td>
<td>17%</td>
<td>14%</td>
<td>23%</td>
<td>27%</td>
</tr>
</tbody>
</table>

### Gender Identity

<table>
<thead>
<tr>
<th>Year</th>
<th>Female</th>
<th>Male</th>
<th>Non-binary</th>
<th>Prefer not to say</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015</td>
<td>53%</td>
<td>47%</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>2018</td>
<td>55%</td>
<td>42%</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>
Ethnic or Cultural Background
Please describe your ethnic or cultural background? (Multiple Answer)

<table>
<thead>
<tr>
<th>2018</th>
<th>2015</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>White/Caucasian</td>
<td>60%</td>
<td>60%</td>
<td>60%</td>
</tr>
<tr>
<td>Middle Eastern</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>South-Central Asian</td>
<td>2%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Black/African</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Far-East Asian</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Indigenous</td>
<td>1%</td>
<td>1%</td>
<td>1%</td>
</tr>
<tr>
<td>Other/Mixed Race/Identity as Canadian</td>
<td>32%</td>
<td>32%</td>
<td>32%</td>
</tr>
<tr>
<td>Prefer not to say</td>
<td>3%</td>
<td>3%</td>
<td>3%</td>
</tr>
</tbody>
</table>

Do you currently own or rent your home in the City of Edmonton?

<table>
<thead>
<tr>
<th>2018</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Own</td>
<td>88%</td>
</tr>
<tr>
<td>Rent</td>
<td>11%</td>
</tr>
</tbody>
</table>

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