

Older Canadians play an important role in society—today, let's celebrate their many contributions to the country.

## Seniors represent 19% of the population in Canada

There were **7,081,792 seniors aged 65 and older** in Canada on July 1, 2021. According to demographic projections, seniors could account for over one-fifth of the Canadian population by 2025 and could reach one-quarter by 2059.



Sources: Statistics Canada. Canada's population estimates: Age and sex, July 1, 2021; Statistics Canada. Table 17-10-0057-01 Projected population, by projection scenario, age and sex, as of July 1, 2021 (x 1,000), scenario M1.



## Mature Canadians are top volunteers

Canadians in the mature generation (born between 1918 and 1945) were the most likely to be **top volunteers**. In fact, they contributed the most formal volunteer hours on average, at 222 hours per year.

Source: Hahmann, Tara. 2021. "Volunteering counts: Formal and informal contributions of Canadians in 2018." *Insights on Canadian Society*. April. Statistics Canada Catalogue no. 75-006-X.



# National Seniors Day 2021

## Older Canadians are providing care or help to their loved ones

In 2018, nearly **one-quarter of seniors aged 65 and older** provided care or help to family members or friends with a long-term condition, a physical or mental disability, or problems related to aging.

Source: Arriagada, Paula. 2020. "The experiences and needs of older caregivers in Canada." *Insights on Canadian Society*. November. Statistics Canada Catalogue no. 75-006-X.



## About three-quarters of seniors in Canada are grandparents

In 2017, there were **5,952,000 grandparents** aged 65 and older in Canada.

Source: Statistics Canada. Table 39-10-0044-01 Number of grandparents in Canada (x 1,000).

