

## National Issue Summary

# Aging in Place in Canada

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United Way Centraide Canada (UWCC) has developed National Issue Summaries on key issue areas of national concern that are central to our network's mission. They summarize available data and research to provide an overview of the issue and how the United Way Centraides (UWCs) are investing in community supports and solutions.



### What aging in place means in Canada

Aging in place is the ability for older adults to access services and the health and social supports they need to live safely, independently, and comfortably in their home or community, regardless of age, income, or capacity.<sup>1,2,3</sup>

### Who experiences challenges with aging in place

- Anyone can experience challenges related to aging in place but older women, older adults living in rural communities, low-income older adults and older adults experiencing mental illness are more vulnerable.
- Some people are disproportionately affected by challenges aging in place, including older Indigenous and newcomer adults, those living with a disability and those identifying as part of the 2SLGBTQIA+ community.
- Where services to help older adults age in place are underfunded or unavailable, the risk of premature institutionalization, avoidable hospitalizations and caregiver burnout increases.

### The facts about the aging in place crisis in Canada

- More older adults are living below the poverty line. For older adults living on a low income, independence can be unsustainable due to the costs of private care.
- Approximately 1 in 10 (9.6%) older adults in Canada newly admitted to long-term care could have been cared for at home in 2023.<sup>4</sup>
- Most people living in Canada will give or receive care in their lifetimes, with at least 75% of home care being provided by unpaid caregivers.<sup>5,6</sup> Yet, 1 in 4 caregivers reporting fair or poor mental health in 2023.<sup>7</sup>

<sup>1</sup> Employment and Social Development Canada. 2025. [Thinking about your future? Plan now to age in place.](#)

<sup>2</sup> National Seniors Council. June 2024. [Final Report of the Expert Panel.](#)

<sup>3</sup> Fenton, Hoppmann, Boger et al. 2025. [Growing older at home.](#)

<sup>4</sup> Canadian Institute for Health Information. 2023. [New long-term care residents who potentially could have been cared for at home.](#)

<sup>5</sup> National Initiative for the Care of the Elderly. n.d. [Aging in Canada.](#)

<sup>6</sup> National Seniors Council. June 2024. [Final report of the Expert Panel.](#)

<sup>7</sup> Canadian Centre for Caregiving Excellence. May 2024. [Caring in Canada.](#)

## Addressing the aging in place crisis is urgent

- According to population estimates, the number of people aged 65 and older has grown by 14.8% in the past five years, rising from 6.8M in 2021 to 7.8M in 2024.<sup>9</sup>
- The growing older adult population requires informal caregivers to compensate for the demands on healthcare and social services, leading to burnout and distress.<sup>10</sup>
- A 2022 survey found that 78% of home care providers struggle with recruitment and workforce challenges. Strengthening workforce is essential to delivering sustainable, high-quality home and community care to an aging population.<sup>11</sup>

## What everyone needs to know about aging in place

- Everyone has the right to age in place with dignity. In a 2025 survey, 95% said that aging in place would allow them to maintain independence, comfort, and dignity.<sup>12</sup>
- Supporting aging in place is cost-effective. Research indicates home care services are 40%-75% less costly than providing the same care in a long-term care home.<sup>13</sup>
- Aging at home requires a comprehensive and multi-sectoral approach that ensures older adults, caregivers, community organizations, and governments have the resources and tools to ensure older adults can achieve or maintain quality of life.<sup>14</sup>

### UWCs are building communities where older adults can age in place

Across Canada, UWCs support older adults to age in place, focusing on four areas:

- **Investing** in solutions such as community programs, caregiver respite and other support, learning and social programs, as well as in-home services.
- **Building capacity** by implementing initiatives that support organizations to build and maintain their skills, infrastructure and resources.
- **Leading collaborative efforts** that address gaps and respond to emerging trends to address the needs of older adults through province-wide responses, integrated service delivery models, and convening cross-sectorial networks.
- **Driving system change** by advocating for policy change, consulting on local, provincial, and national tables, and raising public awareness about issues related to aging in place.

<sup>8</sup> Statistics Canada. September 9, 2025. [Table 17-10-005-01](#).

<sup>9</sup> United Way East Ontario. 2025. [Seniors and caregivers](#).

<sup>10</sup> Spark Conferences. January 15, 2025. [The growing demand for home and community care in Canada](#).

<sup>11</sup> Hawthorne, K. December 12, 2024. [Aging Canada 2040 report](#).

<sup>12</sup> National Institute on Aging. October 2022. [Aging in the right place](#).

<sup>13</sup> National Seniors Council. June 2024. [Final Report of the Expert Panel](#).