

# Unison Persons Served Information

## Details and Stats

From inception, in Calgary and Medicine Hat, Unison has been committed to honouring the experience of older adults by building an organization that was run by seniors for seniors. The life experience, wisdom and skills of older adults inform and lead the work of the organization. Unison is committed to building awareness, enhancing resilience, and providing opportunities for success for all older individuals.

### Older Adult Facts

- In Canada, seniors are the fastest-growing segment of the population. (Age-Friendly Calgary)
- Seniors are as diverse as the community itself and becoming more diverse. Seniors identify as follows:
  - 4.6% East or Southeast Asian
  - 3.1% South Asian
  - 1.3% Black
  - 2.6% Other ethnicities
- 1.9% of seniors are indigenous. The number of indigenous 60+ are expected to triple by 2031.
- Alberta is a younger province than most with 14.8% seniors compared to 19% nationally. (Statistics Canada, 2022)
- Most seniors live in cities or urban areas
- 19.8% of seniors are employed.
- Life expectancy is increasing, and most seniors report overall good health. The oldest group of seniors (80+) is growing rapidly.
- 92.1% live in private dwellings; 7.9% live in residential care.
- 72.1% of seniors reported living with others.

## Older Adult Challenges

- The risk of developing a chronic disease increases with age. The five diseases with the highest prevalence are: hypertension, osteoarthritis, ischemic heart disease, osteoporosis, chronic obstructive pulmonary disorder (COPD)
- Falls are a major cause of injury, disability, and premature death.
- Of the seniors living alone, more than half are women.
- About 16% of seniors experience social isolation and about 30% are at risk of social isolation. Seniors most at risk are (ESDC Canada, 2022):
  - Rural
  - LGBTQ
  - Ethnic minorities and immigrants
  - Indigenous
  - People living with dementia
  - Caregivers
  - Low income
- Social isolation is linked to increased risk for heart disease and stroke, Type 2 diabetes, depression and anxiety, addiction, suicidality and self-harm, dementia and an earlier death. (US Centers for Disease Control and Prevention).
- Only 15% of people aged 66–79 are physically active.
- 4% of seniors live below the low-income cut-off. Seniors living in poverty have poorer health outcomes due to inadequate nutrition, housing insecurity and limited access to transportation and non-insured health services.
- The self-reported rate of suicide ideation decreases with age. The rate is 8.3% for ages 65–74 and 5.1% over age 75.
- It is estimated that 1 in 10 seniors in Alberta may be a victim of elder abuse (Elder Abuse Prevention Strategy, Government of Alberta)
- NOTE: Unless otherwise indicated, data is from Aging and Chronic Diseases, a Profile of Canadian Seniors, Public Health Agency of Canada, 2020.

### Please direct any questions to:

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