

# Profile of 2010 Manitoba's Seniors



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# **Profile of Manitoba's Seniors**



## Acknowledgments

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## Introduction

The Profile of Manitoba's Seniors is intended to be a reference book highlighting a wide variety of statistical information about Manitoba's older population. We do not attempt to provide data on every aspect of the lives of older Manitobans however the data presented here does highlight certain aspects about the lives of Manitoba seniors. It is anticipated that the Profile will be used by Manitobans who have an interest in the aging of Manitoba's population, those working with older Manitobans, and older Manitobans themselves.

Various sources of data have been used in the Profile. The Statistics Canada website ([www.statcan.gc.ca](http://www.statcan.gc.ca)) served as a valuable source of information for Census data as well as for data from other Statistics Canada surveys. Data also came from other Federal Government and Provincial Government sources. Other data came from specific provincial studies and/or reports and cannot be interpreted as representative of Manitoba's population as a whole. The source of the information is identified clearly for each table as well as a detailed source of information and the end of each section.

Definitions have been provided where appropriate to assist the reader in understanding the material presented. For example, specific questions used in the surveys are presented. In addition, the detailed data source listed at the end of each section can be accessed to provide more details if required.

The information presented includes both percentages and absolute numbers. When the percentages do not add up to 100 percent, it is due to rounding. In these cases, the percentages may add up to 99% or to 101%. As well, due to Statistics Canada rules regarding rounding, there are instances where the numbers presented in one table may vary slightly from another table, or where the numbers may not equal the total.

Terms such as the aged, elderly persons, older adults, seniors, and older Manitobans generally refer to individuals aged 65 and over. This is conventional usage and reflects the age groupings used in available data sources. The use of the terms is not intended to imply a lack of diversity among older persons nor a lack of appreciation that individuals in other age groups have needs as well. In some instances, information on younger individuals, particularly, the 45 to 54 and 55 to 64 age groups, is presented for comparative purposes.

The Profile is divided into several topic sections consisting of the most up-to-date and reliable information available. The sections include

- ▲ Demographics
- ▲ Lifelong Learning
- ▲ The Older Worker
- ▲ Volunteering and Charitable Giving
- ▲ Financial Well-being
- ▲ Social Connections and Leisure Activity
- ▲ Support and Caring
- ▲ Health Status
- ▲ Aboriginal Seniors
- ▲ Elder Abuse and Victimization
- ▲ Health Care and Community Services

Each section begins with a ‘spotlight’ highlighting key points of the section followed by a brief introduction to the section.





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# Section 1: Demographics

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# 1

## Spotlight



- ▲ Between 2006 and 2026, the percent of Manitoba's population that is age 65 and over will increase from 14.1% to 19.9%.
- ▲ By 2031, the number of persons aged 85 or older is projected to be 36,000, accounting for 2.7% of Manitoba's population.
- ▲ Population projections tell us that women will continue to outnumber men particularly in the 85 and over age group.
- ▲ Most seniors in Manitoba today were born in Canada or a European country; one-third of immigrants age 45 to 64 were born in Asia. These younger immigrants will become tomorrow's seniors.

In this section, we provide an overview of population aging in Manitoba along three dimensions: How many?, Where? and Who? First, we examine how many seniors are in Manitoba compared to other provinces and Canada, followed by the projected number of seniors in the decades ahead. Next, we examine the geographic distribution of seniors across the province including residential mobility. Lastly, we consider the composition of Manitoba's seniors in terms of immigration status, language, and ethnicity.

## The Population, Now....

In 2006, a total of 161,885 Manitobans were aged 65 and over, an increase of 3.5% since 2001 (Table 1). Seniors represent 14.1% of Manitoba's total population. Since 2001, the number of seniors in Manitoba has increased, with seniors forming a large proportion of Manitoba's population. The proportion of seniors in the population emphasizes the need to continue to address issues surrounding the aging of the population in Manitoba as well as Canada as a whole. Although Manitoba ranked seventh in the proportion of seniors in its population, it remains within one percentage point of the provinces ranked one to six (Figure 1).

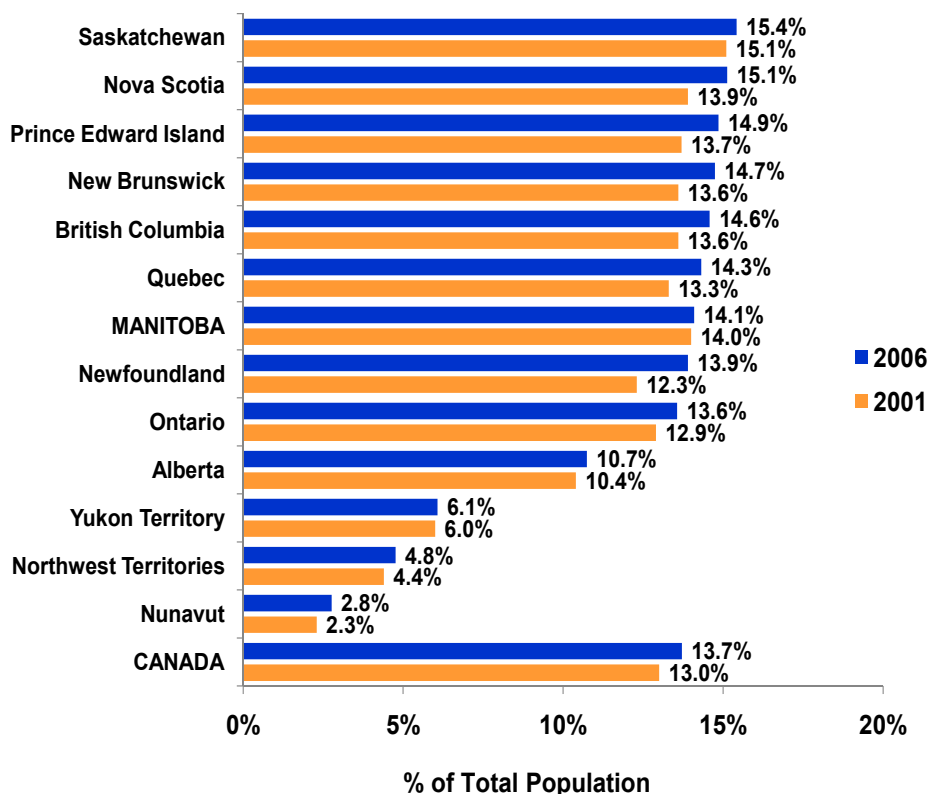
**Table 1: Total Population and Population Aged 65+, Provinces and Canada, 2006**

	Total Population	Population Aged 65+	Aged 65+ as a % of Total Population
Saskatchewan	968,155	149,300	15.4%
Nova Scotia	913,460	138,220	15.1%
Prince Edward Island	135,850	20,185	14.9%
New Brunswick	729,995	107,635	14.7%
British Columbia	4,113,485	599,815	14.6%
Quebec	7,546,130	1,080,295	14.3%
Manitoba	1,148,400	161,885	14.1%
Newfoundland	505,465	70,260	13.9%
Ontario	12,160,285	1,649,180	13.6%
Alberta	3,290,350	353,420	10.7%
Yukon Territory	30,370	2,290	7.5%
Northwest Territories	41,460	1,980	4.8%
Nunavut	29,475	805	2.7%
Canada*	31,612,895	4,335,245	13.7%

\*Due to rounding by Statistics Canada, the provincial numbers do not add up to the total number for Canada.

Source: Statistics Canada, 2006 Census of Canada. Population

**Figure 1: Population Aged 65+ as Percent of Total Population, Provinces and Canada, 2001 and 2006**

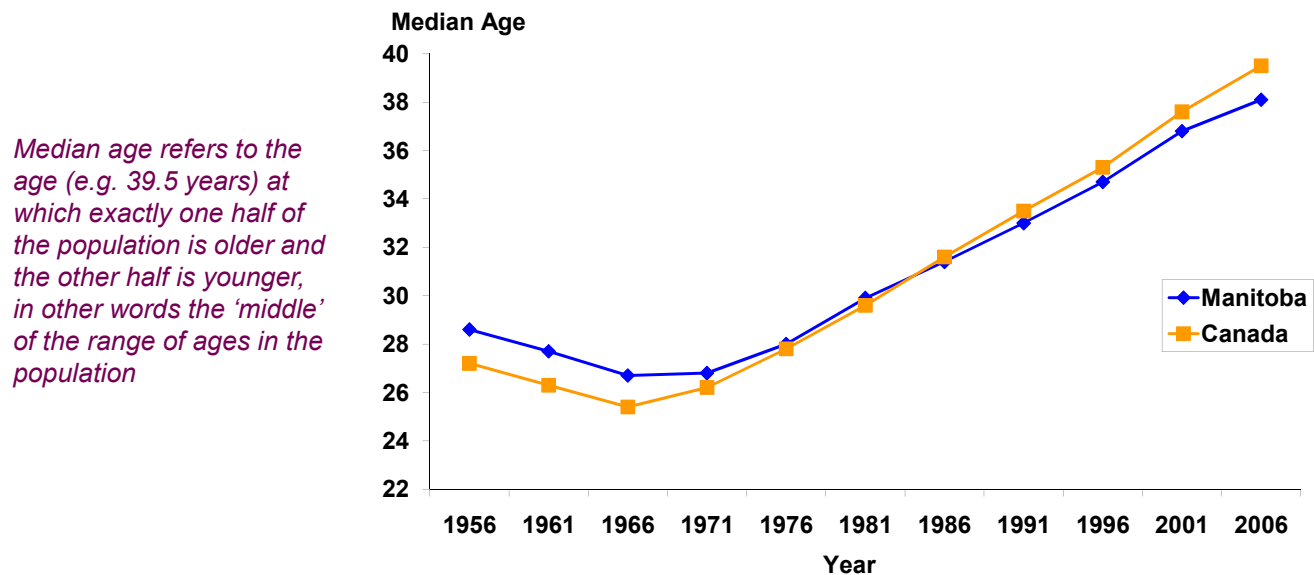


Source: Statistics Canada, Censuses of Canada



Manitoba's median age has steadily risen since 1971 when it was 26.8 years to its current level of 38.1 years, providing further evidence that Manitoba's population is aging (Figure 2). This median age is only slightly lower than the national average of 39.5 years.

**Figure 2: Median Age in Canada and Manitoba, 1956–2006**

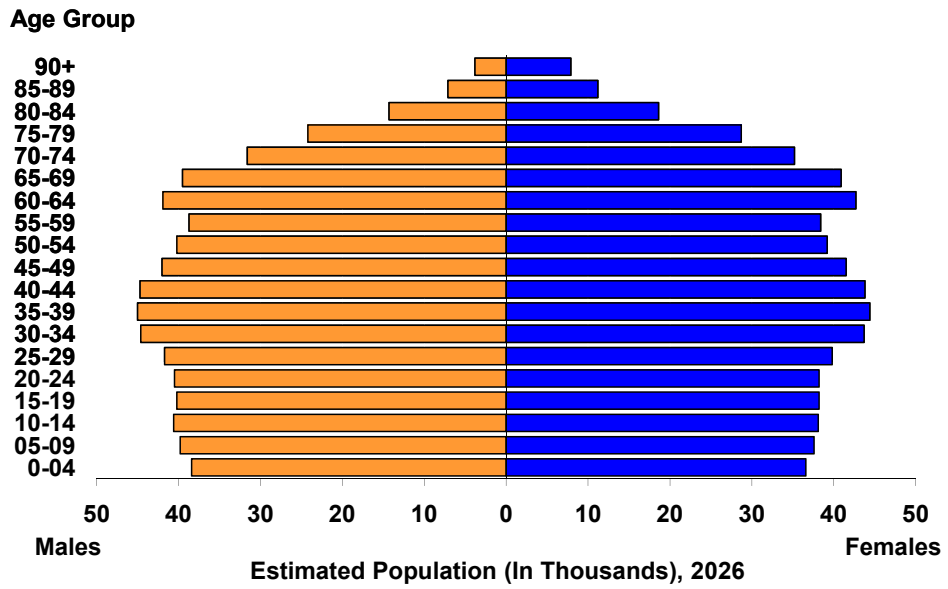
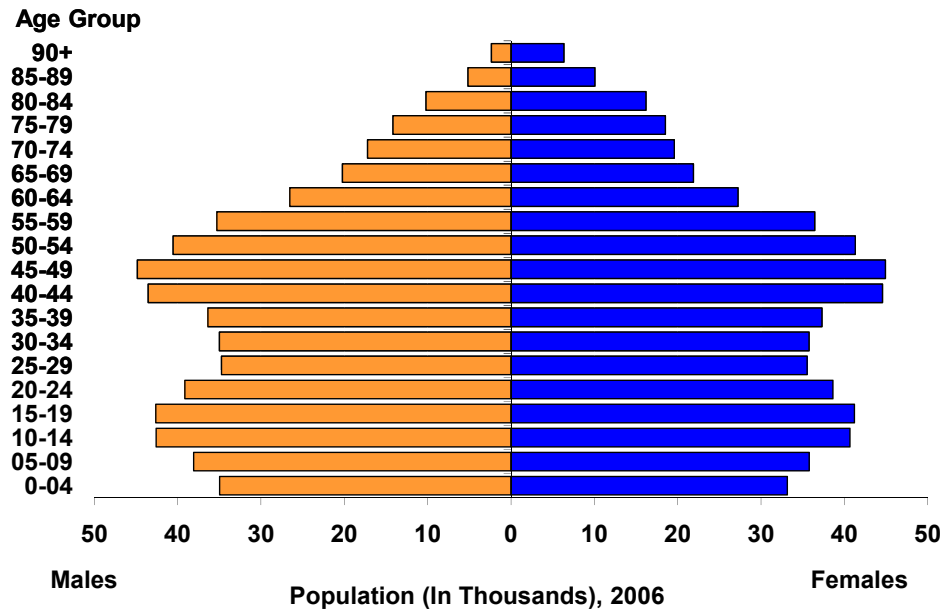


Source: Statistics Canada, Censuses of Canada

## ... and Then, Population Projections

As seen in Figure 3, the shape of Manitoba's population is changing from a 'pyramid' to a more 'rectangular' shape. These changes highlight the movement of the baby boomers (those born from 1946 until the early 1960's) into old age. The overall number of Manitobans is projected to increase from 161,885 to 263,200 between 2006 and 2026. The percent of Manitoba's population that is age 65 and over will increase from 14.1% to 19.9%. Furthermore, by 2026, there will almost be as many 70 to 74 year olds as there are children under 4.

**Figure 3: Manitoba Population Pyramids, Actual (2006) and Estimated (2026)**



Sources: Statistics Canada, 2006 Census of Canada; Population Projections for Canada, Provinces and Territories, 2005

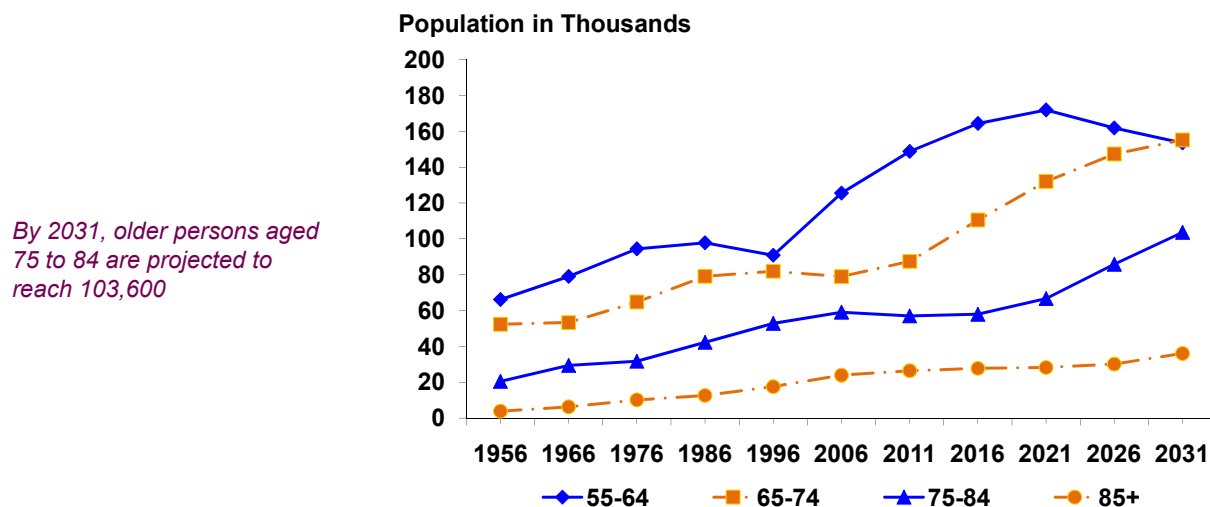
## Trends by Age Groups

Within the senior population, there will continue to be considerable variation across age groups in the years ahead (Figure 4). In 2006, 78,930 Manitobans aged 65 to 74 represented 6.9% of the total population. As individuals from the baby boom generation enter this age group, the number of 65 to 74 year olds by 2031 is projected to increase to 155,200, accounting for 11.4% of the total population at that time.

Between 2006 and 2021, the proportion of Manitobans aged 75 to 84 remains fairly consistent at about 5% of the total population. However, by 2031, the number of Manitobans in this age group is projected to reach 103,600, almost double the number in this age group in 2006 of 59,045. This reflects the continued aging of the baby boom generation.

The number of Manitobans aged 85 or older has increased over the last twenty years; between 1986 and 2006, the number of individuals in this age group increased from 12,595 to 23,910. By 2031, the number of persons aged 85 or older is projected to be 36,000, which will account for 2.7% of Manitoba's population.

**Figure 4: Population in Selected Age Groups, Manitoba, 1956–2031**

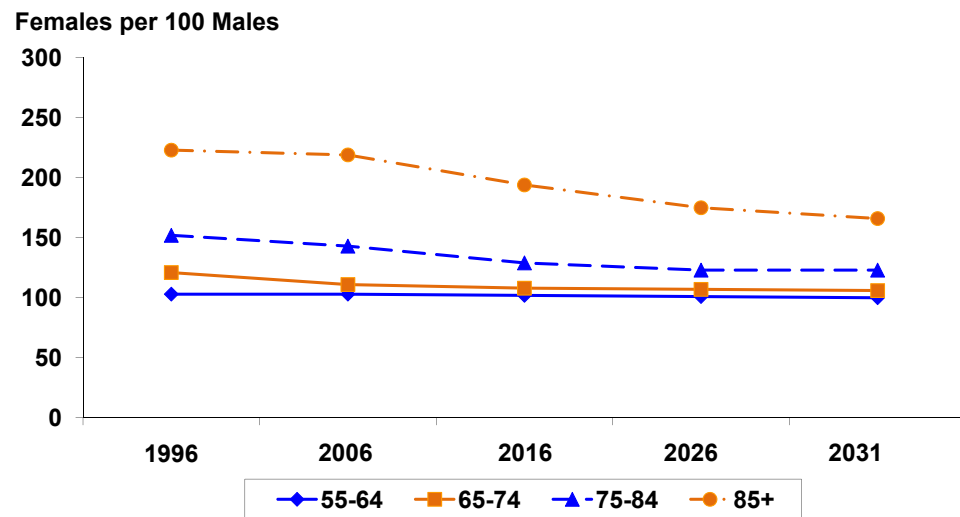


Sources: Statistics Canada, Censuses of Canada; Population Projections for Canada, Provinces and Territories, 2005.

## The Predominance of Women

More women are aged 65 and over than men in Manitoba. For every 100 men in this age group, there are 134 women. The predominance of women is even greater in the older age groups. Among those aged 85 and over, there were two or more women for every man (Figure 5). Population projections tell us that women will continue to outnumber men in the 85 and over age group. However, these projections also suggest that the gap between men and women is narrowing for the 75 to 84 year olds. While there are expected to be 123 women in this age group per 100 men in 2031, this is somewhat fewer than the 143 women per 100 men in 2006.

**Figure 5: Females per 100 Males, Population in Selected Age Groups, Manitoba, 1996–2031**



Sources: Statistics Canada, Censuses of Canada; Population Projections for Canada, Provinces and Territories, 2005

## Where do Manitoban's Live...

The majority of Manitobans live in urban areas, defined as areas with at least 1,000 people and a population density of at least 400 persons per square kilometer. Over one-half of Manitobans live in Winnipeg; the next largest urban centre is Brandon (Table 2).

Manitobans aged 65 and over account for 14.8% of the urban population. In rural areas, the 65 and over age group accounted for 12.2% of the rural population. As with the total population, the majority of older Manitobans live in urban areas (75.2%) with over one-half (55.6%) living in Winnipeg. However, it is important to recognize that nearly 25% of older Manitobans live in rural areas. This is further examined by looking at the regional composition of Manitoba's population.

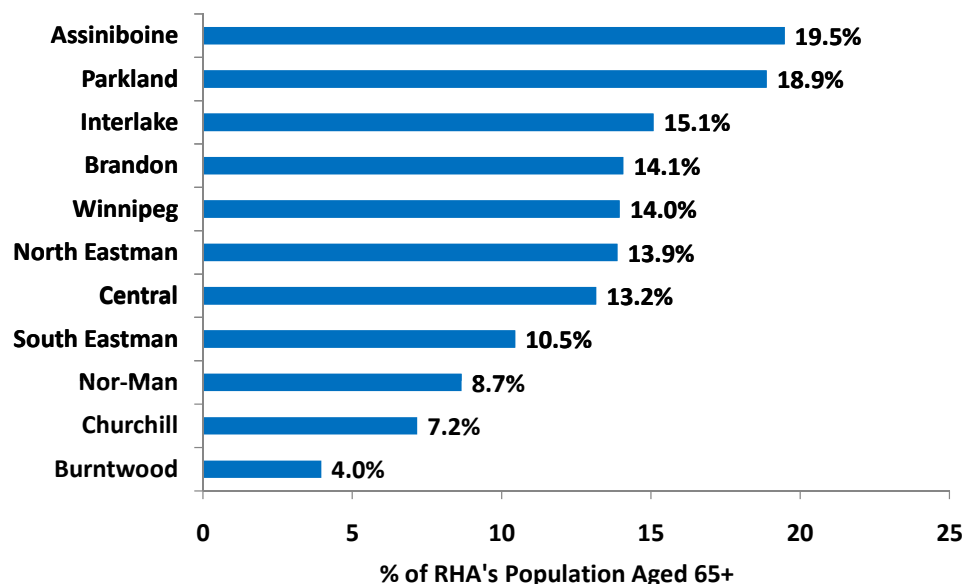
**Table 2: Urban-Rural Distribution, Total Population and Population Aged 65+, Manitoba, 2006**

Location	Total Population	% of Total Population	Population Aged 65+	% of Aged 65+
<b>Urban:</b>				
Winnipeg	641,483	55.9	90,055	55.6
Brandon	41,511	3.6	6,470	4.0
Thompson	13,446	1.2	415	0.3
Portage la Prairie	12,773	1.1	2,185	1.3
Steinbach	11,066	1.0	1,830	1.1
<b>Other urban</b>				
(1,000–10,000)	100,643	8.8	20,815	12.9
<b>Total Urban</b>	<b>820,922</b>	<b>71.5</b>	<b>121,770</b>	<b>75.2</b>
<b>Total Rural</b>	<b>327,479</b>	<b>28.5</b>	<b>40,115</b>	<b>24.8</b>
<b>Manitoba</b>	<b>1,148,401</b>	<b>100.0</b>	<b>161,885</b>	<b>100.0</b>

Source: Statistics Canada, 2006 Census of Canada

As noted earlier, over one-half of Manitobans aged 65 and over live in Winnipeg. However, it is important to note that four regional health authorities (Assiniboine, Parkland, Interlake and Brandon) have a higher proportion of their population age 65 and over than the Winnipeg Regional Health Authority (Figure 6).

**Figure 6: Population Aged 65+ as Percent of Regional Health Authority's (RHAs) Total Population, Manitoba, 2008**



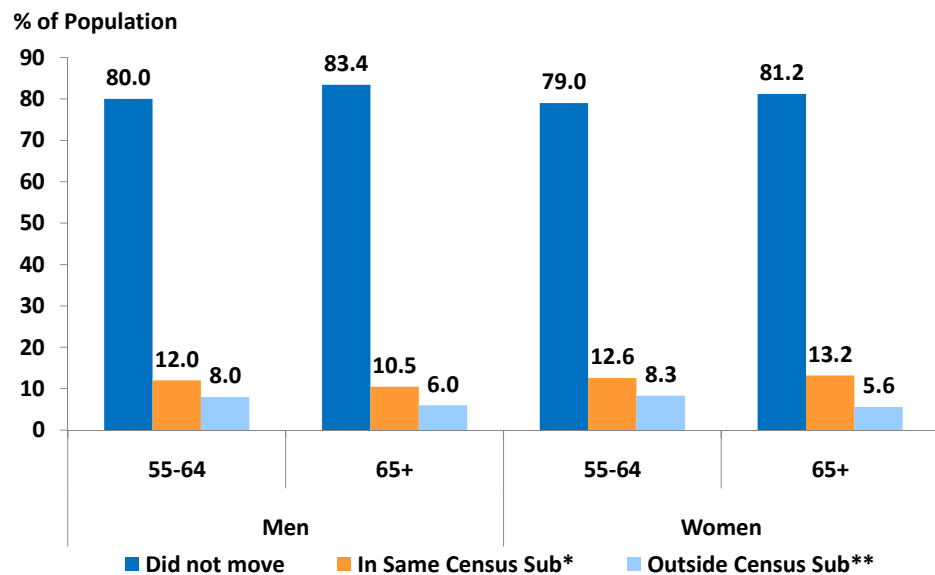
Source: Manitoba Health, Population Report, 2008

Less than 20% of older Manitobans have moved (changed their residence) since 2001<sup>1</sup>, with few Manitobans leaving the province; this was equally likely for both men and women (Figure 7). Specifically, only 3,670 Manitobans aged 65 and over left the province between 2001 and 2006, about 2.3% of the population over age 65. Furthermore, seniors who were separated or divorced (27.1%) were more likely to have changed residences than those who were widowed (22.1%), never married (18.8%), or married (14.2%).<sup>2</sup>

<sup>1</sup> Readers are reminded that these data do not include individuals who resided in personal care homes in 2006. Consequently, the residential mobility figures do not include who moved from private residences into personal care homes during the previous five years.

<sup>2</sup> Detailed information on mobility status by marital status is from Statistics Canada, 2006 Census of Canada, Catalogue no. 97-556-XCB2006007.

**Figure 7: Change in Residence Between 2001 and 2006, Population in Selected Age Groups by Gender, Manitoba, 2006**



\* Moved within same census sub-division

\*\*Moved outside of census sub-division, including moving out of the province

Source: Statistics Canada, 2006 Census of Canada

## Immigration, Language and Ethnicity

The cultural diversity of Manitoba's population is also changing. Current immigration patterns have some impact on this. In 2006, slightly over one-tenth (13.3%) of all Manitobans were immigrants. Manitobans aged 65 and over (20.5%) were the most likely to be immigrants compared to Manitobans aged 45 to 64 (17.2%) and 10.1% of Manitobans less than 45 year of age (Table 3). The majority of immigrants who are now aged 65 or older came to Manitoba before 1991; few immigrant seniors have arrived in Manitoba since 1991.

**Table 3: Immigrant Status and Period of Immigration for Seniors and Non-Seniors, by Age Group, Manitoba, 2006**

Period of Immigration	Age less than 45	Age 45 to 64	Age 65 to 74	Age 75 and over	Age 65 and over
Before 1991	3.2	13.9	18.2	20.3	19.2
1991 to 1995	1.3	1.2	0.7	0.4	0.6
1996 to 2000	1.6	0.9	0.4	0.3	0.4
2001 to 2006	3.9	1.2	0.5	0.3	0.4
Non immigrant	89.0	82.5	80.1	78.5	79.3
Non permanent resident	1.0	0.3	0.1	0.1	0.1
<b>Total immigrants</b>	<b>10.1</b>	<b>17.2</b>	<b>19.8</b>	<b>21.4</b>	<b>20.5</b>

Source: Statistics Canada, 2006 Census of Canada

Among Manitoba immigrants currently aged 65 and over, most came from Eastern Europe (26.2%) followed by Northern and Western Europe (18.4%), and the United Kingdom (16.0%) representing over half of all immigrant seniors (Table 4). In other words, most seniors in Manitoba today were born in Canada or a European country. However, about one-third of immigrants age 45 to 64 were born in Asia; these younger immigrants will become tomorrow's seniors.



**Table 4: Place of Birth of Immigrant Population Aged 65+ by Gender, and in Selected Age Groups, Manitoba, 2006**

Place of Birth	% of Immigrant Population Aged 65+			% of Age Group			
	Total	Men	Women	< 45	45-64	65-74	75+
Eastern Europe	26.2	26.5	26.1	8.3	9.8	15.6	36.6
Northern and Western Europe	18.4	19.2	17.8	6.2	11.5	19.4	17.4
United Kingdom	16.0	14.2	17.4	5.9	12.1	14.7	17.2
Asia <sup>1</sup>	15.4	14.4	16.2	38.0	32.3	18.7	12.2
Southern Europe	12.1	14.2	10.4	5.2	10.3	16.7	7.6
United States	3.9	3.3	4.4	4.7	5.1	3.5	4.3
Central and South America	3.4	3.3	3.4	16.3	10.6	4.9	2.0
Africa, Caribbean, Bermuda, West Central Asia, Middle East, Oceania, and Other <sup>2</sup>	4.6	4.9	4.2	15.4	8.3	6.6	2.6

<sup>1</sup> Asia includes Eastern Asia (e.g. China), Southeast Asia (e.g. Philippines), and Southern Asia (e.g. India). West Central Asia is not included here as Statistics Canada provides data for West Central Asia and Middle East as one category.

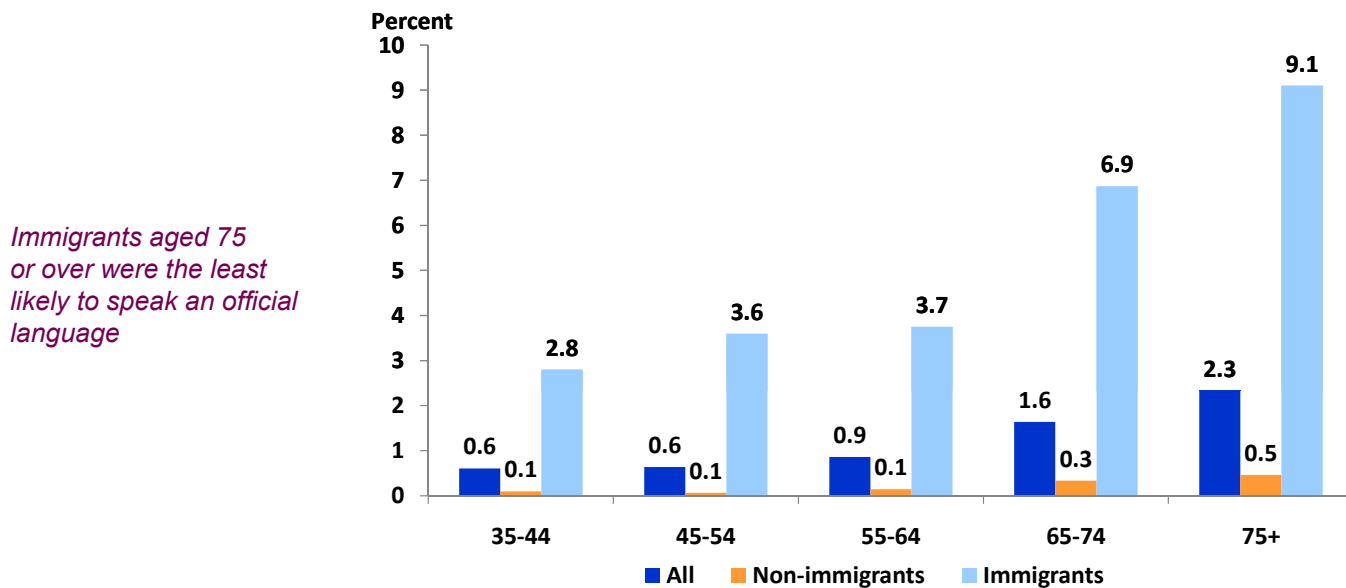
<sup>2</sup> Other includes Greenland, Saint Pierre and Miquelone, the category 'other country', as well as immigrants born in Canada.

Source: Statistics Canada, 2006 Census of Canada

## Language

Almost all Manitobans aged 65 or older can speak one or more of Canada’s official languages (English or French). However, individuals aged 65 to 74 (1.6%) and age 75 or over (2.3%) were more likely than the younger age groups to not speak an official language (Figure 8). Furthermore, immigrant seniors aged 75 or over were the most likely not to speak an official language.

**Figure 8: Percentage of Individuals Who Cannot Speak An Official Language by Age Group and Immigrant Status, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

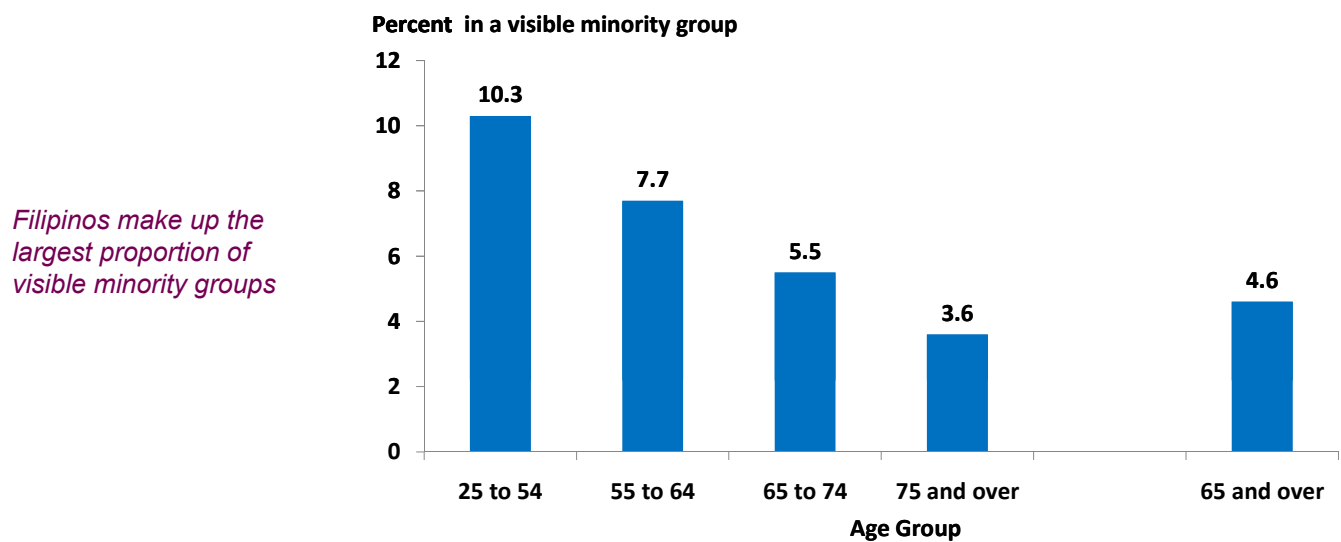
In addition, many Manitobans age 65 or over still use their first language (mother tongue).<sup>3</sup> Although, 60% of older Manitobans identified English as their mother tongue, 12% identified German, and 9% identified Ukrainian as their mother tongue somewhat reflecting immigration patterns. Few seniors (2%) identified Asian languages (e.g., Tagalog, Cantonese, Punjabi) as their mother tongue compared to 4% of individuals age 45 to 64, who identified these languages.

<sup>3</sup> Detailed information on use of first language (mother tongue) is from Statistics Canada, 2006 Census of Canada, Catalogue no. 97-555-XCB2006028.

## Visible Minorities

Under the *Employment Equity Act*, members of visible minorities are persons other than Aboriginal persons, who are not white, in race or colour.<sup>4</sup> In 2006, about 5% of Manitobans aged 65 or older belonged to a visible minority group (Figure 9). The percentage of individuals identified as a visible minority group increases in the younger age groups. Of the 4.6% of seniors who belonged to a visible minority group, Filipinos made up the largest proportion (32.5%) of minorities (Table 5). This was also true of the younger age groups.

**Figure 9: Percentage of Individuals in Age Group In a Visible Minority Group, Manitoba, 2006**



<sup>4</sup> Refers to Statistics Canada definition found in Catalogue no. 97-562-XCB2006010.

**Table 5: Visible Minority Groups by Age Groups, Manitoba, 2006.**

Visible Minority Group	% of Age Group				
	25 to 54	55 to 64	65 to 74	75 and over	65 and over
Chinese	12.7	12.7	17.6	17.1	17.4
South Asian	15.0	17.1	20.2	17.8	19.3
Black	13.6	10.6	14.6	9.9	12.8
Filipino	34.1	42.6	29.6	37.1	32.5
Latin American	6.6	4.9	3.0	2.3	2.7
Southeast Asian	5.8	4.2	3.5	3.6	3.5
Arab	2.2	1.3	0.6	0.8	0.6
West Asian	1.9	0.7	1.7	0.9	1.4
Korean	2.5	0.7	0.5	0.6	0.5
Japanese	1.5	1.9	5.1	8.4	6.4
Other visible minorities	4.0	3.4	3.6	1.5	2.8

Source: Statistics Canada, 2006 Census of Canada.

## Full Data Sources for Charts and Tables

Table 1 and Figure 1: Statistics Canada. 2007. Age Groups (13) and Sex (3) for the Population of Canada, Provinces and Territories, 1921 to 2006 Censuses – 100% Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-551-XCB2006005. Ottawa. Released July 17, 2007.

Figure 2: Statistics Canada. 2007. Age Groups (13) and Sex (3) for the Population of Canada, Provinces and Territories, 1921 to 2006 Censuses - 100% Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-551-XCB2006005. Ottawa. Released July 17, 2007.

Figure 3: Statistics Canada (2007). Age Groups (123) and Sex (3) for the Population of Canada, Provinces and Territories, Census Metropolitan Areas and Census Agglomerations, 2001 and 2006 Censuses – 100% Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-551-XCB2006009. Ottawa. Released July 17, 2007.

Bélanger, A., Martel L., Caron-Malenfant, É. (2005). Population Projections for Canada, Provinces and Territories 2005-2031. (Catalogue number 91-520-XIE) (Table 10-8, p156). Ottawa, ON: Minister of Industry.

Figures 4, 5: Statistics Canada. 2007. Age Groups (13) and Sex (3) for the Population of Canada, Provinces and Territories, 1921 to 2006 Censuses – 100% Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-551-XCB2006005. Ottawa. Released July 17, 2007.

Bélanger, A., Martel, L., Caron-Malenfant, É. (2005). Population Projections for Canada, Provinces and Territories 2005-2031. (Catalogue number 91-520-XIE) (Table 10-8, p.156). Ottawa, ON: Minister of Industry.

Table 2: Statistics Canada. 2007. Population and dwelling counts, for Canada, provinces and territories by the Statistical Area Classification, 2006 and 2001 Censuses - 100% data (table). Population and Dwelling Count Highlight Tables. 2006 Census. Statistics Canada Catalogue no. 97-550-XWE2006002. Ottawa. Released March 13, 2007.

Statistics Canada. 2007. Population and dwelling counts, for Canada, provinces and territories, and urban areas, 2006 and 2001 censuses - 100% data (table). Population and Dwelling Count Highlight Tables. 2006 Census. Statistics Canada Catalogue no. 97-550-XWE2006002. Ottawa. Released March 13, 2007.

Statistics Canada. 2007. 2006 Community Profiles. 2006 Census. Statistics Canada Catalogue no. 92-591-XWE. Ottawa. Released March 13, 2007

Figure 6: Manitoba Health and Healthy Living. Manitoba Population Report, June 1, 2008. Retrieved from [www.gov.mb.ca/health/population/2008/parttwo.pdf](http://www.gov.mb.ca/health/population/2008/parttwo.pdf)

Figure 7: Statistics Canada. 2007. Mobility Status 5 Years Ago (9), Mother Tongue (8), Age Groups (16) and Sex (3) for the Population Aged 5 Years and Over of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2006 Census – 20% Sample Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-556-XCB2006006. Ottawa. Released December 4, 2007.

Table 3: Statistics Canada. 2007. Immigrant Status and Period of Immigration (9), Knowledge of Official Languages (5), Detailed Mother Tongue (103), Age Groups (10) and Sex(3) for the Population of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2006 Census – 20% Sample Data (table). Topic-based tabulation 2006 Census of Population, Statistics Canada catalogue no. 97-557-XCB2006021.

Table 4: Statistics Canada. 2007. Immigrant Status and Place of Birth (38), Sex (3) and Age Groups (10) for the Population of Canada, Provinces, Territories, Census Divisions and Census Subdivisions, 2006 Census – 20% Sample Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-557-XCB2006015. Ottawa. Released December 04, 2007.

Figure 8: Statistics Canada. 2007. Immigrant Status and Period of Immigration (9), Knowledge of Official Languages (5), Detailed Mother Tongue (103), Age Groups (10) and Sex(3) for the Population of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2006 Census – 20% Sample Data (table). Topic-based tabulation 2006 Census of Population, Statistics Canada catalogue no. 97-557-XCB2006021

Figure 9 and Table 5: Statistics Canada. 2008. Visible Minority Groups (15), Generation Status (4), Age Groups (9) and Sex (3) for the Population 15 Years and Over of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2006 Census – 20% Sample Data (table). Topic-based tabulations 2006 Census of Population, Statistics Canada catalogue no. 97-562-XCB2006010.

# Section 2: Lifelong Learning

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# 2

## Spotlight

- ▲ Manitobans aged 45 to 54 and 55 to 64 were twice as likely as Manitobans age 65 and over to have completed a university degree (22.1%, 22.9% versus 11.8% respectively).
- ▲ Although workers aged 55 to 64 are less likely to have children requiring care, over one-quarter of older workers indicated that family responsibilities were a barrier to taking training.
- ▲ A large proportion of the senior population has literacy skills that could make it difficult for them to understand and use information from brochures, transportation schedules, and other documents.
- ▲ One in seven workers aged 55 to 64, said there was job-related training they wanted or needed to take but did not do so.

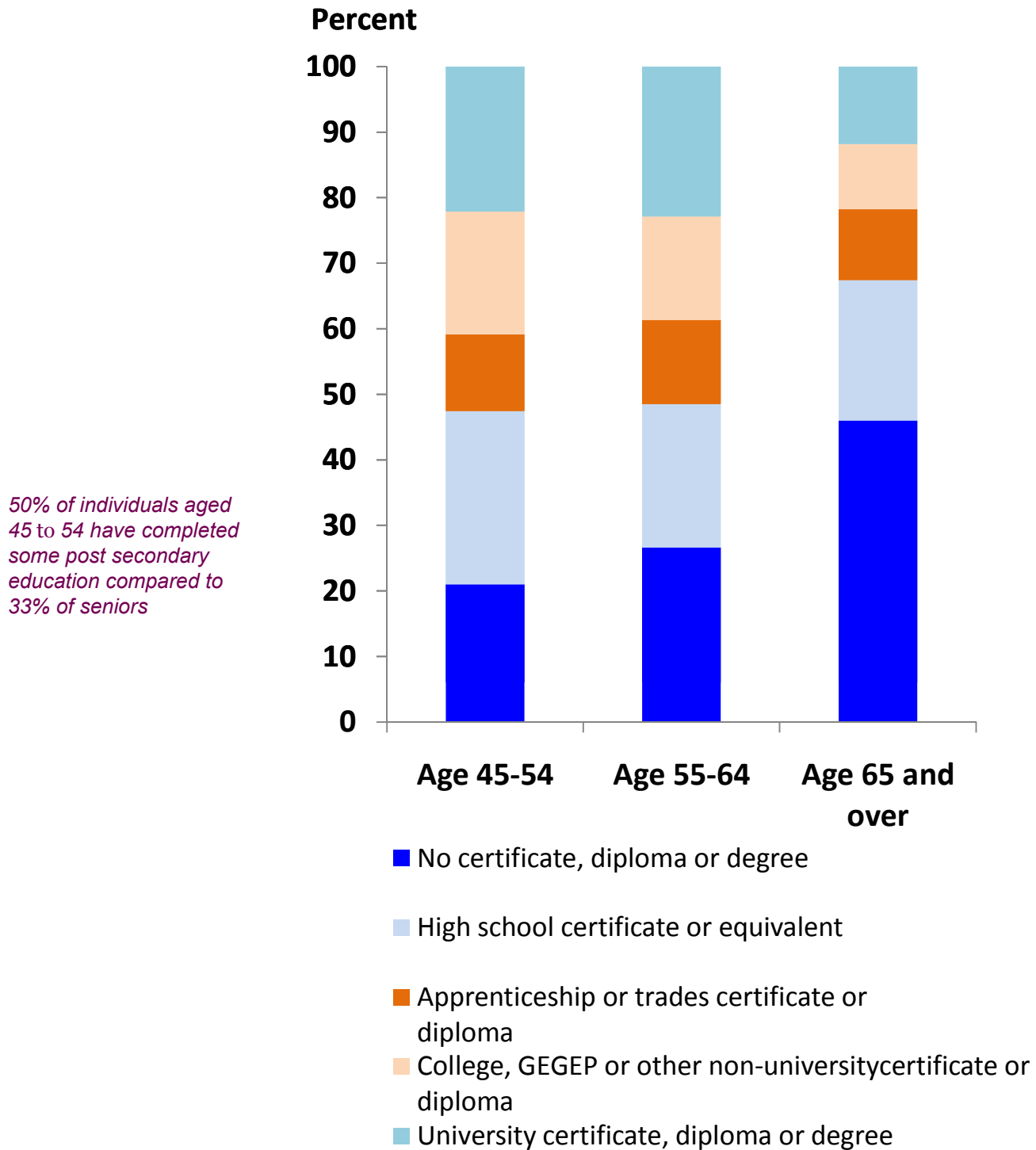


Many of the next generation of seniors will have a better formal education than today's seniors. This section starts by discussing the educational profile of today's seniors as well as the baby boomers whom have had greater access to post-secondary education. This is followed by a discussion of literacy levels and job-related training, all of which may have an impact on seniors' participation in the workforce.

## Educational Attainment

Over 50% of individuals in both the 45 to 54 and 55 to 64 age groups have completed some post-secondary education as opposed to 33% of individuals 65 and over who went beyond high school (Figure 10). Furthermore, Manitobans aged 45 to 54 and aged 55 to 64 were two times as likely as Manitobans age 65 and over to have completed university (22.1%, 22.9% versus 11.8% respectively).

Figure 10: Highest Level of Education by Age Group, Manitoba 2006

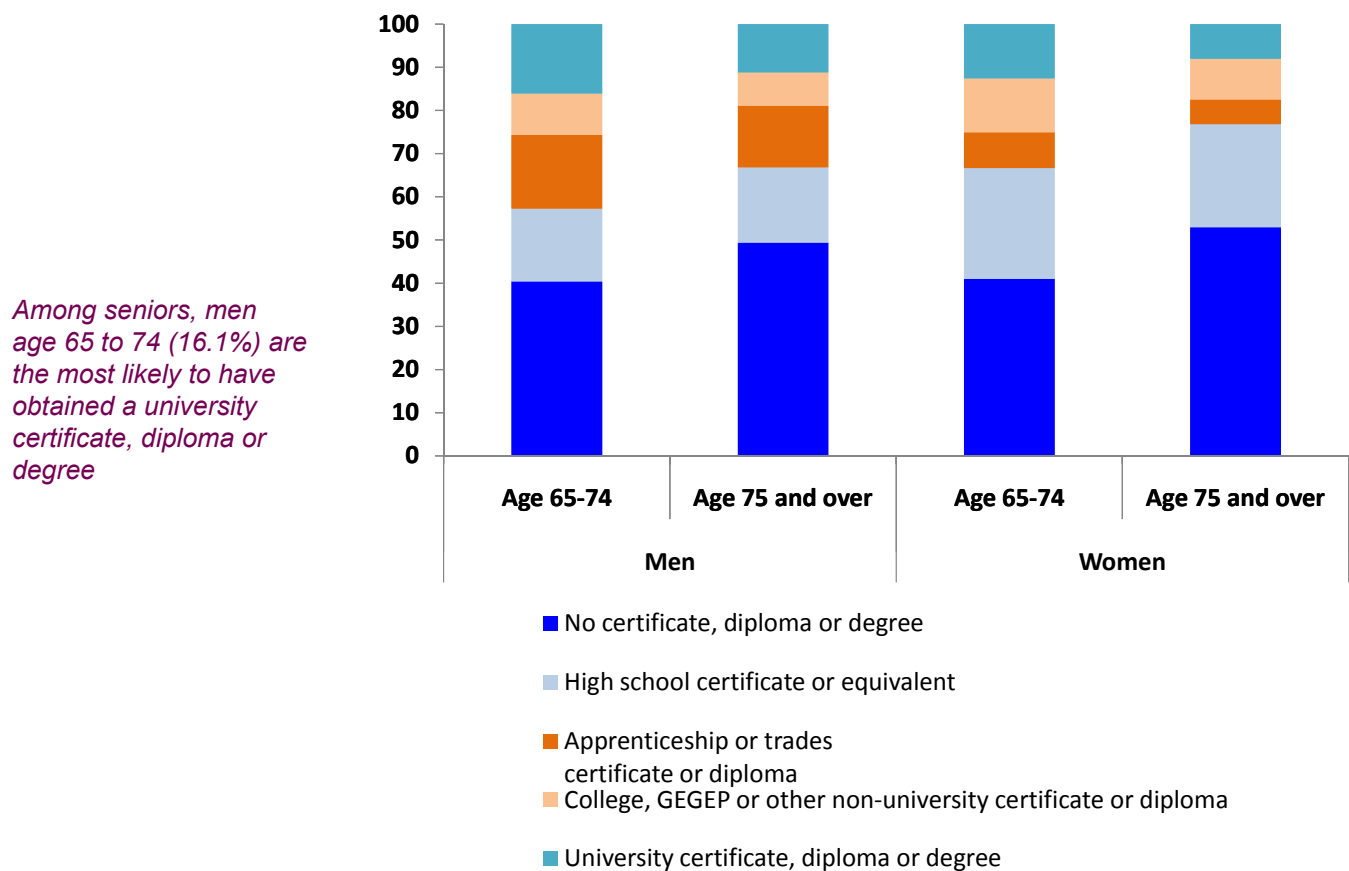


Source: Statistics Canada, 2006 Census of Canada.



Differences in levels of education between men and women age 65 and over are evident. This is particularly true when looking at those aged 65 to 74 compared to those aged 75 and over. Men age 65 to 74 (16.1%) are the most likely to have obtained a university certificate, diploma or degree (Figure 11). Less than one-quarter (23.1%) of women aged 75 and over completed some post-secondary education compared to about one-third of men (33.2%) aged 75 and over.

**Figure 11: Highest Level of Education, Age 65–74 and Age 75 and Over by Gender, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

## Literacy

The literacy skills of seniors are an important consideration when developing programs and/or services that require an individual to have the ability to read and understand information. In 2003, Statistics Canada conducted surveys to evaluate Canadian adults literacy skills (see Text Box 1). Public use data from the survey is not available for Manitoba; therefore, literacy information is provided for individuals living in the ‘Western’ region, that is Manitoba, Saskatchewan, Alberta, and British Columbia. Further results from the International Adult Literacy and Skills Survey (IALSS) can be found in the Statistics Canada report *Building our Competencies: Canadian Results of the International Adult Literacy and Skills Survey*.

### The International Adult Literacy and Skills Survey (IALSS)

The 2003 IALSS includes a nationally representative sample of over 23,000 Canadians aged 16 and older from the ten provinces and three territories. Each individual completed an evaluation designed to measure proficiency in the following areas:

**Prose literacy**—refers to the ability to understand and use information from texts such as editorials, news stories, brochures, and instruction manuals.

**Numeracy literacy**—is defined as the ability to perform arithmetic functions such as balancing a checkbook, calculating a tip, or completing an order form.

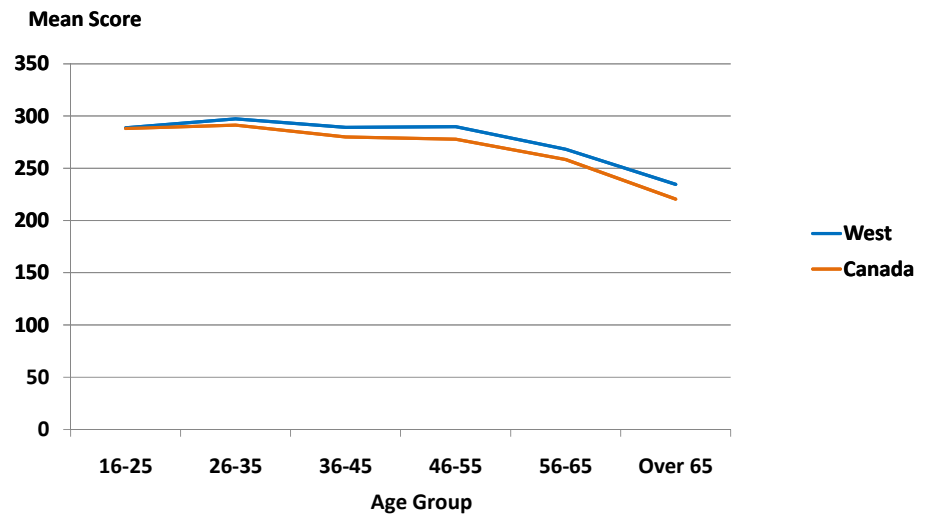
**Document literacy**—relates to the ability to locate and use information from documents such as job applications, payroll forms, bus schedules, maps, tables, and charts.

Based on test results, individuals are classified into one of five skill levels, with Level 1 being the lowest proficiency level and Level 5 the highest. Level 3 is generally considered the “desired level” of skill to cope in today’s society.

Sources: Turcotte, M., & Schellenberg, G. (2007). *A Portrait of Seniors in Canada*. Ottawa, ON: Minister of Industry, Catalogue no. 89-519 and Statistics Canada (2005). *Building on Our Competencies: Canadian Results of the International Adult Literacy Skills Survey*. Ottawa, ON: Minister of Industry, Catalogue no. 89-617-XIE.

Proficiency in prose literacy tends to decrease with age (Figure 12) for both Canada as a whole and for individuals living in the Western region. The average prose score for 'Western' Canadians aged 26 to 35 is 297 which corresponds to Level 3 literacy compared to 235 (lower boundary of Level 2) for persons over the age of 65.

**Figure 12: Average Prose Literacy Score by Age Group, Canada and Western Region, 2003**



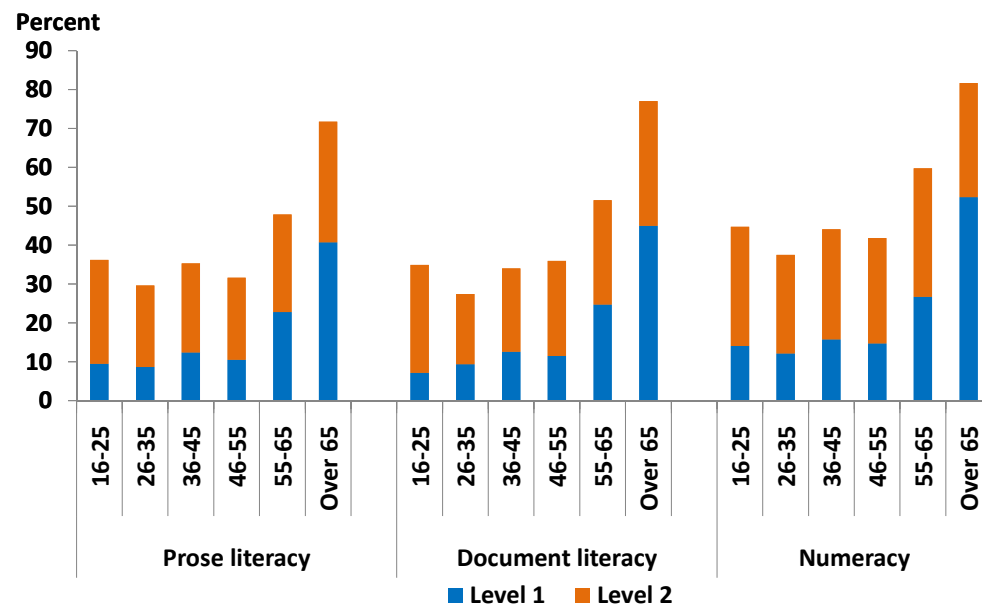
Source: Statistics Canada, International Adult Literacy Skills Survey, 2003.

The majority of seniors living in the Western region of Canada have relatively low literacy and numeracy skills which could impact their participation in society (Figure 13). Specifically, 72% of individuals over the age of 65 had a Level 1 (41%) or Level 2 (31%) prose literacy rate. Conversely, less than 30% of seniors had a Level 3 or higher prose literacy rate. This same pattern was found for document literacy.

*A large proportion of the senior population has literacy skills that could make it difficult for them to understand and use information from brochures, transportation schedules, and other documents*

In other words, a large proportion of the senior population has literacy skills that could make it difficult for them to understand and use information from brochures, transportation schedules, and other documents. Furthermore, the vast majority of seniors were at numeracy Level 1 (52.3%) or numeracy Level 2 (29.3%). These rates are similar to those reported for all Canadians.<sup>1</sup> It is expected that the future generation of seniors may have higher literacy levels than the current generation of seniors due to higher education levels.

**Figure 13: Percent of Individuals at Level 1 or Level 2 Prose Literacy, Document Literacy and Numeracy, by Age Group, Western Region, 2003**



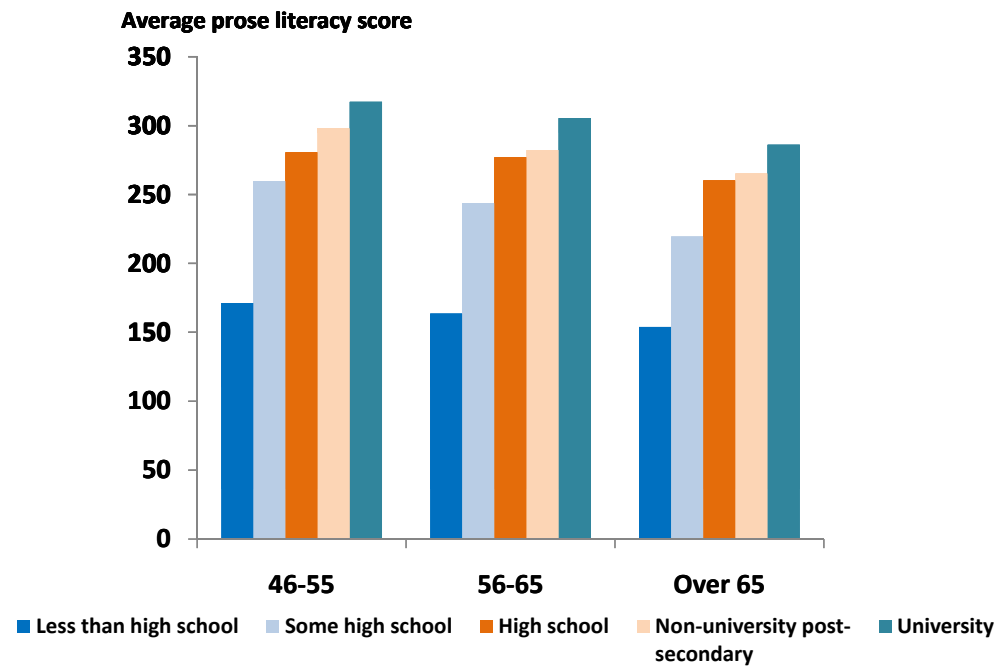
*The majority of seniors in the Western Region have relatively low prose and documentary literacy and numeracy skills*

Source: Statistics Canada, International Adult Literacy Skills Survey, 2003.

<sup>1</sup> Statistics Canada. (2005). Building on our Competencies: Canadian Results of the International Adult Literacy Skills Survey. Ottawa: ON: Minister of Industry, Catalogue no.89-617-XIE.

In all age groups, individuals with higher levels of education have stronger literacy skills than those with lower levels of education (Figure 14). For example, among individuals aged 56 to 65, with less than a high school education, the average score in the prose literacy domain was 164 compared to 305 among those with a university degree.

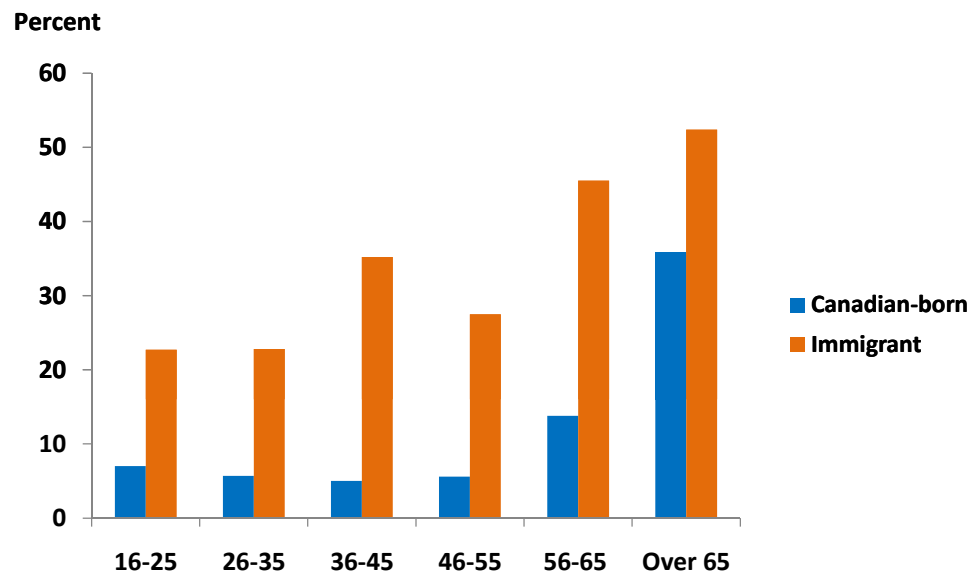
**Figure 14: Average Prose Literacy Score by Educational Attainment and Age Group, Western Region, 2003**



Source: Statistics Canada, International Adult Literacy Skills Survey, 2003.

A lower proportion of younger immigrants are at prose Level 1 than older immigrants. For example, 22.7% of 16 to 25 year old immigrants are at prose Level 1 compared to 45.5% of 56 to 65 year old immigrants. Over half (52.4%) of immigrants over age 65 (Figure 15) are at prose Level 1. They may have great difficulty in getting and understanding information about health and community services. Programs that assist older immigrants in obtaining needed services continue to be important.

**Figure 15: Percentage of the Population at Prose Literacy Level 1 by Age Group, by Immigrant Status, Western Region, 2003**

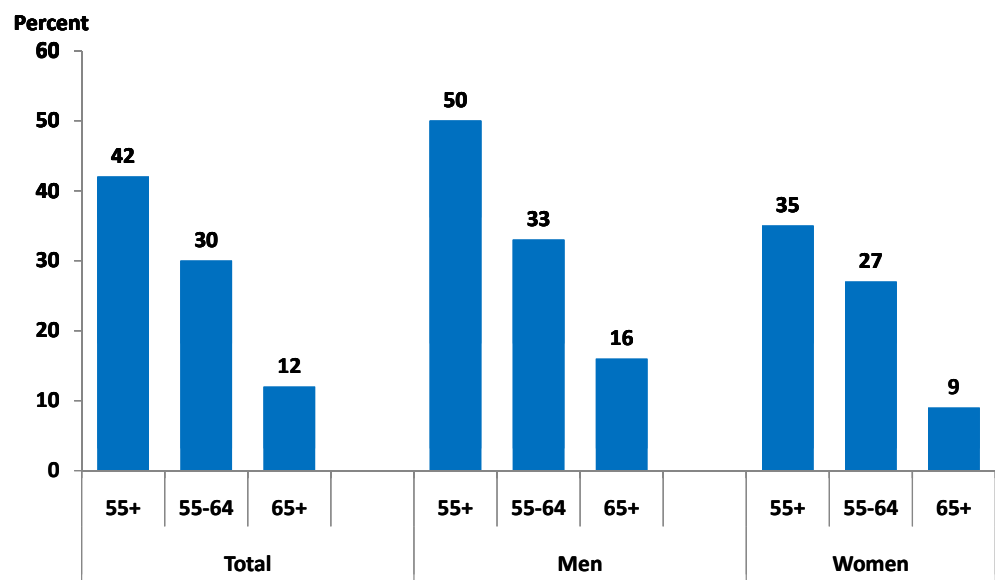


Source: Statistics Canada, International Adult Literacy Skills Survey, 2003.

## Use of Technology

Computers are part of everyday life. The 2007 Canadian Internet Use Survey conducted by Statistics Canada collected detailed information on Internet usage by Canadians aged 16 and over. Slightly over two-fifths (42%) of Manitobans aged 55 and over reported using the internet in the past 12 months. Among older adults, individuals in the 55 to 64 age group were more likely to use the internet than individuals in the 65 and over age group (30% versus 12% respectively (Figure 16). Older women were less likely to have used the internet in the past year than older men. Canadian data indicates that seniors use the Internet the least, but are the fastest growing group of users. In 2007, the rate of internet use among seniors was nearly four times higher than in 2000 (Veenhof and Timusk, 2009).<sup>2</sup>

**Figure 16: Internet Use in the Past 12 Months, Individuals Aged 55 and Over by Gender and Aged 55 and Over in Select Age Groups by Gender, Manitoba, 2007**



Source: Statistics Canada, Canadian Internet Use Survey, 2007, Public Use Microdata File.

<sup>2</sup> Veenhof, B., and Timusk, P. (2009). Online activities of Canadian boomers and seniors. Canadian Social Trends, August 6, 2009, p. 25-32, Statistics Canada Catalogue no. 11-008.

Among individuals aged 65 and over who used the Internet in the past year from home, email was the most frequent type of activity (95.7%), followed by obtaining weather reports or road conditions (61.8%), and searching for medical and health related information (60.2%) (Table 6). Using email was also the most frequently mentioned activity among Internet users aged 45 to 54 and 55 to 64.

**Table 6: Type of Internet Activity in the Past 12 Months Among Internet Users, Population in Select Age Groups, Manitoba, 2007**

Used Home Internet for:	% of Age Group		
	45–54	55–64	65+
E-mail	90.9	88.4	95.7
For general browsing/fun/leisure	73.6	64.2	55.2
To research genealogy, religion, history, home renovations, etc.	71.9	55.0	59.1
To obtain weather reports/road conditions	67.7	65.0	61.8
For travel information or making travel arrangements	67.7	69.3	46.7 <sup>E</sup>
To search for medical and health related information	63.4	59.4	60.2
For electronic banking	59.4	49.3	34.1 <sup>E</sup>
To view news/sports	58.1	53.6	45.2 <sup>E</sup>
To search for information about Canadian, Municipal, Provincial or Federal government(s)	48.7	40.7	34.3 <sup>E</sup>
To research community event	48.6	43.0	37.6 <sup>E</sup>

<sup>E</sup> Use with caution

Source: Statistics Canada, Canadian Internet Use Survey, 2007, Public Use Microdata File.



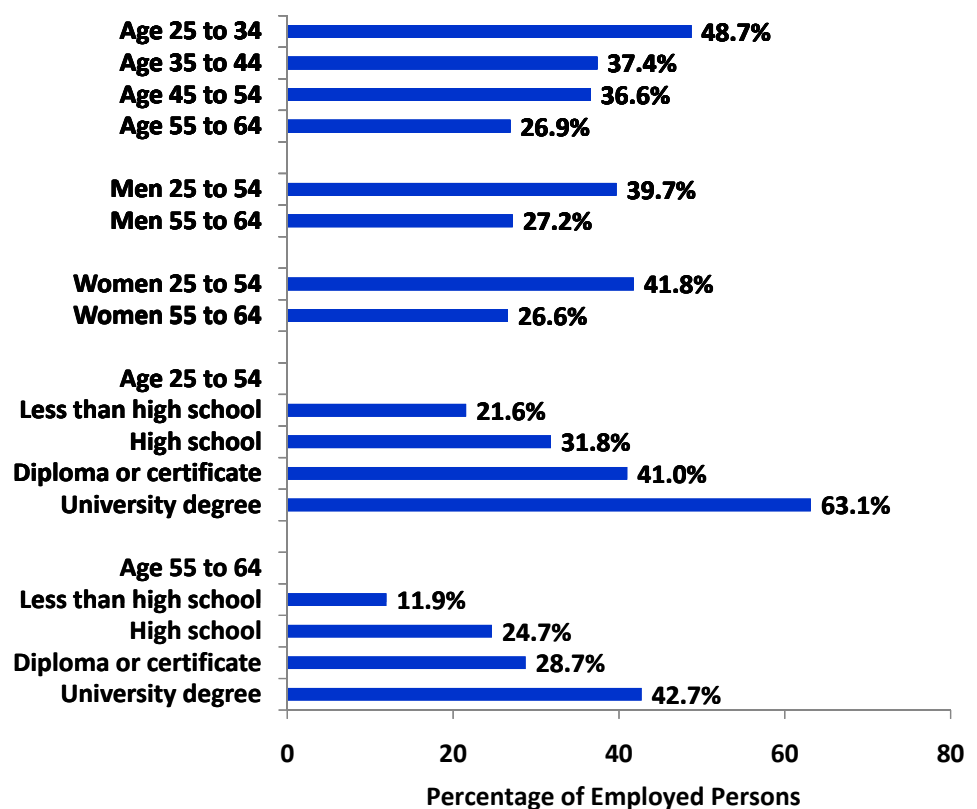
## Job-Related Training

With an aging work force, it becomes important to examine formal and informal job-related training taken by older workers. This section uses data from the Adult Education and Training Survey (AETS); information on workers aged 65 and over is not available in this survey. This section focuses on individuals aged 55 to 64 employed during the time of the survey (2002).

*Among both younger and older workers, the likelihood of workers taking job-related training is associated with higher levels of education*

Just over one-quarter (26.9%) of Manitoba workers aged 55 to 64 participated in formal, job-related training in 2002 compared to 37.4% of workers aged 35 to 44 (Figure 17). A slightly larger proportion of men aged 55 to 64 participated in training than women (27.2% versus 26.6%). Among both younger and older workers, the likelihood of workers taking job-related training is associated with higher levels of education. Among workers aged 55 to 64, 42.7% of those with a university degree took training in the past year, compared with 11.9% of those with less than high school.

**Figure 17: Percent of Employed Persons Who Took Job-related Training in Past Year, Manitoba, 2002**



Source: Statistics Canada, Adult Education and Training Survey, 2003.

*Workers may be more likely to participate in formal, job-related training if their employers sponsor or support their training*

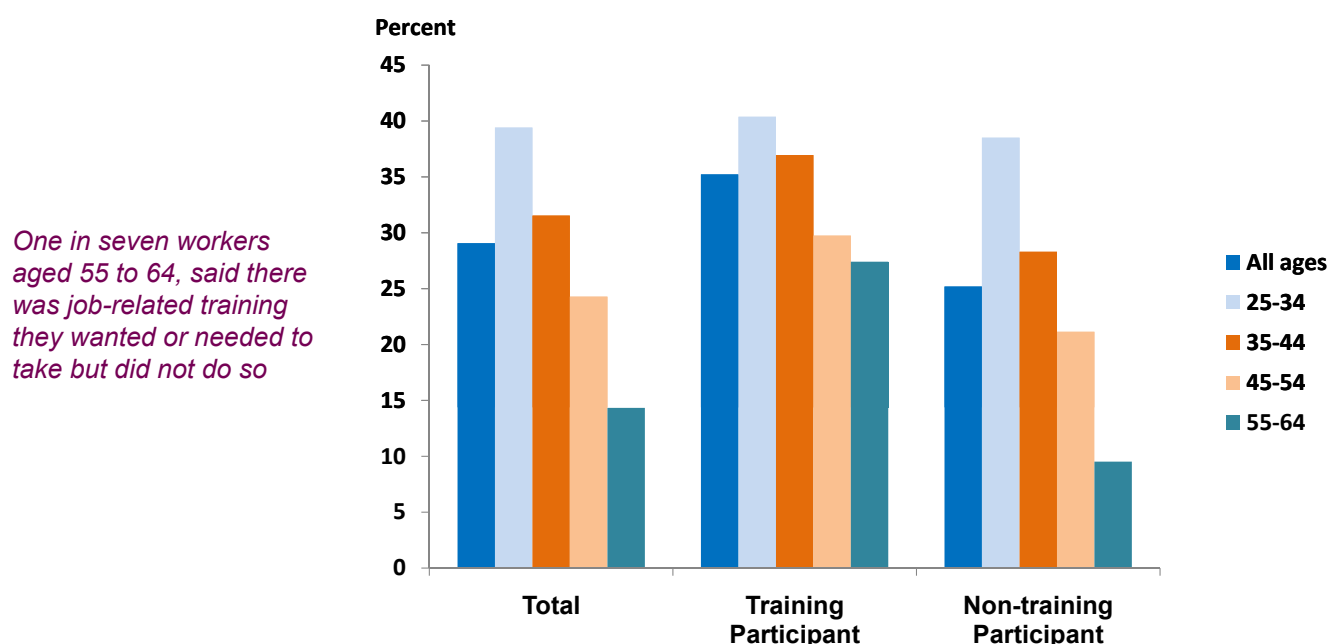
Workers may be more likely to participate in formal, job-related training if their employers sponsor or support their training. This support takes many forms such as paying for the cost of the training, flexible work hours that allow workers to take training and providing in-house training. About one-quarter (27.9%) of Manitoba workers aged 25 to 64 participated in employer-sponsored training activities in 2002. Participation rates varied by age. For example, 18.3% of workers aged 55 to 64 took employer-sponsored training compared to 30% of workers aged 45 to 54, and 27.2% of workers aged 35 to 44. Among workers aged 55 to 64 who took formal job-related training in the past year, about two-thirds of them (68.0%) participated in employer-sponsored training.

### **Unmet Training Needs or Wants**

The Adult Education and Training Survey also asked workers about training they wanted to take but did not, and training they needed to take or did not. It is often assumed that older workers are not willing or interested in taking additional training.

Overall, 29% of working Manitobans reported there was job-related training they wanted or needed to take but did not take (Figure 18). Workers aged 25 to 34 (39.4%) were the most likely to indicate unmet training needs or wants, whereas workers aged 55 to 64 were the least likely (14.3%). However, it is still important to note that one in seven workers aged 55 to 64 said there was job-related training they wanted or needed to take but did not do so.

**Figure 18: Proportion of Workers with Unmet Training Wants or Needs by Age Group, Manitoba, 2002**



Source: Statistics Canada, Adult Education and Training Survey, 2003.

Workers who participated in job-related training in the past year were more likely to indicate there was education/training that they wanted or needed to take but had not taken than workers who had not participated in any job-related training in the past year. Specifically, workers aged 55 to 64 who had taken job related training in the past year were more likely than workers in this age group who had not taken training to say that there was education/training that they still wanted or needed to take but had not taken (27.4% versus 9.5% respectively).

Among workers with unmet training needs or wants, money and time were the main reasons for not being able to take additional training (Table 7). Almost two-fifths (38.7%) of older workers who had not taken training said they were too busy at work to do so; one-fifth (20.2%) said that training was too expensive. Although workers aged 55 to 64 are less likely to have children requiring care, over one-quarter of older workers indicated that family responsibilities were a barrier to taking training. This may be an indication that these older workers have family responsibility such as caring for a parent or spouse.

**Table 7: Reasons for Unmet Training Needs or Wants Among Workers with Wants or Needs, Individuals Who Had Participated in Job-Related Training and Those Who Had Not, Manitoba, 2002**

Reason	Participated in job-related training		Did not participate in job-related training	
	Age 25 to 54	Age 55 to 64	Age 25 to 54	Age 55 to 64
Training conflicted with work schedule	30.7	43.9	26.2	15.0
Training too expensive/ could not afford	42.0	49.7	48.7	20.2
Too busy at work	42.8	36.2	35.0	38.7
Training offered at inconvenient time	21.9	28.4	19.6	8.3
Family responsibilities	29.6	26.9	36.2	27.3
Not sure training was worth it	8.8	17.3	4.6	3.8
Lack of employer support	13.1	0.0	13.6	0.0
Health reasons	1.1	0.0	4.3	16.3
Couldn't find training wanted to take	10.3	4.9	10.7	5.9
Did not have the prerequisites	2.7	0.0	3.4	0.0
Other	10.4	33.4	10.0	19.9

Source: Statistics Canada, Adult Education and Training Survey, 2003

*One-fifth of older workers (15.6%) said training did not interest them or was not a priority*

Lastly, workers were asked why they had not taken training or did not want or need any training (Table 8). The majority of workers, both younger and older, said it was because they did not need any further training (58.8% vs. 69.0%). Only one-fifth of older workers (15.6%) said training did not interest them or was not a priority.

**Table 8: Reasons Why Training Was Not Wanted Among Workers Who Did Not Take Training or Did Not Want or Need Training, Manitoba, 2002.**

<b>Reason</b>	<b>Age 25 to 54</b>	<b>Age 55 to 64</b>
<b>You didn't need further training</b>	58.8	69.0
<b>Training was not a high priority at the time</b>	25.2	17.4
<b>You were too busy to take training</b>	27.5	14.2
<b>You prefer to learn on your own</b>	17.7	13.6
<b>Taking training does not interest you</b>	13.3	15.6
<b>Training too expensive/couldn't afford cost</b>	13.9	7.6
<b>You were not sure it was worth it</b>	9.4	5.7
<b>You didn't have the prerequisites</b>	2.5	2.1
<b>Health reasons</b>	3.0	3.1
<b>Other reasons</b>	7.0	16.6

Source: Statistics Canada, Adult Education and Training Survey, 2003.

## Full Data Sources for Charts and Tables

Figures 10, 11: Statistics Canada. 2008. Highest Certificate, Diploma or Degree (14), Age Groups (10A) and Sex (3) for the Population 15 years and Over of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2006 Census – 20% Sample Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-560-XCB2006007. Ottawa. Released March 04, 2008.

Figures 12, 13, 14, 15: Statistics Canada. International Adult Literacy and Skills Survey (2003), Public Use Microdata File.

Figure 16 and Table 6: Statistics Canada. Canadian Internet Use Survey (2007), Public Use Microdata File.

Figures 17, 18: Statistics Canada. Adult Education and Training Survey (2003), Public Use Microdata File.

Tables 7, 8: Statistics Canada. Adult Education and Training Survey (2003), Public Use Microdata File.

# Section 3: The Older Worker

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# 3

## Spotlight



- ▲ The share of the employed labour force aged 55 and over increased from 12.8% in 2001 to 16.5% in 2006.
- ▲ In 2005, about one-half (55.2%) of employed Manitobans aged 65 and over were still working full-time jobs.
- ▲ In 2006, over two-fifths of employed Manitobans aged 65 and over were self-employed.
- ▲ 17% of retired Manitobans would have continued to work at the time of their retirement if they could work part time.
- ▲ 7% of retired Manitobans said they would have continued to work if they had been able to work fewer hours without it affecting their pension.
- ▲ Less than 10% of retired men who looked for work after retirement said it was because care giving duties were no longer required, compared to 34.8% of retired women who looked for work.

Next, we turn to a discussion of seniors, Manitobans aged 65 and over, participating in the workforce. Information on workers aged 55 to 64, as well as younger age groups are included to further illustrate changes in the age composition of the work force. This discussion is followed by information on different aspects of retirement.

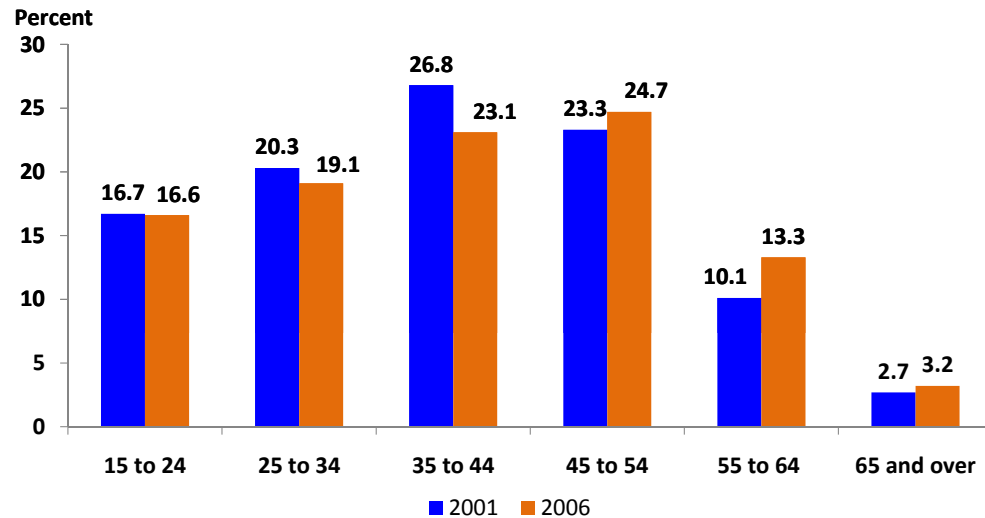
## Age Composition of the Work Force

The information presented here focuses only on those individuals in the work force who are currently working.

There were 577,695 employed Manitobans in 2006. Of these, 18,370 (3.2%) were aged 65 and over. The share of the work force aged 55 and over increased from 12.8% in 2001 to 16.5% in 2006 (Figure 19). This will likely continue to increase as more individuals in the baby boom generation reach their sixties. The proportion of the labour force comprised of younger individuals remained fairly constant between 2001 and 2006.

**Figure 19: Age Composition of Work Force, Manitoba, 2001 and 2006**

*The share of employed labour force aged 55 and over increased from 12.8% in 2001 to 16.5% in 2006*



Sources: Statistics Canada, 2001 and 2006 Census of Canada.

In addition to the age composition of the work force, it is important to examine the employment rates by age group and by gender. These rates show the proportion of the age group that is currently working.

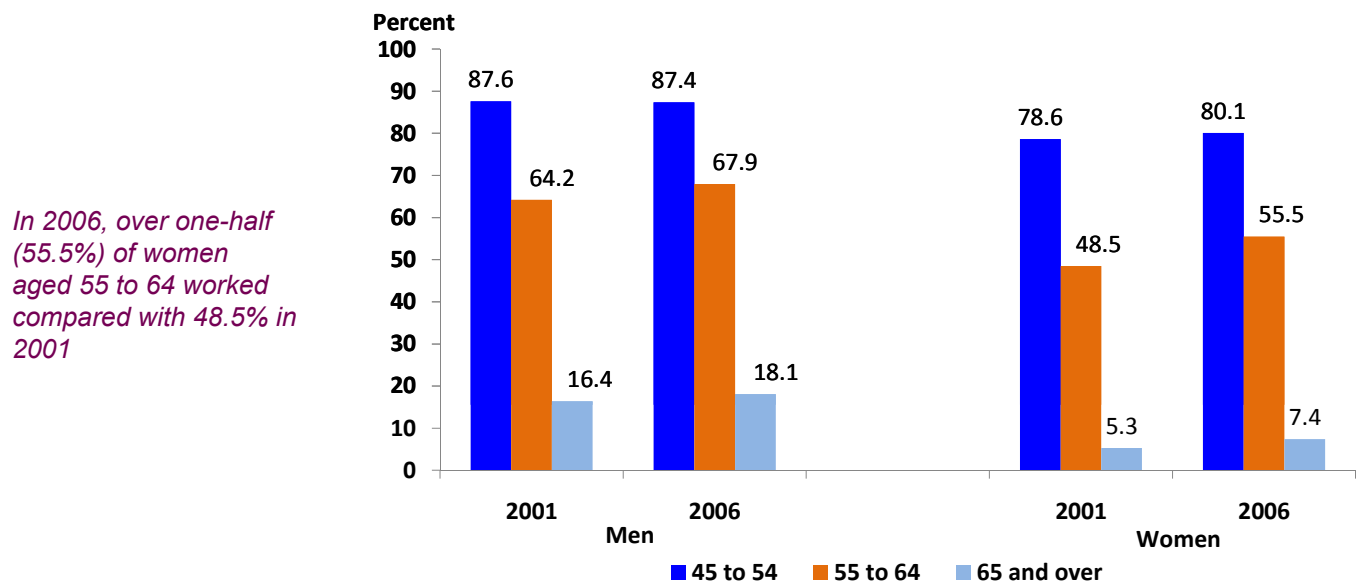
In 2006, 18.1% of men aged 65 and over worked. This represented a slight increase from 16.4% in 2001 (Figure 20). The percentage of women aged 65 and over working also increased from 5.3% in 2001 to 7.4% in 2002. The largest change in the employment rate between 2001 and 2006 was for women aged 55 to 64. In 2006, over one-half (55.5%) of women in this age group worked compared to 48.5% in 2001.

*One-fifth of Manitobans aged 65 to 74 were still participating in the work force in 2006*

Additional data from 2006 indicates that 9% of men age 75 and over were employed compared to only 2% of women age 75 and over. Furthermore, one-quarter of men in Manitoba aged 65 to 74 were still working in 2006; 13.1% of women in this age group were also working. In total, one-fifth of Manitobans aged 65 to 74 were still participating in the work force.



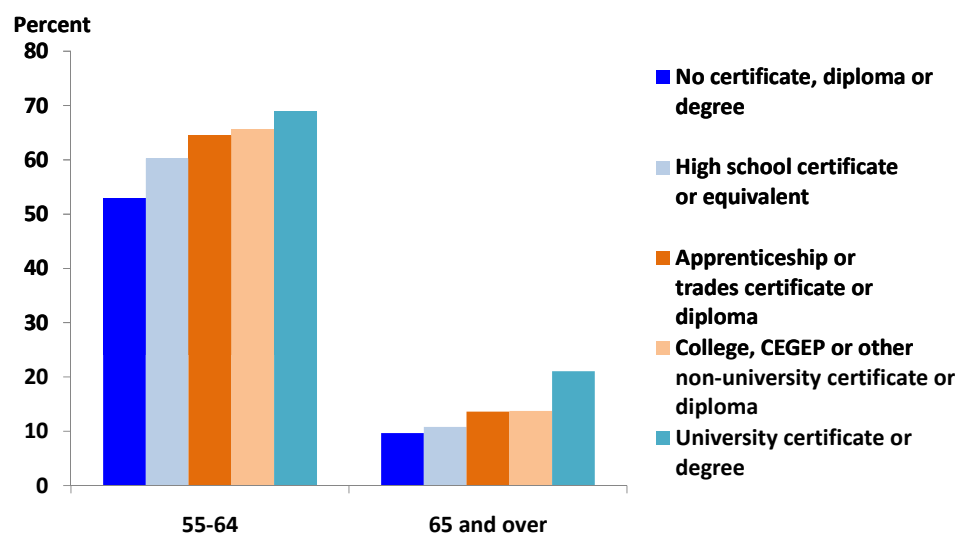
**Figure 20: Employment Rates in Selected Age Groups by Gender, Manitoba, 2001 and 2006**



Sources: Statistics Canada, 2001 and 2006 Census of Canada.

Manitoba seniors with a university degree are much more likely to be employed than those with a lower level of education (Figure 21). In 2006, the employment rate of Manitobans aged 65 and over with a university degree was 2.2 times greater than the employment rate of seniors with no certificate, diploma or degree (21.1% versus 9.7%). The relationship between level of education and employment is in the same direction for individuals aged 55 to 64.

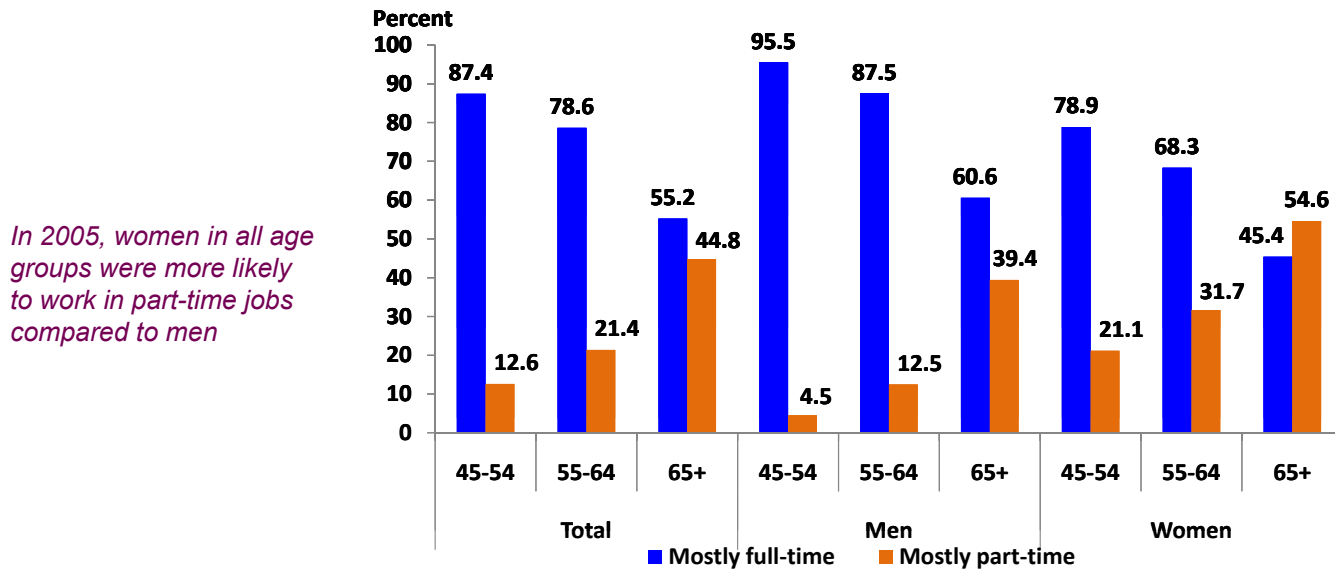
**Figure 21: Employment Rates by Level of Education, Manitoba 2006**



Source: Statistics Canada, 2006 Census of Canada.

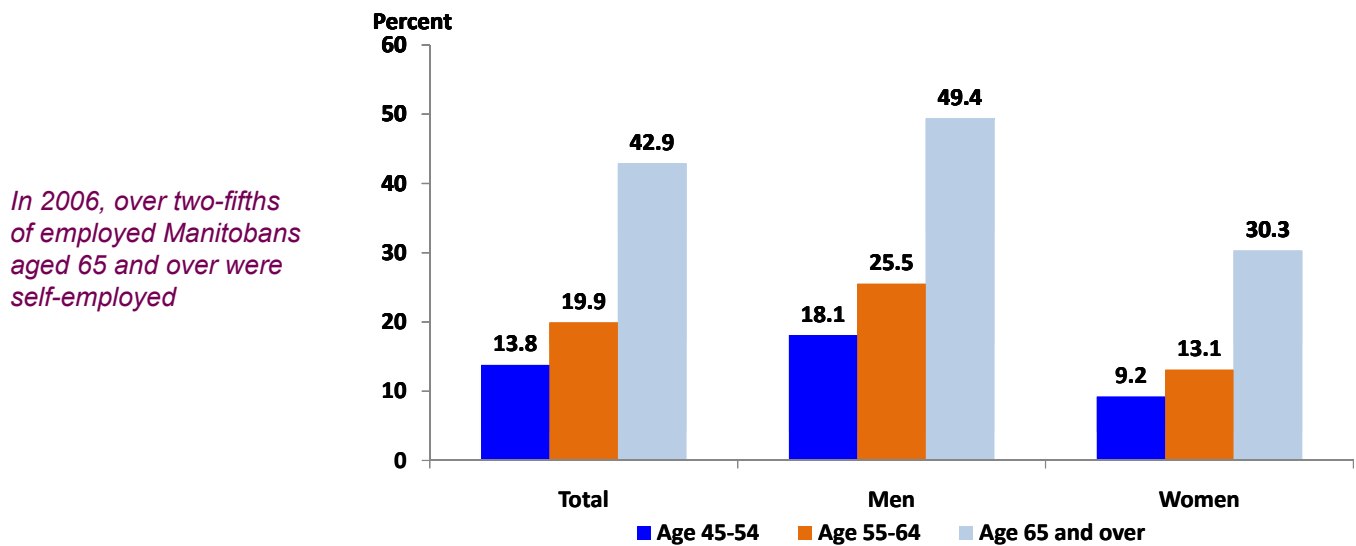
In 2005, about one-half (55.2%) of employed Manitobans aged 65 and over were still working full-time jobs (Figure 22). Older men (60.6%) were more likely than older women (45.4%) to work full-time. Women in all age groups were more likely to be working in part-time jobs compared to men.

**Figure 22: Employment Status in Selected Age Groups by Gender, Manitoba, 2005**



Source: Statistics Canada, 2006 Census of Canada.

The ability for self-employment has been known to increase with age partially because older individuals have had more time to accumulate the financial resources to start their own business. In 2006, over two-fifths of employed Manitobans aged 65 and over were self-employed (Figure 23). Employed men aged 65 and over were more likely to be self-employed than women aged 65 and over (49.4% versus 30.3%).

**Figure 23: Incidence of Self-Employment in Selected Age Groups by Gender, Manitoba, 2006**

Source: Statistics Canada, 2006 Census of Canada.

## Retirement

Lastly, we turn to a discussion of retirement. The section will focus on Manitobans who are nearing retirement (aged 45 to 64) and not on seniors only (defined as age 65 and over). Issues discussed will include age of first retirement, voluntary versus involuntary retirement, reasons for retirement, and possible incentives for continuing to work rather than retire. This information comes primarily from the 2007 General Social Survey conducted by Statistics Canada with individuals aged 45 and over.

### According to the 2007 General Social Survey:

- ▲ In 2007, 43.6% of Manitobans aged 45 and over were retirees, that is had retired from a job or business at least once. There was little difference between men and women who were retired (42.4% vs. 44.7%).
- ▲ Of retired Manitobans, 5.2% had retired more than once.
- ▲ Of those who retired more than once, 61% were men and 39% were women.
- ▲ Manitobans who first retired before age 60 were more likely to have retired more than once. Of those retirees
  - ◇ 35% first retired before age 50
  - ◇ 44% first retired between the ages of 50 and 59
  - ◇ 21% first retired age 60 or older

▲ However, among those who had retired, 13.4% indicated their main activity in the 12 months prior to the survey was working at a paid job or business. In other words, these individuals re-entered the workforce. Men were more likely to re-enter the workforce after retirement than women (18.7% vs. 8.8%).

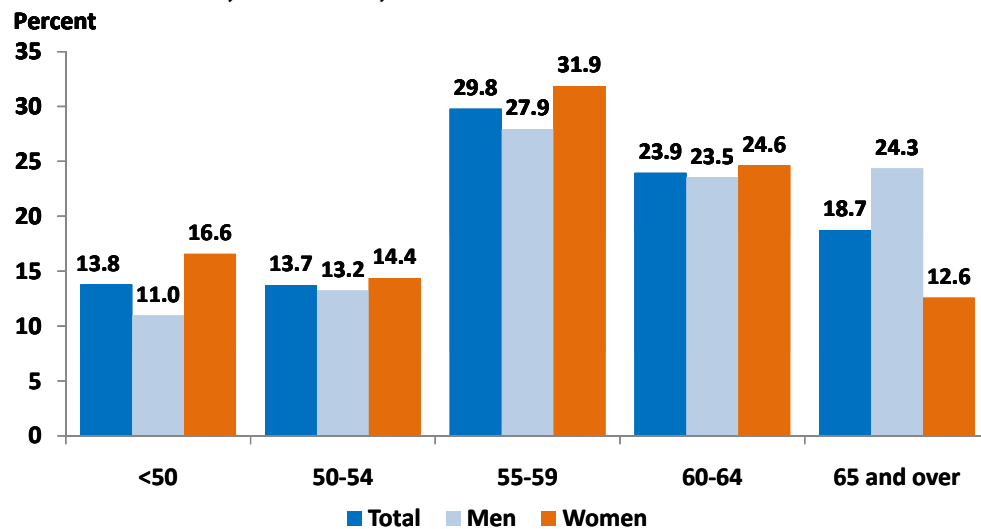
### Age of First Retirement

Figure 24 shows the age of first retirement among retirees aged 45 and over. The majority of Manitobans aged 45 and over first retired between the ages of 55 and 59 (29.8%). This was true for both men and women. A larger proportion of men said they first retired at age 65 or older compared to women (24.3% vs. 12.6%).

As noted above, 13.4% of Manitobans who had retired, returned to the workforce in the year prior to the survey. Of those returning to work, one-quarter were less than 50 years of age at the time of first retirement and another 18% were between the ages of 50 and 54. In other words, 43.7% of individuals, who had ‘ever retired’ and returned to the workforce, had first retired before the age of 55.

*13.4% of Manitobans who had retired, returned to the workforce in the year prior to the survey*

**Figure 24: Age of First Retirement Among Retirees Aged 45 and Over, Manitoba, 2007.**



*A larger proportion of men said they first retired at age 65 or older compared to women (24.3% vs. 12.6%)*

Source: Statistics Canada, 2007 General Social Survey.

## Voluntary or Involuntary Retirement

The majority (85%) of retired Manitobans left their jobs voluntarily while the remaining 15% reported they retired from their jobs involuntarily. There was little difference between men and women who retired, with men only slightly more likely than women to indicate they retired from their job involuntarily (17% vs 13%). In Manitoba, 88% of retirees with a university degree said they retired voluntarily from the labour force compared to 78% of retirees with less than a high school education.

## Reasons for Retirement

*Women were more likely to mention caring for a family member and/or friend as a reason for retiring*

Next we turn to reasons for retirement among Manitoba retirees aged 45 and over (Table 9). The most prevalent reasons Manitobans retired were they wanted to stop working (59.2%), adequate retirement income (50.4%), and wanted to pursue hobbies/activities (35.6%). More men (34.7%) than women (23.5%) said an early retirement plan was a reason for retirement. Women, on the other hand, were more likely to mention caring for a family member and/or friend as a reason for retiring.

With the population aging, it is important to examine this reason for retirement in more detail. Among the 11% of Manitobans who said care of a family member and/or friend was a reason for retirement, almost half (48.6%) said it was the main reason for retiring. In addition, one third (33.9%) of these retirees had retired before age 55.

**Table 9: Reasons for Retirement Among Retired Individuals Age 45 and Over, Manitoba, 2007**

Reasons for Retirement*	Percent of Retired Individuals		
	Total	Men	Women
Wanted to stop working	59.2	55.5	62.5
Adequate retirement income	50.4	54.2	47.1
Wishing to pursue hobbies/other activities	35.6	37.0	34.4
Began working at an early age	31.5	34.4	29.0
Early retirement plan	28.7	34.7	23.5
Own health	26.0	26.5	25.6
Work was too stressful/physically demanding	23.7	26.7	21.1
Job was downsized	12.4	15.4	9.7
Care for family member/friend	10.9	4.3	16.7

\*Respondents could give more than one response

Source: Statistics Canada, 2007 General Social Survey.

## Possible Incentives for Continuing to Work

*17% of retired Manitobans would have continued to work at the time of their retirement if they could work part time*

In the 2007 General Social Survey, retired Manitobans aged 45 and over were also asked about factors (e.g., part time employment, ability to work fewer hours, health) that may have affected their decision to continue working at the time of their retirement. Manitobans identified flexibility in the work environment as one area. Specifically, 17% of retired Manitobans would have continued to work at the time of their retirement if they could work part time.

*About one-fifth of retired Manitobans would have continued working at the time of their retirement if their health had been better (19.2%) or if their job had been less stressful or physically demanding (22.5%)*

The effect working has on pensions is also an area of concern. Among retired individuals who had an employer-sponsored pension, 7% said they would have continued to work if they had been able to work fewer hours without it affecting their pension. Lastly, the effect of continuing to work on the individuals' health must be taken into consideration. About one-fifth of retired Manitobans would have continued working at the time of their retirement if their health had been better (19.2%) or if their job had been less stressful or physically demanding (22.5%). These are all important factors to take into consideration as employers look for ways to retain older workers.

## Post-Retirement Employment

The 2007 General Social Survey asked retired Manitobans if they looked for paid work after their first retirement; 16% of retired Manitobans did. Retired men were more likely to have looked for work after retirement than retired women (23.9% vs. 9.2%). Among retired Manitobans who looked for work after retirement, the most common reasons were wanting to keep busy (81%), financial considerations (76%), wanting to make a contribution (62%), and wanting a challenge (61%).

*16% of retired Manitobans looked for paid work after their first retirement*

Men and women were similar in their reasons for looking for work after retirement with one notable exception. Less than 10% of retired men who looked for work after retirement said it was because care giving duties were no longer required, compared to 34.8% of retired women who looked for work. This is not surprising given that retired women were more likely than men to have said providing care to a family member and/or friend was the reason for retiring.

## Full Data Sources for Charts and Tables

Figures 19, 20: Statistics Canada (May 14, 2003). Labor Force Activity (8), Age Groups (17B), Marital Status (7B) and Sex (3) for Population 15 years and Over, for Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2001 Census – 20% Sample Data. 2001 Census of Canada. Catalogue number 95F0377XCB01004.

Statistics Canada. 2008. Labour Force Activity (8), Highest Certificate, Diploma or Degree (14), Age Groups (12A) and Sex (3) for the Population 15 Years and Over of Canada, Provinces, Territories, Census Divisions and Census Subdivisions, 2006 Census – 20% Sample Data (Table). Topic-based tabulation 2005 Census of Population, Statistics Canada catalogue no. 97-559-XCB2006020.

Figure 21: Statistics Canada. 2008. Labour Force Activity (8), Highest Certificate, Diploma or Degree (14), Age Groups (12A) and Sex (3) for the Population 15 Years and Over of Canada, Provinces, Territories, Census Divisions and Census Subdivisions, 2006 Census – 20% Sample Data (Table). Topic-based tabulation 2005 Census of Population, Statistics Canada catalogue no. 97-559-XCB2006020.

Figure 22: Statistics Canada. 2008. Work Activity in 2005 (23), Age Groups (9) and Sex (3) for the Population 15 Years and Over of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2006 Census – 20% Sample Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada Catalogue no. 97-559-XCB2005021.

Figure 23: Statistics Canada Catalogue no. 97-559-XCB2006025 Ottawa. Released March 4, 2008.

Figure 24: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata File.

Table 9: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata File.



# Section 4: Volunteering and Charitable Giving

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# 4

## Spotlight



- ▲ Overall, Manitobans aged 65 and over spent 14 million hours in unpaid volunteer activities in 2007.
- ▲ Senior men spent an average of 240 hours per year in volunteer activities and senior women spent on average 220 hours per year volunteering.
- ▲ Over 50% of female volunteers aged 65 and over volunteered with religious organizations such as churches, synagogues, temples, while senior male volunteers were more likely to give their time to cultural and recreational organizations.
- ▲ Few senior volunteers were involved in teaching/mentoring.
- ▲ In 2007, 91% of Manitobans aged 65 and over made a charitable donation in the 12-month period prior to the survey totalling slightly over \$87 million.
- ▲ Manitobans aged 65 and over gave more money per capita (\$578) than Manitobans aged 45 to 64 (\$562) as well as Manitobans aged 34 to 44 (\$428) or aged 25 to 34 (\$389).

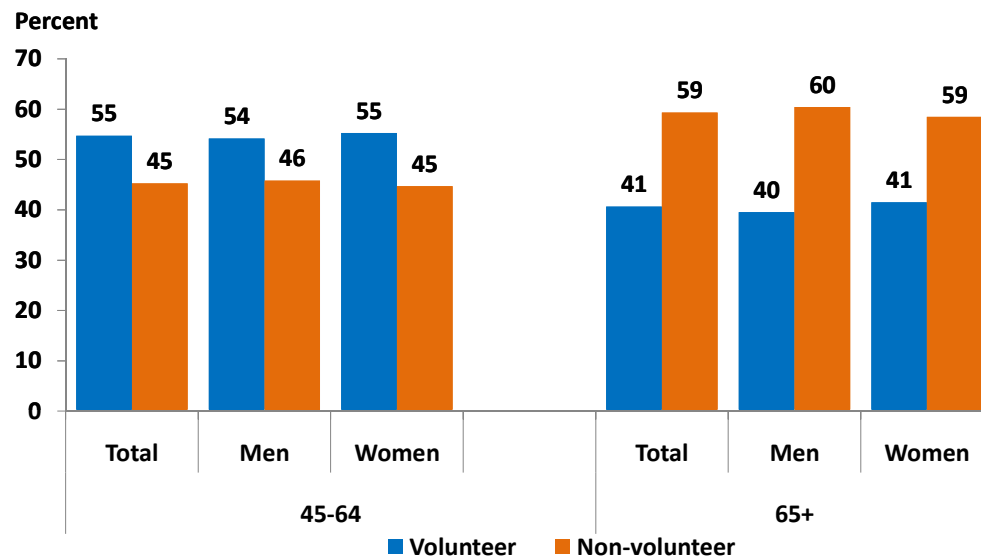
Manitoba seniors continue to contribute to society in a variety of ways. They spend much of their time and money making their communities better through volunteerism, charitable giving, and civic participation. In this section, seniors' involvement in these activities will be discussed and compared to younger Manitobans when possible. This information comes from a nation-wide survey entitled the *Canada Survey of Giving, Volunteering and Participating* (CSGVP) conducted by Statistics Canada from September to December 2007, referred to hereafter as the 2007 CSGVP.

## Volunteering

According to the 2007 CSGVP, 61,295 Manitobans aged 65 and over (41%) participated in unpaid volunteer activities such as taking part in a group or organization in the 12 month period prior to the survey (Figure 25). Men and women aged 65 and over were equally as likely to have volunteered. Overall, Manitobans aged 65 and over spent 14 million hour in unpaid volunteer activities in 2007. Slightly over one-half of Manitobans aged 45 to 64 participated in volunteer activities. Men and women in this age group were equally as likely to have volunteered.

**Figure 25: Volunteer vs. Non-Volunteer Status in Selected Age Groups and by Gender, Manitoba, 2007**

*61,295 Manitobans aged 65 and over participated in unpaid volunteer activities in 2007*



Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CSGVP), 2007, Public Use Microdata File.

Among those who volunteered, senior men spent an average of 240 hours per year in volunteer activities compared to men aged 45 to 64 who spent an average of 142 hours per year (Table 10). Senior women spent on average 220 hours per year volunteering compared to 158 hours among women aged 45 to 64. Per capita, senior men and women volunteered 95 and 90 hours per year (respectively) while men and women aged 45 to 64 volunteered 77 and 87 hours per year (respectively).

**Table 10: Total and Average Number of Hours Spent Volunteering by Age Group and Gender, Manitoba, 2007**

	45–64		65+	
	Men	Women	Men	Women
<b>Total Volunteer Hours (in millions) for the 12 Month Period Prior to Survey</b>	11.7	13.4	6.3	7.7
<b>Average Hours Per Volunteer for the 12 Month Period Prior to Survey</b>	142	158	240	220

Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CSGVP), 2007, Public Use Microdata File.

## Domains of Volunteering

Individuals are asked to provide information on the organizations for which they volunteer. These organizations are classified according to the *International Classification of Nonprofit Organizations (ICNPO)*.<sup>1</sup> For example, the domain of culture and recreation includes organizations and activities such as museums, zoos, recreation and social clubs, and fitness centres.

Over 50% of female volunteers aged 65 and over volunteered with religious organizations such as churches, synagogues, and temples compared to 30% of senior male volunteers (Table 11). Senior male volunteers were more likely to give their time to cultural and recreational organizations than senior female volunteers (37% vs. 17% respectively). Few volunteers aged 65 and over volunteered with education and research organizations.

Cultural and recreational organizations were the most popular for male volunteers aged 45 to 65 (44%). Once again, male volunteers were more likely to give their time to these types of organizations than female volunteers.

<sup>1</sup> The ICNPO classification is based on L.M. Salamon and H.K. Anheier, 1997. *Defining the Nonprofit Sector: A Cross-national Analysis*, Manchester University Press. A major advantage of this classification is that it is widely used by other countries.

**Table 11: Most Popular Domains Among Those Who Volunteer by Age Group and Gender, Manitoba, 2007**

Domains of Volunteering	45–64		65+	
	Men	Women	Men	Women
Culture and Recreation	44%	20%	37%	17%
Religion	29%	35%	30%	53%
Health/Environment	24%	30%	20%	25%
Social Services	17%	21%	21%	22%
Development and Housing	18%	10%	14%	8%
Education and Research	16%	20%	4%	7%
Other*	12%	17%	17%	15%

*Fifty-three percent of women 65 and over volunteer with religious organizations*

*Thirty-seven percent of men 65 and over volunteer at culture and recreation organizations*

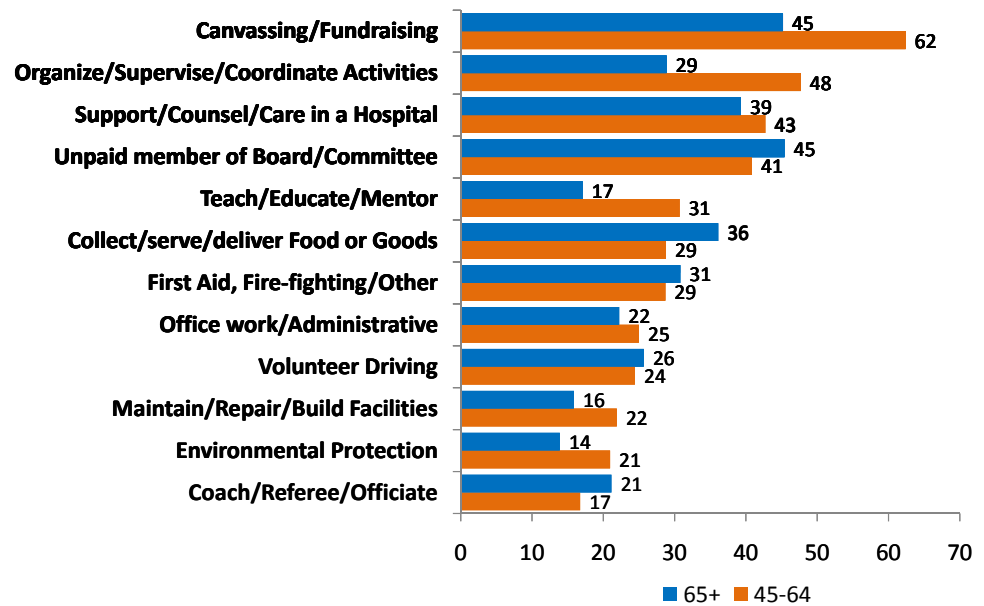
Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CSGVP), 2007, Public Use Microdata File.

## Volunteer Activities

Survey participants were also asked what kind of activities they did for these organizations. The two most frequently reported volunteer activities among senior volunteers were being an unpaid member of a board or committee and canvassing/fundraising (45% of volunteers) (Figure 26). Over one-third of senior volunteers collected/served or delivered food or goods (36%). Few senior volunteers were involved in teaching/mentoring (17%) compared to volunteers aged 45 to 64 (31%).

**Figure 26: Activities in Which Manitoba Volunteers Most Often Engage by Age Group, Manitoba, 2007**

*The two most frequently reported volunteer activities among senior volunteers were being an unpaid member of a board or committee and canvassing / fundraising*



Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CSGVP), 2007, Public Use Microdata File.

## Reasons for Volunteering and Non-Volunteering

Volunteers in both age groups were most likely to volunteer ‘to make a contribution to the community’ (Table 3). This was followed by the opportunity ‘to use your skills and experience.’ Volunteers aged 65 and over more likely to volunteer to fulfill religious obligations or other beliefs than volunteers aged 45 to 64 (42.8% vs. 28.3%).

The two most common reasons why senior non-volunteers did not volunteer were ‘preferred to give money instead of time’ (57.8%) and ‘had health problems/physically unable’ (56.8%) (Table 12). Among non-volunteers aged 45 to 64, the most common reasons were ‘unable to make a long-term commitment’ (65.9%) and ‘did not have time’ (61.0%). Non-volunteers aged 45 to 64 were more likely to not volunteer because ‘no one had asked them’ than non-volunteers aged 65 and over (42.0% vs. 26.1% respectively).

**Table 12: Reasons for Volunteering Among Those Who Volunteer and Reasons for Not Volunteering Among Those Who Did Not Volunteer by Age Group, Manitoba, 2007**

Reason for Volunteering*	% of Age Group	
	45–64	65+
To make a contribution to the community	92.0	86.8
To use your skills and experiences	78.0	71.7
You or someone you know personally affected by the cause supported by organization/group	62.9	57.5
To network with or meet people	48.5	59.6
Your friends volunteer	40.3	49.5
To explore own strengths	48.6	33.4
To fulfill religious obligations or other beliefs	28.3	42.8

Reasons for Not Volunteering*	% of Age Group	
	45–64	65+
Unable to make a long term commitment	65.9	46.0
Did not have the time	61.0	29.3
Preferred to give money instead of time	54.7	57.8
Had health problems or were physically unable	42.1	56.8
No one asked you	42.0	26.1
Had no interest	28.3	24.5
Financial cost of volunteering	25.7	21.1
Did not know how to get involved	18.8	14.6

*Non-volunteers aged 45 to 64 were more likely to not volunteer because 'no one had asked them' than non-volunteers aged 65 and over (42.0% vs. 26.1% respectively)*

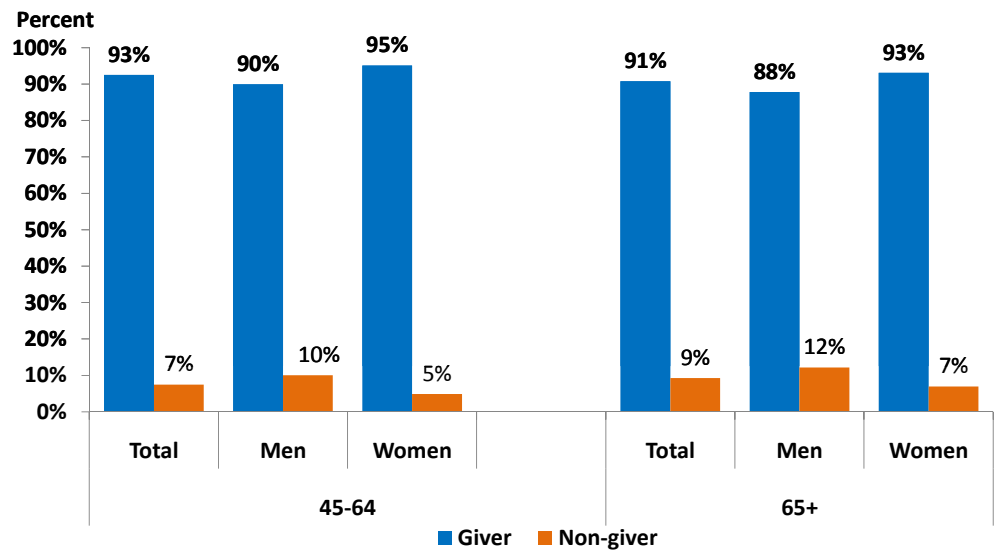
\*These percentages do not add up to 100% as multiple responses were given.

Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CSGVP), 2007.

## Charitable Giving

According to the 2007 CSGVP, 91% of Manitobans aged 65 and over (136,890 people) made a charitable donation in the 12-month period prior to the survey (Figure 27). Their donations totaled slightly over \$87 million. Comparatively, 93% of Manitobans aged 45 to 64 (283,558 people) made charitable donations equaling roughly \$172.3 million.

**Figure 27: Proportion of Manitobans Who Did or Did Not Make a Charitable Donation in Selected Age Groups and by Gender, Manitoba, 2007**



Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CSGVP), 2007, Public Use Microdata File.

Women aged 65 and over were slightly more likely to make a charitable donation than men aged 65 and over (93% vs. 88%). However, senior male donors gave more on average than senior female donors (\$666 vs. \$614) (Table 13).

Manitobans aged 65 and over gave more money per capita (\$578) than Manitobans aged 45 to 64 (\$562) as well as Manitobans aged 34 to 44 (\$428) or aged 25 to 34 (\$389).

**Table 13: Dollars Given in Charitable Donations by Age Group and Gender, Manitoba, 2007**

	45–64		65+	
	Men	Women	Men	Women
<b>Total Donations (in millions) Over the 12 Months Prior to the Survey</b>	\$71.7	\$100.6	\$38.8	\$48.3
<b>Average Donation Per Giver Over the 12 Months Prior to the Survey</b>	\$520	\$690	\$666	\$614
<b>Average Donation Per Capita Over the 12 Months Prior to the Survey</b>	\$468	\$656	\$585	\$572

Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CSGVP), 2007, Public Use Microdata File.



## Domains of Charitable Giving

As with volunteering, survey participants were asked what type of organization they gave a charitable donation. In Manitoba, both men and women aged 65 and over and 45 to 64 gave the vast majority of their donations to religious organizations (Table 14). Senior men donated an average of \$820 per giver per year to religious organizations compared to \$681 per giver per year among senior women. Comparatively, women aged 45 to 64 gave \$732 per donor per year to religious organizations compared to \$522 per donor per year among men aged 45 to 64. Senior women gave less money than senior men to cultural and recreational organizations (\$26 per donor per year vs. \$79 per donor per year).

**Table 14: Total Amount of Donations (in millions) and Average Annual Donation per Giver by Age Group and Gender, Manitoba, 2007**

Domains of Charity	45–64		65+	
	Men	Women	Men	Women
<b>Religion</b>				
Total \$ (in millions) Per Year	\$34.6	\$47.5	\$21.7	\$28.8
Average \$ Per Giver Per Year	\$522	\$732	\$820	\$681
<b>Education and Research/ Environmental Protection/Health</b>				
Total \$ (in millions) Per Year	\$17.4	\$23.0	\$8.7	\$9.6
Average \$ Per Giver Per Year	\$153	\$180	\$164	\$132
<b>Social Services/Development &amp; Housing</b>				
Total \$ (in millions) Per Year	\$6.9	\$9.7	\$3.6	\$5.6
Average \$ Per Giver Per Year	\$99	\$131	\$106	\$120
<b>Culture and Recreation</b>				
Total \$ (in millions) Per Year	\$1.0	\$1.9	\$0.6	\$0.2
Average \$ Per Giver Per Year	\$66	\$67	\$79	\$26
<b>Other*</b>				
Total \$ (in millions) Per Year	\$10.2	\$11.3	\$3.5	\$3.6
Average \$ Per Giver Per Year	\$192	\$214	\$79	\$212

\* 'Other' includes Law, Advocacy & Politics; Philanthropic Intermediaries and Voluntarism Promotion; International; Business and Professional Associations and Unions; and Not Elsewhere Classified

Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CGSVP), 2007, Public Use Microdata File.

## Reasons for Giving

‘Compassion’ and ‘belief in cause’ were the two most common reasons for making a charitable donation among both men and women in both age groups (Table 15). Men aged 65 and over (47.4%) were the most likely to indicate that they made a donation because of credit on income taxes.

**Table 15: Reasons for Giving Among Individuals Who Made a Charitable Donation by Age Group and Gender, Manitoba, 2007**

Reasons for Giving*	% of population aged 45–64			% of population aged 65+		
	Total	Men	Women	Total	Men	Women
Affected by cause	72.7	68.8	76.4	61.0	55.3	65.2
Credit on income taxes	29.8	30.7	29.0	37.5	47.4	30.2
Religious obligations	32.6	32.2	32.9	42.1	42.8	41.5
Belief in cause	88.9	86.6	91.0	85.5	83.3	87.1
Compassion	87.1	81.3	92.6	88.4	86.3	90.0
Contribute to community	78.3	76.6	79.8	69.6	67.2	71.4

\*These percentages will not add up to 100% since people can give more than one reason for giving.

Source: Statistics Canada, Canada Survey of Giving, Volunteering and Participating (CSGVP), 2007, Public Use Microdata File.

# Section 5: Financial Well-Being

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# 5

## Spotlight



- ▲ In 2005, women aged 65 and over had lower annual average incomes than men aged 65 and over (\$23,337 vs. \$34,784).
- ▲ In 2005, nearly one-half (47.7%) of Manitobans aged 65 and over living alone had annual incomes of less than \$20,000 compared to less than 20% of seniors living in family households.
- ▲ Nearly 17% of Manitoba seniors living alone lived below the low income cut-off, a percentage that was slightly higher among women than men (17.9% vs. 13.3%).
- ▲ Almost all Manitobans aged 65 and over receive income from government transfer payments such as Old Age Security, Guaranteed Income Supplement or Canada Pension Plan.
- ▲ In 2007, Manitobans aged 65 and over living in one-person households had an average annual expenditure of \$26,480.
- ▲ Manitobans aged 65 and over living in multiple-person households had an average annual expenditure of \$50,370.

It is well recognized that income is directly associated with an individual's health. Furthermore, income is the basis of one's ability to obtain adequate housing, to access transportation, to buy nutritious food and enough food to maintain health, and to access non-insured health services such as medication. In this section we examine the financial characteristics of seniors using a variety of available measures. Comparisons to younger age groups and by gender will be made when possible.

Average annual income	Refers to the weighted mean total income of individuals in a specific age group. For example, the average annual income of Manitobans aged 65 and over was \$28,365. This was determined by taking the weighted mean of the annual incomes of all Manitobans age 65 and over.
Average annual expenditure	Refers to the weighted mean total expenditures as noted below of individuals in a specific age group. For example, Manitobans aged 65 and over living in one-person household had an average annual expenditure of \$26,480. This was determined by taking the weighted mean of the total annual expenditures of all Manitobans aged 65 and over.
Total expenditures	Includes all expenses for personal taxes, personal insurance payments and pension fund, gifts of money/contributions to persons outside the household, food, shelter, household operations, household furnishings and equipment, clothing, transportation, health care, personal care, recreation, reading materials, education, tobacco products and alcoholic beverages, games of chance and a miscellaneous group of items.
Current consumption	Refers to total expenses excluding personal taxes, personal insurance payments and pension, and gifts of money /contributions to persons outside the household.

## Income Levels

First, we examine total income at the individual level. In 2005, the average annual income of Manitobans age 65 and over was \$28,365 (Table 16). Individual incomes of less than \$20,000 were reported by 48.4% of Manitobans aged 65 and over compared to 28.6% of Manitobans aged 45 to 54 and 37.3% of those aged 55 to 64. The majority of Manitoba seniors reported annual incomes between \$10,000 and 19,999 (40.7%).

Total income refers to the total money income received during the 2005 calendar year from wages and salaries, net farm income, net non-farm income, child benefits, Old Age Security pension, Guaranteed Income Supplement, benefits from Canada or Quebec Pension Plan, benefits from Employment Insurance, other income from government sources, dividends, interests on bonds, deposits and savings certificates and other investment income, retirement pensions, superannuation and annuities including those from RRSPs and RRIFs.

**Table 16: Income Groups, Population in Selected Age Groups, Manitoba, 2005**

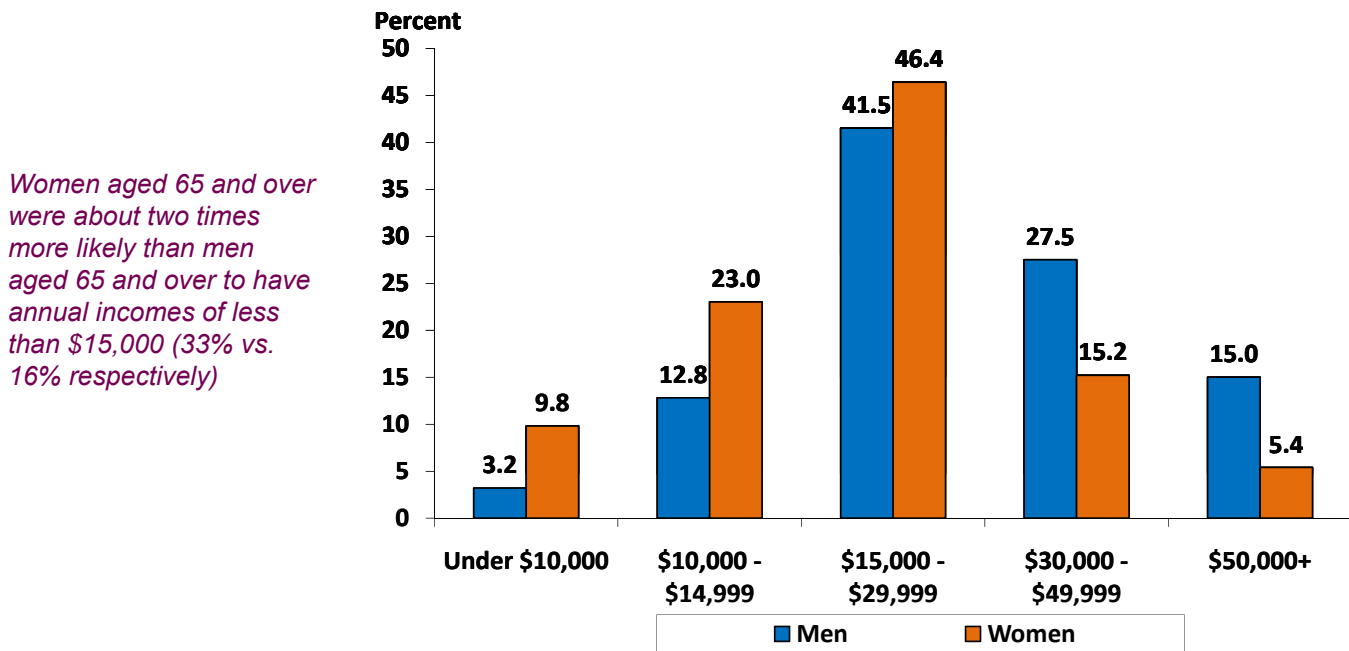
Total Income	% of Age Group		
	45–54	55–64	65+
Without income	2.0	2.2	0.9
< \$5,000	7.3	9.2	1.0
\$5,000–\$9,999	6.4	9.5	5.8
\$10,000–\$19,999	12.9	16.4	40.7
\$20,000–\$29,999	14.9	15.9	21.5
\$30,000–\$39,999	15.4	14.9	13.4
\$40,000–\$49,999	12.0	10.5	7.0
\$50,000–\$59,999	8.7	6.6	3.9
\$60,000–\$69,999	7.1	4.7	2.4
\$79,000–\$79,999	4.7	3.0	1.0
\$80,000 and over	8.6	7.1	2.2
<b>Average Income *</b>	<b>\$41,512</b>	<b>\$37,111</b>	<b>\$28,365</b>
<b>Median Income *</b>	<b>\$34,601</b>	<b>\$28,620</b>	<b>\$20,605</b>

\* Average income is the weighted mean total income of individuals in the age group; median income divides the income distribution in half.

Source: Statistics Canada, 2006 Census of Canada.

In 2005, women aged 65 and over had lower annual average incomes than men aged 65 and over (\$23,337 vs. \$34,784). Furthermore, women aged 65 and over were about two times more likely than men aged 65 and over to have annual incomes of less than \$15,000 (33% vs. 16% respectively) (Figure 28). Conversely, 15% of men aged 65 and over had annual incomes of \$50,000 or more compared to only 5.4% of women aged 65 and over.

**Figure 28: Income Groups, Population Aged 65 and Over by Gender, Manitoba, 2005.**



Source: Statistics Canada, 2006 Census of Canada.

It is important to further examine seniors' income levels by type of household as many seniors live alone and many of these are women. In 2005, nearly one-half (47.7%) of Manitobans aged 65 and over living alone had annual incomes of less than \$20,000 compared to less than 20% of seniors living in family households (Table 17).

**Table 17: Seniors' Income Levels by Type of Household, Manitoba, 2005**

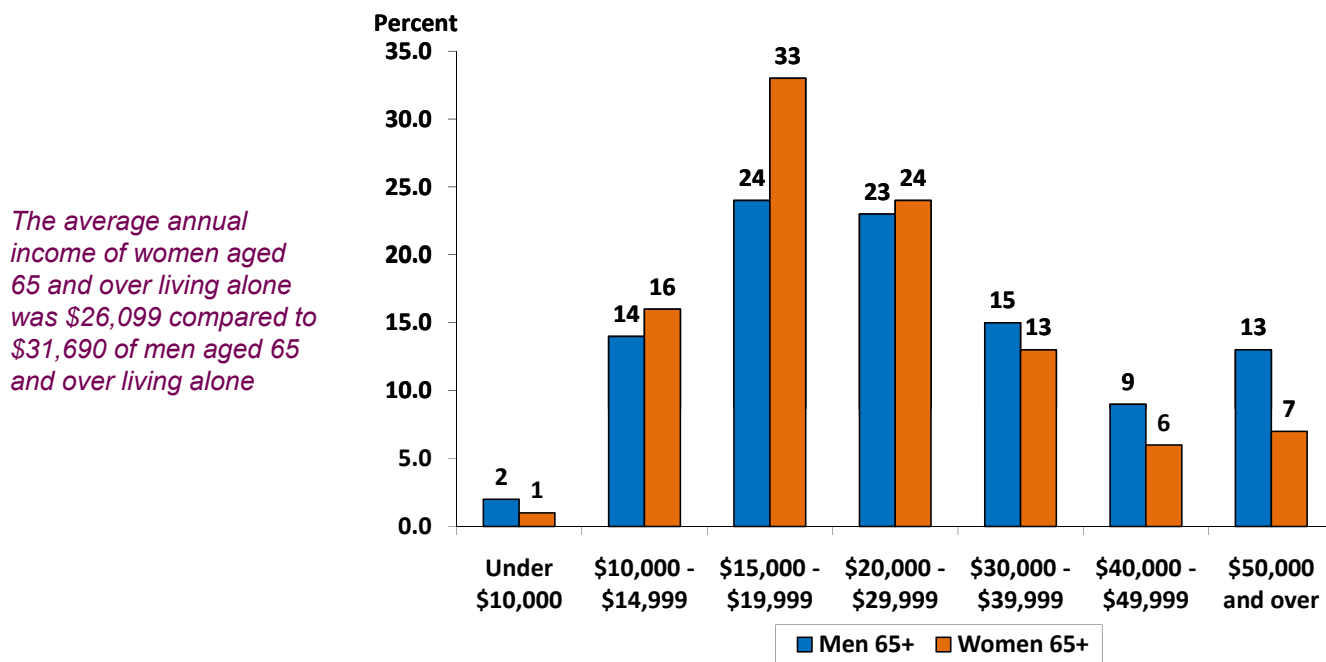
Income Group	Persons Age 65 and Over Living Alone	Type of Household (%)	
		Family Households With 1 Person 65 and Over	Family Households With 2 or More Persons Age 65 and Over
< \$10,000	1.6	1.0	0.3
\$10,000–\$14,999	15.1	1.5	0.2
\$15,000–\$19,999	31.0	2.8	0.3
\$20,000–\$29,999	23.8	11.4	18.1
\$30,000–\$39,999	13.6	14.9	19.6
\$40,000–\$49,999	6.5	13.2	15.7
\$50,000–\$59,999	3.5	11.9	12.7
\$60,000–\$69,999	2.1	10.3	9.2
\$70,000–\$79,999	0.9	9.0	6.7
\$80,000 and over	1.9	24.1	17.2
<b>Average Income *</b>	\$27,563	\$64,449	\$60,877
<b>Median Income *</b>	\$20,554	\$54,007	\$47,147

\* Average income is the weighted mean total income of individuals in the age group; median income divides the income distribution in half.

Source: Statistics Canada, 2006 Census of Canada.

Of more importance is the disparity of income between men and women aged 65 and over who live alone. The average annual income of women aged 65 and over living alone was \$26,099 compared to \$31,690 of men aged 65 and over living alone. Fully one-half of women aged 65 and over living alone have annual incomes of less than \$20,000 compared to two-fifths of men aged 65 and over living alone (Figure 29). Few older women living alone have annual incomes of \$50,000 or more.

**Figure 29: Income Groups of Persons Aged 65 and Over Living Alone by Gender, Manitoba, 2005.**



Source: Statistics Canada, 2006 Census of Canada.



## Low Income Seniors

*In 2005, a total of 10,400 Manitobans aged 65 and over lived in a situation of low income, representing 7% of the population aged 65 and over*

Statistics Canada does not use the term poverty rate. In Canada, we use the term persons living in low income or persons experiencing a low income rate rather than referring to individuals living below the poverty rate. In 2005, a total of 10,400 Manitobans aged 65 and over lived in a situation of low income, representing 7% of the population aged 65 and over (Table 18). A larger proportion of women aged 65 and over (9.2%) lived below the low-income cut-off than did men aged 65 and over (4.2%).

Low income cut-offs (LICOS) are set for five different size families (e.g., economic families, unattached individuals, etc.). The prevalence of low income after tax is the percentage of economic families or persons not in economic families who spend 20% or more of their after-tax income than average on food, shelter, and clothing

Nearly 17% of Manitoba seniors living alone lived below the low income cut-off, with women slightly more likely than men to be doing so (17.9% vs. 13.3%). Furthermore, Manitoba seniors living alone experienced a low income rate approximately 10 times higher than seniors living in economic families (17.9% vs. 1.7%). In 2005, 33.6% of Manitobans aged 65 and over lived alone.

**Table 18: Number and Proportion Living Below After-Tax Low Income Cut-off, Population Aged 65 and Over, Manitoba, 2005**

Household Type	Total number (2005)	Total number living below after-tax low income cut-off (2005)	Proportion (%) living below after-tax low income cut-off (2005)
Private households—all persons 65+	147,870	10,400	7.0
Private households—males 65+	64,730	2,710	4.2
Private households—females 65+	83,145	7,690	9.2
Individuals aged 65+ living alone	49,690	8,290	16.7
Males 65+ living alone	12,900	1,715	13.3
Females 65+ living alone	36,970	6,575	17.9
Persons aged 65+ in an economic family*	92,680	1,535	1.7

\*Economic families are defined as a group of two or more persons in the same dwelling that are related to each other by blood, marriage, common-law relationship or adoption.

Source: Statistics Canada, 2006 Census of Canada.

Like many other provinces, Manitoba has a provincial income supplement program (55 PLUS) which can supplement the income of those Manitobans falling below a certain level. The 55 PLUS program has two components: “The senior component is for persons who are eligible for certain levels of benefits under the federal Old Age Security programs. Eligibility to the senior component is determined from a person’s application for the Federal Guaranteed Income Supplement. The junior component is for low-income persons 55 years of age and over who are not eligible for federal Old Age Security Benefits.<sup>1</sup>”

During 2008, 55 PLUS benefits were provided to an average of 10,123 individuals per quarter (Table 19). The majority of these individuals (8,303) received benefits under the ‘senior’ component of the program. Of those receiving benefits under the ‘senior’ component, 69% were single (i.e., never married, widowed, divorced or separated).

<sup>1</sup> Government of Manitoba, 2009. Annual Report for the Department of Family Services and Housing.

Table 19: 55 PLUS Manitoba Income Supplement Case Load, 2006 to 2008

Program Component	Average Quarterly Number of Participants		
	2006	2007	2008
<b>Senior Component</b>			
Single	6,470	6,113	5,770
Married	2,651	2,545	2,533
<b>Total</b>	9,121	8,658	8,303
<b>Junior Component</b>			
Single	1,144	1,036	1,000
Married	902	831	820
<b>Total</b>	2,046	1,867	1,820
<b>Program Total</b>	11,167	10,525	10,123

Source: Government of Manitoba, 2009. Annual Report for the Department of Family Services and Housing.

## Sources of Income

The Old Age Security (OAS) pension is a monthly benefit payable by the Federal government to all persons aged 65 and over who meet certain residency requirements. An application must be made to receive an OAS pension.

The Guaranteed Income Supplement (GIS) is a Federal government, income-tested monthly benefit for Old Age Security pensioners who have limited income apart from the Old Age Security pension.

In 2008, a total of 162,825 Manitobans received the Old Age Security (OAS) pension from the Federal Government. This represented 98.7% of Manitoba's 2008 population aged 65 and over. Of the recipients, 64.5% received the OAS pension only, while 35.5% received both the OAS pension and the GIS.

Figures by age group and gender were not available separately for Manitoba. Canadian figures are shown in Table 20. Two-fifths (41.6%) of Canadian women aged 65 and over received both the OAS pension and GIS compared to just less than one-third (30.8%) of Canadian men aged 65 and over. Among Canadians aged 65 and over, increasing age was associated with a greater likelihood of receiving both the OAS pension and the GIS. This was true for both men and women.

**Table 20: OAS Pension Only and Both OAS and GIS, Recipients Aged 65+ by Gender, and by Age Groups, Canada, 2008**

Type of Pension	% of Recipients Aged 65+			% of Recipients in Age Group			
	Total	Men	Women	65–69	70–74	75–79	80+
<b>OAS Only</b>	63.2	69.2	58.4	70.6	65.3	62.4	54.2
<b>Both OAS and GIS</b>	36.8	30.8	41.6	29.4	34.7	37.6	45.8
<b>Number of Recipients</b>	4,383,098	1,924,632	2,458,466	1,251,292	1,032,171	881,582	1,218,053

Source: Human Resources and Social Development Canada, October, 2008.

Information on major source of income by age group was unavailable in the 2006 Census. However, data were available on all sources of income for selected age groups. As noted below, almost all Manitobans aged 65 and over receive income from government transfer payments such as Old Age Security, Guaranteed Income Supplement or Canada Pension Plan (Table 21).

About one-fifth of seniors indicated other income (e.g., private pension) as a source of income. Men aged 65 and over were slightly more likely to report other income than women (23.4% vs. 19.3%). This is likely a result of more men than women in this cohort having private pension plans. Older men (17.2%) were also more likely to indicate wages and salaries as a source of income compared to older women (8.4%). As noted earlier, men aged 65 and over were more likely to be still working and were also more likely to have re-entered the workforce after retirement than women.

**Table 21: Sources of Income, Recipients in Selected Age Groups and Recipients Aged 65+ by Gender, Manitoba, 2006**

Source of Income	% of Recipients in Age Group			% of Recipients Aged 65+	
	45–54	55–64	65+	Men	Women
<b>Government transfer payment</b>	47.5	62.5	99.3	100.0	98.8
<b>Investment Income</b>	35.8	40.8	61.9	57.8	65.1
<b>Other income (e.g., private pension)</b>	20.4	30.0	21.8	23.4	19.3
<b>Wages and salaries</b>	85.2	61.2	12.9	17.2	8.4
<b>Self-employment</b>	16.7	17.5	7.5	12.5	n.r.*

\*n.r. = Not reliable, data too unreliable to publish.

Source: Statistics Canada, 2006 Census of Canada.

Information on the major source of household income by age group of the primary head of the household was obtained from the 2007 Survey of Household Spending. Almost all (91.6%) of household heads aged 45 to 54 indicated the major source of household income in 2007 was paid employment (Table 22). Fully three-quarters of household heads aged 75 and over indicated government transfer payments was the major source of income.

Once again gender differences are evident in the older age groups. About one-third (31.6%) of male household heads aged 65 to 74 indicated paid employment as the major source of household income in 2007 compared to 15.3% of female household heads in this age group. Over one-half of female household heads aged 65 to 74 said government transfer payments were the major source of household income. Government transfer payments were the major source of household income for both male and female household heads aged 75 and over.

**Table 22: Major Source of Household Income, Recipients in Selected Age Groups and Recipients Aged 65–74 and Aged 75+ by Gender, Manitoba, 2007**

Major Source of Income	% of Recipients in Age Group				% of Recipients Aged 65–74		% of Recipients Aged 75+	
	45–54	55–64	65–74	75+	Men	Women	Men	Women
Government transfer payments	7.1	11.3	47.4	75.9	35.4	59.1	70.2	79.1
Investment income	0.3	0.8	2.1	3.7	4.3	0.0	4.9	3.0
Other income (e.g., private pension, annuities, RRIF)	1.0	12.3	27.1	16.7	28.7	25.6	21.1	14.3
Paid employment (wages/ salaries/self-employment income)	91.6	75.6	23.4	3.7	31.6	15.3	3.7	3.6

Source: Statistics Canada, 2007 Survey of Household Spending.

## Home Ownership

For many Manitobans owning their home is considered one of their largest assets. According to the 2007 Survey of Household Spending, at least 70% of Manitoba homes headed by individuals aged 45 and over are owned (includes those with and without a mortgage) (Table 23). The proportion of homes owned mortgage free increases as age increases. For example, 40% of owned homes headed by persons aged 45 to 54 are owned without a mortgage compared to 94% of owned households headed by those aged 75 and over. However, the proportion of owned homes decreases as age increases; about 30% of Manitoba homes headed by persons aged 75 and over are rented.

**Table 23: Household Tenure in Selected Age Groups of Household Heads, Manitoba, 2007**

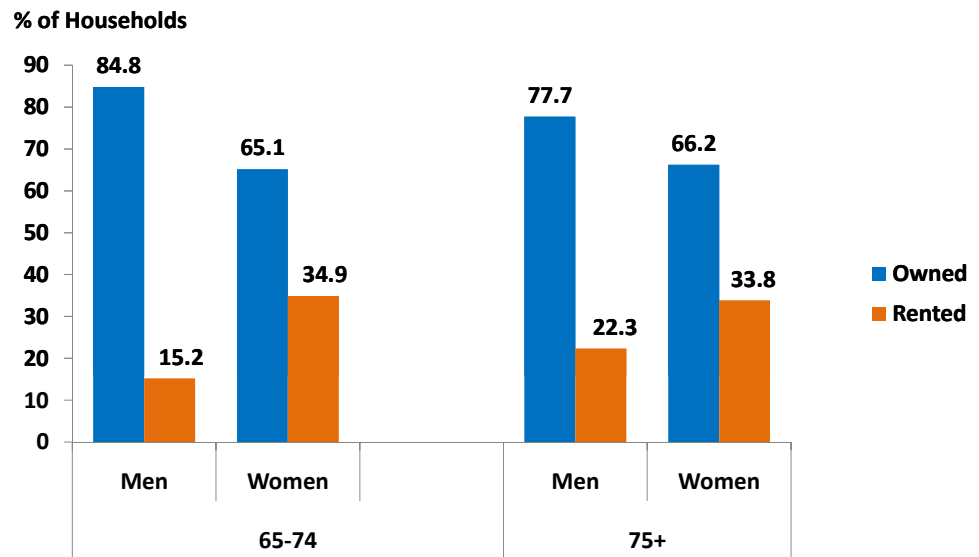
Housing Tenure	% of Household Heads in Age Group			
	45 to 54	55 to 64	65 to 74	75 and over
Owned	78.8	78.7	74.8	70.3
Rented	21.2	21.3	25.2	29.7

Source: Statistics Canada, 2007 Survey of Household Spending.

In Manitoba, senior women are more likely to live in rented homes than senior men. Over two-thirds (34.9%) of households headed by women aged 65 to 74 were rented compared to 15.2% of households headed by men aged 65 to 74 (Figure 30). There was less difference between men and women aged 75 and over, although a larger proportion of female households were rented than male households (33.8% vs. 22.3%).

Furthermore, according to the 2007 Survey of Household Spending, 8% of renters aged 65 and over lived in government subsidized housing. A higher proportion of older women lived in government subsidized housing than older men (9.7% vs. 4.7% respectively). According to the Department of Family Services and Housing, there are approximately 14,700 subsidized housing units that target seniors in Manitoba.

**Figure 30: Household Tenure Among Household Heads Aged 65–74 and Aged 75 and Over by Gender, Manitoba, 2007**



Source: Statistics Canada, 2007 Survey of Household Spending.

## Manitoba Government Assistance Programs

Manitoba has three government assistance programs available to renters: the Manitoba Shelter Benefit, the School Assistance for Tenants 55 Plus programs, and the Rent Supplement Program. The first two programs are not available to renters living in non-profit or subsidized housing for the elderly.

The intent of the Manitoba Shelter Benefit is to help low-income families, seniors, and persons with disabilities meet shelter-related costs in the private rental market.

The maximum monthly benefit increased to \$210 in January 2009. In 2008, 12,061 Manitobans received an average payment of \$148 for the Manitoba Shelter Benefit (Table 24). This compares to 9,018 recipients in 2006.

The number of Manitobans per month who received the Manitoba Shelter Benefit, increased from 9,018 in 2006 to 12,061 in 2008.

**Table 24: Manitoba Shelter Benefit Recipients, Years 2006 to 2008**

Year	Average Number of Recipients Per Month	Average Monthly Benefit Paid (\$)
2006	9,018	106
2007	12,771	110
2008	12,061	148

Source: Government of Manitoba, 2009. Annual Report for the Department of Family Services and Housing.

The School Tax Assistance for Tenants 55 Plus program provides an annual grant of up to \$175 to renters in the private market aged 55 years and over and whose net income is less than \$23,800.

During the year ending March 31, 2009, the School Tax Assistance for Tenants 55 Plus program issued 1,932 cheques with an average annual benefit of \$107. Table 25 provides program information for the past three years.

**Table 25: School Tax Assistance for Tenants 55 Plus Recipients, Years, 2006 to 2008**

Year	Total Applications Received	Total Number of Recipients	Average Annual Benefit Paid (\$)
2006	3,156	2,519	122
2007	3,683	2,077	112
2008	2,189	1,932	107

Source: Government of Manitoba, 2009. Annual Report for the Department of Family Services and Housing.

The Rent Supplement Program is designed to help low-income families, elderly, and special needs households obtain suitable housing in both the private rental section as well as non-profit housing. The provincial government will enter into agreements with owners/operators of rental properties.

Rent Supplement = approved rental rated charged by the landlord — rent geared to income paid by the qualifying tenant

The province pays the owner/operator of the rental properties the monthly rent supplement and the tenant pays their portion of the rent as usual.



In 2008, 1,263 rental units were eligible for the Provincial Rent Supplement Program (Table 26). Housing owners/operators received an average monthly supplement of \$282 from the Rent Supplement Program.

**Table 26: Supplement Program Recipients, Years 2006 to 2008**

Year	Eligible Units Subsidized as at March 31	Average Monthly Supplement Paid (\$)
2006	1,690	266
2007	1,410	255
2008	1,263	282

Source: Government of Manitoba, 2009. Annual Report for the Department of Family Services and Housing.

## How Seniors Spend Their Money

Attention now turns to how do Manitoba seniors spend their money? According to the 2007 Survey of Household Spending, 52% of senior Manitoban households (54,103) were one-person households, while 48% (50,025) were multiple person households. Given the variation in income levels by type of household, it is also important to examine spending patterns by type of household.

*In 2007, Manitobans aged 65 and over living in one-person households had an average annual expenditure of \$26,480*

In 2007, Manitobans aged 65 and over living in one-person households had an average annual expenditure of \$26,480. They spent an average of \$2,730 on personal taxes (10% of their total expenditure) and \$2,960 on gifts of money and contributions to persons outside the household (11% of total expenditure).

Comparatively, Manitobans aged 65 and over living in multiple-person households had an average annual expenditure of \$50,370. They spent an average of \$7,240 on personal taxes (14% of total expenditure) and \$3,535 on gifts of money and contributions to persons outside the household (7% of total expenditure).

## Spending Patterns

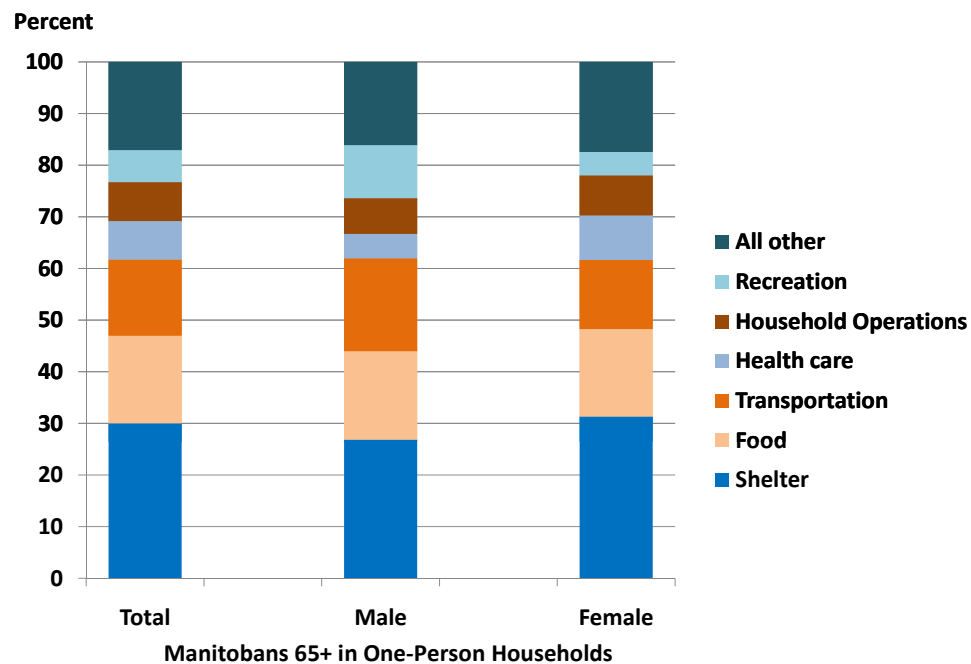
To examine how seniors spend their money across different categories of spending, we examine current consumption patterns.

### One Person Households

Manitobans aged 65 and over living in one-person households spend an average of \$6,140 on shelter costs (30% of their total consumption) (Figure 31). Senior women in one-person households spent a larger proportion of their annual expenditure on shelter than did senior men in one-person households (31% vs. 27%). The next largest categories of spending were for food (17%) and transportation (15%). Transportation costs include those for operating a private vehicle (e.g., loan payment, gas, maintenance) as well as those for public transportation (e.g., bus, taxi). Men and women, aged 65 and over living in one-person households, spent a similar proportion on food. However, senior men spent a larger proportion of their total consumption on transportation than senior women (18% vs. 13%).

**Figure 31: Spending Patterns of Manitobans Aged 65+ in One-Person Households by Gender, Manitoba, 2007**

*Manitobans living in one-person households, who are 65 and over, spend 30% on average (\$6140) on shelter; women spend more on shelter than men*

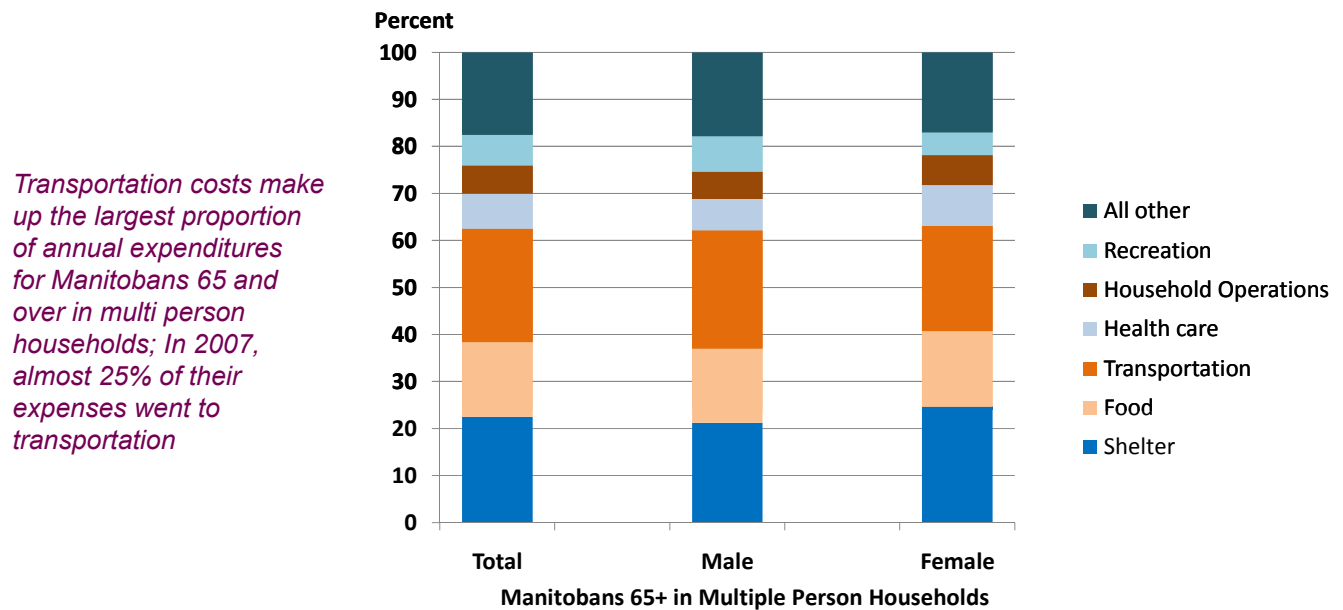


Source: Statistics Canada, 2007 Survey of Household Spending.

## Multiple Person Households

Transportation costs make up the largest proportion of annual expenditures among Manitobans aged 65 and over living in multiple person households (Figure 32). In 2007, almost 25% of their total consumption was spent on transportation; the proportion was slightly higher for men (25% vs. 22%). They spent an average of \$8,570 on shelter costs, about one-fifth of their annual total consumption. There was little difference in the proportion of total annual consumption spent on shelter costs between men and women aged 65 and over living in multiple person households.

**Figure 32: Spending Patterns of Manitobans Aged 65+ in Multiple Person Households by Gender, Manitoba, 2007**



Source: Statistics Canada, 2007 Survey of Household Spending.

## Health Care Costs

Seniors' ability to manage the increasing cost of prescription medications is of major concern. Manitobans aged 65 and over living in one-person households spend an average of \$1,530 on health care, 7.5% of their total annual consumption. Slightly over two-fifths (43%) of these health care expenditures were for prescription medications. The proportion of total annual consumption spent on health care is similar for Manitobans aged 65 and over living in multiple person households (7.4%). However, only about one-third (33%) of health care expenditures for these individuals were for prescription medications.

If a household's shelter costs (these include rent or mortgage plus condo charges, property taxes, water, fuel and electricity) are 30% or more of a household's total income before taxes, then the shelter costs are considered to be 'not affordable'.

## Housing

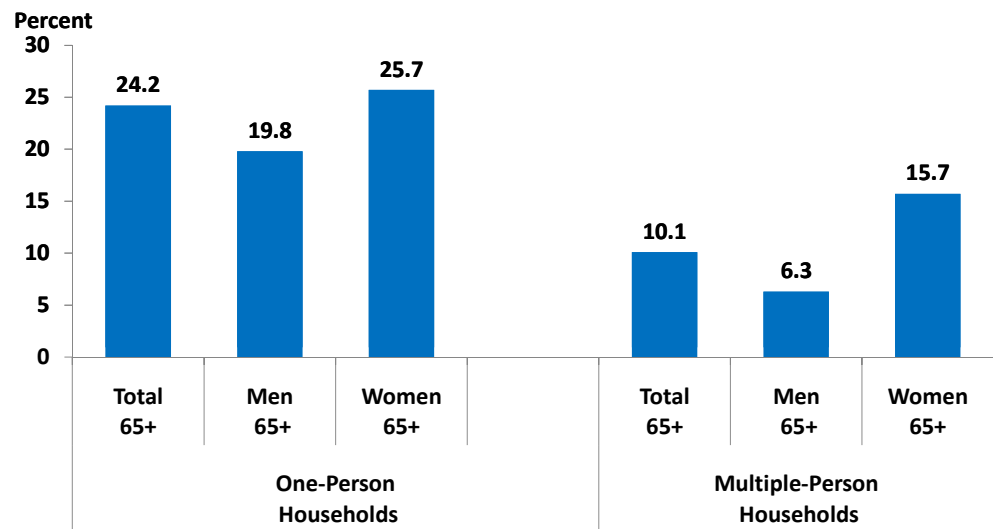
Another concern for older Manitobans is affordable housing. Using data collected in the Survey of Household Spending, Statistics Canada developed a housing affordability indicator for Canada Mortgage and Housing. This indicator uses a shelter cost-to-income ratio to determine if households spend more than an accepted amount on shelter; expenditures of 30% or more are considered above the norm.

According to the 2007 Survey of Household Spending, almost one-quarter of Manitobans aged 65 and over living in one-person households had housing costs that are considered 'not affordable', i.e., shelter costs that are 30% or more of their total household income (Figure 33). A greater proportion of senior women living in one-person households had housing costs that were 'not affordable' compared to senior men (25.7% vs. 19.8%). Ten percent of Manitobans aged 65 and over living in multiple-person households had 'not affordable' housing costs. Once again, senior women were more likely to have shelter costs that were 30% or more of their total income than senior men (15.7% vs. 6.3%).

**Figure 33: Percentage of Manitobans Aged 65 and Over Living in One-Person and Multiple Person Households With 'Not Affordable' Housing Costs by Gender, Manitoba, 2007**

*Almost one-quarter of Manitobans aged 65 and over living in one-person households had housing costs that are considered 'not affordable'*

*Ten percent of Manitobans aged 65 and over living in multiple-person households had housing costs that are classified as "not affordable"*



Source: Statistics Canada, 2007 Survey of Household Spending.

## Core Housing Needs

Another measure of safe, affordable and appropriate housing is that of core housing need.

Core housing need is defined in terms of those individuals currently residing in housing that is either in need of major repair, does not have enough bedrooms for the size and makeup of the household, or costs 30 percent or more of their total income, and who are unable to rent an alternative housing unit that meets these standards without paying 30 percent or more of their income.

According to data from Canada Mortgage and Housing Corporation, there were 9,640 senior households in core housing need in 2006 (Table 27).

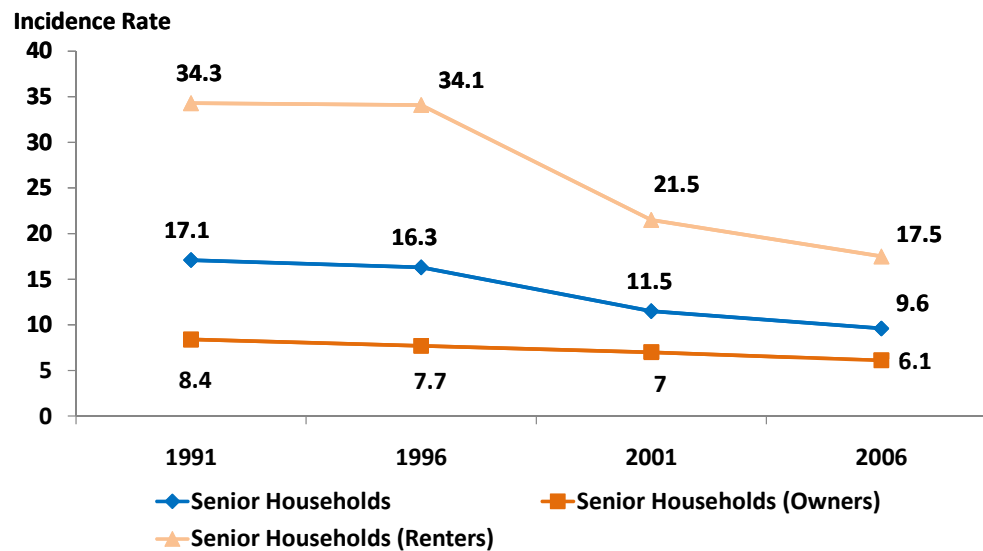
**Table 27: Manitoba Senior Households in Core Housing Need, 2006**

Household Data	Household Count	Average Household Income	Average Shelter Cost	Average Shelter To Income Ratio
Households in core housing need	9,640	\$17,606	\$546	40.2
Owners in core housing need	4,250	\$19,998	\$533	35.6
Renters in core housing need	5,390	\$15,718	\$557	43.8

Source: Canada Mortgage and Housing Corporation (CMHC), 2006.

Renters were more likely to be in a situation of core housing need than those owning their homes. The incidence rate of senior households in core housing need has steadily decreased since 1991 (Figure 34).

**Figure 34: Incident Rate of Senior Households in Core Housing Need, Manitoba, 1991–2006.**



Source: Canada Mortgage and Housing (CMHC), 2006

## Full Data Sources for Charts and Tables

Table 16 and Figure 28: Statistics Canada (May 1, 2008). Total Income Groups (23), in Constant (2005) Dollars, Age Groups (7A), Highest Certificate, Diploma or Degree (5) and Sex (3) for the Population 15 Years and Over of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2000 and 2005 – 20% Sample Data (table). Topic-based Tabulation 2006 Census of Canada, Catalogue number 97-563-XCB2006005.

Table 17: Statistics Canada. (June 26, 2008). Total Income Groups (21) in Constant (2005) Dollars, Age Groups (5A), Household Living Arrangements (3), Work Activity in the Reference Year (3) and Sex (3) for the Persons 15 Years and Over not in the Economic Families in Private Households of Canada, Provinces and Territories, 2000 and 2005 - 20% Sample Data Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-563-XCB2006026.

Statistics Canada. (September 30, 2008). Household Income Groups (24) in Constant (2005) Dollars and Household Type and Number of Persons 65 Years and Over (15) for the Private Households of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2000 and 2005 - 20% Sample Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-563-XCB2006047.

Figure 29: Statistics Canada. (June 26, 2008). Total Income Groups (21) in Constant (2005) Dollars, Age Groups (5A), Household Living Arrangements (3), Work Activity in the Reference Year (3) and Sex (3) for the Persons 15 Years and Over not in the Economic Families in Private Households of Canada, Provinces and Territories, 2000 and 2005 - 20% Sample Data Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-563-XCB2006026.

Table 18: Statistics Canada. (May 1, 2008). Income Status Before Tax and Income Status After Tax (8) and Economic Family Status and Age Groups (80) for the Persons in Private Households in Canada, Provinces, Census Metropolitan Areas and Census Agglomerations, 2005 – 20% Sample Data (table). Topic based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-563-XCB2006029.

Statistics Canada. (June 26, 2008). Income Status Before Tax and Income Status After Tax (8), Economic Family Structure and Presence of Children for the Economic Families; Sex, Household Living Arrangements and Age Groups for the Persons 15 Years and Over not in Economic Families; and sex and Age Groups for the Persons in Private Households (88) of Canada, Provinces, Census Metropolitan Areas and Census Agglomerations, 2005 – 20% Sample Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-563-XCB2006028.

Table 19: Data for this table was extracted from the Government of Manitoba's Annual Report for the Department of Family Services and Housing, Fiscal Year Ending March 31, 2009. Retrieved December 2, 2009 from: [www.gov.mb.ca/fs/about/annual\\_reports/2008-09/FSH\\_Annual\\_Report\\_08\\_09\\_en.pdf](http://www.gov.mb.ca/fs/about/annual_reports/2008-09/FSH_Annual_Report_08_09_en.pdf)

Table 20: Human Resources and Social Development Canada (October, 2008). Statistical Bulletin, Canada Pension Plan and Old Age Security, Tables 26 and 31.

Human Resources and Social Development Canada (2008). The CPP & OAS Stats Book 2008: Statistics Related to Canada Pension Plan and Old Age Security Programs, Table 41.AB, p. 111.

Table 21: Statistics Canada (May 5, 2008). Income of individuals, by sex, age group and income source, 2006 constant dollars, Canada, provinces and select CMAs. 2006 Census of Canada. Table 202-0407. Catalogue number 13F0022XIE.

Tables 22, 23, and Figure 30: Statistics Canada, 2007 Survey of Household Spending, Public Use Microdata File.

Tables 24, 25, 26: Data for these tables was extracted from the Government of Manitoba's Annual Report for the Department of Family Services and Housing, Fiscal Year Ending March 31, 2009. Retrieved December 2, 2009 from: [www.gov.mb.ca/fs/about/annual\\_reports/2008-09/FSH\\_Annual\\_Report\\_08\\_09\\_en.pdf](http://www.gov.mb.ca/fs/about/annual_reports/2008-09/FSH_Annual_Report_08_09_en.pdf)

Figures 31, 32, 33: Statistics Canada, 2007 Survey of Household Spending, Public Use Microdata File.



# Section 6: Social Connections and Leisure Activity

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# 6

## Spotlight



- ▲ 16.4% of Manitobans aged 65 to 74 were widowed compared to 38.3% of individuals aged 75 to 84, and 65.1% aged 85 and over.
- ▲ In 2006, 65.6% of Manitobans living in private homes lived with family, while 33.4% lived alone.
- ▲ 20% of men aged 65 and over lived alone while 44% of women in this same age group lived alone.
- ▲ Over one-third (36%) of Manitobans aged 65 and over saw their relatives at least weekly (includes daily and a few times a week), one-half of older Manitobans communicated with their relatives at least weekly, and women 65 and over were more likely to than men in the same age group to both see and communicate with their relatives.

## Marital Status

In 2006, over one-half (55.5%) of Manitobans aged 65 and over were married or in a common-law relationship; approximately a third (31.6%) were widowed (Table 28). Men aged 65 and over were much more likely to be married (73.3%) than women aged 65 and over (42.2%). Conversely, women aged 65 and over were 3.4 times more likely than older men (65 and over) to be widowed (45.3% vs. 13.2%). Within the 65 and over age group, rates of widowhood increased as age increased. Specifically, 16.4% of Manitobans aged 65 to 74 were widowed compared to 38.3% of individuals aged 75 to 84, and 65.1% aged 85 and over.

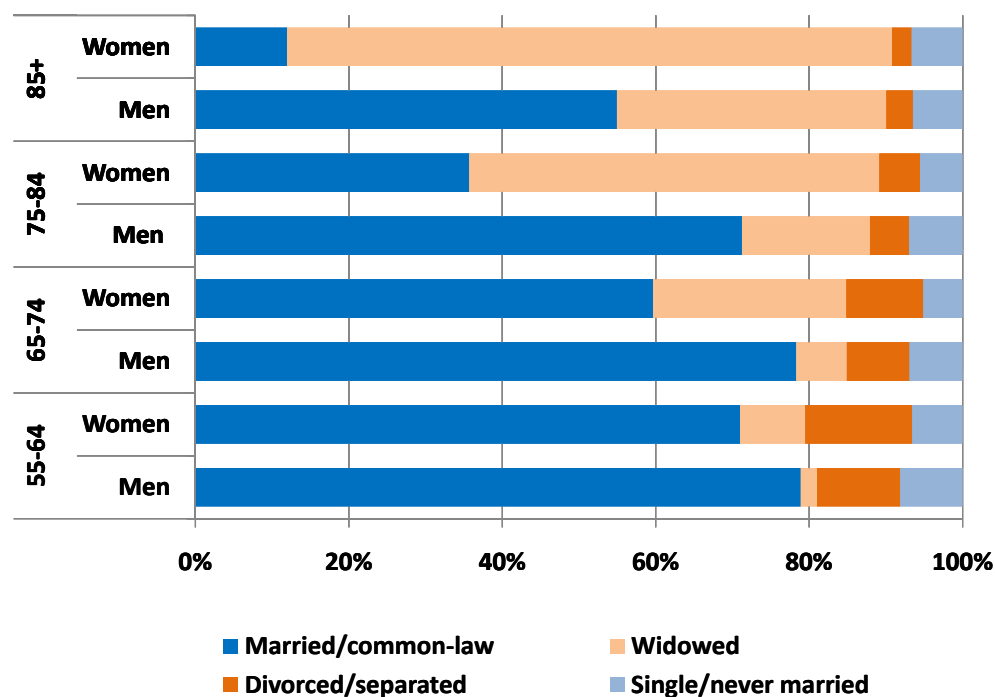
**Table 28: Marital Status, Population Aged 65+ by Gender, and in Selected Age Groups, Manitoba, 2006**

Marital Status	% of Population Aged 65+			% of Age Group			
	Total	Men	Women	55-64	65-74	75-84	85+
Married/common-law	55.5	73.3	42.2	74.9	68.5	50.3	25.5
Widowed	31.6	13.2	45.3	5.4	16.4	38.3	65.1
Divorced/separated	6.8	6.6	6.9	12.4	9.1	5.2	2.8
Single/never married	6.1	6.9	5.5	7.3	6.0	6.1	6.6

Source: Statistics Canada, 2006 Census of Canada.

Among the 55 to 64 age group there is little difference in marital status between men and women. The majority of both men (78.9%) and women (71.0%) in this age group were married; less than 10% of either men or women were widowed (Figure 35). However, as noted earlier, as one ages, the likelihood of widowhood increases. Women aged 85 and over were the most likely to be widowed (78.9%); 35.1% of men aged 85 and over were widowed. On the other hand, over 50% of men aged 85 and over were married compared to 12% of women in this age group who were married.

**Figure 35: Marital Status, Population in Selected Age Groups by Gender, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

## Living Arrangements

According to Manitoba Health data, 12.2% of Manitobans aged 75 and over lived in personal care homes (institutional setting) in 2007 (discussed in Section 11). In other words, the majority (87.8%) of Manitobans aged 75 and over lived in their own homes/apartments (referred from here as homes).

The type of living arrangement for seniors residing in private homes, whether they live alone, with a spouse or with extended family members, can have an impact on support and care in times of need (e.g., sickness, long-term health problem). Data from the 2006 Census shows that 65.6% of Manitobans living in private homes lived with family, while 33.4% lived alone (Table 29). Among those aged 65 and over, about three-quarters of men (74.5%) lived with a spouse compared to 43.8% of women.

**Table 29: Household Living Arrangements for Population Living in Private Homes Aged 65+ by Gender, and in Selected Age Groups, Manitoba, 2006**

Household Living Arrangements	% of Population Aged 65+			% of Age Groups		
	Total	Men	Women	55–64	65–74	75+
Spouse/Common-Law	57.3	74.5	43.8	75.4	68.7	45.2
Lone Parent <sup>1</sup>	4.7	1.9	6.8	4.2	3.6	5.8
Other Family <sup>2</sup>	3.6	2.4	4.6	3.2	3.1	3.2
Alone	33.4	19.9	43.9	15.7	23.3	44.0
Non-Family <sup>3</sup>	1.0	1.3	0.9	1.5	1.2	0.9

<sup>1</sup> Lone parent refers to households consisting of a mother or a father, with no spouse or common-law partner present, living in a dwelling with one or more children.

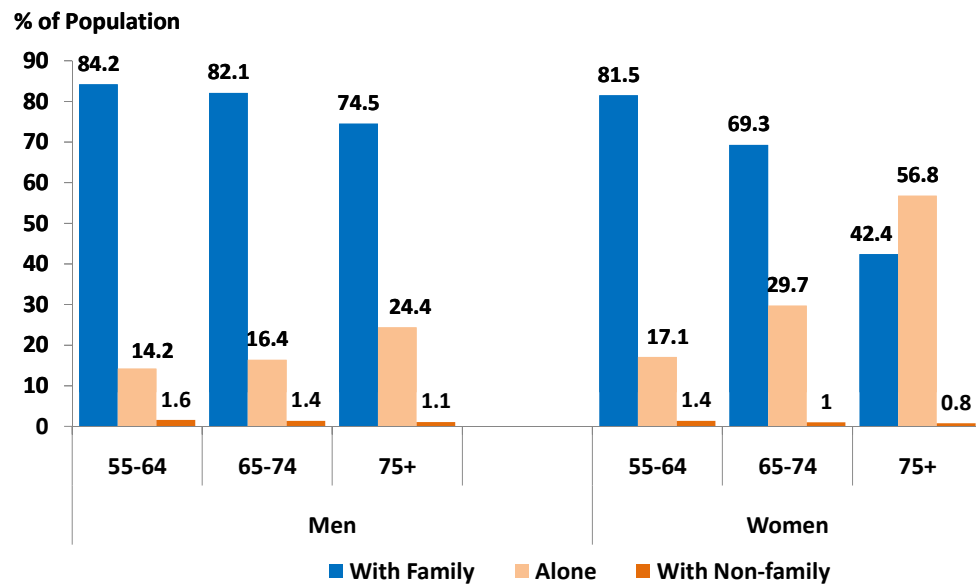
<sup>2</sup> Family refers to children living in the same household as their parents as well as grandchildren in households where there are no parents present. It also includes individuals in non-census families living with relatives (e.g., sisters).

<sup>3</sup> Non-family includes both individuals in census and non-census families living with non-relatives (e.g., brother-in-law, friend).

Source: Statistics Canada, 2006 Census of Canada.

A large gap was found between the number of men and women aged 65 and over who lived alone; 20% of men in this age group lived alone while 44% of women lived alone. This trend continues in the 75 and over age category where more than half of all women (56.8%) were living alone compared to only one-quarter (24.4%) of men (Figure 36). However, it should be noted that increasing age is associated with living alone for both men and women.

**Figure 36: Household Living Arrangements for Population Living in Private Homes, Selected Age Groups by Gender, Manitoba, 2006**

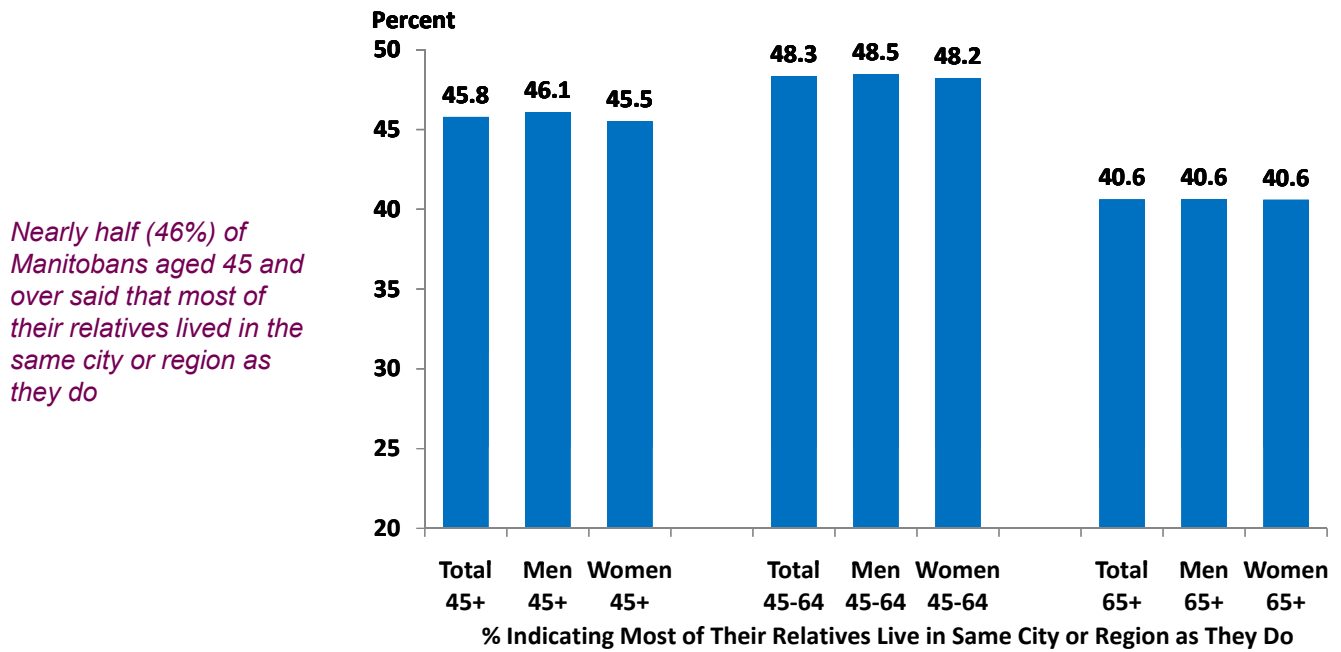


Source: Statistics Canada, 2006 Census of Canada.

## Social Networks

Having social contact with family and friends is important to the general well-being of everyone including seniors. Respondents in the 2007 General Social Survey were asked about their contact with relatives and friends. Nearly half (46%) of Manitobans aged 45 and over said that most of their relatives lived in the same city or region as they do (Figure 37). Younger Manitobans were slightly more likely to indicate relatives living in the same city than those aged 65 and over (48% vs. 41%). Little difference was found between women and men in any age group.

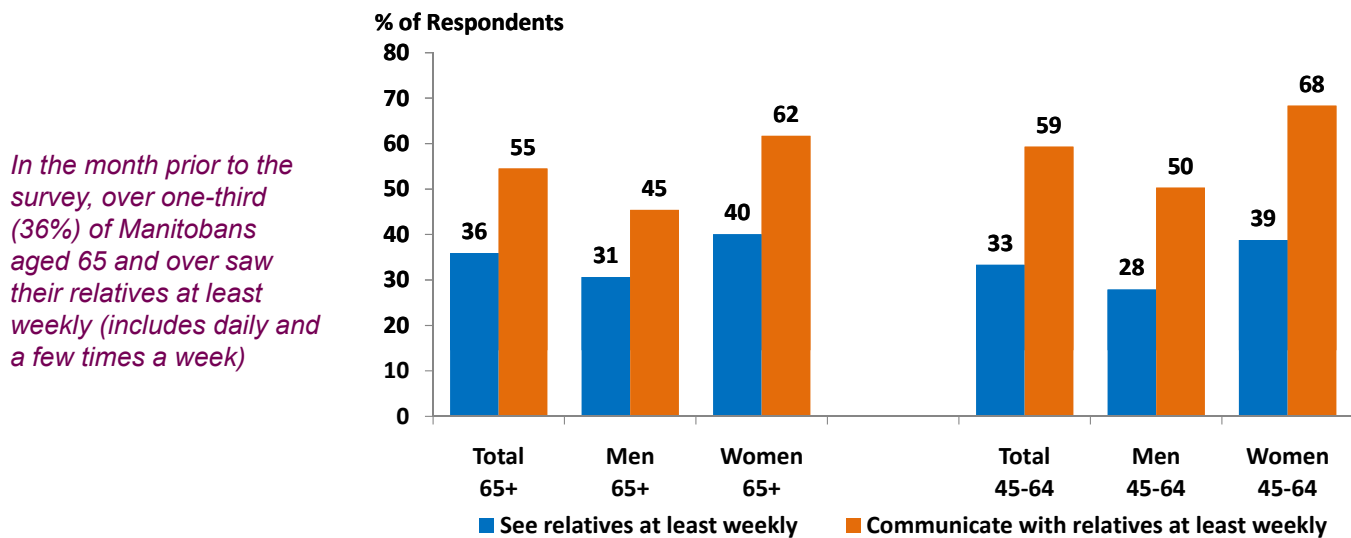
**Figure 37: Proportion of Individuals Reporting that Most of Their Relatives Live in the Same City or Region in Selected Age Groups by Gender, Manitoba, 2007**



Source: Statistics Canada, 2007 General Social Survey.

Individuals were also asked how often they saw their relatives and how often they communicated with their relatives whether by telephone, Internet, email, fax, or letter. In the month prior to the survey, over one-third (36%) of Manitobans aged 65 and over saw their relatives at least weekly (includes daily and a few times a week) (Figure 38). Fully one-half of older Manitobans communicated with their relatives at least weekly. Women 65 and over were more likely to both see and communicate with their relatives than men aged 65 and over. Men aged 45 to 54 were slightly less likely to see their relatives than men aged 65 and over, with little difference shown between women in these two age groups.

**Figure 38: Contact with Relatives At Least Weekly in Selected Age Groups by Gender, Manitoba, 2007**

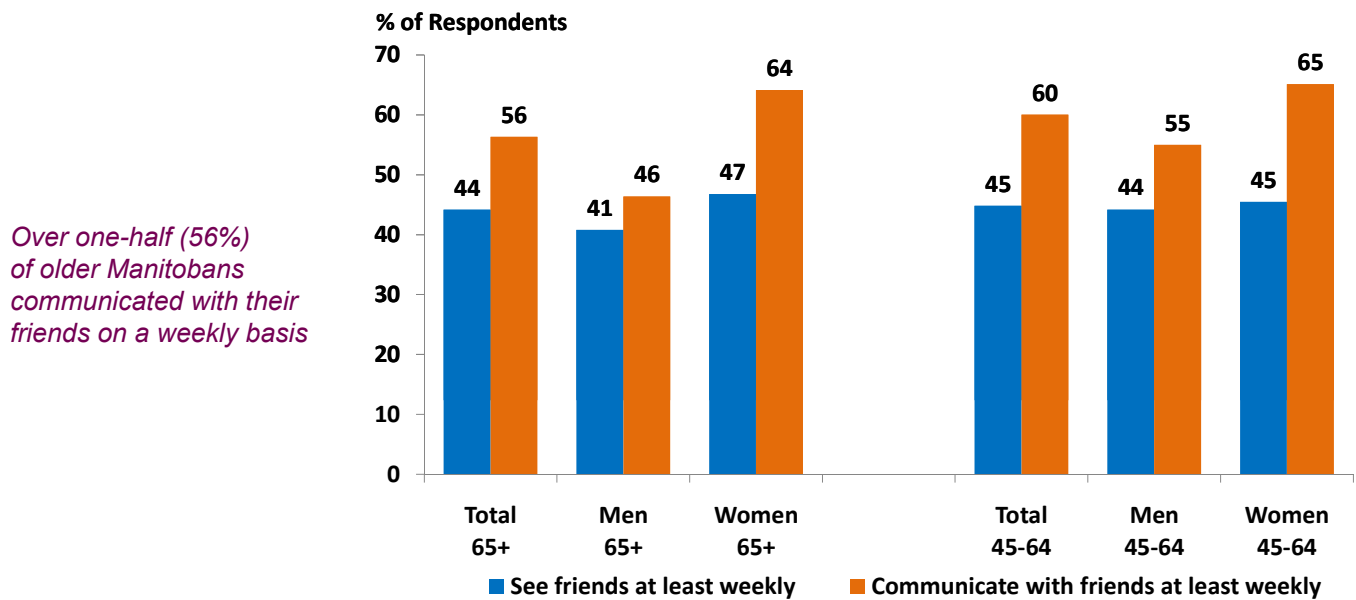


Source: Statistics Canada, 2007 General Social Survey.

Participants in the 2007 General Social Survey were also asked about contact with close friends, that is people they felt at ease with and could talk to about whatever was on their mind. The majority (81%) of Manitobans aged 45 and over said most of their close friends lived in the same city or region. This was virtually the same for those 45 to 64 (82%) and those 65 and over (80%), with no difference between men and women.

Over 40% of Manitobans aged 65 and over reported seeing friends at least weekly in the month prior to the survey (Figure 39). Over one-half (56%) of older Manitobans communicated with their friends on a weekly basis; 46% of men aged 65 and over did so compared to 64% of women aged 65 and over. As with older Manitobans, women aged 45 to 64 were also more likely to see and to communicate with their friends at least weekly compared to men in the same age group.

**Figure 39: Contact with Friends At Least Weekly in Selected Age Groups by Gender, Manitoba, 2007**



Source: Statistics Canada, 2007 General Social Survey.

## Loneliness

The 2007 General Social Survey included six questions that are used as a measure of overall emotional and social loneliness. Slightly over one-third (35.9%) of Manitobans aged 65 and over reported feelings of loneliness (Table 30).

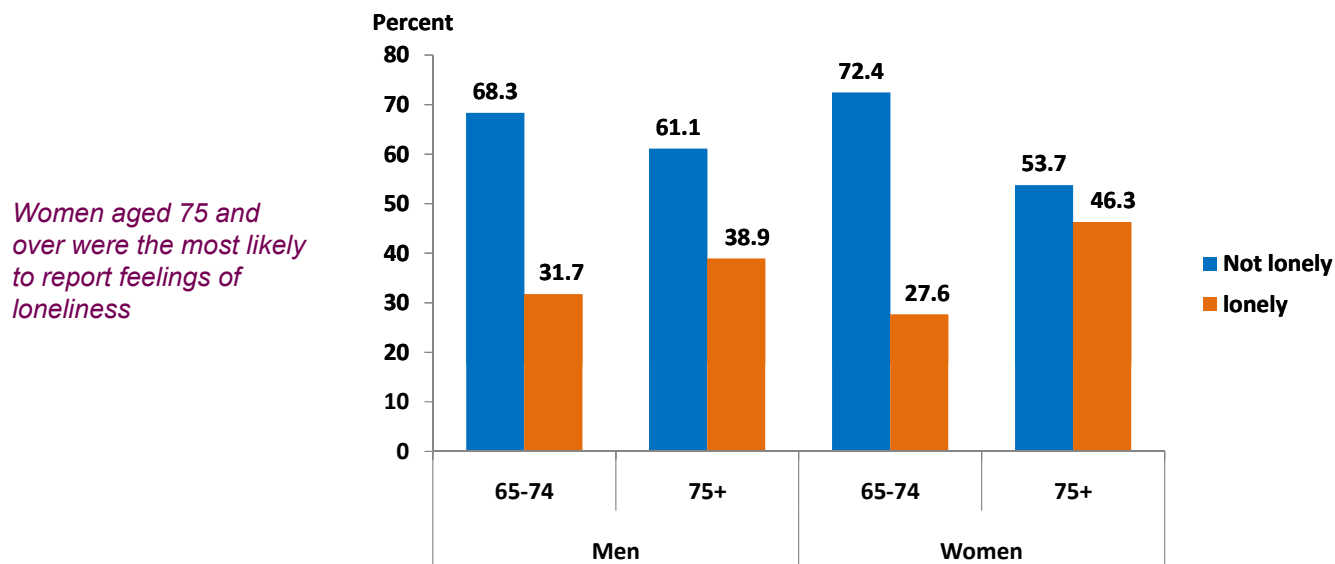
**Table 30: Feelings of Loneliness by Gender and by Age Groups, Manitoba, 2007**

Loneliness	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65–74	75+
Not lonely	64.1	65.2	63.3	70.5	56.7
Lonely	35.9	34.8	36.7	29.5	43.3

Source: Statistics Canada, 2007 General Social Survey.

This was true for both men and women. Increasing age is associated with an increase in the proportion of individuals reporting loneliness. Manitobans age 75 and over were about 1.5 times more likely than those age 65 to 74 to report feelings of loneliness. Women aged 75 and over were the most likely to report feelings of loneliness (46.3%) (Figure 40).

**Figure 40: Feelings of Loneliness by Gender in Selected Age Groups, Manitoba, 2007**



Source: Statistics Canada, General Social Survey, 2007.

### Loneliness Scale Questions

The six questions that comprise the loneliness scale:

- I experience a general sense of emptiness;
- There are plenty of people I can rely on when I have a problem;
- There are many people I can trust completely;
- There are enough people I feel close to;
- I miss having people around; and
- I often feel rejected.

These items are combined into a scale where a score of zero (0) indicates no loneliness and six (6) indicates severe loneliness. These scores are further grouped into not lonely (scores of 0 or 1) and lonely (scores of 6 or more).

Source: Further information on this scale can be found in de Jong Gierveld, J., & van Tilburg, T.G. (2006). A 6-item scale for overall emotional and social loneliness: Confirmatory tests on survey data. *Research on Aging*, 28, 582-598.



## Leisure Activities

In the 2007 Canadian Community Health Survey conducted by Statistics Canada, Canadians were asked about their participation in physical leisure activities (e.g., golfing, walking for exercise) in the three months prior to the survey. According to the 2007 Canadian Community Health Survey, two-thirds of Manitobans (66.8%) participated in walking for exercise (Table 31). This was similar for men and women aged 65 and over. Men aged 65 and over (56.5%) were more likely to participate in gardening/yard work than women aged 65 and over. Individuals between age 55 to 64 and 65 to 74, who walked for exercise, gardened/yard work, and did home exercises showed little difference in participation. Participation in these activities decreased between individuals aged 65 to 74 and aged 75 and over.

**Table 31: Participation in Physical Leisure Activities, Population Aged 65+ by Gender, and Population in Selected Age Groups, Manitoba, 2007**

Activity <sup>1</sup>	% of Population Aged 65+			% of Age Group		
	Total	Men	Women	55–64	65–74	75+
Walking for exercise	66.8	65.3	68.0	72.0	73.1	58.9
Gardening/yard work	43.5	56.5	33.9	58.9	53.3	31.1
Home exercises	28.9	24.5	30.1	30.7	31.2	26.0
Popular/social dance	7.6 <sup>E</sup>	F	9.4 <sup>E</sup>	11.3	10.4 <sup>E</sup>	F
Swimming	6.9 <sup>E</sup>	F	8.0 <sup>E</sup>	11.1	10.1 <sup>E</sup>	F
Bicycling	8.5	12.6 <sup>E</sup>	5.4 <sup>E</sup>	15.5	12.5 <sup>E</sup>	F
Golfing	7.5 <sup>E</sup>	13.0 <sup>E</sup>	F	14.3	1.1 <sup>E</sup>	F
Exercise class/ aerobics	5.5 <sup>E</sup>	F	7.6 <sup>E</sup>	7.8 <sup>E</sup>	6.0 <sup>E</sup>	F
Bowling	3.9 <sup>E</sup>	F	F	3.4 <sup>E</sup>	4.6 <sup>E</sup>	F
Fishing	4.7 <sup>E</sup>	9.4 <sup>E</sup>	F	7.0 <sup>E</sup>	6.6 <sup>E</sup>	F

<sup>1</sup> Physical activities asked about but not reported here as percentage participating was too small to report include: ice hockey, ice skating, jogging or running, skiing/snowboarding, baseball or softball, tennis, weight training, volleyball, basketball, and soccer.

<sup>E</sup> Use with caution

<sup>F</sup> To unreliable to publish

Source: Statistics Canada, 2007 Canadian Community Health Survey, Public Use Microdata File.

Over ten percent (13.9%) of Manitobans aged 65 and over had not participated in at least one physical leisure activity

Looking at all the leisure activities together in the past three months, over ten percent (13.9%) of Manitobans aged 65 and over had not participated in at least one physical leisure activity. A greater proportion of older women (17.2%) had not participated in any leisure physical activities compared to older men (9.6%). One-fifth (21.4%) of individuals aged 75 and over had not participated in any physical leisure activities.

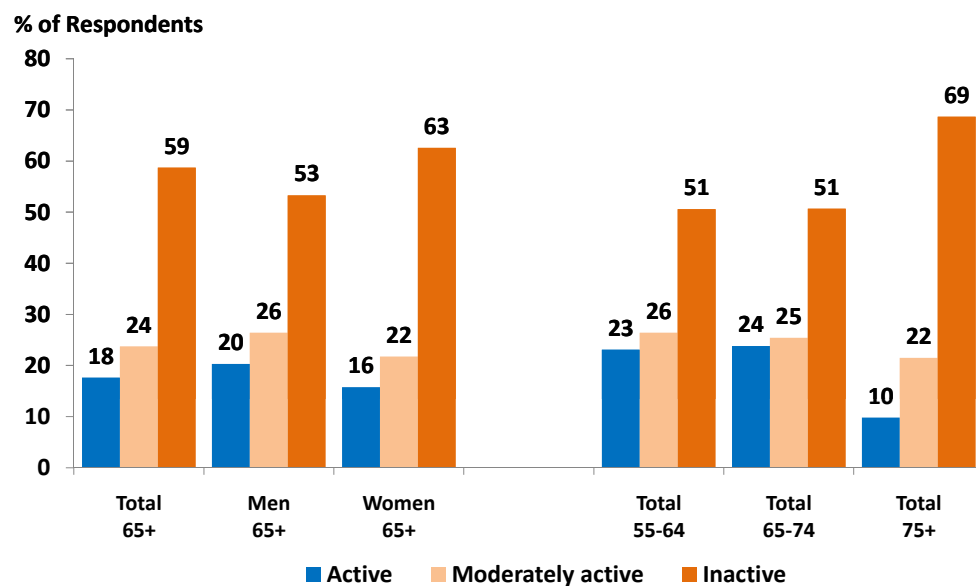
The physical activity index can be calculated by using the number of times an individual participates in an activity and the duration of participation. The index scores are then grouped into ‘active’, ‘moderately active,’ and ‘inactive’.

Based on the leisure physical activity index (Figure 41), over one-half of Manitobans (59%) aged 65 and over were considered inactive and of note, 51% of Manitobans aged 55 to 64 were also considered inactive. Women aged 65 and over were more likely to be inactive than men aged 65 and over (63% vs. 53%). The likelihood of inactivity increased with age ranging from 51% of those 55 to 64, to 69% of those 75 and over.

**Figure 41: Leisure Physical Activities Index, Population Aged 65+ by Gender, and Population in Selected Age Groups, Manitoba, 2007**

Based on the leisure physical activity index, over one half of Manitobans (59%) aged 65 and over were considered inactive

51% of Manitobans aged 55 to 64 were also considered inactive



Source: Statistics Canada, 2007 Canadian Community Health Survey, Public Use Microdata File.

## Full Data Sources for Charts and Tables

Table 28 and Figure 35: Statistics Canada. 2008. Legal Marital Status (6), Common-law Status (3), Age Groups (17) and Sex (3) for the Population 15 Years and Over of Canada, Provinces, Territories and Federal Electoral Districts (2003 Representation Order), 2006 Census – 100% Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-552-XCB2006010. Ottawa. Released February 19, 2008.

Table 29 and Figure 36: Statistics Canada. 2007. Census Family Status (6), Age Groups (20) and Sex (3) for the Population in Private Households of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2006 Census – 20% Sample Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-553-XCB2006014. Ottawa. Released September 12, 2007.

Statistics Canada. 2007. Household Living Arrangements (11), Age Groups (20) and Sex (3) for the Population in Private Households of Canada, Provinces, Territories, Census Metropolitan Areas and Census Agglomerations, 2006 Census – 20% Sample Data (table). Topic-based tabulation. 2006 Census of Population. Statistics Canada catalogue no. 97-553-XCB2006018. Ottawa. Released September 12, 2007.

Figures 37, 38, 39: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata File.

Table 30 and Figure 40: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata File.

Table 31 and Figure 41: Statistics Canada. Canadian Community Health Survey, 2007, Public Use Microdata File.



# Section 7: Support and Caring

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# 7

## Spotlight



- ▲ About one-quarter of Manitobans aged 65 and over required help from another person with at least one daily activity.
- ▲ Manitobans aged 75 and over were the most likely to have received care (23%). Women aged 75 and over (27.3%) were two times more likely than men to receive care.
- ▲ Almost three-quarters (73%) of Manitobans providing care to seniors (caregivers) were between the ages of 45 and 64 years of age.

This section focuses primarily on care that is provided to seniors by family or friends, informal caregivers, as opposed to care provided by the formal health care system as discussed in Section 11. Before turning to the discussion of care giving to seniors, we first discuss the type of assistance seniors may require followed by a brief description of Manitobans aged 45 and over who receive care (care receivers).

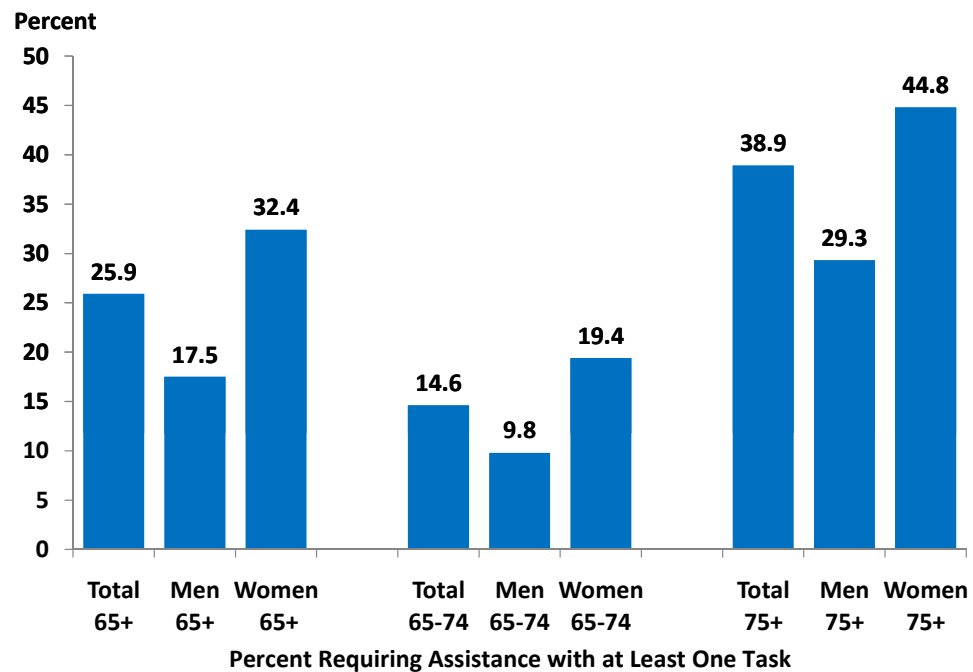
## Seniors Requiring Assistance

According to the 2007 Canadian Community Health Survey, about one-quarter of Manitobans aged 65 and over required help from another person with at least one daily activity (includes preparing meals; getting to appointments and running errands such as shopping for groceries; doing everyday housework; personal care such as washing, dressing, eating, taking medications; moving about inside the house; or looking after personal finances such as making bank transactions or paying bills).

Women age 65 and over were much more likely than men to require assistance (32.4% vs. 17.5%) (Figure 42). Increasing age was associated with a greater likelihood of requiring assistance with activities of daily living. This was true for both men and women.

In terms of specific tasks, 18.8% of Manitobans aged 65 and over required assistance with getting to appointments and running errands such as shopping for groceries. This was followed by doing housework; 16.8% required assistance.

**Figure 42: Assistance Required with at Least One Task by Age Groups and Gender, Manitoba, 2007**



Source: Statistics Canada, Canadian Community Health Survey, 2007.

## Care Receivers

The 2007 General Social Survey defines care receivers as *those individuals aged 45 and over who reported receiving assistance from either paid (e.g., homecare) or unpaid sources (e.g., family or friends) during the past 12 months for a long-term health condition or physical limitation.*

Ten percent of Manitobans aged 45 and over received care (both paid and unpaid) in the past 12 months. (Table 32). Manitobans aged 75 and over were the most likely to have received care (23%). Women aged 75 and over (27.3%) were two times more likely than men aged 75 and over (13.3%) to be receiving care.

**Table 32: Percentage of Population Receiving Care in Selected Age Groups and by Gender, Manitoba, 2007**

Age Groups	Total Population (thousands)	% of Total Population Receiving Care	Total Male Population (thousands)	% of Male Population Receiving Care	Total Female Population (thousands)	% of Female Population Receiving Care
45 to 54	175	6.9 <sup>E</sup>	88	F	87	F
55 to 64	130	8.5 <sup>E</sup>	64	10.9 <sup>E</sup>	65	6.2 <sup>E</sup>
65 to 74	77	9.1 <sup>E</sup>	36	8.3 <sup>E</sup>	40	7.5 <sup>E</sup>
75 and over	74	23.0	30	13.3	44	27.3
<b>Total 45 and over</b>	<b>455</b>	<b>10.2</b>	<b>218</b>	<b>8.7</b>	<b>237</b>	<b>11.4</b>

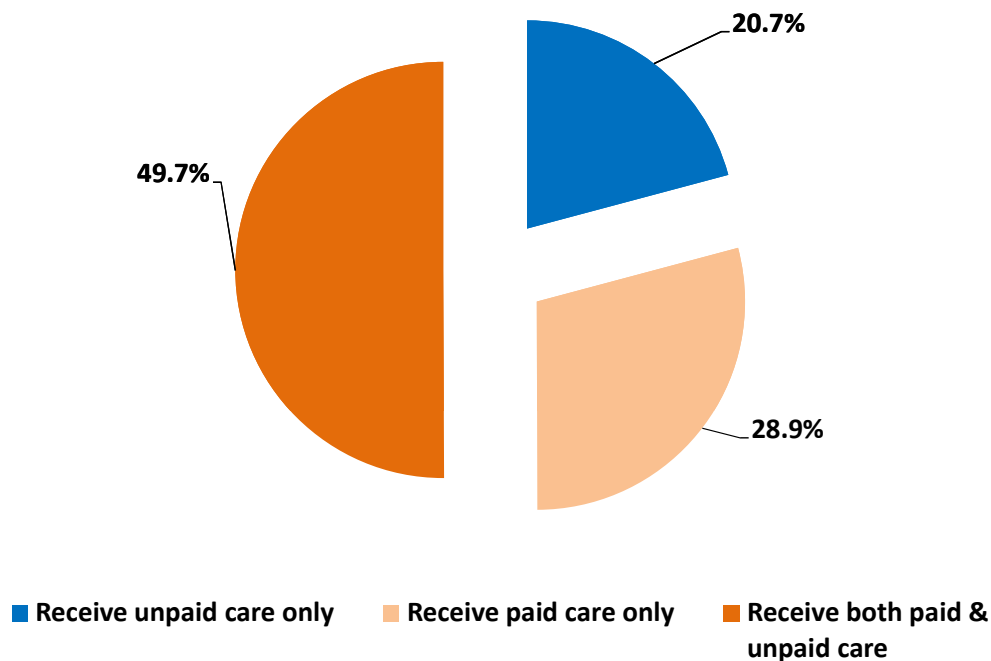
<sup>E</sup> Use with caution

<sup>F</sup> Too unreliable to publish

Source: Statistics Canada, 2007 General Social Survey.

Among Manitobans aged 65 and over receiving care in the past 12 months, 21% received unpaid care only, 29% received paid care only, and 50% received both paid and unpaid care (Figure 43).

**Figure 43: Type of Care Received Among Manitobans Aged 65 and over Receiving Care, Manitoba, 2007**



Source: Statistics Canada, 2007 General Social Survey.

## Caregiving to Seniors

The 2007 General Social Survey also asked respondents about assistance they provided. Specifically, Canadians aged 45 and over were asked: “*During the past 12 months, did you provide any assistance to an individual because of a long-term health condition or physical limitation?*” This allows us to examine the profile of informal caregivers who provide assistance to individuals aged 65 and over.



In 2007, about one-fifth (22%) of Manitobans aged 45 and over reported providing assistance to a senior who required assistance due to a long-term health condition or physical limitation. Almost three-quarters (73%) of Manitobans providing care to seniors (caregivers) were between the ages of 45 and 64 years of age (Table 33). Sixty-five percent of those not providing care to seniors (non-caregivers) were in this age range; almost six in ten caregivers were women (56%). The majority (71%) of caregivers were married and over half (56%) were working in the paid labour force.

**Table 33: Profile of Caregivers and Non-caregivers Aged 45 and Over, Manitoba, 2007**

Characteristic	% of Caregivers Aged 45+	% of Non-caregivers Aged 45+
<b>Age</b>		
45 to 54	43	37
55 to 64	30	28
65 to 74	15	17
75 and over	11 <sup>E</sup>	18
<b>Sex</b>		
Men	44	49
Women	56	51
<b>Marital Status</b>		
Married	71	66
Widowed	11 <sup>E</sup>	13
Single/separated/ divorced	18	21
<b>Work Status</b>		
Working at paid job	56	54
Retired	35	38
Other	9 <sup>E</sup>	9

*In 2007, about one-fifth (22%) of Manitobans aged 45 and over reported providing assistance to a senior who required assistance due to a long-term health condition or physical limitation*

<sup>E</sup> Use with Caution

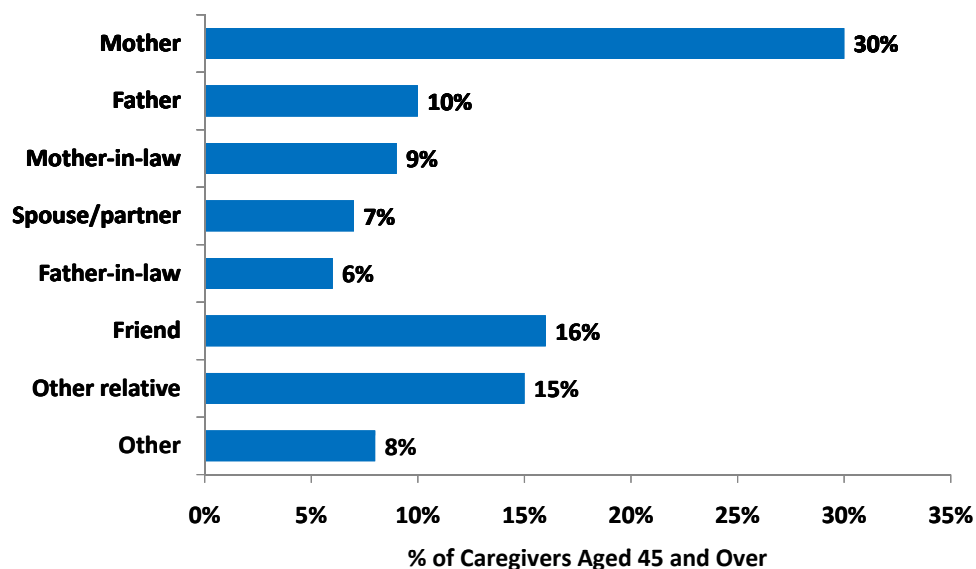
Source: Statistics Canada, 2007 General Social Survey.

Caregivers most often reported caring for their mothers (30%) or fathers (10%). In total, 55% of caregivers are caring for a parent or parent-in-law (Figure 44). Only 7% of caregivers reported caring for their spouse. Previous research (Keating, Fast, Cranswick, Frederick, and Perrier, 1999)<sup>1</sup> has suggested that spouses may underreport the care they provide as many tasks in the couple relationship (e.g., preparing meals, housework, cutting grass) are a regular part of their daily routine. Noteworthy, is that 16% of caregivers indicated that they provide care to a friend.

**Figure 44: Relationship of Senior (Care Receiver) to Caregiver, Manitoba, 2007**

*55% of caregivers are caring for a parent or parent-in-law, only 7% of caregivers reported caring for their spouse*

*16% of caregivers indicated that they provide care to a friend*



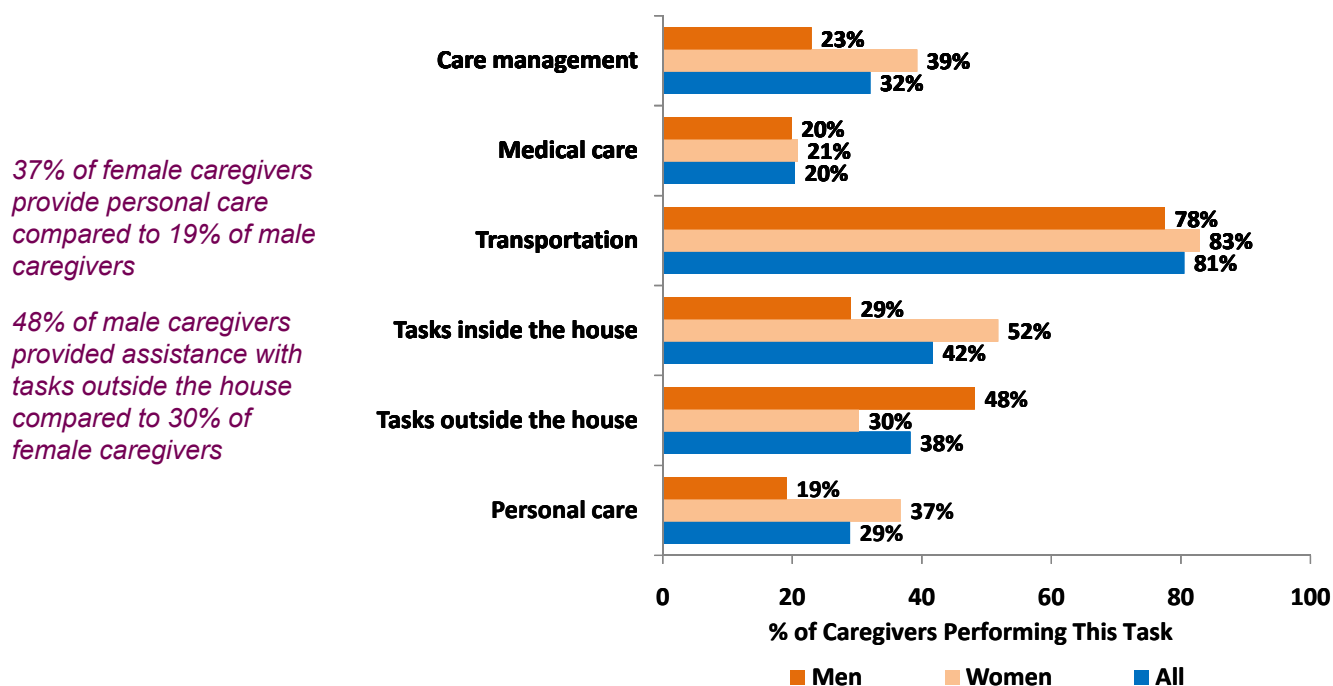
Source: Statistics Canada, 2007 General Social Survey.

<sup>1</sup> Keating, N., Fast, J., Cranswick, K., Frederick, J., and Perrier, C. (1999). Elder Care in Canada: Context, Content and Consequences. Statistics Canada, Catalogue no. 89-570-XPE.

Caregivers can perform a variety of tasks. In the 2007 General Social Survey, caregivers were asked about assistance with the following tasks: transportation and/or banking or paying bills; tasks inside the house (e.g., meal preparation, house cleaning, laundry); tasks outside the house (e.g., house maintenance, grass cutting); personal care (e.g., bathing, dressing, toileting); medical care (e.g., giving injections, changing bandages, giving medications); and care management (e.g., managing finances, making appointments, negotiating provision of services).

The performance of caregiving tasks continues to vary by gender of the caregiver. For example, 37% of female caregivers provide personal care compared to 19% of male caregivers (Figure 45). Female caregivers are also more likely to do regular tasks inside the house such as meal preparation, cleaning and laundry than male caregivers (52% vs. 29%). On the other hand, 48% of male caregivers provided assistance with tasks outside the house compared to 30% of female caregivers. There is little difference between male and female caregivers when it comes to assistance with medical care or transportation.

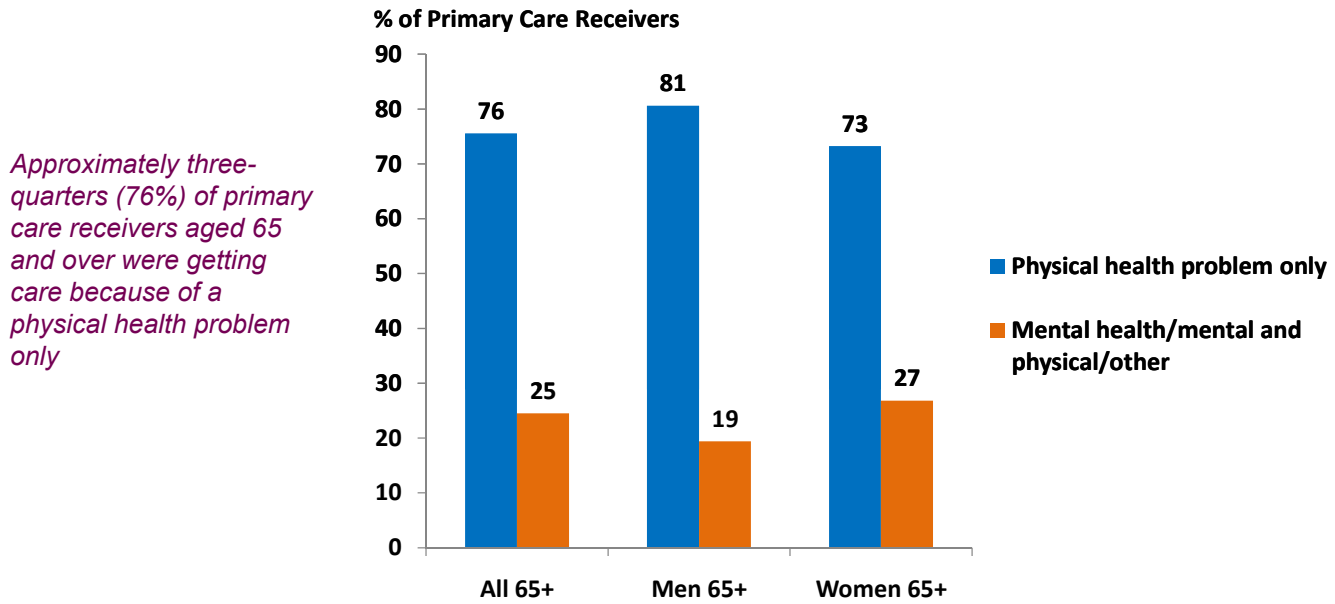
**Figure 45: Proportion of Caregivers Performing Specific Tasks by Gender, Manitoba, 2007**



Source: Statistics Canada, 2007 General Social Survey.

Approximately three-quarters (76%) of primary care receivers aged 65 and over were getting care because of a physical health problem only (Figure 46). A larger proportion of male care receivers were getting care due to a physical health problem only compared to female care receivers (81% vs. 73%).

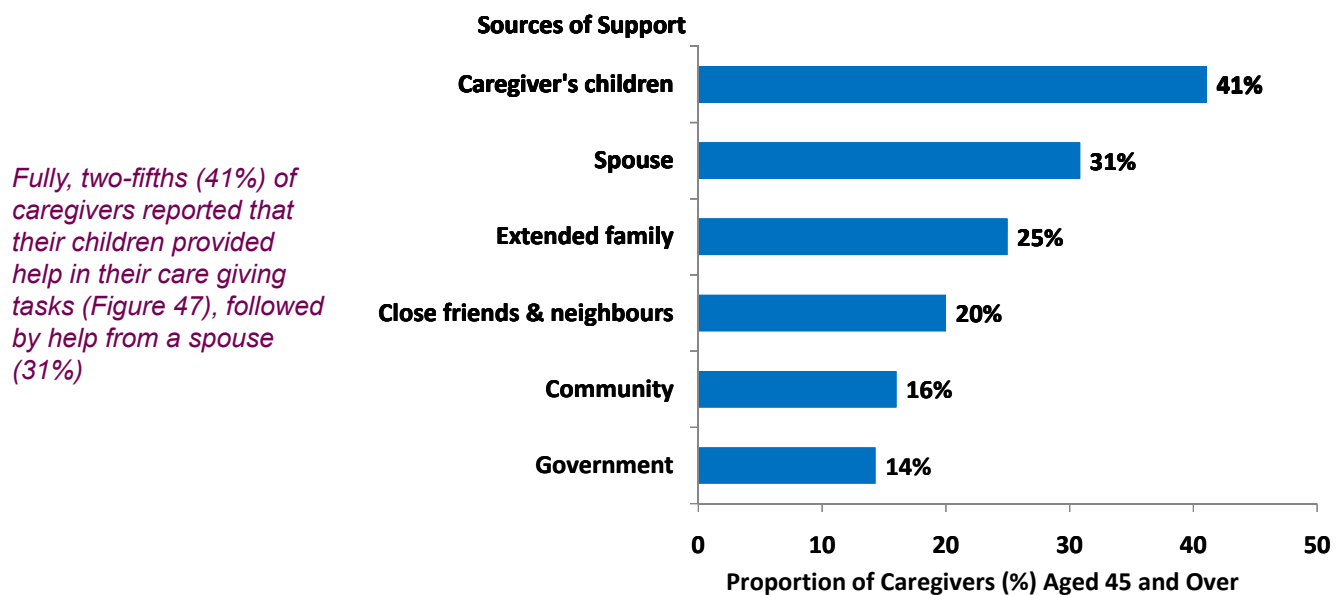
**Figure 46: Reason Primary Care Receiver Getting Care by Gender of Care Receiver, Manitoba, 2007**



Source: Statistics Canada, 2007 General Social Survey.

In the 2007 General Social Survey, caregivers were asked if they were provided with help to manage their care responsibilities and could report more than one source of support. Fully, two-fifths (41%) of caregivers reported that their children provided help in their care giving tasks (Figure 47), followed by help from a spouse (31%). One in four caregivers received support with their caregiving tasks from extended family. Government support was reported by 14% of caregivers; this could include respite care, home care, or help arranging a senior's move into a care facility.

**Figure 47: Sources of Support Reported by Caregivers Aged 45 and Over, Manitoba, 2007**



Source: Statistics Canada, 2007 General Social Survey.

*Over one-half of both male and female caregivers said they were coping very well, although men (58%) were slightly more likely to report this than women (51%)*

Lastly, caregivers were asked how they felt they were coping with the responsibilities of caring as well as the consequences of providing care. Over one-half of both male and female caregivers said they were coping very well, although men (58%) were slightly more likely to report this than women (51%). Based on the very minimal responses, too few caregivers indicated they were coping not very well or not well at all.

*About one-third (35%) of caregivers aged 45 and over indicated they had spent less time on social activities because of providing assistance to a senior with a long-term health condition or limitation*

About one-third (35%) of caregivers aged 45 and over indicated they had spent less time on social activities because of providing assistance to a senior with a long-term health condition or limitation (Table 34). Female caregivers (40%) were more likely to indicate this than male caregivers (28%). Approximately one-third of caregivers (32%) also mentioned that they had extra expenses as a result of providing care. Caregivers (15%) also reported that their assisting someone has caused their own health to suffer. However, the proportion of men who indicated this was too small to be reliably published. Although all caregivers reported consequences of providing assistance, a higher proportion of female caregivers were experiencing these effects of providing care to an older adult.

**Table 34: Percent of Caregivers Reporting Selected Consequences of Providing Care by Gender, Manitoba, 2007**

<b>Selected Consequences of Providing Informal Care to Seniors</b>	<b>% of Caregivers Aged 45+</b>	<b>% of Male Caregivers Aged 45+</b>	<b>% of Female Caregivers Aged 45+</b>
Less time spent on social activities	35	28	40
Holiday plans cancelled or not made	27	25 <sup>E</sup>	29
Extra expenses	32	27	36
Less time with spouse	22	15 <sup>E</sup>	27
Less time with children	19	10 <sup>E</sup>	25
Health suffers	15	F	21 <sup>E</sup>

<sup>E</sup> Use with caution

<sup>F</sup> Too unreliable to publish

Source: Statistics Canada, 2007 General Social Survey.

# Section 8: Health Status

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# 8

## Spotlight



- ▲ **Almost 40% of Manitobans aged 65 and over describe themselves as being in excellent or very good health. Increasing age is associated with poorer self-reported health status.**
- ▲ **About one-fifth of seniors in Manitoba did not have any diagnosed chronic health conditions such as high blood pressure, arthritis/rheumatism or diabetes.**
- ▲ **More than two-thirds (70%) of Manitobans aged 65 and over reported no cognitive problems or little difficulty in thinking and/or solving day-to-day problems.**
- ▲ **In Manitoba, it was estimated that 7.6% of individuals aged 65 and over met the criteria for dementia; the corresponding estimate for Alzheimer's disease was 5.6%.**

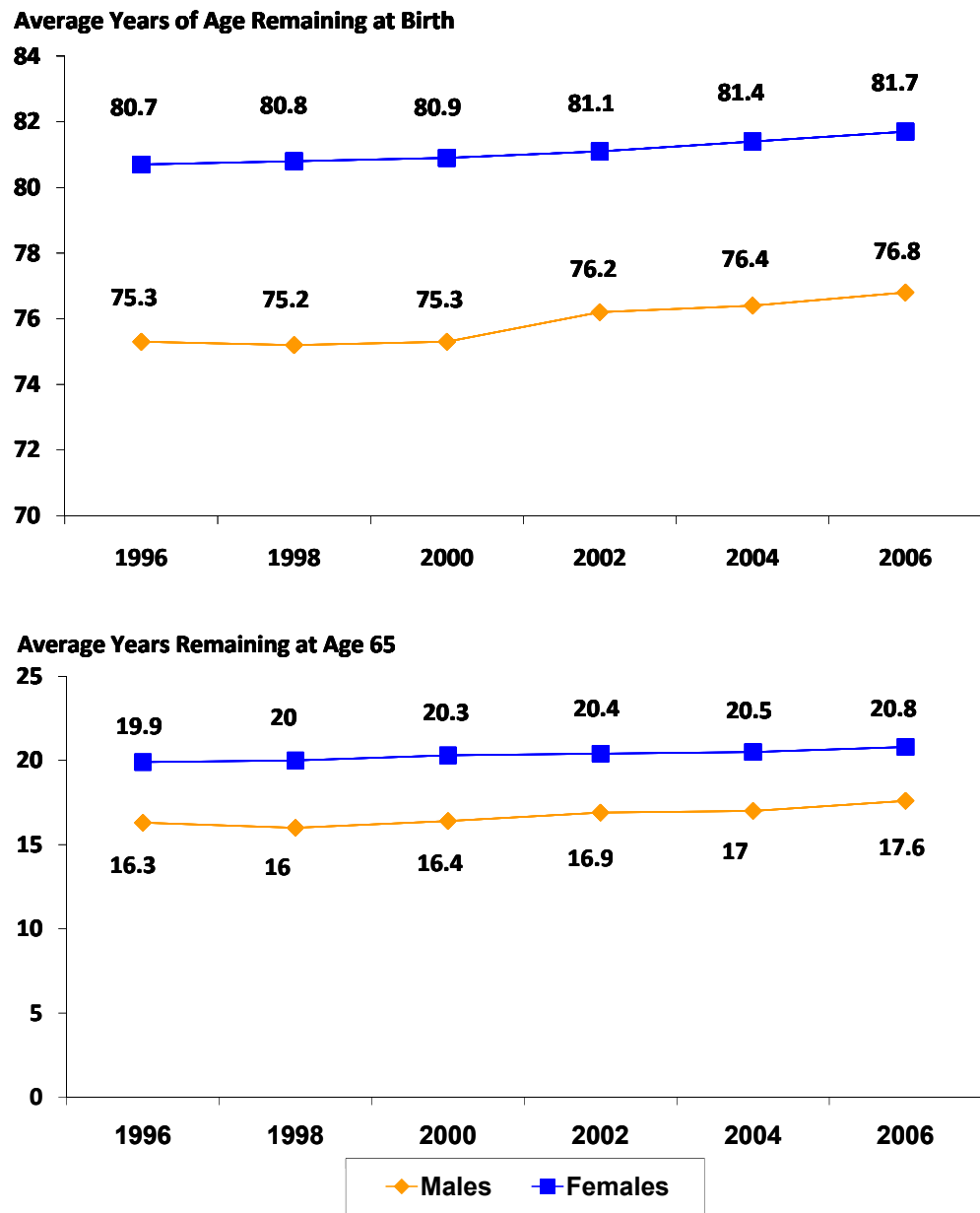
This section deals with the area of seniors' well-being: health status. The use of formal health care services will be discussed in Section 11.

The health of Manitoba seniors is discussed in terms of life expectancy, mortality, causes of death, as well as physical (e.g., chronic health conditions, mobility, functional health) and mental (e.g., cognitive functioning, suicide) status. Comparisons are made among various age groups of older Manitobans and between men and women when possible.

## Life Expectancy

Life expectancy at birth for Manitoba females in 2006 was 81.7 years, an increase from 80.7 years in 1996 (Figure 48). On the other hand, the life expectancy of men at birth was 76.8 years, an increase from 75.3 years in 1996. At age 65, women could expect to live an average of 20.8 more years while men could expect 17.6 more years of life.

**Figure 48: Average Years of Life Remaining at Birth and at Age 65 by Gender, Manitoba, 1996-2006**



*At age 65, women could expect to live an average of 20.8 more years while men could expect 17.6 more years of life*

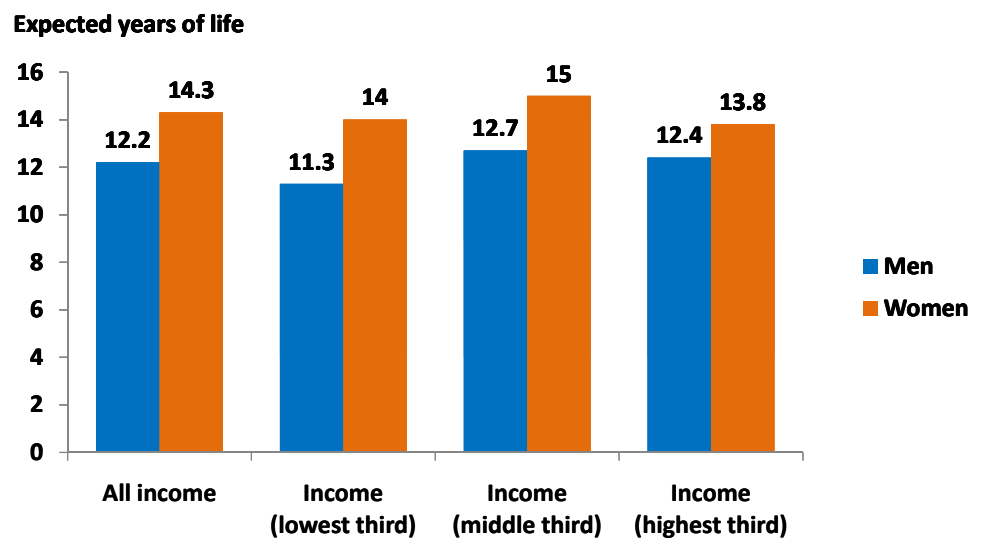
Source: Statistics Canada, Cansim Table 102-0511, 1996-2006.



As just noted, life expectancy has been steadily increasing for both men and women. However, living longer in good health is also a desirable goal. Health-adjusted life expectancy is the number of years in perfect health that an individual can expect to live given the current morbidity and mortality conditions. Health-adjusted life expectancy uses the Health Utility Index to weigh years lived in good health higher than years lived in poor health. Because of the relationship between health and income, health-adjusted life expectancy is often calculated for 'low', 'middle' and 'high' income groups.

In 2001, the number of years expected to live in good health (health-adjusted life expectancy) for Manitobans aged 65 and over was estimated at 12.2 years for men and 14.3 years for women (Figure 49). Furthermore, men aged 65 and over in the middle income group could expect to live 1.4 years more in good health than men in the lowest income group.

**Figure 49: Health-Adjusted Life Expectancy at Age 65 by Gender and Income Tertiles, Manitoba, 2001**



Source: Statistics Canada, Cansim Table 102-0121, 2001.

## Mortality Rates

Mortality rates reflect the frequency of death at particular age groups. These rates are adjusted for differences in the age and sex breakdown of the population and are called standardized rates.

In 2006, a total of 8,138 Manitobans aged 60 and over died (Table 35). The number of deaths was almost equally split between men (3,816, 46.9%) and women (4,322, 53.1%). Almost two-thirds (60.9%) of these deaths were among those aged 80 and over.

In terms of mortality rates, there were 14 deaths per 1,000 men aged 60 to 69, compared to 37 deaths for the 70 to 79 age group, and 112 deaths for the 80 and over age group. Among women in Manitoba, the rates ranged from 9 (60 to 69 group) to 91 (80 and over group) (See Table 35).

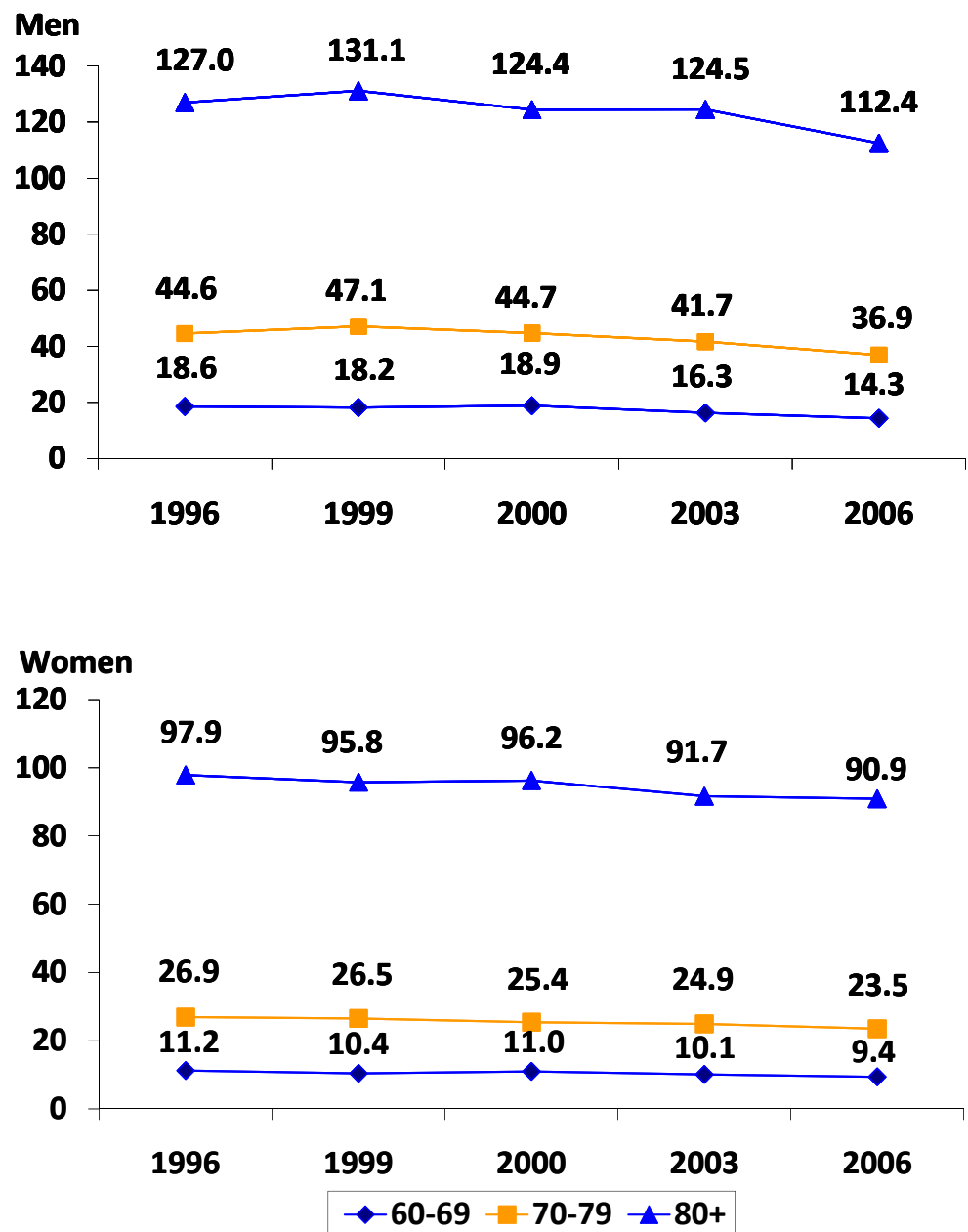
**Table 35: Number of Deaths and Standardized Mortality Rates per 1,000 Population in Selected Age Groups by Gender, Manitoba, 2006**

	Age 60–69		Age 70–79		Age 80+	
	Men	Women	Men	Women	Men	Women
<b>Number of deaths</b>	670	461	1,157	896	1,989	2,965
<b>Standardized mortality rates per 1,000 population</b>	14.3	9.4	36.9	23.5	112.4	90.9

Sources: Statistics Canada, 2006 Census of Canada and Cansim Table 102–503.

Since 2000, mortality rates in all age groups have decreased for both men and women (Figure 50). One of the largest decreases was among men aged 80 and over. Specifically in 2006, for every 1000 men aged 80 and over, 112.4 men died compared to 124.46 in 2003. In other words, men are increasingly dying at older ages.

**Figure 50: Age-Standardized Mortality Rates per 1,000 Population Aged 60 and Over by Gender, Manitoba, 1996–2006.**



*Mortality rates in all age groups have decreased for both men and women. This reflects the fact that people increasingly die at older ages*

Sources: Statistics Canada, Annual Demographic Statistics, 2001, 2003 and 2004; 2006 Census of Canada; and, Statistics Canada Cansim Table 102-0504.

## Causes of Death

Causes of death for selected age groups by gender are presented for Canada as a whole, as the data at the provincial level by age and sex are not readily available.

Cause of death refers to the underlying cause of death. This is defined as

“(a) the disease or injury which initiated the train of morbid events leading directly to death, or

(b) the circumstances of the accident or violence which produced the fatal injury”.

This underlying cause of death is selected from a number of conditions listed on the medical certificate of cause of death.

Cancer (malignant neoplasms) and heart disease are the leading causes of death among Canadians aged 60 and over (Table 36). The largest proportion of deaths in the 60 to 74 age group are due to cancer (44.8%), whereas heart disease accounts for the highest proportion of deaths among Canadians age 75 and over (26.1%).

**Table 36: Leading Causes of Death (ICD-10 Diagnostic Categories) in Selected Age Groups by Gender, Canada, 2005.**

Cause of Death	% of Deaths Among Aged 60+			% of Deaths in Age Group	
	Total	Men	Women	60–74	75+
Cancer (malignant neoplasms)	28.6	31.8	25.6	44.8	22.4
Diseases of the heart	24.3	24.8	23.8	19.6	26.1
Cerebrovascular diseases	6.8	5.7	7.9	4.2	7.8
Chronic lower respiratory diseases	5.3	5.8	4.8	4.5	5.6
Diabetes mellitus	3.7	3.7	3.6	3.8	3.6
Alzheimer's disease	3.0	1.8	4.1	0.7	3.9
Influenza and pneumonia	2.9	2.5	3.2	1.3	3.5
Accidents (unintentional injuries)	2.5	2.6	2.5	2.3	2.7
All others	23.0	21.3	24.5	18.8	24.6
<b>Number of deaths (all causes)</b>	<b>191,647</b>	<b>92,062</b>	<b>99,585</b>	<b>53,098</b>	<b>138,549</b>

Source: Statistics Canada (2009). Mortality, Summary List of Causes.

*Canadian men aged 60 and over are more likely to die from cancer than Canadian women*

Canadian men aged 60 and over are more likely to die from cancer than Canadian women. In 2005, 748 per 100,000 men aged 60 to 74 died of cancer, compared to 528 per 100,000 women. The same pattern was even more evident among Canadian women age 75 and over where the rate was 1.6 times greater for men than women (Table 37).

The prevalence of Alzheimer's disease as a cause of death was greatest for Canadian women age 75 and over. For women aged 75 and over, the death rate from Alzheimer's disease was 318 per 100,000 compared to 194 per 100,000 for men aged 75 and over.

**Table 37: Standardized Mortality Rates per 100,000 Population for Leading Causes of Death in Selected Age Groups by Gender, Canada, 2005.**

Cause of Death	Rate per 100,000 Population Aged 60–74		Rate per 100,000 Population Aged 75+	
	Men	Women	Men	Women
Cancer (malignant neoplasms)	747.52	527.97	2043.69	1256.09
Diseases of the heart	393.87	170.07	2030.09	1685.30
Cerebrovascular diseases	71.85	48.43	510.98	571.31
Chronic lower respiratory diseases	71.58	55.06	524.46	302.86
Diabetes mellitus	68.20	40.66	281.98	231.89
Alzheimer's disease	9.95	10.12	194.16	317.96
Influenza and pneumonia	21.74	14.49	245.58	239.15
Accidents (unintentional injuries)	43.42	21.74	204.00	173.46
<b>Number per 100,000 (all causes)</b>	<b>1756.37</b>	<b>1097.58</b>	<b>7812.11</b>	<b>6456.53</b>

Source: Statistics Canada (2009), Mortality, Summary List of Causes.

## Self-Rated Health

Self-rated or self-perceived health refers to the overall rating of one’s own health. It reflects an individual’s own assessment of his/her health. According to the 2007 Canadian Community Health Survey, 39.2% of Manitobans aged 65 and over described themselves as being in excellent or very good health (Table 38).

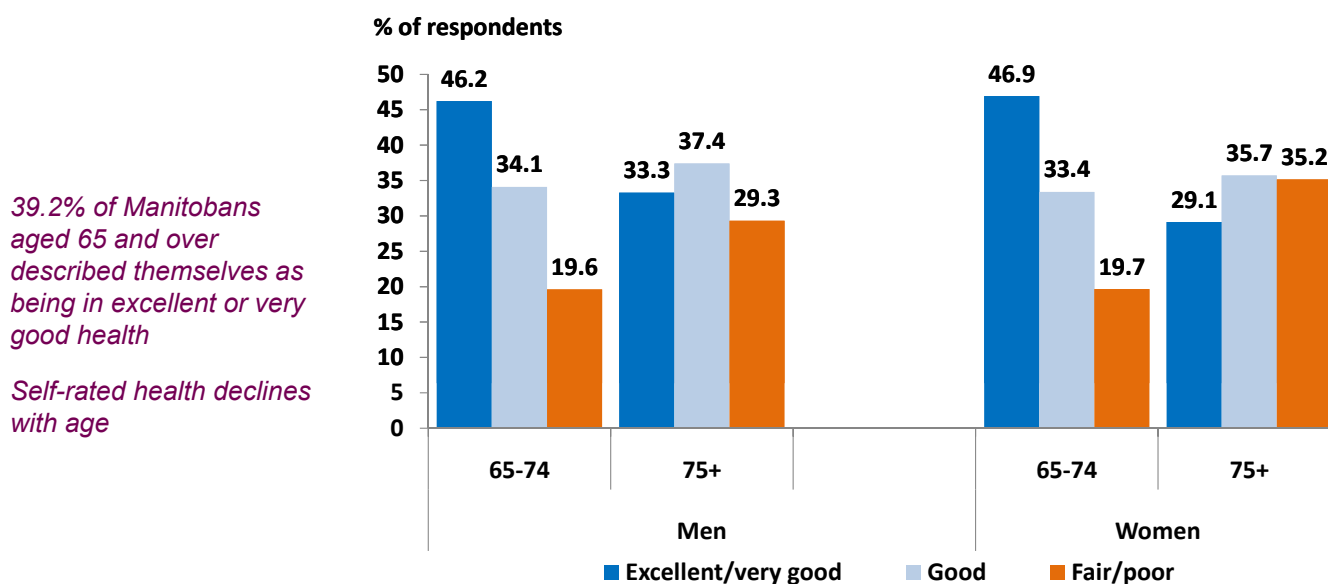
**Table 38: Self-Rated Health, Population Aged 65+ by Gender and in Selected Age Groups, Manitoba, 2007**

Self-rated Health Status	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65–74	75+
Excellent or Very Good	39.2	41.1	37.8	46.6	30.7
Good	35.0	35.5	34.6	33.8	36.3
Fair or Poor	25.8	23.5	27.6	19.6	32.9

Source: Statistics Canada, Canadian Community Health Survey, 2007.

Men were only slightly more likely than women to describe themselves in excellent or very good health. Increased age was associated with poorer self-rated health status. This was true for both men and women (Figure 51).

**Figure 51: Self-Rated Health by Gender in Selected Age Groups, Manitoba 2007**



Source: Statistics Canada, Canadian Community Health Survey, 2007.

## Chronic Health Conditions

In 2007, participants of the Canadian Community Health Survey were asked about chronic health conditions that had been diagnosed by a health professional and have lasted or were expected to last 6 months, such as high blood pressure, heart disease, arthritis, or rheumatism. The majority of seniors in Manitoba report two or less diagnosed chronic health conditions. About one-fifth of seniors do not have any diagnosed chronic health conditions (Table 39). Increasing age is associated with a greater number of disease conditions.

*High blood pressure was the most common diagnosed chronic condition among Manitobans aged 65 and over (47.6%) followed closely by arthritis/rheumatism (44.4%)*

High blood pressure was the most common diagnosed chronic condition among Manitobans aged 65 and over (47.6%) followed closely by arthritis/rheumatism (44.4%). Women aged 65 and over were slightly more likely than men to be affected by these conditions. A slightly higher proportion of Manitobans aged 65 to 74 had been diagnosed with diabetes (16.2%) than those aged 75 and over (11.3%).

**Table 39: Diagnosed Chronic Health Conditions by Gender and Age Groups, Manitoba, 2007**

Number of Conditions	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65–74	75+
None	18.3	18.8	17.9	22.2	13.8
1–2	47.3	53.4	42.5	48.3	46.1
3–4	24.6	20.5	27.7	19.7	30.2
5 or more	9.9	7.3 <sup>E</sup>	11.9 <sup>E</sup>	9.8 <sup>E</sup>	10.0 <sup>E</sup>
Health Conditions	Total	Men	Women	65–74	75+
High blood pressure	47.6	44.0	50.3	44.5	51.2
Arthritis/rheumatism	44.4	33.5	52.9	40.3	49.1
Back problems	28.5	23.7	32.2	27.2	29.9
Heart disease	17.3	17.1	17.4	12.8	22.5
Diabetes	13.9	18.6	10.3	16.2	11.3

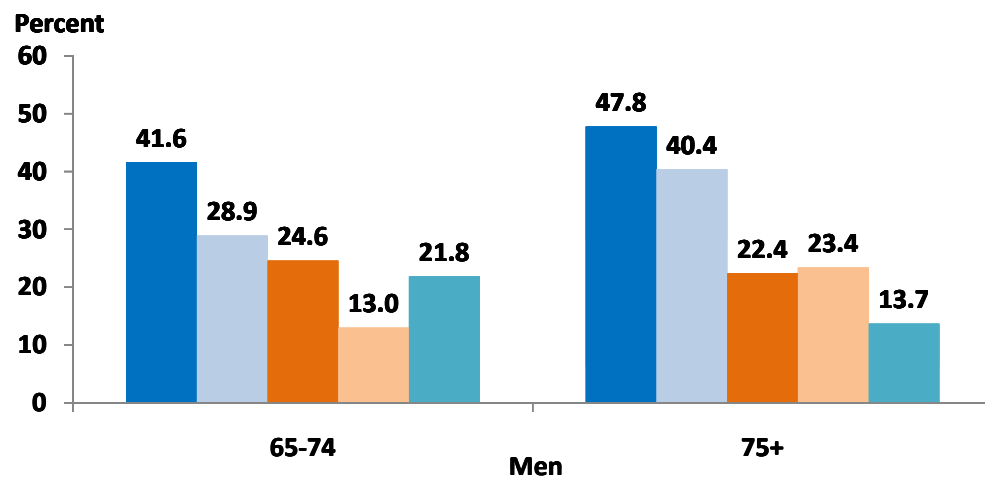
<sup>E</sup> Use with caution

Source: Statistics Canada, Canadian Community Health Survey, 2007.

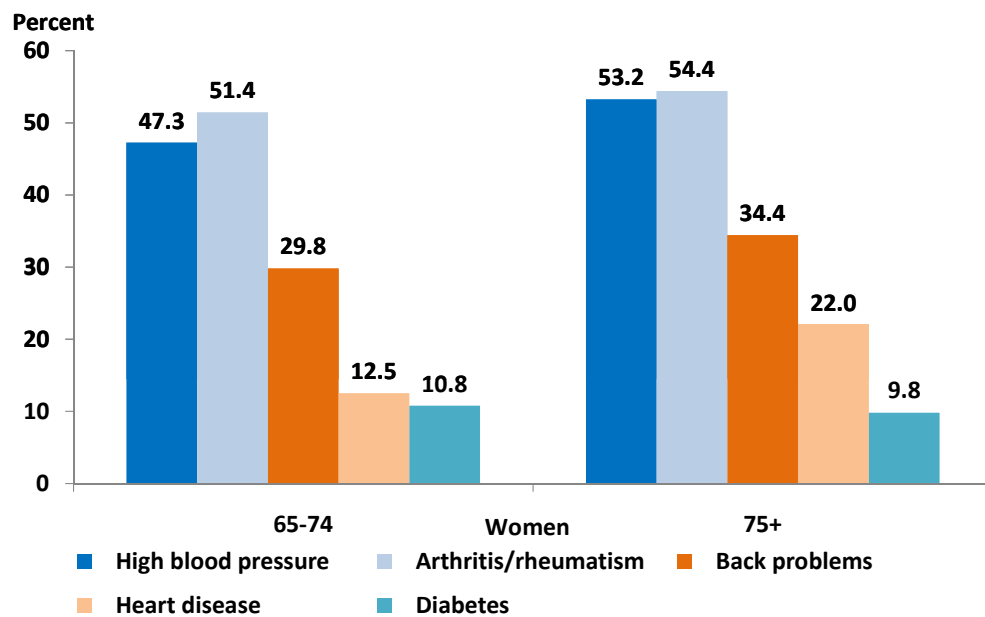
Women are particularly at risk: over half of women aged 75 and over had been diagnosed with high blood pressure, compared to 47.8% of men in the same age group (Figure 52). In addition, 54.4% of women aged 75 and over had been diagnosed with arthritis compared to 40.4% of men.

Men aged 65 and over were more likely than women to have been diagnosed with diabetes (18.6% vs. 10.3%). This was true in both the 65 to 74, and 75 and over age groups.

**Figure 52: Diagnosed Chronic Health Conditions in Selected Age Groups by Gender, Manitoba, 2007**



*Women aged 75 and over were more likely than men in the same age group to be diagnosed with high blood pressure or arthritis/rheumatism*



Source: Statistics Canada, Canadian Community Health Survey, 2007.



## Oral Health

Participants in the 2007 Canadian Community Health survey were asked about the health of their teeth and mouth, ability to chew certain foods, and frequency of pain in teeth or gums. Two thirds of Manitobans aged 65 and over (66.3%) described the health of their teeth and gums as very good (30.5%) or good (35.8%) (Table 40). Men were only slightly more likely than women to indicate that the health of their teeth and gums was fair or poor (19.2% vs. 15.1% respectively). Almost one-fifth (18.3%) of Manitobans aged 75 and over said the health of their teeth and gums was excellent compared to 15.7% of Manitobans aged 65 to 74.

**Table 40: Self-perceived Health of Teeth and Gums, Population Aged 65+ by Gender and in Selected Age Groups, Manitoba, 2007**

Self-perceived health of teeth and gums	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65-74	75+
Excellent	16.9	14.8 <sup>E</sup>	18.5	15.7	18.3
Very Good	30.5	32.1	29.3	32.8	27.6
Good	35.8	33.9	37.2	33.8	38.2
Fair/poor	16.8	19.2	15.1	17.6	15.8 <sup>E</sup>

<sup>E</sup> – Use with Caution

Source: Statistics Canada, Canadian Community Health Survey, 2007.

The majority of Manitobans reported that they are able to chew firm foods (94.5%) and boiled vegetables (99.4%) (Table 41). Men aged 65 and over were more likely to indicate that they could bite off and chew a piece of fresh apple (86.8% vs. 81.1%). The ability to do this decreased with age; 88.2% of Manitobans aged 65–74 reported being able to do this compared to 77.7% of Manitobans aged 75+.

**Table 41: Ability to Bite/Chew Certain Foods, Population Aged 65+ by Gender and in Selected Age Groups, Manitoba, 2007**

Able to Chew	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65-74	75+
Firm foods (e.g., meat)	94.5	95.1	94.2	95.1	93.9
A fresh piece of apple	83.5	86.8	81.1	88.2	77.7
Boiled vegetables	99.4	99.5	99.4	99.4	99.5

Source: Statistics Canada, Canadian Community Health Survey, 2007.

According to the 2007 Canadian Community Health Survey, over two-thirds of Manitobans aged 65 and over (68.8%) said they had never experienced any pain or discomfort in their teeth or gums in the month prior to the survey (Table 42). This was true for both men and women as well as younger (65–74) versus older (75+) Manitobans. Women aged 65 and over were more likely than men to have reported often or sometimes experiencing pain in the past month (14.6% vs. 10.8% respectively).

**Table 42: Frequency of Pain in Teeth or Gums in the Past Month, Population Aged 65+ by Gender and in Selected Age Groups, Manitoba, 2007**

Frequency of Pain	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65-74	75+
Often/Sometimes	12.9	10.8 <sup>E</sup>	14.6	13.6 <sup>E</sup>	12.3 <sup>E</sup>
Rarely	18.2	20.8	16.3	18.1	18.3
Never	68.8	68.4	69.1	68.3	69.5

<sup>E</sup> – Use with Caution

Source: Statistics Canada, Canadian Community Health Survey, 2007.

## Mobility Limitations

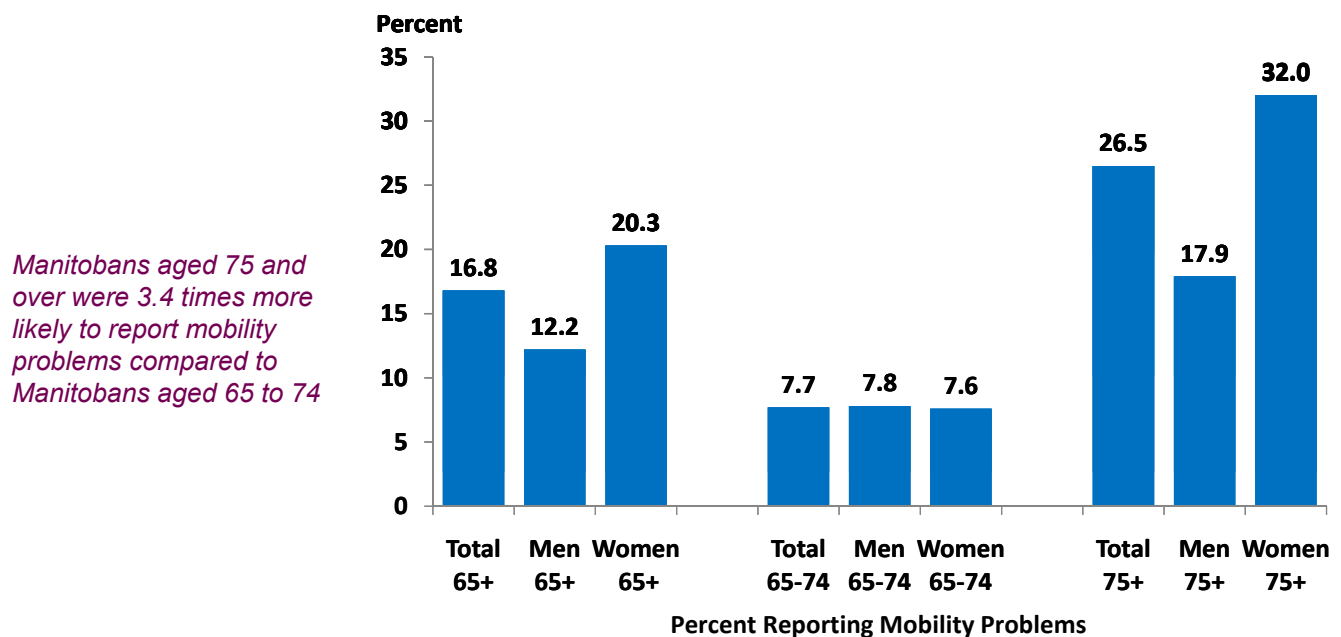
Mobility, defined as the ability to get around from place to place, is another measure of activity limitation and/or dependence. In the 2007 General Social Survey, individuals were asked a series of questions related to mobility (e.g., “Are you usually able to walk around the neighbourhood without difficulty?”, “Do you require the help of another person to walk?”). A single indication of mobility problems is derived from these questions.

*Less than one-fifth of Manitobans aged 65 and over reported mobility problems*

Less than one-fifth of Manitobans aged 65 and over reported mobility problems (Figure 53). Increasing age was associated with requiring some help from either mechanical sources (e.g., cane, crutches or wheelchair) or from another person. Manitobans aged 75 and over were 3.4 times more likely to report mobility problems compared to Manitobans aged 65 to 74.

There was little difference between men and women aged 65 to 74 in terms of their mobility. However, women aged 75 and over were more likely to report mobility problems than men in this age group (32.0% vs. 17.9%).

**Figure 53: Incidence of Mobility Problems by Age Groups and Gender, Manitoba 2007**



Source: Statistics Canada, General Social Survey, 2007.

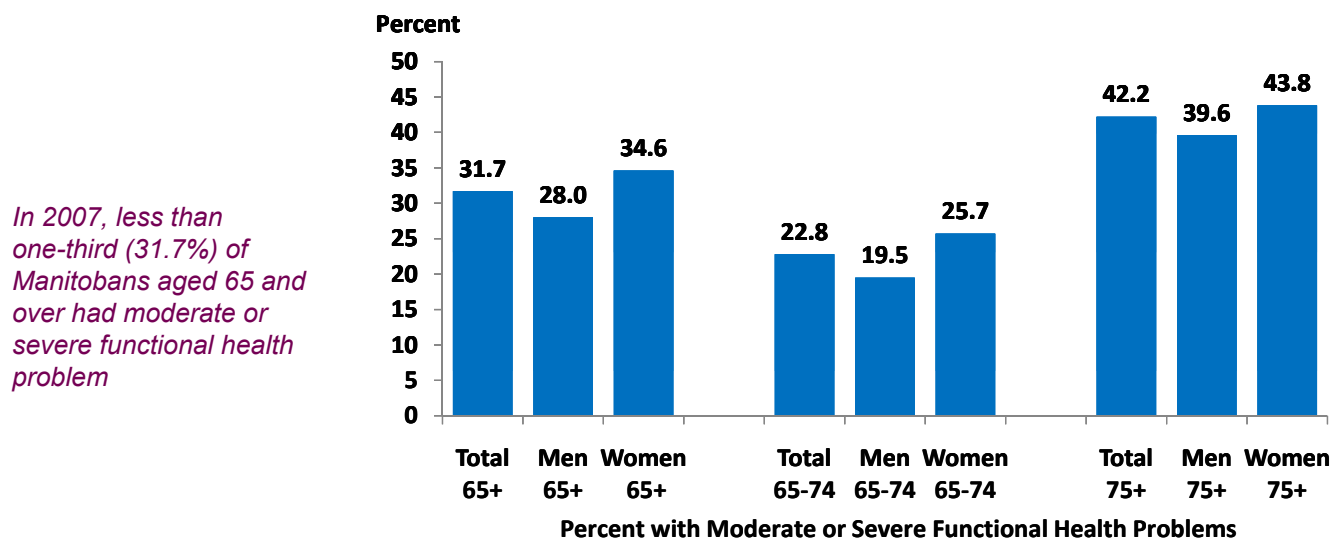
## Functional Health

Lastly, a measure of overall functional health is examined. The 2007 General Social Survey, includes an index of functional health known as the Health Utility Index (HUI) which is based on eight dimensions of health (vision, hearing, speech, mobility, dexterity, feelings, cognition and pain).

The Health Utility Index (HUI) was developed at McMaster University's Centre for Health Economics and Policy Analysis and is based on the Comprehensive Health Status Measurement System (CHSMS). A score of 0.8 to 1.0 is considered to be very good or perfect health; scores below 0.8 are considered to indicate moderate or severe functional health problems

In 2007, less than one-third (31.7%) of Manitobans aged 65 and over had moderate or severe functional health problems (Figure 54). Women are more likely than men to report moderate or severe functional health problems. Manitobans aged 75 and over were almost twice as likely to indicate moderate or severe functional health problems than Manitobans aged 65 to 74 (42.2% vs. 22.8%).

**Figure 54: Incidence of Moderate or Severe Functional Health Problems by Age Groups and Gender, Manitoba 2007**



Source: Statistics Canada, General Social Survey, 2007.

## Cognitive Functioning

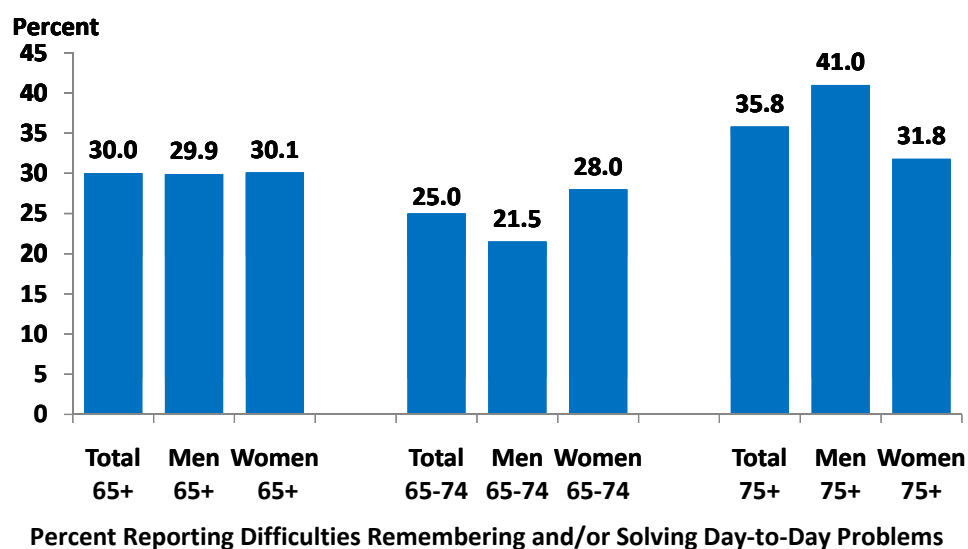
A major concern of many seniors and their families is the issue of cognitive functioning. Before discussing the more severe problems of dementia and Alzheimer's disease, information on self-reported cognitive functioning is provided. A self-reported measure of cognitive capacity was created from the two questions in the 2007 General Social Survey.

A self-reported measure of cognitive capacity was created from the following two questions in the 2007 General Social Survey:

- How would you describe your usual ability to remember things? Are you able to remember most things, somewhat forgetful, very forgetful, or unable to remember anything at all?
- How would you describe your usual ability to think and solve day-to-day problems? Are you able to think clearly and solve problems, having a little difficulty, having some difficulty, having a great deal of difficulty or unable to think or solve problems.
- The composite cognitive capacity measure combines the responses from these two questions into a scale ranging from one (no cognitive problems) to six (unable to think and remember).

More than two-thirds (70%) of Manitobans aged 65 and over reported no cognitive problems or little difficulty in thinking and/or solving day-to-day problems according to the 2007 General Social Survey. Men and women aged 65 and over were generally similar in their reporting of cognitive problems (29.9% vs. 30.1% respectively) (Figure 55). Manitobans aged 75 and over were more likely to report cognitive problems than those aged 65 to 74 (35.8% vs 25.0%). This was true for both men and women.

**Figure 55: Percentage of Seniors Who Reported Cognitive Problems by Age Group and Gender, Manitoba, 2007**



Source: Statistics Canada, General Social Survey, 2007.

## Dementia and Alzheimer's Disease

The impact of Alzheimer's disease and related dementias on seniors and their families is of increasing concern. The prevalence estimates from the Canadian Study of Health and Aging in 1991/92 suggested that 8% of all Canadians aged 65 and over met the criteria for dementia (including Alzheimer's disease). The corresponding figure for Alzheimer's disease alone was 5.1%.<sup>1</sup> In Manitoba, it was estimated that 7.6% of individuals aged 65 and over met the criteria for dementia; the corresponding estimate for Alzheimer's disease was 5.6%.<sup>2</sup>

In January, 2010 the Alzheimer Society of Canada released a pivotal study entitled *Rising Tide: The Impact of Dementia on Canadian Society*. This study is the first study since 1991 to provide new information on dementia in Canada. Highlights from the initial findings of the *Rising Tide*<sup>3</sup> study include:

<sup>1</sup> Data came from the Canadian Study of Health and Aging Working Group. (1994). Canadian Study of Health and Aging: Study methods and prevalence of dementia. *Canadian Medical Association Journal*, 150(6), 899-913.

<sup>2</sup> Data came from the MSHA Research Group. (1995). *Manitoba Study of Health and Aging – Final Report (Technical Section) (Tables CL4A and CL47)*. Winnipeg, MB: Centre on Aging, University of Manitoba.

<sup>3</sup> *Rising Tide: The Impact of Dementia on Canadian Society*. Alzheimer Society of Canada. (Full study to be released January 2010).

- ▲ An estimated 500,000 Canadians have Alzheimer's disease or a related dementia. Over 70,000 of them are under age 65 and approximately 50,000 are under the age of 60.
- ▲ One in 11 Canadians over the age of 65 has Alzheimer's disease or a related dementia.
- ▲ Women make up 72% of Canadians with Alzheimer's disease.
- ▲ Within a generation, the number of Canadians with Alzheimer's disease or a related dementia will more than double, ranging between 1 and 1.3 million people.

## Developmental and Psychological Disability

Little information is available on older adults with a developmental or psychological disability and the impact of these disabilities.

Developmental disability includes cognitive limitations due to the presence of a developmental disability or disorder, such as Down's syndrome, autism or an intellectual disability caused by a lack of oxygen at birth.

The Participation and Activity Limitation Survey (PALS) is a national survey that gathers information about adults and children whose daily activities are limited by physical, mental, or other health-related conditions or problems. Among individuals reporting at least one disability in the PALS survey, less than 1% of Canadians aged 65 to 74 had a developmental disability in 2006 (Table 43). This was also true among Canadians aged 75 and over.

The number of Manitobans in these age groups with a developmental disability is too small for Statistics Canada to consider reliable for publishing or further analysis.

Psychological disability refers to limitations in the amount or kind of activities that one can do due to the presence of an emotional, psychological or psychiatric condition, such as phobias, depression, schizophrenia, drinking or drug problems.

Less than 10% of Canadians aged 65 to 74 (6.2%) reported a psychological disability. Manitobans aged 65 to 74 (7.9%) were more likely to have a psychological disability than Manitobans aged 75 and over (4.2%).

**Table 43: Developmental or Psychological Disabilities Among Canadians and Manitobans Aged 65–74 and Aged 75+, 2006**

*Manitobans aged 65 to 74 (7.9%) were more likely to have a psychological disability than Manitobans aged 75 and over (4.2%)*

Type of Disability	% of Individuals Reporting at Least One Disability			
	Canada		Manitoba	
	65–74	75+	65–74	75+
<b>Developmental</b>	0.5 <sup>E</sup>	0.3 <sup>E</sup>	F	F
<b>Psychological</b>	6.2	3.7	7.9 <sup>E</sup>	4.2 <sup>E</sup>

<sup>E</sup> Use with caution.

F Too unreliable to be published.

Source: Statistics Canada (2006). Participation and Activity Limitation Survey 2006: Tables. Tables 3.1-1, 3.8-1, 6.9.1 and 6.10-1, Catalogue no. 89-628.

If we focus on Canadians aged 40 and over who reported at least one disability<sup>4</sup>, 1.6% (66,560) had a developmental disability. The 40+ age cut-off may be more useful in this population than the more traditional 65+ cut-off because the process of aging appears to start earlier in this population.

Selected characteristics of Canadians aged 40+ with a development disability are as follows:

- ▲ 57% were men;
- ▲ 36% were married or living in a common-law relationship;
- ▲ 29% were receiving income assistance; and,
- ▲ 22% reported unmet needs for health and social services; significantly higher than the reported unmet needs for Canadians aged 40 and over with other types of disabilities (13%).

<sup>4</sup> Further analysis of the 2006 PAL Survey was provided by Dr. Shahin Shooshtari, Centre on Aging research affiliate and Assistant Professor, Department of Family Social Sciences, Faculty of Human Ecology, University of Manitoba.



## Self-Rated Mental Health

Self-rated mental health status reflects the individual's own assessment of his/her mental health. Participants in the 2007 Canadian Community Health Survey were asked: In general, would you say your mental health status is excellent, very good, good, fair or poor? Slightly less than one-third (30.8%) of Manitobans aged 65 and over indicated their mental health was "excellent" while just over one-third (34.8%) reported "very good" mental health status (Table 44). Older Manitobans are slightly less likely than Manitobans aged 50 to 64 and 25 to 49 to rate their mental health as "excellent." Although few Manitobans in any of the age groups rated their mental health as "fair or poor," older Manitobans are the least likely to do so (3.4% vs. 5.1% and 5.8% respectively).

**Table 44: Self-Rated Mental Health Status for Selected Age Groups, Manitoba, 2007**

*Slightly less than one-third (30.8%) of Manitobans aged 65 and over indicated their mental health was "excellent" while just over one-third (34.8%) reported "very good" mental health status*

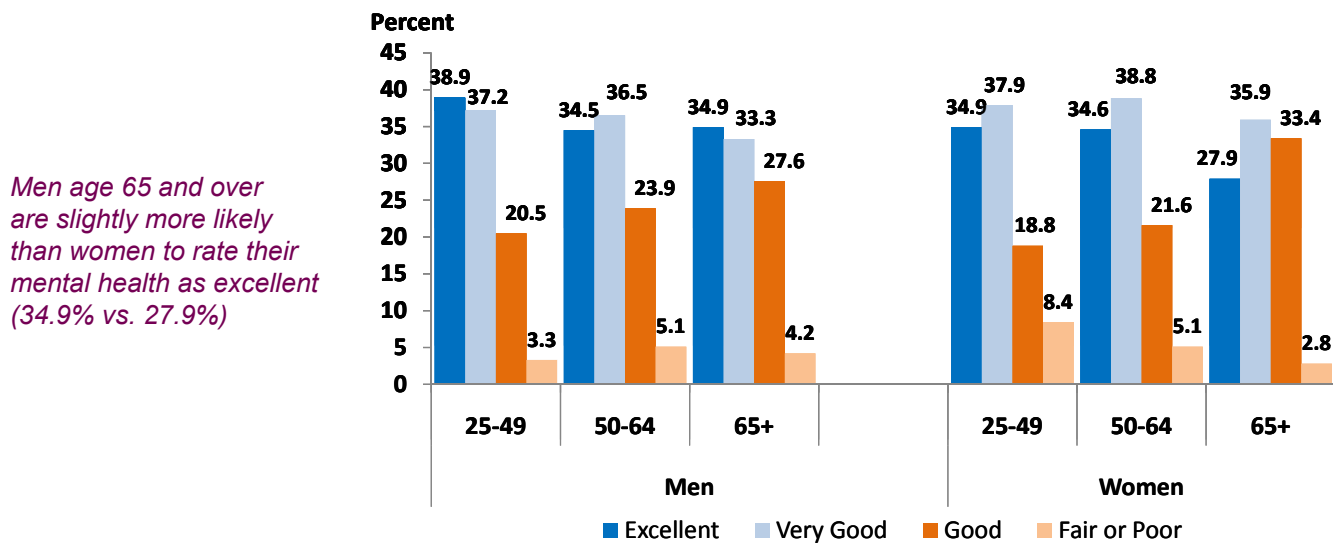
Self-rated Mental Health Status	Percent of Respondents in Selected Age Groups		
	65+	50 to 64	25 to 49
<b>Excellent</b>	30.8	34.5	37.0
<b>Very Good</b>	34.8	37.7	37.5
<b>Good</b>	30.9	22.7	19.7
<b>Fair or Poor</b>	3.4 <sup>E</sup>	5.1 <sup>E</sup>	5.8 <sup>E</sup>

<sup>E</sup> Use with caution.

Source: Statistics Canada, Canadian Community Health Survey, 2007.

Men age 65 and over are slightly more likely than women to rate their mental health as excellent (34.9% vs. 27.9%) (Figure 56). Among men, there is very little difference in the percentages in any of the three age groups who rate their health as fair or poor. Younger women, those aged 25 to 49, were more likely to rate their health as fair or poor than women in either of the other two age groups.

**Figure 56: Self-rated Mental Health Status in Selected Age Groups by Gender, Manitoba, 2007**

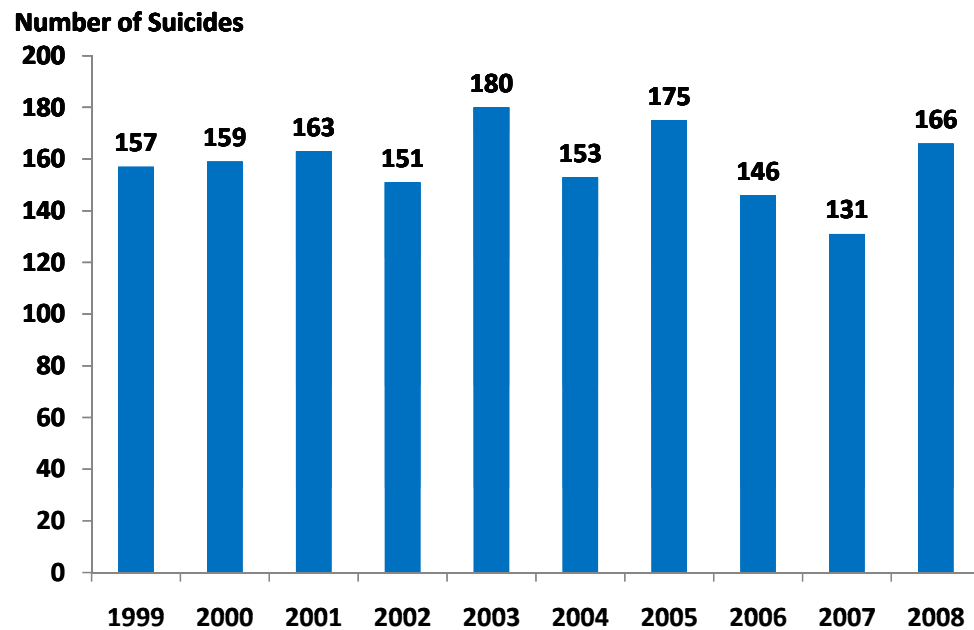


Source: Statistics Canada, Canadian Community Health Survey, 2007.

## Suicide

The number of suicide deaths for all ages of Manitobans ranged from 157 in 1999 to 166 in 2008 (Figure 57). The greatest number of suicide deaths was in 2003 and 2005.

**Figure 57: Number of Suicides, Manitoba, 1999 to 2008**



Source: Office of the Chief Medical Examiner, Annual Reviews, 2005–2008.

Age-specific rates were calculated for Manitobans age 10 and over for the years 2005 to 2008; the number of suicides among Manitobans less than 10 years of age is too few to calculate a rate. These rates refer to the number of suicide deaths per 100,000 population in a specific age group. In addition, these rates are calculated according to the age group populations for Manitoba for each year. For example, age-specific rates for 2005 are calculated using the age group population figures from 2005.

Manitoba's age-specific suicide rate ranged from 14.8 per 100,000 population in 2005 to 13.8 per 100,000 population in 2008 (Table 45). The suicide rate among Manitobans aged 60 to 69 in 2008 was 16.0 per 100,000 population compared to 7.5 per 100,000 population in 2005. The suicide rate among Manitobans aged 70 and over was also highest in 2008 (12.5 per 100,000 population).

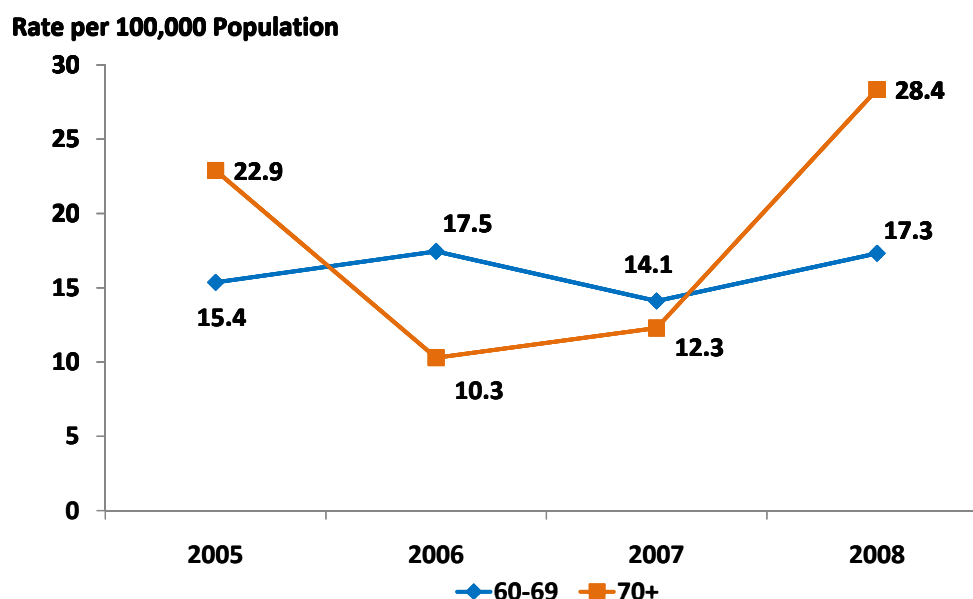
**Table 45: Age-Specific Suicide Rates, Manitoba 2005 to 2008**

Age Group	Suicide Rate per 100,000 Population			
	2005	2006	2007	2008
10-19	17.6	12.4	10.0	13.0
20-29	22.6	19.9	9.5	19.4
30-39	18.1	14.3	16.3	12.3
40-49	21.2	18.6	18.8	18.5
50-59	15.3	11.6	12.1	17.4
60-69	7.5	12.5	11.9	16.0
70+	10.2	6.7	7.6	12.5
All ages	14.8	12.4	11.0	13.8

Source: Office of the Chief Medical Examiner, Annual Reviews, 2005–2008.

The majority of suicides are among men, the number of suicides among women is too small to calculate age-specific rates particularly in the older age groups. Age-specific suicide rates for men aged 60-69 and aged 70 and over from 2005 to 2008 are shown in Figure 58. The suicide rate among men aged 60-69 rose between 2007 and 2008 from 14.1 to 17.3 per 100,000 population. The suicide rate among men aged 70 and over rose from 10.3 in 2006 and 12.3 in 2007 to 28.4 in 2008. However, this increase may be a result of the small number of suicides in the 70 and over age group and should be interpreted with caution.

**Figure 58: Age-Specific Suicide Rates, Men Aged 60–69 and 70+, Manitoba, 2005 to 2008**



Source: Office of the Chief Medical Examiner, Annual Reviews, 2005–2008.<sup>E</sup>

<sup>E</sup> Use with caution.

## Gambling

The Addictions Foundation of Manitoba (AFM) is responsible for providing rehabilitation and prevention for Manitobans related to substance abuse and problem gambling. The AFM also conducts research that helps to better understand how individuals can most effectively deal with these issues. In 2006, the AFM contracted PRA Inc. to conduct a telephone survey of over 6000 Manitoba adults about their gambling activity, including the prevalence of problem gambling behaviours. The information presented below was extracted from the study report entitled *Manitoba Gambling and Problem Gambling 2006*<sup>5</sup> completed in July 2008.

According to study findings, the majority of Manitobans (86%) reported gambling in the past year while only 14% reported no gambling behaviours. A major goal of this research was to identify the prevalence rate of problem gambling in Manitoba. Problem Gambling Severity Index (PGSI) scores were used to classify gamblers into one of four possible categories:

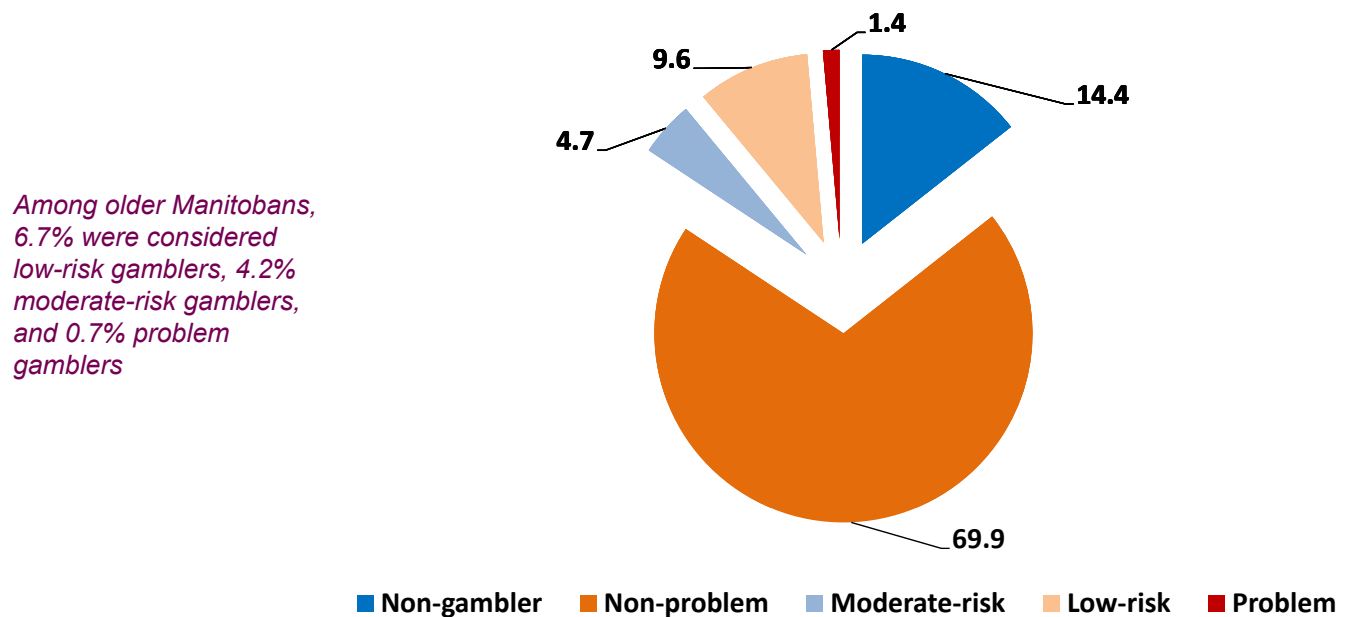
<sup>5</sup> Lemaire, J., MacKay, T. and Patton, D. (2008). *Manitoba Gambling and Problem Gambling 2006*. Report prepared for the Addictions Foundation of Manitoba. Retrieved on December 4, 2009 from [www.afm.mb.ca/AFM%20Library/documents/ManitobaGamblingandProblemGambling2006.pdf](http://www.afm.mb.ca/AFM%20Library/documents/ManitobaGamblingandProblemGambling2006.pdf)

- ▲ non-problem (a person who gambled in the past 12 months but answered never to all items on the PGSI),
- ▲ low-risk (scores of 1–2),
- ▲ moderate-risk (scores of 3–7), and
- ▲ problem gambling (scores of 8 or more).

The majority (84.3%) of Manitobans fall into the non-gambling (14.4%) and non-problem gambling categories (69.9%) (Figure 59). About one in every ten Manitobans (9.6%) were considered low-risk gamblers; 4.7% fell in the moderate-risk category, and 1.4% were considered problem gamblers.

Analyses with older adults only, found the rate of at-risk and problem gambling was lower compared to the overall sample of Manitobans. The report does not provide information separately for older men and women.<sup>6</sup> Among older Manitobans, 6.7% were considered low-risk gamblers, 4.2% moderate-risk gamblers, and 0.7% problem gamblers.

**Figure 59: Problem Gambling Severity Index Classification All Ages, Manitoba, 2006**



Source: Manitoba Gambling and Problem Gambling 2006 Report.

<sup>6</sup> Ibid

Other study findings from the analyses with older adults and gambling include:

- ▲ The most common forms of gambling among older adults were lottery tickets, raffles/fundraising, scratch tickets/instant win and slot machines in casinos.
- ▲ Older adults spend more money at one time on VLT gambling compared to the overall sample.
- ▲ For some gambling activities (e.g., VLTs and slots) older adults were significantly more likely to spend more time gambling compared to younger adults.

## Full Data Sources for Charts and Tables

Figure 48: Statistics Canada. Cansim Table 102-0511 – Life Expectancy, Abridged Life Table, at Birth and at Age 65, by Sex, Canada, Provinces and Territories, Annual (Years), 1996-2006.

Figure 49: Statistics Canada. Cansim Table 102-012 – Health-adjusted Life Expectancy at Age 65, by Sex and Income Group, Canada and Provinces, 2001.

Table 35: Statistics Canada (2006). Cansim Table 102-503. Deaths by Age and Sex, Canada, Provinces and Territories, Annual Number.

Figure 50: Statistics Canada (2001). Annual Demographic Statistics, 2001. Catalogue No. 91-213-XIB (Table 1.23, p.64); Statistics Canada (2003). Annual Demographic Statistics, 2003. Catalogue No. 91-213-XIB (Table 1.23, p.64); Statistics Canada (2004). Annual Demographic Statistics, 2004. Catalogue No. 91-213-XIB (Table 1.23, p.64); Statistics Canada (July 17, 2007). Age (123) and Sex (3) for the Population of Canada, Provinces, Territories, Census Divisions and Subdivisions, 2006 Census – 100% Data; and Statistics Canada. Cansim Table 102-0504. Deaths by Age Group and Sex, Canada, Provinces and Territories, Annual (Number).

Table 36, 37: Statistics Canada. (April 2009). Mortality, Summary List of Causes, Tables 2-14 to 2-20 and Appendix II. Catalogue No. 84F0209XIE.

Table 38, 39, 40, 41, 42 and Figures 51, 52: Statistics Canada. Canadian Community Health Survey, 2007, Public Use Microdata File.

Figure 53: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata File.

Figure 54, 55: Statistics Canada. 2007 General Social Survey, Cycle 21 Family, Social Support and Retirement, Public Use Microdata File.

Table 43: Statistics Canada (2006). Participation and Activity Limitation Survey 2006: Tables. Tables 3.1-1, 3.8-1, 6.9.1 and 6.10-1, Catalogue no. 89-628.

Table 44, Figure 56: Statistics Canada, Canadian Community Health Survey, 2007.

Figures 57, 58 and Table 45: Office of the Chief Medical Examiner, Annual Review, 2005–2008. Reports provided by Manitoba Seniors and Healthy Aging Secretariat.

Figure 59: Lemaire, J., MacKay, T. and Patton, D. (2008). Manitoba Gambling and Problem Gambling 2006. Report prepared for the Addictions Foundation of Manitoba. Retrieved on December 4, 2009 from [www.afm.mb.ca/AFM%20Library/documents/ManitobaGamblingandProblemGambling2006.pdf](http://www.afm.mb.ca/AFM%20Library/documents/ManitobaGamblingandProblemGambling2006.pdf)





# Section 9: Aboriginal Seniors

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# 9

## Spotlight



- ▲ Four percent of the Aboriginal population was aged 65 and over compared to 15% of the non-Aboriginal population.
- ▲ Almost three-quarters of Aboriginal Seniors live off-reserve with most (33%) living in Winnipeg.
- ▲ The fastest growing segment of the Aboriginal senior population is expected to be in the 75 and over age group, with an anticipated increase of 77.3%.
- ▲ Aboriginal women aged 65 and over were more likely to have obtained a university degree than senior Aboriginal men.

Manitoba has a large Aboriginal population, and as such, it is important to gain some understanding of older adults (seniors) within this segment of the population. This section will examine the characteristics of Aboriginal seniors in Manitoba such as demographic trends, education, work, income status, living arrangements, marital status, housing, health, and well-being.

## Aboriginal Population

Before turning specifically to Aboriginal seniors in Manitoba, it is important to examine the Aboriginal population as a whole, within the province and Canada. In 2006, there were 1,172,790 individuals who identified themselves as Aboriginal; 3.8% of the total Canadian population (Table 46). Manitoba had the fourth largest Aboriginal population with 175,395 people.

Of all the provinces (excluding the Territories and Nunavut), Manitoba's population comprises the largest share of Aboriginal people. In 2006, 15.5% of Manitoba's population was Aboriginal (Table 46). Saskatchewan had the next largest percentage at 14.9%.

Statistics Canada defines the Total Aboriginal Identity Population as those people who reported identifying with at least one Aboriginal group: North American Indian, Métis or Inuit, and/or reported being a Treaty Indian or a Registered Indian, as defined by the Indian Act of Canada, and/or reported they were members of an Indian band or First Nation (Statistics Canada, 2006). This report refers to the Total Aboriginal Identity Population as the Aboriginal Population.

**Table 46: Total Population and Total Aboriginal Population, Provinces, Territories and Canada, 2006**

Province or Territory	Total Population	Total Aboriginal Identity Population	Aboriginal Identity Population as % of Total Population
Ontario	12,028,900	242,495	2.0%
British Columbia	4,074,385	196,075	4.8%
Alberta	3,256,355	188,365	5.8%
<b>MANITOBA</b>	<b>1,133,515</b>	<b>175,395</b>	<b>15.5%</b>
Saskatchewan	953,850	141,890	14.9%
Quebec	7,435,905	108,430	1.5%
Nunavut	29,325	24,920	85.0%
Nova Scotia	903,090	24,175	2.7%
Newfoundland and Labrador	500,610	23,450	4.7%
Northwest Territories	41,055	20,635	50.3%
New Brunswick	719,650	17,655	2.5%
Yukon Territory	30,190	7,580	25.1%
Prince Edward Island	134,205	1,730	1.3%
<b>CANADA</b>	<b>31,241,030</b>	<b>1,172,790</b>	<b>3.8%</b>

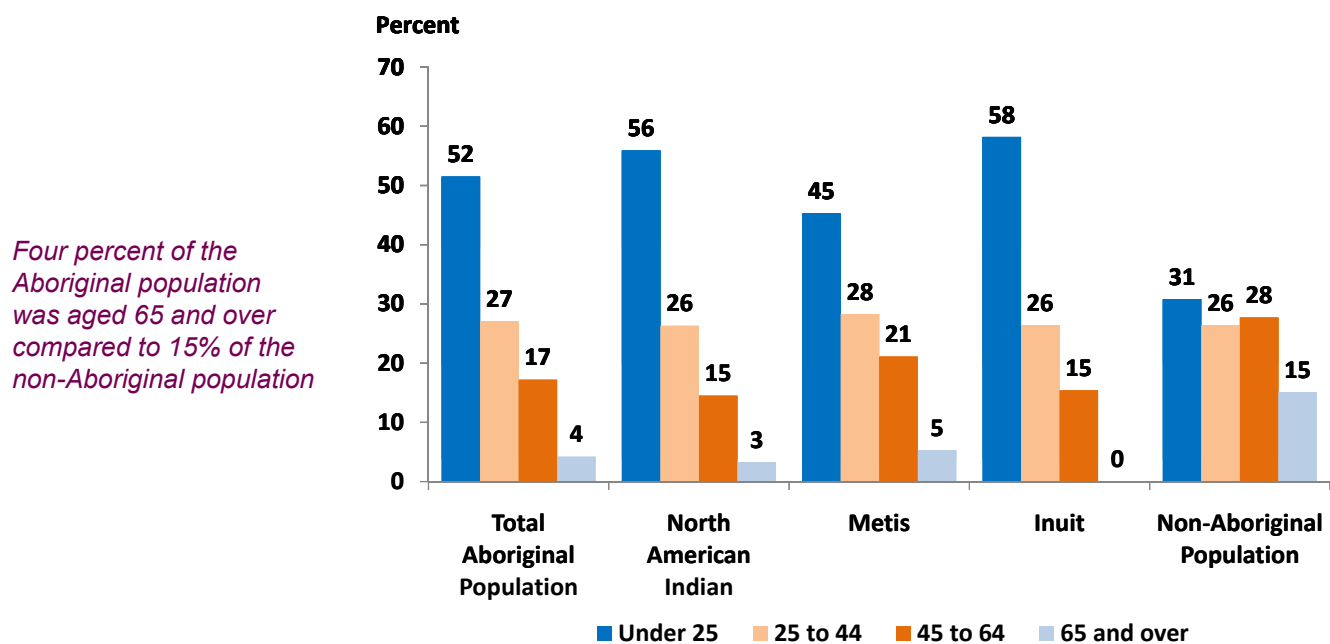
Source: Statistics Canada, 2006 Census of Canada.

## Demographics

As noted in Table 46, 175,395 Manitobans identified themselves as Aboriginal. In 2006, over one-half (52%) of Aboriginal people were under the age of 25 compared to 31% of the non-Aboriginal population (Figure 60). In terms of the senior population, 4% of the Aboriginal population was aged 65 and over compared to 15% of the non-Aboriginal population.

The Aboriginal population is generally divided into three main groups: North American Indian, Métis, and Inuit. Over one-half (58%) of the Aboriginal population was North American Indian; 42% were Métis. Manitoba has a small Inuit population (560 people). The age distribution of the North American Indian, Métis, and Inuit populations was similar to that of the total Aboriginal population.

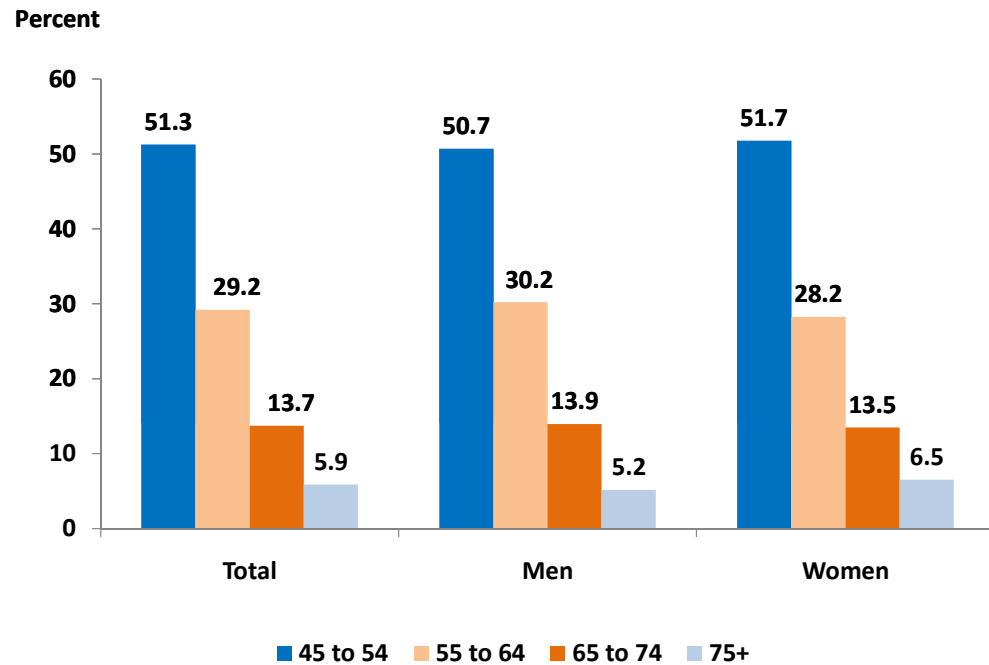
**Figure 60: Age Distribution, Aboriginal and Non-Aboriginal Population, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

Among the Aboriginal population aged 45 and over about one-half (51.3%) are in the 45 to 54 age group (Figure 61). This is true for both Aboriginal men and women. There are slightly more women aged 75 and over (6.5%) than men aged 75 and over (5.2%) among Aboriginals aged 45 and over.

**Figure 61: Population Aged 45+ by Age Groups and Gender, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

## Where do Aboriginal People in Manitoba Live?

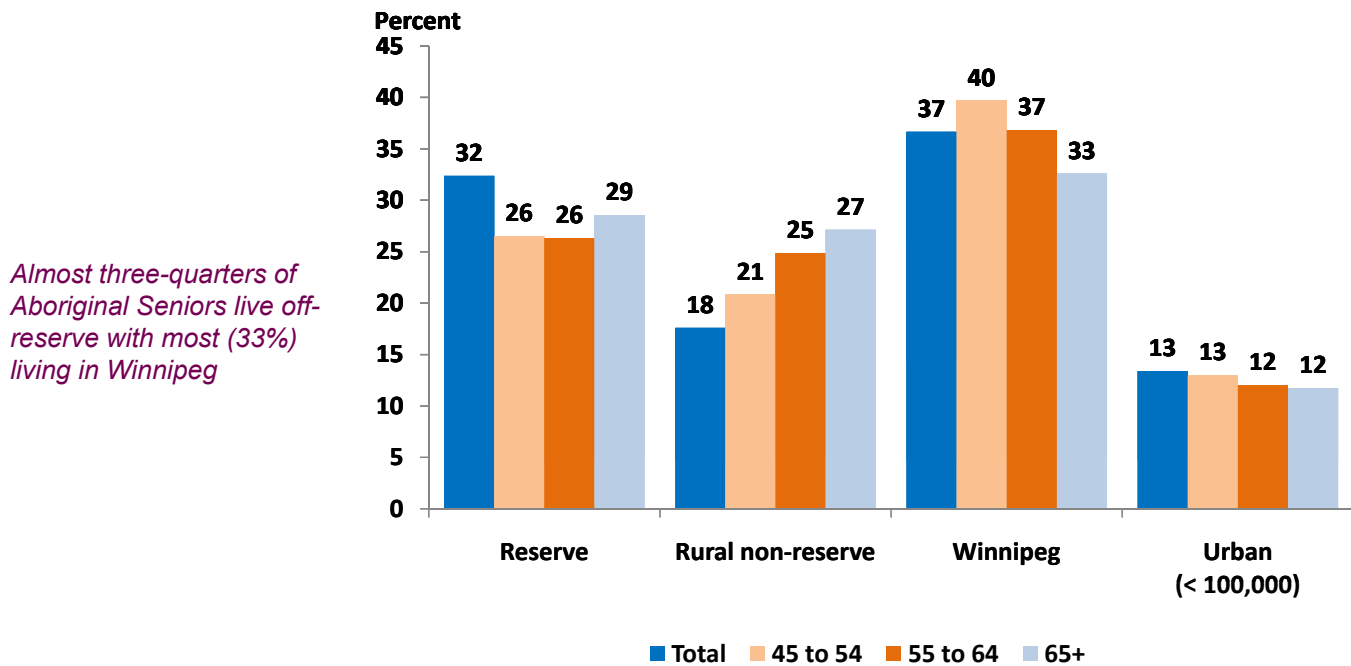
According to the 2006 Census, the majority (67.6%) of Aboriginal people in Manitoba live off-reserve, primarily in Winnipeg (37%) or rural non-reserve areas (18%) (Figure 62). The remaining 13% of Aboriginal people living off-reserve, reside in urban areas of less than 100,000 people (e.g., Portage la Prairie, Brandon, Thompson). Winnipeg is the only large urban centre in Manitoba and has the highest number of Aboriginal people (68,380) of all the cities in Canada (Statistics Canada, 2010)<sup>1</sup>. The Aboriginal population in Winnipeg represents 10% of the city's total population.

According to Statistics Canada, the 2006 Census was not fully completed in 22 Indian reserves and Indian settlements across Canada. The number of individuals living on reserve may be underestimated due to the fact that these 22 communities are not included in the 2006 census data.

A similar pattern emerges when we look at Aboriginal seniors. According to the 2006 Census, 72% lived off-reserve, with most living in Winnipeg (33%), followed by 27% living in rural non-reserve areas (Figure 62). Twenty-nine percent of Aboriginal seniors lived on reserves. There were 2,525 Aboriginals aged 65 and over living in Winnipeg representing 3% of the city's population aged 65 and over.

<sup>1</sup> Statistics Canada (2010). 2006 Aboriginal Population Profile for Winnipeg, Catalogue no. 89-638-X no. 201003.

**Figure 62: Aboriginal Population in Selected Age Groups by Area of Residence, Manitoba, 2006**

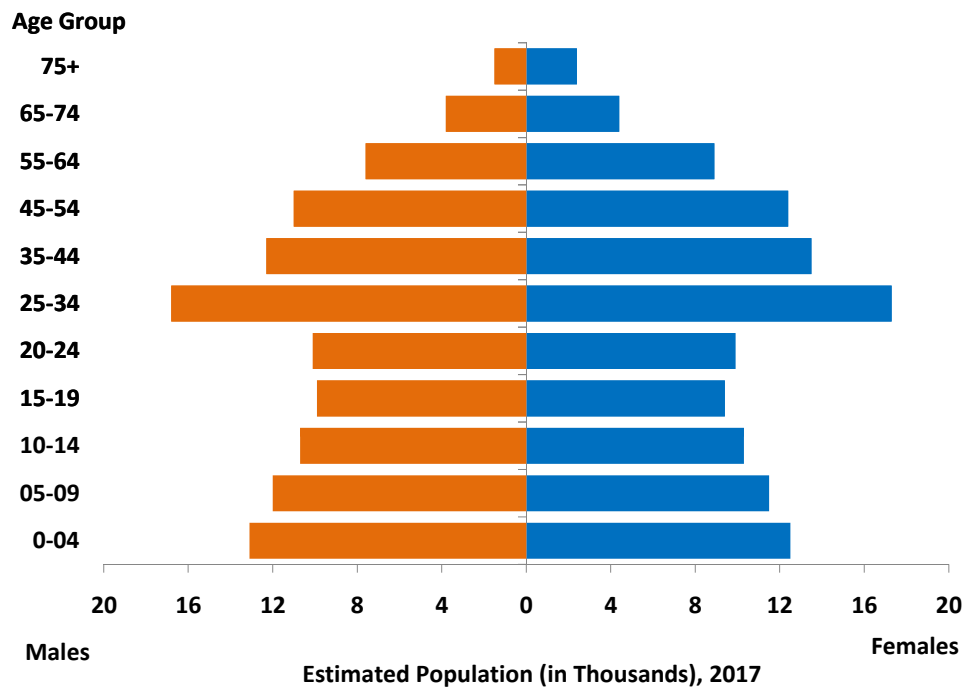
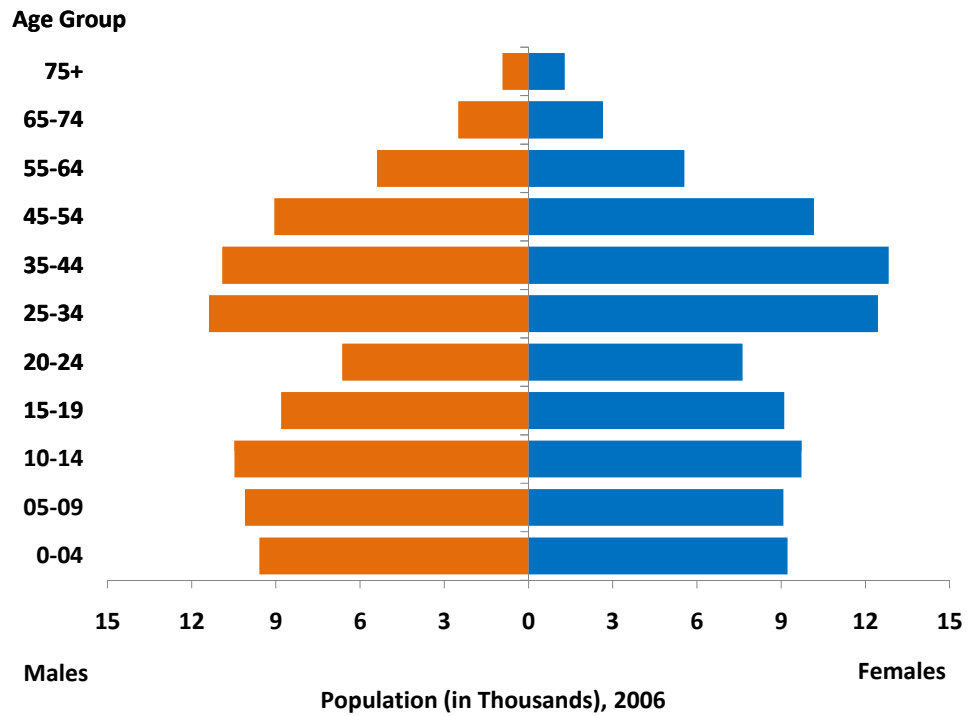


Source: Statistics Canada, 2006 Census of Canada.

## Population Projections

Figure 63 illustrates the shape of the Aboriginal population in 2006 and 2017. The overall number of Aboriginal seniors is projected to increase from 7,340 to 12,200 between 2006 and 2017. The percent of Manitoba's Aboriginal population age 65 and over will increase from 4.2% to 5.5%. Furthermore, it is projected that the Aboriginal population under the age of 25 will continue to make up the largest proportion of the total Aboriginal population.

**Figure 63: Aboriginal Population Pyramids, Actual (2006) and Projected 2017**



Source: Statistics Canada, 2006 Census of Canada and Projections of the Aboriginal Populations, Canada, Provinces and Territories, 2005.

*The fastest growing segment of the Aboriginal senior population is expected to be in the 75 and over age group, with an anticipated increase of 77.3%*

Between 2006 and 2017, the total Aboriginal population in Manitoba is expected to increase 26% from 175,395 to 221,100 (Table 47). The number of Aboriginal seniors increased by 26.6% between 2001 and 2006, and is projected to increase by 66.2% between 2006 and 2017. The fastest growing segment of the Aboriginal senior population is expected to be in the 75 and over age group, with an anticipated increase of 77.3% between 2006 and 2017.

**Table 47: Total Aboriginal Population and Aboriginal Population in Selected Age Groups, and Estimated Percent Change in Size of Age Groups, Manitoba 2001–2017**

Year	Total Population	Population in Age Group				
		65+	45–54	55–64	65–74	75+
2001	159,400	5,800	13,900	7,700	3,900	1,900
2006	175,395	7,340	19,220	10,940	5,140	2,200
2017	221,100	12,200	23,400	16,300	8,300	3,900

Period	% Change in Total Population	% Change in Age Group				
		65+	45–54	55–64	65–74	75+
2001–2006	10.0	26.6	38.3	42.1	31.8	15.8
2006–2017	26.1	66.2	21.7	49.0	61.5	77.3

Source: Statistics Canada, 2006 Census of Canada and Projections of the Aboriginal Populations, Canada, Provinces and Territories, 2005.

## Marital Status

In 2006, slightly over two-fifths (43%) of Aboriginal people aged 65 and over were married; about one-third (33.5%) were widowed (Table 48). Few Aboriginals aged 45 to 54 or 55 to 64 were widowed; over one-half in each of the age groups were married.

**Table 48: Marital Status, Aboriginal Population in Selected Age Groups, Manitoba, 2006**

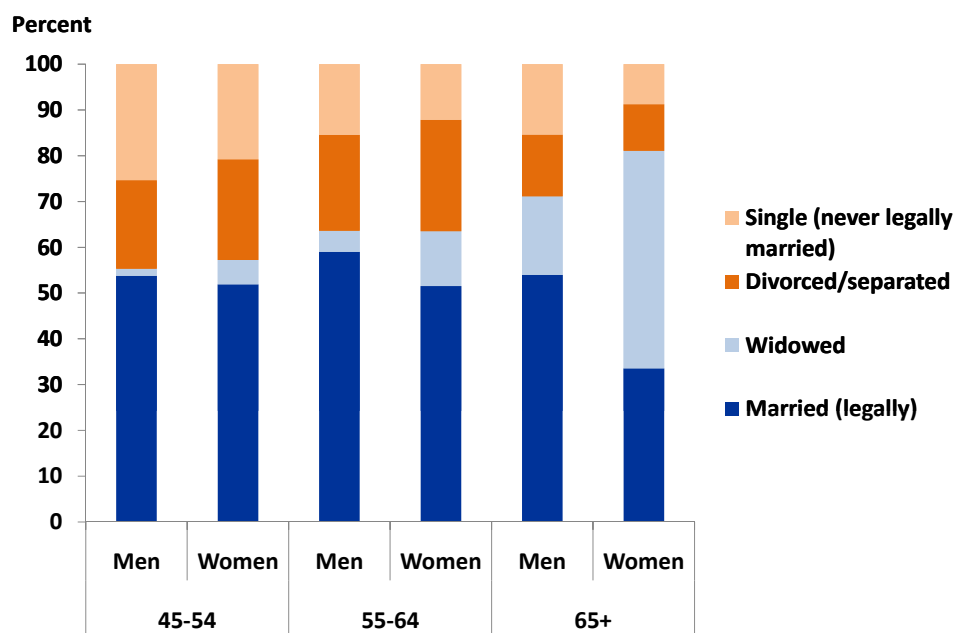
Marital Status	% of Age Group		
	45–54	55–64	65+
Married (legally)	52.8	55.2	43.0
Widowed	3.5	8.4	33.5
Divorced/ separated	20.7	22.6	11.7
Single (never legally married)	23.0	13.8	11.9

Source: Statistics Canada, 2006 Census of Canada.



Aboriginal men aged 65 and over were more likely to be married (54.0%) than Aboriginal women aged 65 and over (33.5%) (Figure 64). Conversely, Aboriginal women aged 65 and over were almost three times more likely to be widowed than senior Aboriginal men (47.5% versus 17.2%). There is less difference in marital status between Aboriginal men and women aged 45 to 54 and aged 54 to 64. However, Aboriginal women are still slightly more likely than Aboriginal men to be widowed in these two age groups.

**Figure 64: Marital Status, Aboriginal Population in Selected Age Groups by Gender, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

## Living Arrangements of Aboriginal Seniors

Next we look at the type of living arrangement for Aboriginal seniors living in private homes, whether they live alone, with a spouse or with extended family. Slightly over two-thirds (67.4%) of Aboriginal seniors living in private homes lived with family, while 30.5% lived alone (Table 49). Less than 20% of Aboriginals aged 45 to 54 or 55 to 64 lived alone.

**Table 49: Household Living Arrangements, Aboriginal Population Living in Private Homes in Selected Age Groups, Manitoba, 2006**

Household Living Arrangements	% of Age Group		
	45–54	55–64	65+
Spouse/Common-Law	65.3	61.5	45.4
Lone Parent <sup>1</sup>	11.8	9.6	13.1
Other Family <sup>2</sup>	5.7	7.1	8.9
Alone	14.3	19.2	30.5
Non-Family <sup>3</sup>	2.9	2.6	2.1

<sup>1</sup> Lone parent refers to households consisting of a mother or a father, with no spouse or common-law partner present, living in a household with one or more children.

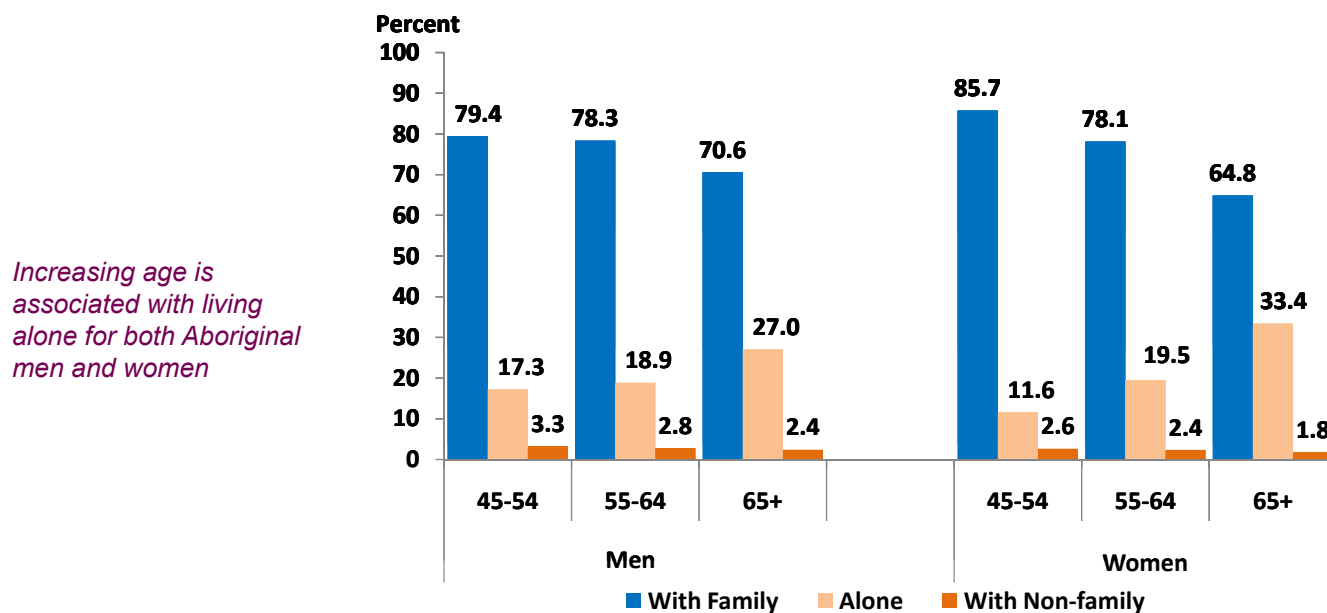
<sup>2</sup> Family refers to children living in the same household as their parents as well as grandchildren in households where there are no parents present. It also includes individuals living with other relatives (e.g., sisters).

<sup>3</sup> Non-family includes both individuals living with non-relatives (e.g., brother-in-law, friend).

Source: Statistics Canada, 2006 Census of Canada.

Aboriginal women aged 65 and over were more likely to live alone (33.4%) than Aboriginal men in this age group (27.0%) (Figure 65). Among Aboriginals aged 45 to 54, men were more likely to live alone than women (17.3% versus 11.6%). However, it should be noted that increasing age is associated with living alone for both Aboriginal men and women.

**Figure 65: Household Living Arrangements for Aboriginal Population Living in Private Homes in Select Age Groups by Gender, Manitoba, 2006**

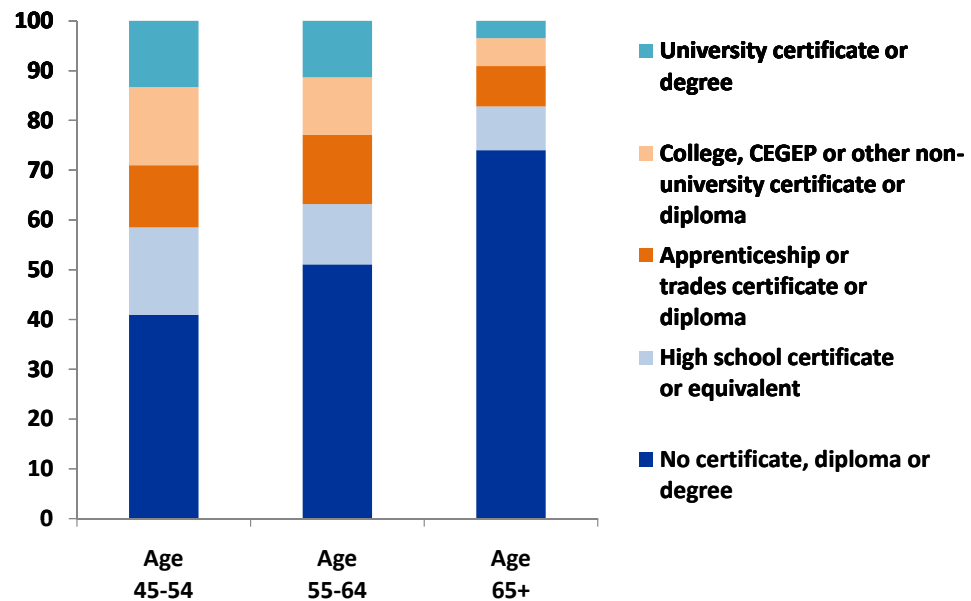


Source: Statistics Canada, 2006 Census of Canada.

## Educational Attainment

Approximately 40% of Aboriginals in both the 45 to 54 and 55 to 64 age groups have completed some post-secondary education as opposed to 17% of Aboriginal individuals aged 65 and over who went beyond high school (Figure 66). Less than 5% of Aboriginal seniors have completed university, compared to 13.3% of Aboriginals aged 45 to 54, and 11.3% aged 55 to 64.

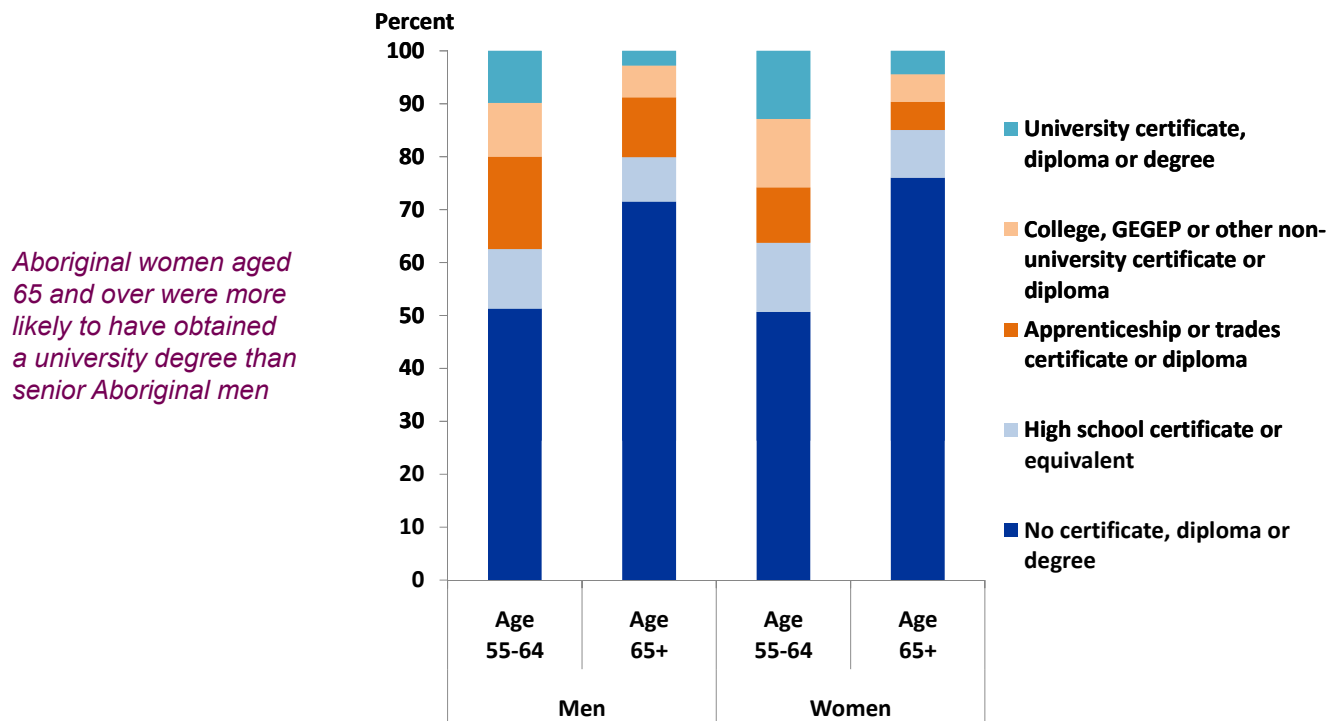
**Figure 66: Highest Level of Education by Age Group, Aboriginal Population, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

Some differences were found between Aboriginal men and women aged 65 and over. Specifically, Aboriginal women aged 65 and over were more likely to have obtained a university degree than senior Aboriginal men (4.4% versus 2.8%) (Figure 67). On the other hand, senior Aboriginal men were about twice as likely as senior Aboriginal women to have completed an apprenticeship or trades certificate/diploma (11.3% versus 5.3%). This trend was similar among Aboriginals aged 55 to 64.

**Figure 67: Highest Level of Education, Age 55–64 and Age 65 and Over by Gender, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

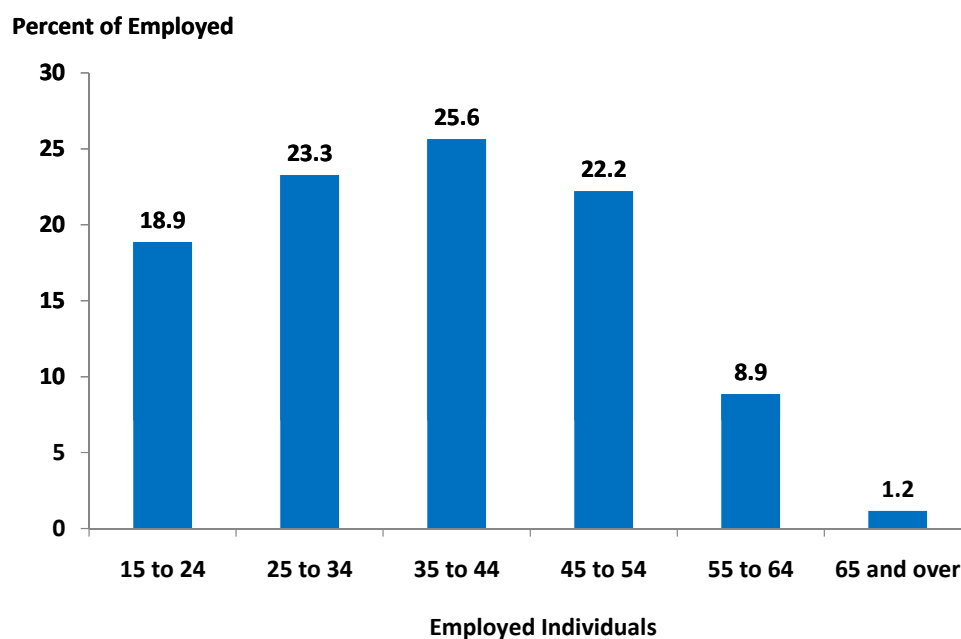
## Older Aboriginal Workers

### Age Composition of the Aboriginal Work Force

As seen in the earlier section “The Older Worker,” the information presented here focuses only on those Aboriginal individuals who are currently employed.

In 2006, there were 58,680 employed Aboriginal people in Manitoba. Of these, 685 (1.2%) were age 65 and over (Figure 68). The largest proportions of the employed work force were between the ages of 25 to 34 and 35 to 44.

**Figure 68: Age Composition of Employed Aboriginal Labour Force, Manitoba, 2006**

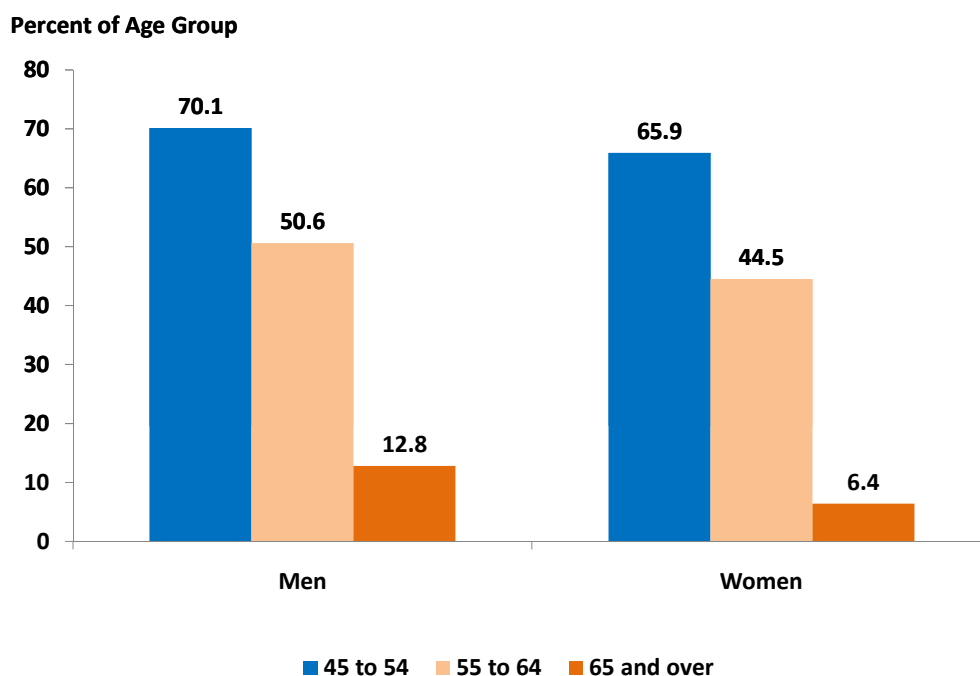


Source: Statistics Canada, 2006 Census of Canada.

In addition to the age composition of the work force, it is important to examine the employment rates by age group and sex. These rates show the proportion of the age group that is currently working.

In 2006, 12.8% of Aboriginal men aged 65 and over were working (Figure 69). The percentage of Aboriginal women aged 65 and over working was 6.4%. Additional data from 2006 indicates that 7% of Aboriginal men aged 75 and over were employed compared to only 2% of Aboriginal women aged 75 and over.

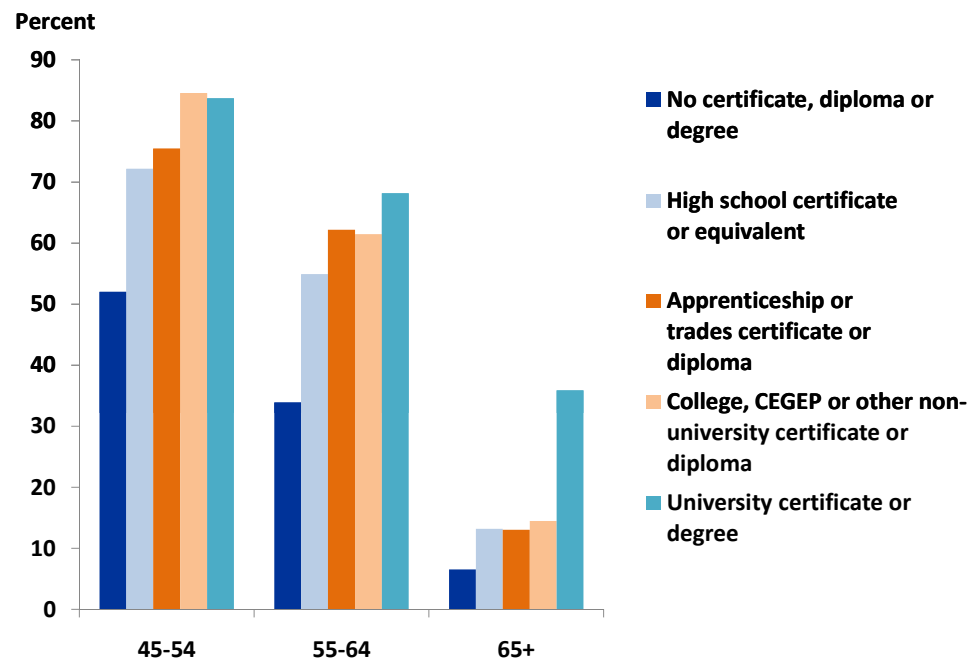
**Figure 69: Employment Rates in Selected Age Groups by Gender, Aboriginal Population, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

Aboriginal seniors with a university degree are much more likely to be employed than seniors with lower levels of education (Figure 70). In 2006, the employment rate of Aboriginal individuals aged 65 and over with a university degree was 5.5 times greater than those with no certificate, diploma, or degree (35.8% versus 6.5%). However, it should be noted that higher levels of education are also associated with higher employment rates among Aboriginals aged 45 to 54, and aged 55 to 64 highlighting the importance of education.

**Figure 70: Employment Rates by Level of Education, Aboriginal Population, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.



## Income Levels

In 2005, the average annual income of Aboriginal Manitobans aged 65 and over was \$19,034 (Table 50). Individual incomes of less than \$10,000 were reported by 8.4% of Aboriginal Manitobans aged 65 and over compared to 28.4% of Aboriginals aged 45 to 54 and 34.6% of those aged 55 to 64. The majority of Aboriginal seniors reported annual incomes of between \$10,000 and \$19,999 (64.2%).

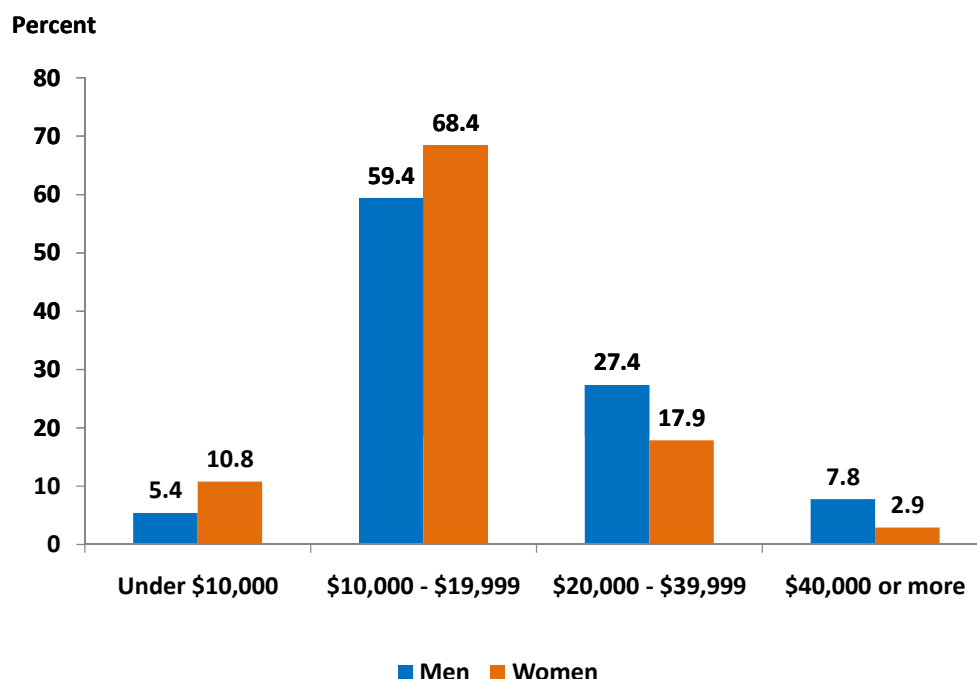
**Table 50: Income Groups, Aboriginal Population in Selected Age Groups, Manitoba, 2005**

Total Income	% of Age Group		
	45–54	55–64	65+
Without income	2.3	2.3	0.2
< \$5,000	14.5	16.9	1.8
\$5,000 - \$9,999	11.6	15.4	6.4
\$10,000 - \$19,999	17.2	20.9	64.2
\$20,000 - \$29,999	15.6	14.1	15.3
\$30,000 - \$39,999	13.0	11.4	7.0
\$40,000 - \$49,999	9.8	7.3	2.0
\$50,000 - \$79,999	12.8	9.5	2.3
\$80,000 and over	3.3	2.3	0.8
<b>Average Income</b>	<b>\$28,744</b>	<b>\$23,547</b>	<b>\$19,034</b>
<b>Median Income</b>	<b>\$23,133</b>	<b>\$17,350</b>	<b>\$14,905</b>

Source: Statistics Canada, 2006 Census of Canada.

In 2005, Aboriginal women aged 65 and over had slightly lower average incomes than Aboriginal men aged 65 and over (\$17,190 versus \$21,154). Aboriginal women aged 65 and over were twice as likely as Aboriginal men aged 65 and over to have annual incomes of less than \$10,000 (10.8% versus 5.4% respectively) (Figure 71). Conversely, 7.8% of Aboriginal men aged 65 and over had annual incomes of \$40,000 or more, compared to 2.9% of Aboriginal women aged 65 and over.

**Figure 71: Income Groups, Aboriginal Population Aged 65 and Over by Gender, Manitoba, 2006**



Source: Statistics Canada, 2006 Census of Canada.

### Low Income Aboriginal Seniors

As discussed earlier in “Section 5: Financial Well-Being,” Statistics Canada uses the term “persons living in low income” or “persons experiencing a low income rate,” rather than referring to individuals living below the poverty rate. In 2005, a total of 705 Aboriginal Manitobans aged 65 and over lived in a situation of low income, representing 13.6% of the Aboriginal population aged 65 and over (Table 51). A slightly larger proportion of Aboriginal women aged 65 and over (14.5%) lived below the low income cut-off than did Aboriginal men aged 65 and over (12.5%).

Over one-quarter (29%) of Aboriginal seniors not living in economic families lived below the low income cut-off with Aboriginal men slightly more likely than Aboriginal women to be doing so (30.3% vs. 28.9%). It should be noted that the majority of individuals not living in economic families are those individuals who live alone. As noted earlier, approximately 30% of Aboriginal seniors lived alone.

**Table 51: Number and Proportion Living Below After-Tax Low Income Cut-Off, Aboriginal Population, Aged 65 and Over, Manitoba, 2005**

Household Type	Total number (2005)	Total number living below after-tax low income cut-off (2005)	Proportion (%) living below after tax low income cut-off (2005)
Private households— all persons 65+	5,180	705	13.6
Private households— males 65+	2,320	290	12.5
Private households— females 65+	2,855	415	14.5
Persons aged 65+ in an economic family*	3,235	140	4.3
Males aged 65+ in an economic family*	1,560	60	3.8
Females aged 65+ in an economic family*	1,670	75	4.5
Persons aged 65+ NOT in an economic family**	1,945	565	29.0
Males aged 65+ NOT in an economic family**	760	230	30.3
Females aged 65+ NOT in an economic family**	1,185	340	28.9

\* Economic families are defined as a group of two or more persons in the same dwelling that are related to each other by blood, marriage, common-law relationship or adoption.

\*\* Individuals NOT in economic families include those living alone.

Source: Statistics Canada, 2006 Census of Canada.

## Home Ownership

Information on home ownership was obtained from the 2006 Aboriginal Peoples Survey Public Use Data file. As noted below, this data file does not allow for analysis at the provincial level. The data presented on home ownership is for Aboriginal Canadians not living on reserves.

According to the 2006 Aboriginal Peoples Survey, 67.7% of Aboriginal Canadians aged 45 to 54 own their home compared to 65.5% of Aboriginal Canadians aged 55 and over (Table 52). Furthermore, 32.9% of renters aged 55 and over were living in subsidized housing.

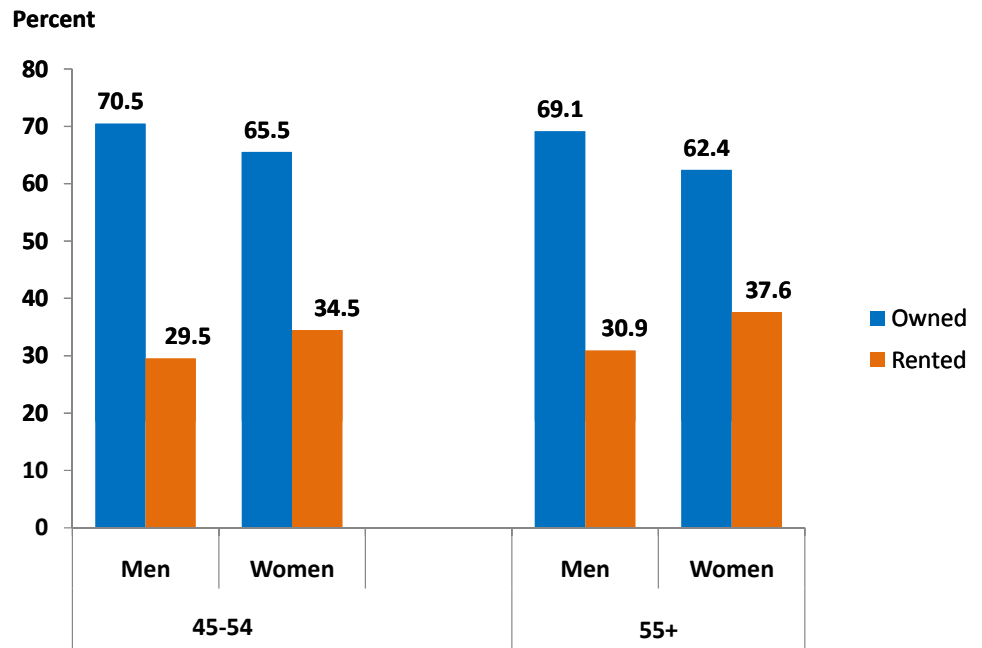
**Table 52: Household Tenure in Selected Age Groups, Non-Reserve Aboriginal Population, Canada, 2006**

Housing Tenure	% of Age Group	
	45 to 54	55+
Owned	67.7	65.5
Rented	32.3	34.5

Source: Statistics Canada, Aboriginal Peoples Survey, 2006.

Aboriginal Canadian women aged 55 and over were more likely to live in rented homes than Aboriginal Canadian men aged 55 and over (Figure 72). In 2006, 37.6% of Aboriginal women aged 55 and over lived in rented housing compared to 30.9% of men. A higher proportion of older Aboriginal women lived in subsidized housing, 34.5% of female renters aged 55 and over, than older Aboriginal men (31.5% of male renters). It should be noted that one-fifth of both Aboriginal men and women who rented housing, lived in subsidized housing.

**Figure 72: Household Tenure Among Aboriginal Canadians Aged 45 to 54 and 55 and Over by Gender, Canada, 2006**



Source: Statistics Canada, Aboriginal Peoples Survey, 2006.

## Health Status

Information on the health status of the Aboriginal population was obtained from the 2001 and 2006 Aboriginal Peoples Survey (APS). The public use data files from the APS do not allow for an examination of the Aboriginal population aged 65 and over, as age is grouped in these surveys as 55 and over. In addition, provincial analysis is not possible using the APS data as 'province' is not provided within the data files. The 2001 provincial data presented here was extracted from the Statistics Canada report entitled "Aboriginal Peoples Survey 2001: Initial Release—Supporting Tables." The 2006 Canadian data was obtained from the 2006 APS Public Use data file.

The Aboriginal Peoples Survey (APS) was designed to provide information on the social and economic conditions of Aboriginal people in Canada (excluding reserves). The 2001 APS was conducted between September 2001 and January 2002; the 2006 APS was conducted between October 2006 and March 2007.

Aboriginal Identity Population includes those who reported on the APS at least one of the following:

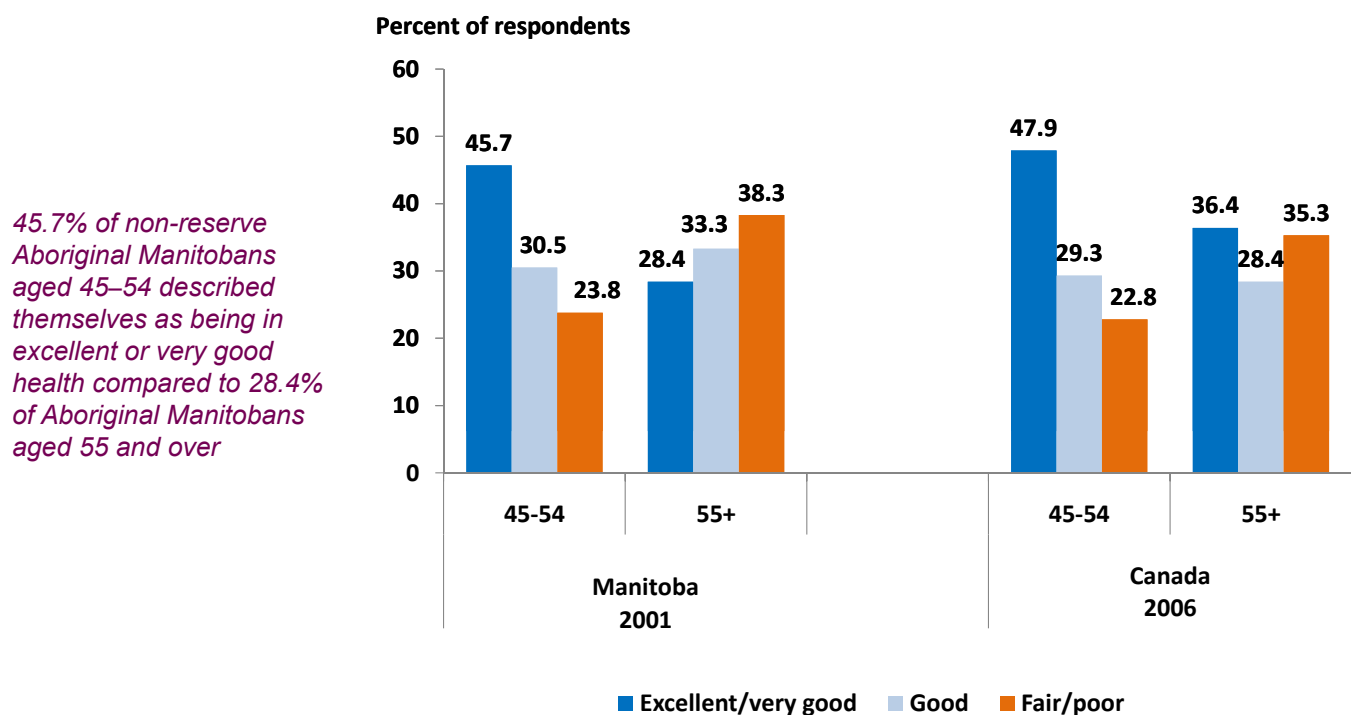
- 1) Identified as North American Indian, Métis and/or Inuit;
- 2) Registered Indian status and/or;
- 3) Band membership. In this section, the Aboriginal Identity Population is referred to as the Aboriginal Population.

The APS only includes Aboriginal people that do not live on Indian reserves, referred to as the non-reserve population.

## Self-Rated Health

Self-rated health refers to the overall rating of one's own health. It reflects the individual's own assessment of his/her health. Participants in the APS were asked, "In general would you say your health is excellent, very good, good, fair or poor?" According to the 2001 APS, 45.7% of non-reserve Aboriginal Manitobans aged 45–54 described themselves as being in excellent or very good health compared to 28.4% of Aboriginal Manitobans aged 55 and over (Figure 73). Increased age is associated with poorer self-reported health status; 23.8% of Manitobans aged 45 to 54 described their health as fair or poor compared to 38.3% of Aboriginal Manitobans aged 55 and over. Similar trends are evident in 2006 among non-reserve Aboriginal Canadians.

**Figure 73: Self-Rated Health in Selected Age Groups, Aboriginal Non-reserve Population, Manitoba, 2001 and Canada, 2006**



Source: Statistics Canada, Aboriginal Peoples Survey, 2001 and 2006.

## Chronic Health Conditions

*82.8% of the non-reserve Aboriginal Canadian population aged 55 and over reported having one or more chronic conditions*

According to data from the 2006 APS, 82.8% of the non-reserve Aboriginal Canadian population aged 55 and over reported having one or more chronic conditions; a health condition that had been diagnosed by a health-care professional and had lasted, or was expected to last at least six months (Table 53). Aboriginal Canadian women aged 55 and over were slightly more likely to report four or more health conditions than men aged 55 and over (21.9% vs. 16.0%).

Arthritis or rheumatism, high blood pressure, and diabetes were the most commonly reported chronic health conditions among Aboriginal Canadians aged 55 and over (Table 53). Over one-half of Aboriginal women aged 55 and over had been diagnosed with arthritis or rheumatism compared to 37.8% of Aboriginal men aged 55 and over. Aboriginal women in this age group were also slightly more likely than Aboriginal men to report high blood pressure (40.4% vs. 38.5%). There was little difference between men and women in the diagnosis of diabetes; about one-fifth of both Aboriginal men and women have been diagnosed with diabetes.

**Table 53: Diagnosed Chronic Health Conditions for the Aboriginal Non-Reserve Population Aged 55 and Over, Canada, 2006**

Number of Conditions	% of Respondents Aged 55+		
	Total	Men	Women
None	17.2	20.8	14.3
1 health condition	23.7	27.8	20.3
2 health conditions	22.8	20.3	25.0
3 health conditions	17.0	15.1	18.6
4 or more	19.2	16.0	21.9
Specific Health Conditions	Total	Men	Women
Arthritis/rheumatism	47.1	37.8	54.9
High blood pressure	39.5	38.5	40.4
Diabetes	20.5	19.5	21.3
Stomach problems	18.4	16.3	20.1
Heart disease	17.8	19.1	16.8
Asthma	14.3	11.3	16.7

*Arthritis or rheumatism, high blood pressure and diabetes were the commonly reported chronic health conditions among Aboriginal Canadians aged 55 and over*

Source: Statistics Canada, Aboriginal Peoples Survey, 2006.



## Contact with Health Care Providers

In the 2006 APS, non-reserve Aboriginal Canadians were asked if they had seen or talked to various health care providers in the past 12 months about their physical, emotional, or mental health. Fully, 93% of Aboriginal Canadians aged 55 and over had seen or talked to at least one health care professional in the previous 12 months. Aboriginal women aged 55 and over were slightly more likely than Aboriginal men to have done so (95% vs. 91%).

According to the 2006 APS survey, 83.8% of non-reserve Aboriginal Canadians had at least one contact with a family doctor or general practitioner in the 12 months prior to the interview (Table 54). There was little difference between Aboriginal men and women (81.6% vs. 85.7%). Slightly over one-half had seen an optometrist or ophthalmologist (51.4%) and about two-fifths visited a dentist (43.2%). Five percent of non-reserve Aboriginal Canadians aged 55 and over reported contact with a First Nations, Métis, or Inuit traditional healer; women were slightly more likely to do so than men (6.5% vs. 4.2%).

**Table 54: Contact with Selected Health Care Providers in the Previous Twelve Months, Non-reserve Aboriginal Population Aged 55 and Over, Canada, 2006**

Health Care Provider	% of Respondents 55+		
	Total	Men	Women
Family doctor/general practitioner	83.8	81.6	85.7
Optometrist/ophthalmologist	51.4	48.4	53.8
Dentist/orthodontist	43.2	42.6	43.8
Other medical doctor	29.5	28.4	30.5
Nurse	25.7	26.0	25.4
First Nations, Metis or Inuit traditional healer	5.4	4.2	6.5

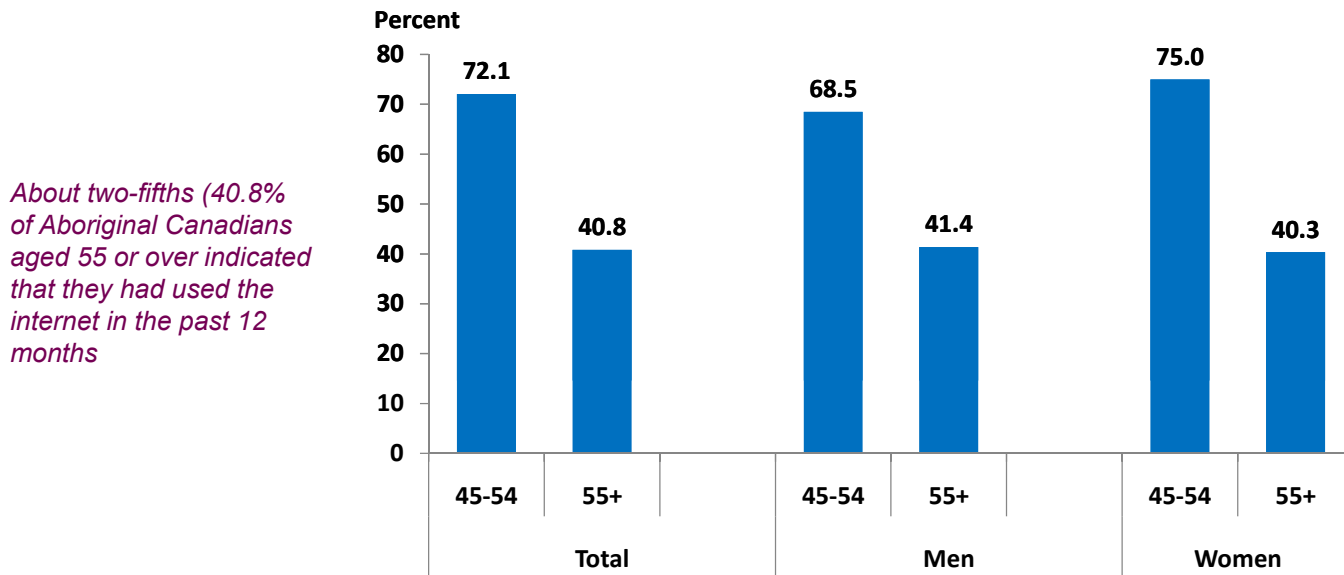
*83.8% of non-reserve Aboriginal Canadians had at least one contact with a family doctor or general practitioner in the twelve months prior to the interview*

Source: Statistics Canada, Aboriginal Peoples Survey, 2006.

## Use of Technology

The 2006 APS also asked about Internet use among non-reserve Aboriginal Canadians. Almost three-quarters (72.1%) of Aboriginal Canadians aged 45 to 54 reported using the Internet in the past 12 months (Figure 74). Aboriginal women in this age group were slightly more likely than Aboriginal men to have used the Internet in the past 12 months (75.0% vs. 68.5% respectively). About two-fifths (40.8%) of Aboriginal Canadians aged 55 or over indicated that they had used the Internet in the past 12 months. The proportion using the Internet was similar for both Aboriginal men (41.4%) and women (40.3%) in this age group.

**Figure 74: Internet Use in the Past 12 Months, Non-reserve Aboriginal Population Aged 45 to 54 and Aged 55 and Over by Gender, Canada, 2006**



Source: Statistics Canada, Aboriginal Peoples Survey, 2006.

Among Aboriginal Canadians aged 55 and over who used the Internet in the past year, email was the most frequent type of activity (80.8%), followed by searching for medical and health related information (59.1%), and searching for Government related information (54.6%) (Table 55). Using email was also the most frequently mentioned activity among Internet users aged 45 to 54.

**Table 55: Type of Internet Activity in the Past 12 Months Among Internet Users, Aboriginal Population in Selected Age Group, Canada, 2006**

Used Internet in Past 12 Months	% of Age Group	
	45–54	55+
For email	82.3	80.8
To search for Government related information	61.4	54.6
To search for medical and health related information	60.8	59.1
To view the news	52.3	49.2
For electronic banking	44.2	38.7
For information about local community services or activities	43.3	37.2
To play games	40.1	43.8
To search for information about education or training	39.6	25.8
To purchase goods/services	30.6	26.6
To obtain and play music	28.9	20.6
To search for employment	27.1	12.5

Source: Statistics Canada, Aboriginal Peoples Survey, 2006.

## Full Data Sources for Charts and Tables

Table 46, Figures 60, 61, 62: Statistics Canada, 2006 Census of Population, Statistics Canada Catalogue no. 97-558-XCB2006006. Aboriginal Identity (8), Area of Residence (6), Age Groups (12) and Sex (3) for the Population of Canada, Provinces and Territories, 2006 Census – 20% Sample Data.

Figure 63, Table 47: Statistics Canada, 2006 Census of Population, Statistics Canada Catalogue no. 97-558-XCB2006006. Aboriginal Identity (8), Area of Residence (6), Age Groups (12) and Sex (3) for the Population of Canada, Provinces and Territories, 2006 Census – 20% Sample and Statistics Canada, 2005, Projections of the Aboriginal Populations, Canada, Provinces and Territories 2001 to 2017, Catalogue no. 91-547-XIE.

Tables 48, 49 and Figures 64, 65, 66, 67: Statistics Canada, 2006 Census of Population, Statistics Canada Catalogue no. 97-564-XCB2006002. Aboriginal Identity (8), Age Groups (8), Area of Residence (6), Sex (3) and Selected Demographic, Cultural, Labour Force, Educational and Income Characteristics (233), for the Total Population of Canada, Provinces and Territories, 2006 Census – 20% Sample Data.

Figures 68, 69: Statistics Canada, 2006 Census of Population, Statistics Canada Catalogue no. 97-559-XCB2006008. Labour Force Activity (8), Aboriginal Identity (8B), Age Groups (13A), Sex (3) and Area of Residence (6A) for the Population 15 Years and Over of Canada, Provinces and Territories, 2001 and 2006 Censuses – 20% Sample Data.

Figure 70: Statistics Canada, 2006 Census of Population, Statistics Canada, Catalogue no. 97-560-XCB2006031. Labour Force Activity (8), Aboriginal Identity (8), Highest Certificate, Diploma or Degree (14), Area of Residence (6), Age Groups (12A) and Sex (3) for the Population Aged 15 Years and Over of Canada, Provinces and Territories, 2006 Census – 20%

Table 50, 51 and Figure 71: Statistics Canada, 2006 Census of Population, Statistics Canada Catalogue no. 97-564-XCB2006002. Aboriginal Identity (8), Age Groups (8), Area of Residence (6), Sex (3) and Selected Demographic, Cultural, Labour Force, Educational and Income Characteristics (233), for the Total Population of Canada, Provinces and Territories, 2006 Census – 20% Sample Data.

Tables 52, 53, 54, 55 and Figures 72, 73, 74: Statistics Canada, 2006 Aboriginal Peoples Survey Public Use Microdata File and Statistics Canada, 2003, Aboriginal Peoples Survey 2001: Initial Release – Supporting Tables, Statistics Canada Catalogue no. 89-592-XIE.

# Section 10: Elder Abuse and Victimization

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# 10

## Spotlight



- ▲ Emotional and financial abuse are the most prevalent type of abuse reported to both the Seniors Abuse Referral Line and Elder Abuse Services.
- ▲ Adult children were reported to be the victim's abuser in most cases to both the Seniors Abuse Referral Line and Elder Abuse Services.

## Elder Abuse

Unfortunately, the issue of elder abuse is a reality in today's society. The Manitoba Seniors and Healthy Aging Secretariat Web site defines elder abuse as follows: “*elder abuse is any action or lack of action by someone **in a position of trust** that harms the health or well-being of an older person. Elder abuse can happen at home, in the community, and in acute and long term care facilities. Abuse exists in many different forms. Abuse can be physical, psychological, or sexual. It can also exist in the form of neglect and financial exploitation.*”

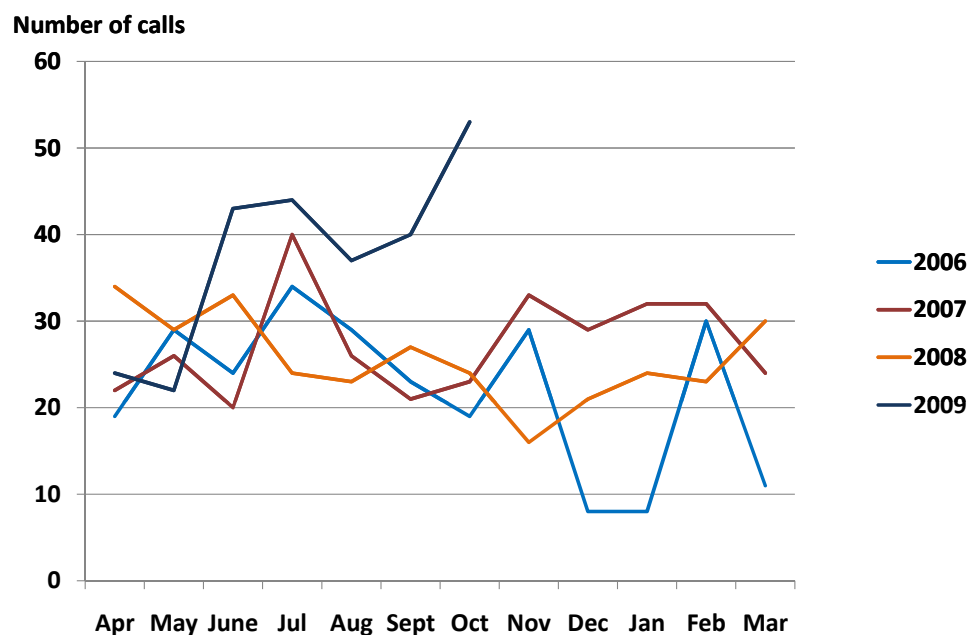
There are many different forms of abuse; however, they are generally categorized into four broad categories:

- **physical and sexual abuse** (e.g., somebody hits or handles you roughly, somebody forces you to engage in sexual activity);
- **psychological** abuse (e.g., somebody threatens you, treats you like a child or does not allow you to see your family and friends);
- **financial abuse** (e.g., somebody persuades you out of your money, property or possessions, somebody forces you to change your will, someone cashes your cheques without your knowledge); and
- **neglect** (e.g., a caregiver or somebody else in a position of trust withholds care, food and/or emotional support).

Currently in Manitoba there is no mandatory reporting of elder abuse for older adults living in the community, that is those not living in an institutionalized setting such as a personal care home (discussed later in the section on “Abuse of Individuals in Personal Care Homes”). The Manitoba Seniors and Healthy Aging Secretariat operates the Seniors Abuse Referral Line, a confidential information and referral service, whose goal is to provide seniors, family members, professionals, and others with information and referral on community resources on elder abuse available throughout the province. An elder abuse consultant is also available to provide education and training, and to assist communities to ensure that services and supports are coordinated and available to abused older persons.

The Manitoba Seniors and Healthy Aging Secretariat provided data on calls made to the Seniors Abuse Line for the period of April 1, 2006 to October 31, 2009. The Seniors Abuse Line received 1,162 telephone calls during this time period. Figure 75 illustrates the number of calls per month for the years 2006 to 2008 and April to October 2009. The average number of calls per month increased from 22 calls in 2006 to 26 calls in 2008. The average number of calls for the period April to October 2009 was 38 calls, suggesting that new public awareness campaigns focusing on elder abuse may be reaching the general public.

**Figure 75: Number of Calls per Month to the Seniors Abuse Line, Manitoba, April 2006 to October 2009**



Source: Manitoba Seniors and Healthy Aging Secretariat, Seniors Abuse Referral Line Statistics, April 1, 2006 to October 31, 2009

Additional information (e.g., gender of abused, type of abuse) was available for 1,091 of the 1,162 calls (94%). The following discussion focuses on these 1,091 calls. The majority of calls (67%) came from the Winnipeg area. The remaining 33% came from areas outside of Winnipeg, identifying the important need to provide services for abuse victims in rural areas of the province.

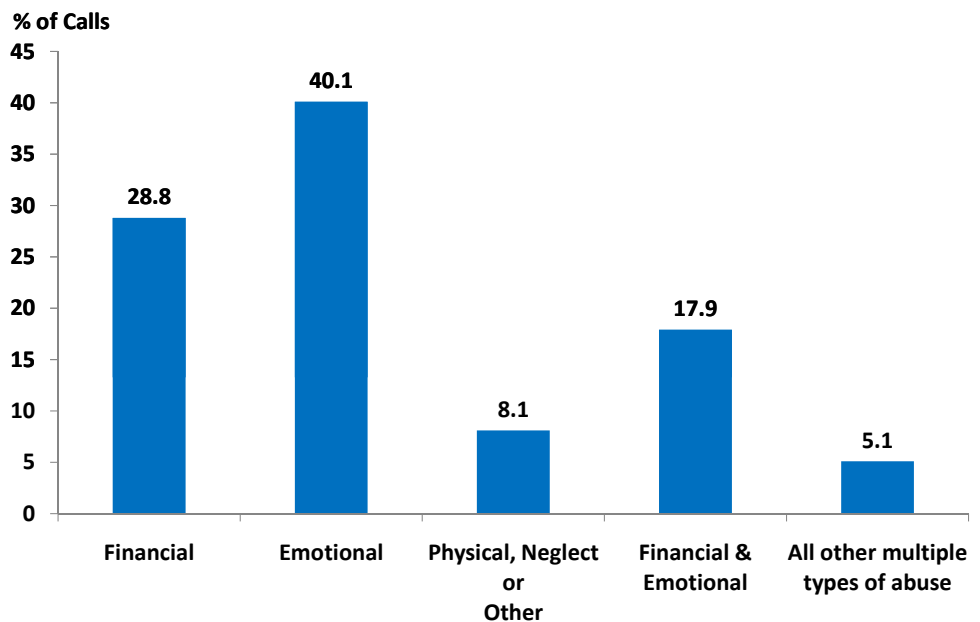
*Women made up about two-thirds (65.1%) of the abused callers*

Women made up about two-thirds (65.1%) of the abused callers. This remained consistent from year to year. Age of the abused was unknown for 693 calls (63.5%). Of the 398 calls where age was known, 53.2% were aged 80 and over.

The types of abuse included financial abuse, emotional abuse, physical abuse, neglect, and other types of abuses. Callers could also indicate if more than one type of abuse occurred. More than one type of abuse was recorded for 23.1% of the calls (Figure 76). The combination of financial and emotional abuse was the most common when more than one type of abuse was reported (17.9% of calls). Overall, emotional abuse was the most prevalent type reported in 40.1% of calls, followed by financial abuse (28.8% of calls).

**Figure 76: Type of Abuse Reported, Calls to Seniors Abuse Line, April 2006 to October 2009**

*Emotional abuse was the most prevalent type of abuse reported to the Seniors Abuse Referral Line*

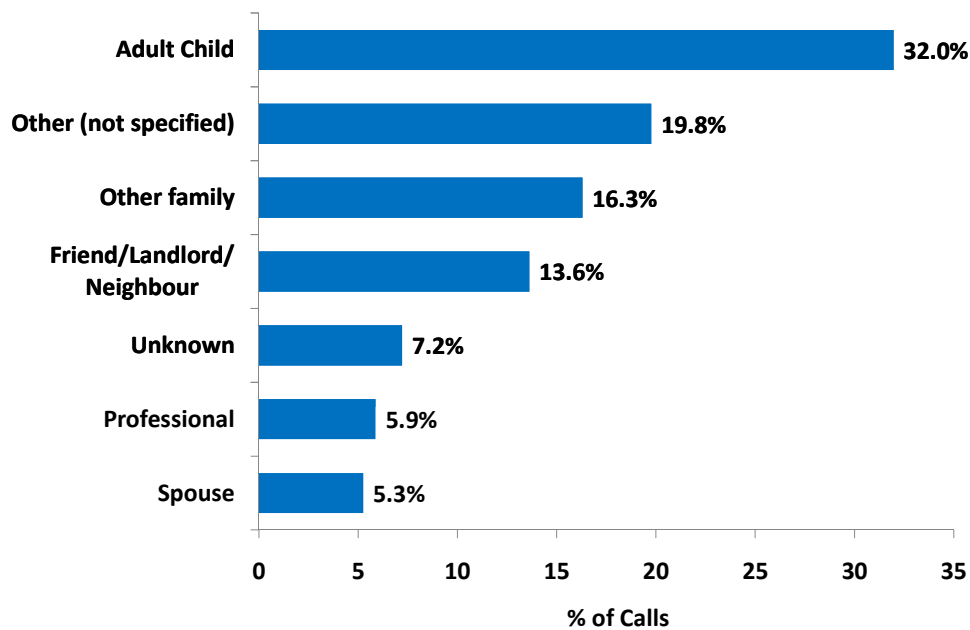


Source: Manitoba Seniors and Healthy Aging Secretariat, Seniors Abuse Line Statistics, April 1, 2006 to October 31, 2009

In approximately one-third (32%) of the calls, the abuser was the victim’s adult child (Figure 77). The spouse was noted as the abuser in 5.3% of the calls. Other family members, such as grandchildren, nephews/nieces, siblings, were noted as the abuser in 16.3% of the calls.

**Figure 77: Abuser to Victim Relationship, Calls to Seniors Abuse Referral Line, April 2006 to October 2009**

*Approximately one-third (32%) of elder abuse reported to the Seniors Abuse Referral Line, the abuser was the victim’s adult child*



Source: Manitoba Seniors and Healthy Aging Secretariat, Seniors Abuse Line Statistics, April 1, 2006 to October 31, 2009

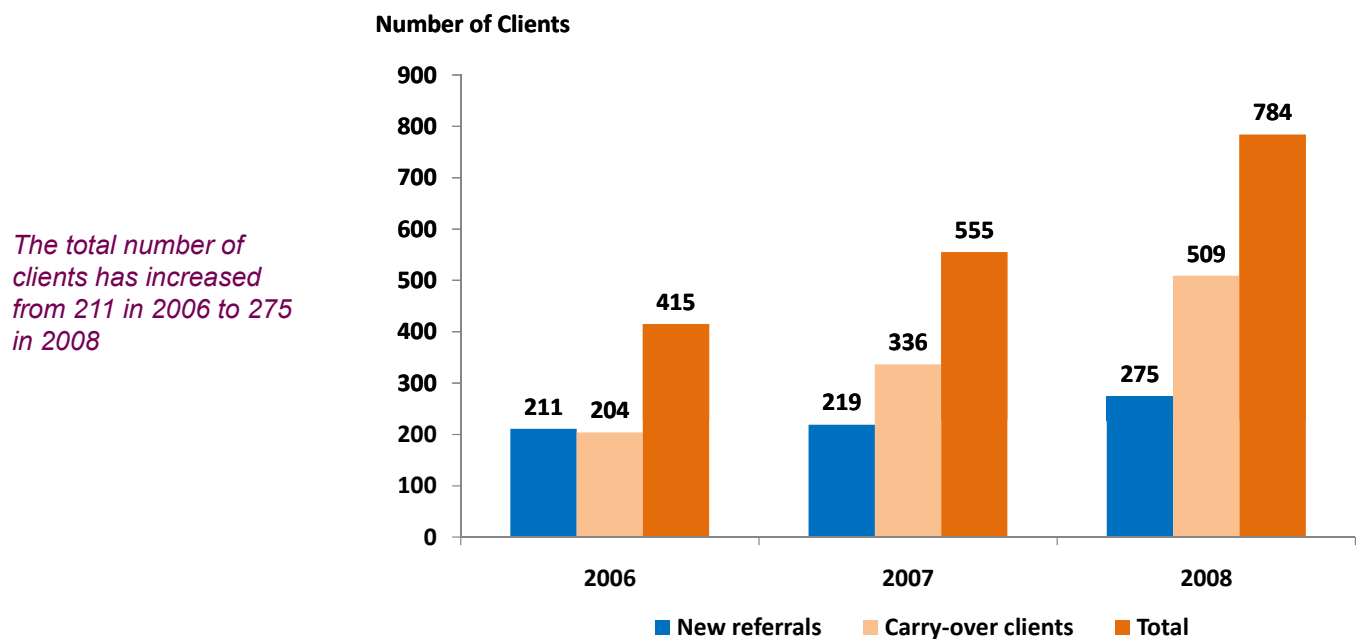
Age & Opportunity Inc. provides specialized elder abuse services, responding to situations of suspected abuse of persons 55 years of age and over living in Manitoba. Social workers are available to assist older adults who are experiencing abuse, neglect, or exploitation by someone in which they have a relationship of trust. Social workers provide confidential counselling, support, advocacy, and access to emergency accommodation for older adults who may be experiencing physical, emotional, sexual and financial abuse or neglect.

Age & Opportunity Inc. collects information (e.g., number of cases, forms of abuse, gender of abused and abuser to victim relationship) on situations of abuse that are brought to their attention. Data was provided by Age & Opportunity Inc. on program clients for the period April 1, 2006 to March 31, 2009, with a total of 1,754 program clients during this period.



Figure 78 illustrates the number of program clients for each fiscal year by the type of elder abuse service. Carry-over clients refer to those clients who have been working with a social worker for longer than one month. The total number of clients has increased from 415 clients in 2006 to 784 clients in 2008. Once again suggesting that events such as World Elder Abuse Awareness Day and elder abuse conferences and workshops have impacted individuals accessing elder abuse services. The proportion of carry-over clients has also increased from 2006 (49.2% of clients) to 2008 (64.9% of clients).

**Figure 78: Number of Program Clients by Type of Service, Age & Opportunity's Elder Abuse Services, 2006 to 2008**



Source: Age & Opportunity Inc., Elder Abuse Services Annual Reports for 2006/07, 2007/08, 2008/09.

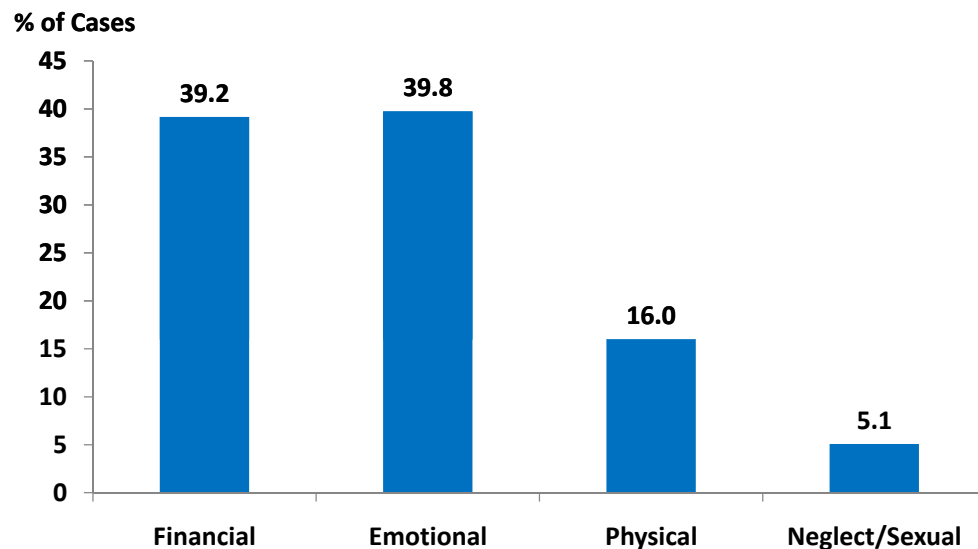
The proportion of female clients has remained fairly consistent from 2006 to 2008 (74% in 2006, 73% in 2007, and 72% in 2008). Age demographics are not available for 2008. The average client age was 75 years for both 2006 and 2007.

The type of abuse reported is examined next. As cases can involve more than one type of abuse, the number of cases does not equal the number of clients. That is, financial refers to cases involving financial abuse only or any combination of financial with any other type of abuse (e.g., financial and emotional). Similarly, emotional involves cases that are emotional abuse only or a combination of emotional and physical, emotional and financial, etc.

The two most prevalent forms of abuse reported involved financial abuse (39.2% of cases) and emotional abuse (39.8% of cases) (Figure 79). Less than 10% of the cases involved neglect or sexual abuse.

**Figure 79: Form of Abuse Reported, Age & Opportunity’s Elder Abuse Services, April 2006 to March 2009**

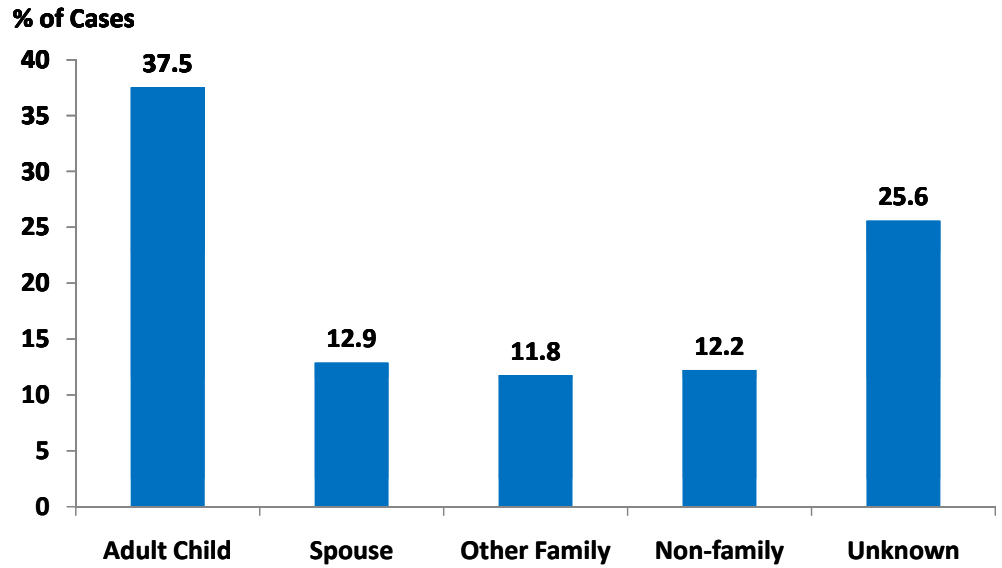
*The two most prevalent forms of abuse reported to the Elder Abuse Services involved financial abuse and emotional abuse*



Source: Age & Opportunity Inc., Elder Abuse Services Annual Reports for 2006/07, 2007/08, 2008/09.

As we saw earlier, with the Seniors Abuse Referral Line callers, adult children make up the largest percentage (37.5%) of all reported abusers (Figure 80). Overall, family members make up more than three-quarters of all cases where the abuser is known. The spouse was reported as the abuser in 12.9% of cases.

**Figure 80: Abuser to Victim Relationship, Age & Opportunity’s Elder Abuse Services, April 2006 to March 2009**



Source: Age & Opportunity Inc., Elder Abuse Services Annual Reports for 2006/07, 2007/08, 2008/09.

## Abuse of Individuals in Personal Care Homes

To help protect adults from abuse while receiving care in personal care homes, hospitals or any other designated health facility, the Government of Manitoba proclaimed ***The Protection for Persons in Care Act*** on May 1, 2001.

This Act defines 'abuse' as *“mistreatment, whether physical, sexual, mental, emotional, financial or a combination of any of them that is reasonably likely to cause death or that causes or is reasonably likely to cause serious physical or psychological harm to a person, or significant loss to the person’s property.”*

Under the Act, the reporting of abuse of a patient in any health care facility is mandatory.

The Protection For Persons in Care Office (PPCO), administers the Protection for Persons in Care Act and compiles information from their intake reports into a statistical report. Data from the PPCO’s 2008 statistical report covering the fiscal years 2004 to 2008 are discussed here.

After receiving an alleged abuse report, the PPCO gathers all the information needed to determine the next course of action; this is referred to as the inquiry stage. Based on the results of the inquiry, a decision is made whether or not an investigation must take place. A total of 6,304 alleged abuse intake reports were received by the PPCO from 2004 to 2008. Of these reports, 90% were inquiries only; the remaining 10% required an investigation. The highest percentage of investigations was in 2005 (21% of alleged abuse reports). Less than 5% of the alleged reports required investigation in 2007 and 2008.

Reports of physical abuse made up two-thirds (66%) of the 6,304 alleged abuse intake reports. This is followed by sexual abuse (9%) and emotional abuse (7.5%).

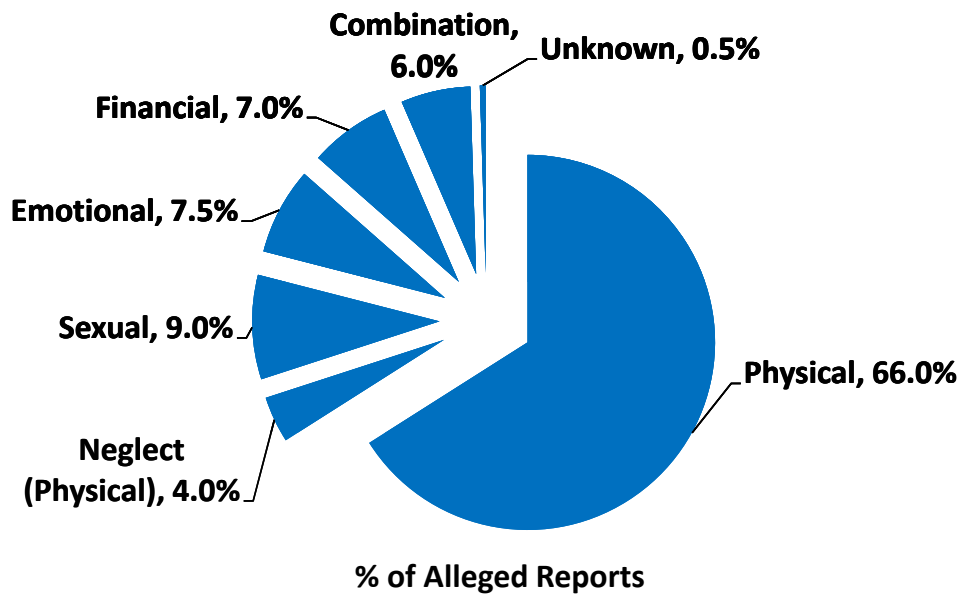
The facility or staff at the facility made the vast majority of alleged intake reports received by the Protection for Persons in Care Office (91% of the 6,304 alleged abuse reports). Most of the alleged abuse reports came from a personal care home. In two-thirds (66%) of the alleged abuse reports, a patient was identified as the alleged abuser. A staff member/employee was identified as the alleged abuser in 14% of the alleged abuse reports.

Attention now turns to the outcome of the 5,701 inquiries. Over three-quarters (79%) of the inquiries were found to be below threshold. That is, based on information gathered, the alleged abuse was determined not to have met the level of harm or financial loss to an alleged victim that requires an investigation to be initiated. Another 15% were determined to be unfounded, that is the abuse allegation was unsubstantiated from the information gathered or there was insufficient information to support the allegation of abuse.

*Of the 603 investigations conducted from April 1, 2004 to March 31, 2009, 478 (79%) were founded, that is evidence was found to indicate that an act of abuse had occurred*

Of the 603 investigations conducted from April 1, 2004 to March 31, 2009, 478 (79%) were founded, that is evidence was found to indicate that an act of abuse had occurred. Of the 478 founded cases of abuse, 48% were physical abuse (Figure 81), followed by financial abuse (15%), and emotional abuse (11%).

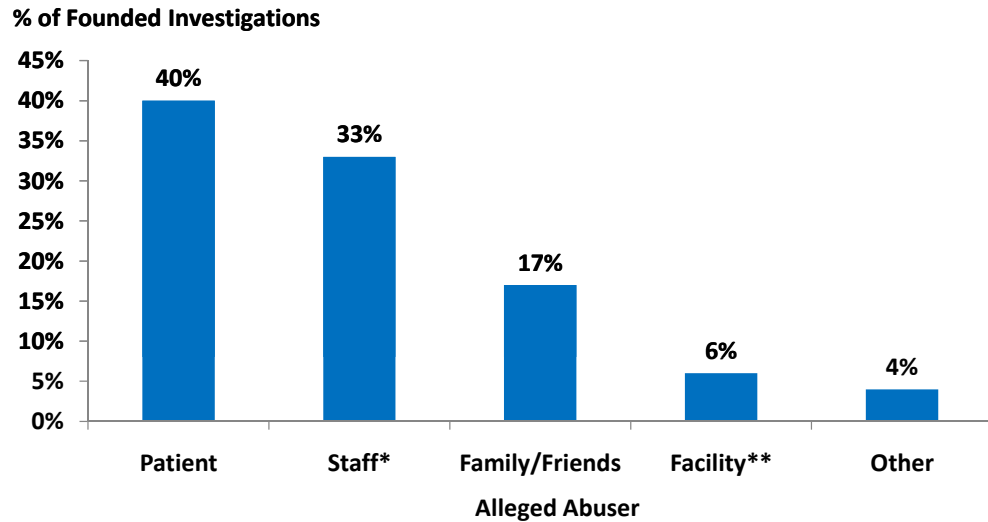
**Figure 81: Founded Investigations by Type of Abuse, 2004 to 2009**



Source: Manitoba Health and Healthy Living, Protection for Persons in Care Office, Statistical Report, 2008/09.

The identified alleged abuser for the 478 founded investigations is shown in Figure 82. One-fifth (40%) of the founded investigations identified a patient as the alleged abuser; another third identified staff as the alleged abuser.

**Figure 82: Founded Investigations by Alleged Abuser, 2004 to 2009**



\*An employee identified as the alleged abuser

\*\* Facility identified as alleged abuser (e.g., report claimed facility protocols caused abuse)

Source: Manitoba Health and Healthy Living, Protection for Persons in Care Office, Statistical Report, 2008/09.

## Victimization

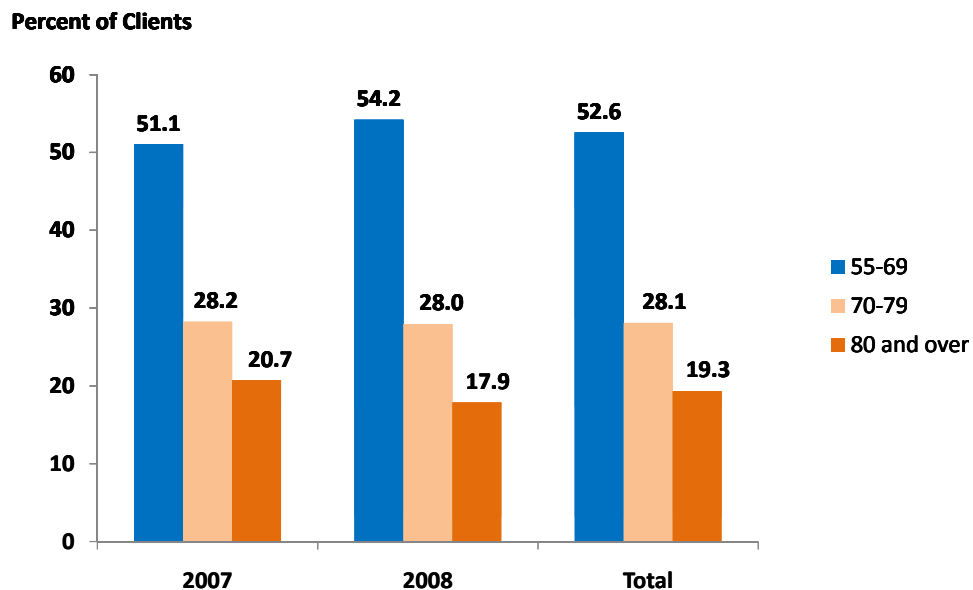
Victimization refers to a crime where the perpetrator of the crime is a stranger to the victim. In Winnipeg, the Winnipeg Police Service working with Older Victim Services, provides short-term support service to seniors who have been victims of property crime, such as a break-in to their residence and personal crimes, such as assault or robbery. Victims of crime are referred to the Older Victim Services by the Winnipeg Police Service. Staff and volunteers contact each person individually to provide emotional support and information. Social workers are also available to provide counselling and assistance.

Age & Opportunity Inc. compiles information on the use of the Older Victim Services program into an annual report. Data from the 2007 and 2008 annual reports is used for this section.

Between April 1, 2007 and March 31, 2008, the Winnipeg Police Service Victim Services referred 730 cases to the Older Victim Services Program; 643 cases were referred between April 1, 2008 and March 31, 2009. An additional 51 cases were referred through the community; these were cases in which a crime was committed but not reported to the police. A total of 1,424 clients were referred during the two-year period.

Slightly over one-half of the referrals were for women (52.1%). Just over one-half (52.2%) of the referrals to the Older Victims Services were in the 55–69 age group (Figure 83) among referrals where the client’s age is known. The clients’ age breakdown was similar between 2007 and 2008.

**Figure 83: Age of Client, Older Victim Services, 2007, 2008, and Total**

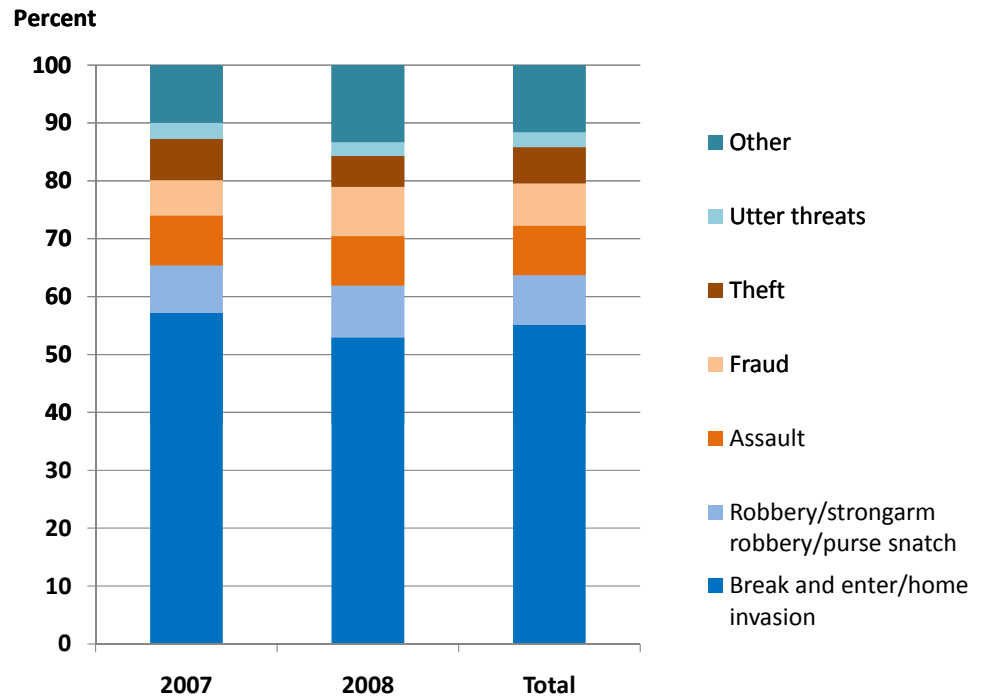


Source: Age & Opportunity Inc., Older Victim Services Annual Reports for 2007/08 and 2008/09.



Property crimes such as break and enter to a home accounted for 55.1% of the referrals while 27.1% were for personal crimes including robbery, assault, fraud and uttering threats (Figure 84). Just over 5% of the referrals were for theft. There was very little difference in the breakdown of referrals by type of crime between 2007 and 2008.

**Figure 84: Type of Crime, Older Victim Services Clients, 2007, 2008 and Total**



Source: Age & Opportunity Inc., Older Victim Services Annual Reports for 2007/08 and 2008/09.

## Full Data Sources for Charts and Tables

Figures 75, 76 77: Manitoba Seniors and Healthy Aging Secretariat, Seniors Abuse Line Statistics, April 1, 2006 to October 31, 2009

Figures 78, 79, 80: Age & Opportunity Inc., Elder Abuse Services Annual Reports for 2006/07, 2007/08, 2008/09.

Figures 81, 82: Manitoba Health and Healthy Living, Protection for Persons in Care Office, Statistical Report, 2008/09.

Figures 83, 84: Age & Opportunity Inc., Older Victim Services Annual Reports for 2007/08 and 2008/09.

# Section 11: Health Care and Community Services

# 11

## Spotlight



- ▲ 60% of Manitobans said they were insured for prescription medication in 2003.
- ▲ Over one-third (34.7%) of Community Resource Councils are based in the Assiniboine Regional Health Authority, which also has the highest proportion of its population aged 65 and over (19.5%).
- ▲ In 2007 the average number of clients receiving coordinated Home Care services each month was 22,985.
- ▲ In 2007, the average length of stay in hospital was 12.4 days for those aged 65 to 74, and 19.2 days for those aged 75 and over.
- ▲ 10,080 Manitobans, aged 75 and over, lived in a personal care home for at least one day during 2007. Brandon Regional Health Authority had the highest residency rate; 15.3% of the region's population aged 75 and over lived in a personal care home in 2007.

This section provides information on how seniors use formal health care services/resources such as visits to a physician, hospitalizations, home care services, and personal care homes.

## Access to a Regular Doctor

Having a regular medical doctor is important for all Manitobans, but it is especially important for seniors who may require more consistent medical follow-up. According to data from the 2007 Canadian Community Health Survey, 94.2% of Manitobans aged 65 and over have a regular medical doctor compared to 78.5% of Manitobans aged 25 to 49 and 90.1% aged 50 to 64.

## Visits to Health Care Providers

In the 2007 Canadian Community Health Survey, individuals living in their own homes in the community were asked if they had seen or talked to various health care providers in the past 12 months. According to the Survey, over three-quarters (88.4%) of Manitobans aged 65 and over had at least one contact with a family doctor or general practitioner in the twelve months prior to the interview (Table 56). Slightly less than one-half (48.3%) reported contact with an optometrist or ophthalmologist, just over a third visited a dentist at least once (39.7%), and just under a third visited other types of medical doctors (30.2%) at least once.

**Table 56: Contact with Selected Health Care Providers in the Previous Twelve Months, Population Aged 65+ by Gender and in Selected Age Groups, Manitoba, 2007**

At Least One Contact With Health Care Provider	% of Respondents Aged 65+			% of Respondents in Age Group	
	Total	Men	Women	65–74	75+
Family doctor/general practitioner	88.4	86.1	90.2	88.3	88.5
Optometrist/ ophthalmologist	48.3	41.7	53.4	45.8	51.2
Dentist/orthodontist	39.7	40.4	39.1	42.9	35.9
Other medical doctor**	30.2	32.4	28.4	31.7	28.5

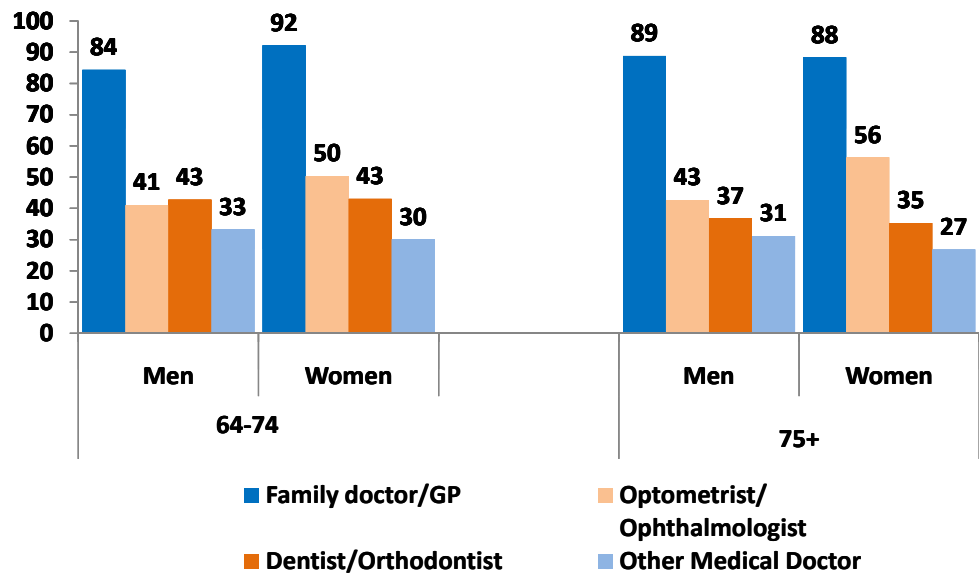
\*Less than 15% had contacted chiropractors, physiotherapists, nurses for care/advice, social workers/counsellors, speech, auditory or occupational therapists, or psychologists in the previous 12 months.

\*\*This includes surgeons, allergists, orthopedic, or psychiatrists, etc.

Source: Statistics Canada. Canadian Community Health Survey, 2007. Public Use Microdata File.

There were relatively few age differences among Manitobans aged 65 and over. Individuals aged 75 and over were slightly more likely to report contact with an optometrist/ ophthalmologist in the past year than those aged 65 to 74, while the opposite was true for visits to a dentist/orthodontist (Table 57). There were also few differences between men and women aged 65 to 74 and aged 75 and over (Figure 85). A larger proportion of women aged 64 to 74 (92%) reported contact with a family doctor/general practitioner than men aged 64 to 74 (84%). Women aged 75 and over were more likely to report contact with an optometrist/ophthalmologist than men aged 75 and over (56% vs. 43%).

**Figure 85: Contact with Selected Health Care Providers in Previous Twelve Months in Selected Age Groups by Gender, Canadian Community Health Survey, Manitoba, 2005**



Source: Statistics Canada. Canadian Community Health Survey, 2007. Public Use Microdata File.

*Approximately 10% of individuals aged 75 and over had contacted a family doctor or general practitioner, 11 or more times, equivalent to about once a month, in the past 12 months*

Participants in the 2007 Canadian Community Health Survey were also asked how often in the past 12 months they had talked to or visited a family doctor or general practitioner (GP). Slightly over 10% of Manitobans aged 65 and over reported no contact with a family doctor or GP in the 12 months prior to the interview (Table 57). Little difference was found between men and women aged 65 and over, men were slightly more likely than women to report no contact (13.9% vs. 9.9%). Younger Manitobans, those aged 25 to 49, were the most likely to have had no contact with a family doctor or GP in the past 12 months (30.3%). Approximately 10% of individuals aged 75 and over had contacted a family doctor or GP 11 or more times, equivalent to about once a month, in the past 12 months.

**Table 57: Frequency of Contact With Family Doctor or GP in the Previous 12 Months, Population Aged 65+ by Gender and in Selected Age Groups, Manitoba, 2007**

Frequency of Contact With Family Doctor or GP	% of Respondents Aged 65+			% of Respondents in Age Group			
	Total	Men	Women	25–49	50–64	65–74	75+
No contact	11.6	13.9	9.9	30.3	18.1	11.7	11.4
1 to 2 times	32.1	31.9	32.3	38.3	37.0	34.5	29.3
3 to 5 times	34.9	32.7	36.6	19.0	30.3	33.4	37.0
6 to 10 times	12.9	14.3	11.8	8.0	10.1	13.8	11.8
11 or more times	8.4	7.1	9.4	4.4	4.6	6.4	10.6

Source: Statistics Canada. Canadian Community Health Survey, 2007. Public Use Microdata File.

Insurance coverage may be the difference between using and not using certain types of health services (e.g., dentists, eye specialists). It may also impact the ability to obtain needed prescription medications. The Canadian Community Health Surveys collect information on insurance coverage. The most recent year Manitoba data is available is from 2003. In total, 60% of Manitobans said they were insured for prescription medications in 2003 (Table 58). This was true for both men and women aged 65 and over.

*Approximately one-quarter (24.2%) of Manitobans aged 65 and over were covered by insurance for their dental expenses compared to 55% of Manitobans aged 55 to 64*

Seniors can be at a disadvantage compared to younger age groups regarding dental coverage, as dental plans are often provided by the employer. Approximately one-quarter (24.2%) of Manitobans aged 65 and over were covered by insurance for their dental expenses compared to 55% of Manitobans aged 55 to 64. Similarly, seniors often have vision problems and coverage for eye glasses/contact lenses is often tied to working. About 30% of senior Manitobans had insurance for eye glasses/contact lenses compared to about 50% of individuals aged 55 to 64. Lastly, about two-thirds (65.7%) of Manitobans aged 55 to 64 had insurance to cover hospital charges for a private or semi-private room compared to 49% of Manitobans aged 65 and over.

**Table 58: Percentage of Manitobans in Select Age Groups by Gender, Who Said They Were Covered by Insurance, Manitoba, 2003**

Type of Insurance	% of Respondents Aged 55 to 64			% of Respondents Aged 65+		
	Total	Men	Women	Total	Men	Women
Prescription medications	69.6	69.6	69.7	60.0	60.2	59.9
Dental expenses	55.0	55.1	54.9	24.2	26.5	22.4
Eye glasses/contact lenses	49.2	49.7	48.6	29.6	31.4	28.2
Hospital charges	65.7	66.9	64.3	49.0	47.8	50.0

Source: Statistics Canada. Canadian Community Health Survey, 2003. Public Use Microdata File.

## Manitoba Support Services to Seniors Program

Established in 1984, Support Services to Seniors is a Manitoba Health program administered by the Regional Health Authorities (RHA). The program assists communities in the development and ongoing operation of services to help seniors 55 and over remain independent. Support Services to Seniors promotes a range of coordinated, accessible, and affordable community-based services that focus on promoting health and well being for seniors. Grant funding is provided through the RHA to communities based on their need. Services may vary from community to community, and may include but are not limited to congregate meals, transportation services, home maintenance services, shopping, “Daily Hello,” prevention and wellness, personal emergency response, and fitness programs.

The Support Services to Seniors programs are provided throughout Manitoba. In 2009, 101 Community Resource Councils (CRC) delivered many programs and services in the province. Community Resource Councils are located throughout the province with the exception of Norman. The 101 CRCs are geographically distributed as follows:

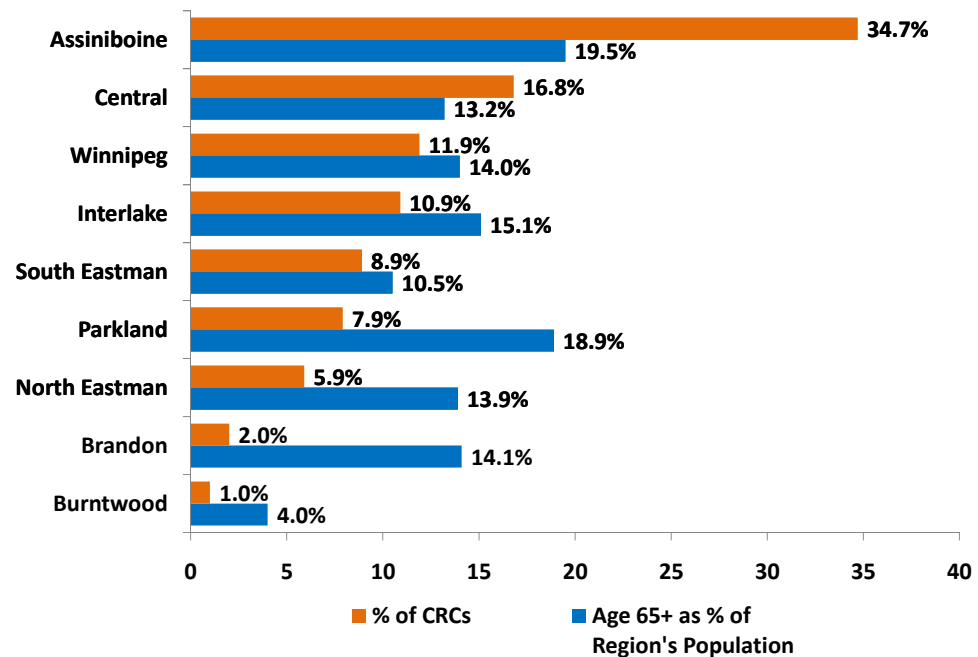
- ▲ Assiniboine (35)
- ▲ Burntwood (1)
- ▲ Brandon (2)
- ▲ Central (17)
- ▲ Interlake (11)
- ▲ North Eastman (6)
- ▲ Parkland (8)
- ▲ South Eastman (9) and
- ▲ Winnipeg (12).

The congregate meal program is the primary program delivered by the majority of the CRC offering seniors the opportunity to enjoy a well-balanced, affordable meal in a social setting. Seniors are encouraged to participate in all aspects of the congregate meal program (e.g., planning and cooking meals, setting tables, etc.).

Over one-third (34.7%) of the CRC are based in the Assiniboine RHA, which also has the highest proportion of its population aged 65 and over (19.5%) (Figure 86). Only 2% of the CRC are located in the Brandon RHA; 14.1% of the population in this region is aged 65 and over.

**Figure 86: Geographical Distribution of Community Resource Councils and Population Aged 65+ as Percent of Region's Total Population, Manitoba, 2008**

*Over one-third (34.7%) of the Community Resource Councils are based in the Assiniboine RHA, which also has the highest proportion of its population aged 65 and over (19.5%)*



Sources: Manitoba Health (2009), (Accessed July 30, 2009). Manitoba Seniors and Healthy Aging Secretariat. Seniors Resource Councils in Manitoba. Available online at [www.gov.mb.ca/shas/resourcesforseniors/organizations/resource\\_councils](http://www.gov.mb.ca/shas/resourcesforseniors/organizations/resource_councils).

Manitoba Health and Healthy Living. Manitoba Population Report, June 1, 2008.



## The Manitoba Home Care Program

The Manitoba Home Care Program, established in 1974, is the oldest comprehensive, province-wide, universal home care program in Canada. Home Care is provided to Manitobans of all ages based on assessed need and takes into account other resources available to the individual including families, community resources, and other programs. The Home Care Program provides services to individuals in their own homes at no cost to the individual. It also assesses clients for placement in a long-term care facility (e.g., personal care home, supportive housing) when providing care at home is no longer a safe or viable alternative.

Anyone, including family or friends, can request a Home Care assessment. Services provided through the program may include assessment/care coordination/management, care planning/nursing services, personal care assistance (such as bathing and dressing), home support services (such as cleaning and preparing meals), rehabilitative therapy assessment, health education, assistance with facility-based respite care, and access to adult day programs.

In 2007 the average number of clients receiving coordinated Home Care services each month was 22,985 (Table 59). Most of the individuals receiving Home Care services are seniors. Almost two-thirds (61.2%) of Home Care clients are in the Winnipeg Regional Health Authority. This is not surprising as over one-half of the province's population aged 65 and over live in Winnipeg.

**Table 59: Manitoba Health's Provincial Home Care Clients by Regional Health Authority, Manitoba, 2008**

Regional Health Authority	Number of Clients (Monthly Average)	% of Home Care Clients	% of Population Aged 65+
Winnipeg	14,082	61.2	57.4
Central	1,853	8.1	8.3
Assiniboine	1,496	6.5	8.1
Interlake	1,424	6.2	7.1
Parkland	1,209	5.3	4.8
South Eastman	1,040	4.5	4.1
Brandon	679	2.9	4.3
North Eastman	614	2.7	3.4
NOR-MAN	409	1.8	1.3
Burntwood	168	0.7	1.1
Churchill	11	0.1	0.1
<b>Manitoba</b>	<b>22,985</b>	<b>100.0</b>	<b>100.0</b>

Source: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 2, Table 1

Manitoba Health. Manitoba Population Report, June 1, 2008.

Additional information on use of home care services was obtained from the 2005 Canadian Community Health Survey. Participants were asked if they had received any home care services in the past 12 months, with the cost being entirely or partially covered by government (referred to as government home care services). They were also asked if they received any home care services with the cost not covered by government (e.g., care provided by a private agency) (referred to as non-government home care services).

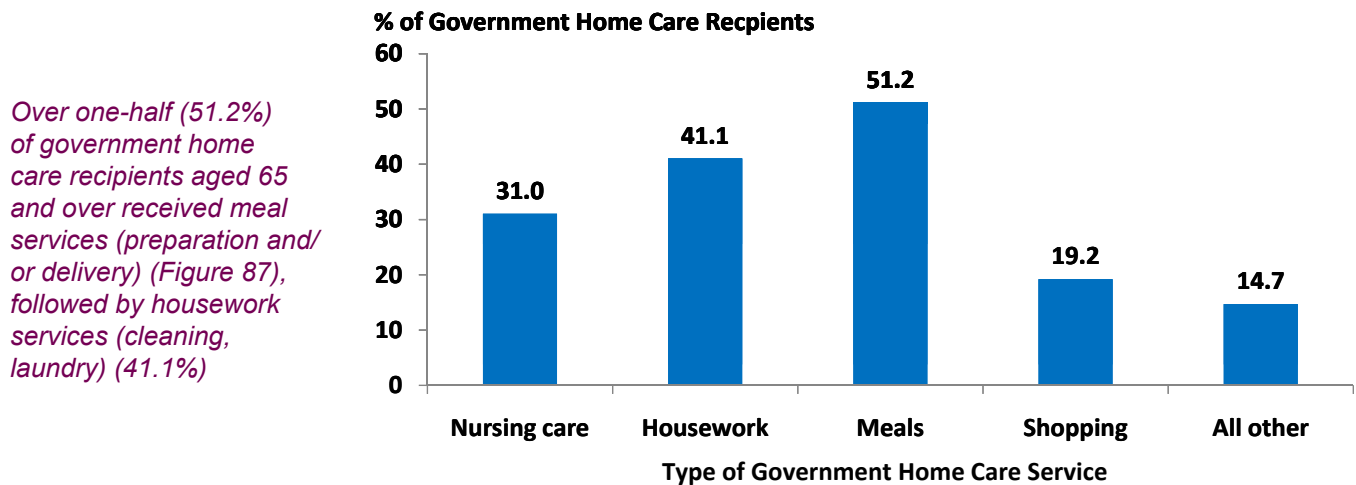
According to data from the 2005 Canadian Community Health Survey, 82% of Manitobans aged 65 and over had *not* received any home care services in the past 12 months.

- ▲ About ten percent (8.8%) of these individuals had received government home care services only;
- ▲ 5.8% reported receiving non-government home care services only; and
- ▲ 3.5% reported receiving both government and non-government home care services.

Individuals receiving at least one government home care service (includes those receiving government home care only and both government and non-government) were asked what type of services they received (e.g., nursing care, meals). Over one-half (51.2%) of government home care recipients aged 65 and over received meal services (preparation and/or delivery) (Figure 87), followed by housework services (cleaning, laundry) (41.1%).

Recipients of non-government home care service (includes those receiving non-government only and both government and non-government) were asked who provided these services. Of the 13,425 Manitobans aged 65 and over receiving at least one non-government home care service, 33.6% reported receiving home care services from a private agency. However the vast majority of these individuals received non-government home care services from family/friends/neighbours or volunteers (often referred to as informal support). Receipt of informal support is discussed in detail in Section 7.

**Figure 87: Type of Home Care Service Received Among Government Home Care Recipients Aged 65 and Over, Manitoba, 2005.**



Source: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

## Hospitalizations

Each time an individual is a patient in a Manitoba hospital, information about their stay is submitted to Manitoba Health. This information is then compiled to give an overview of hospitalizations in the province. The data presented here is based on the number of hospitalizations, and not on the number of individuals who used hospital services. One individual may account for more than one hospitalization.

### Number of Hospitalizations

According to Manitoba Health data there were a total of 130,862 hospitalizations in Manitoba in 2007. One-third (33.5%) of these hospitalizations were for persons aged 65 and over (Table 60).

**Table 60: Hospitalizations and Total Population, by Age Groups, Manitoba, 2007–08**

Age Group	% of Hospitalizations	% of Manitoba's Population
Less than 45	46.6	60.4
45–64	19.9	26.0
65+	33.5	13.7
<b>Total Number</b>	<b>130,862</b>	<b>1,186,386</b>

*One-third (33.5%) of these hospitalizations were for persons aged 65 and over (Table 60)*

Source: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 1, Table 1 and Part 3, Table 3.

This age group (65 and over) accounted for 13.7% of Manitoba's population. Among Manitobans aged 65 and over, the largest percentage of hospitalizations (66%) was for persons aged 75 and over (Table 61). This age group represented 51% of Manitoba's population aged 65 and over. Among women, 70.3% of the hospitalizations were for the 75 and over age group. Among men, the figure was 61.1%.

**Table 61: Hospitalizations, Population Aged 65+ by Age Groups and Gender, Manitoba, 2007–08**

Age Group	% of Hospitalizations Among Aged 65+	% of Population
65–74	34.0	49.0
75+	66.0	51.0
<b>Total Number</b>	<b>43,839</b>	<b>162,277</b>

Age Group	% of Hospitalizations Among Men Aged 65+	% of Male Population Aged 65+
65–74	38.9	54.5
75+	61.1	45.5
<b>Total Number</b>	<b>20,220</b>	<b>69,700</b>

Age Group	% of Hospitalizations Among Women Aged 65+	% of Female Population Aged 65+
65–74	29.7	44.9
75+	70.3	55.1
<b>Total Number</b>	<b>23,619</b>	<b>92,577</b>

Source: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 1, Table 1 and Part 3, Table 3.

## Average Length of Hospital Stay

In 2007, the average length of stay in hospital was 9.5 days for individuals aged 45 to 64, 12.4 days for those aged 65 to 74, and 19.2 days for those aged 75 and over (Table 62). Women aged 75 and over stayed an average of 20.2 days in hospital compared to 17.7 days for men in this age group.

**Table 62: Average Length of Hospital Stay in Days (All Causes) by Age Groups and Gender, Manitoba 2007/08**

Age Group	Average Number of Days Stayed		
	Total	Men	Women
Less than 45	4.5	5.7	3.9
45-64	9.5	9.5	9.5
65-74	12.4	11.6	13.3
75+	19.2	17.7	20.2
<b>All Ages</b>	<b>9.6</b>	<b>10.2</b>	<b>9.2</b>

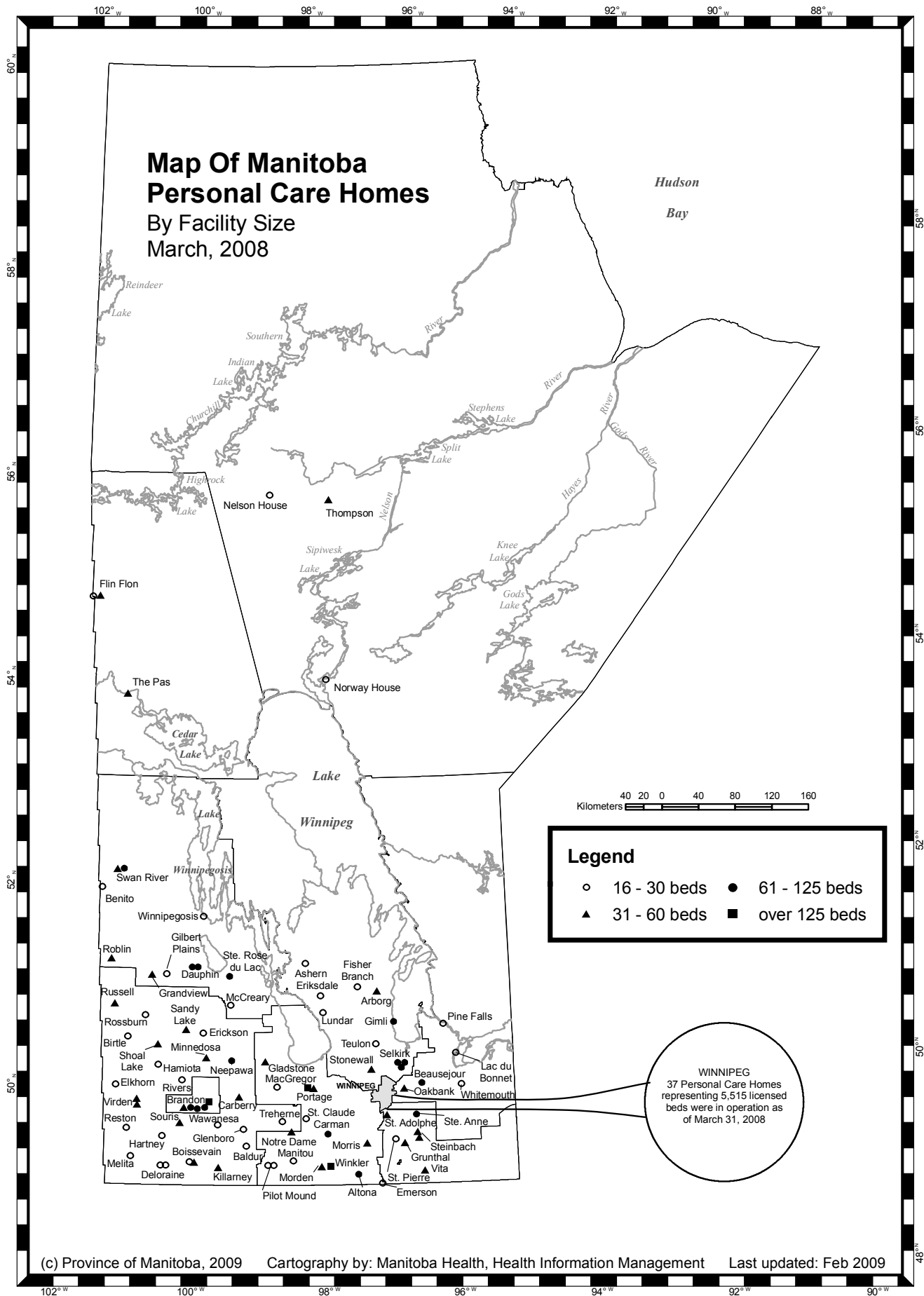
Source: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 3, Table 3.

## Manitoba's Personal Care Homes

When an individual's need can no longer be met in his/her own home, personal care home placement may be considered. In addition to accommodation, services provided under the provincially funded program include meals, laundry and linen, assistance with daily living activities (e.g., bathing, getting dressed), nursing care, routine medical/surgical supplies, prescription drugs eligible under Manitoba's Personal Care Home Program, and physiotherapy/ occupational therapy. The cost of these services is shared by the provincial government (Manitoba Health) and the client who needs the services. The majority of the costs are paid by the provincial government through the Regional Health Authorities. The client pays any remaining costs. Additional information on Manitoba's Personal Care Home program can be found at ([www.gov.mb.ca/health/pcs](http://www.gov.mb.ca/health/pcs)).

As of March 31, 2008 there were 124 personal care homes in Manitoba (37 in Winnipeg, 87 outside Winnipeg) and 9,681 licensed beds; 56.9% of the beds are in Winnipeg. The sizes of the personal care homes varied from 16 to 314 beds (see Figure 88).

Figure 88: Personal Care Homes Found in Manitoba



Data is available on the number of individuals aged 75 and over residing in a personal care home. A total of 10,080 Manitobans aged 75 and over lived in a personal care home (PCH) for at least one day during 2007, representing 12.2% of Manitobans age 75 and over (Table 63). Brandon Regional Health Authority had the highest residency rate; 15.3% of the region's population aged 75 and over lived in a personal care home in 2007.

**Table 63: Number of PCH Residents Aged 75+, Population Aged 75+, and Percent of Population Aged 75+ in PCH by Regional Health Authority, Manitoba, 2007/08**

Regional Health Authority*	Number of PCH Residents Aged 75+	Population Aged 75+	% of Population Aged 75+ in PCH
Winnipeg	5,955	48,865	12.2
Brandon	569	3,711	15.3
North Eastman	212	2,217	9.6
South Eastman	333	3,062	10.9
Interlake	560	5,072	11.0
Central	845	6,987	12.1
Assiniboine	944	7,166	13.2
Parkland	522	4,253	12.3
NOR-MAN	103	854	12.1
Burntwood	37	539	6.9
<b>Manitoba</b>	<b>10,080</b>	<b>82,726</b>	<b>12.2</b>

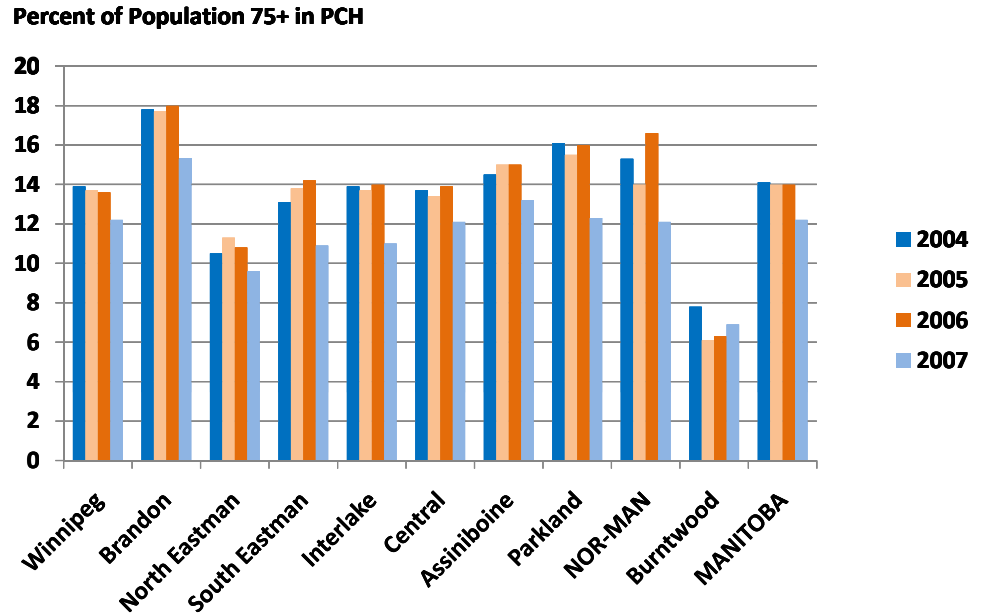
\*Churchill is excluded as there are no Personal Care Homes in the Region.

Source: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007-2008, Part 3, Section 3, Table 3



The proportion of Manitoba's population aged 75 and over living in a personal care home has decreased from 14.1% in 2004 to 12.2% in 2007 (Figure 89). This decrease occurred in all of the Regional Health Authorities.

**Figure 89: Percent of Total Population Aged 75 and Over Residing in a Personal Care Home by Regional Health Authority, Manitoba, 2004 to 2007**



Sources: Manitoba Health. Manitoba Health and Healthy Living Annual Statistics Reports for the years 2004/05, 2005/06, 2006/07 and 2007/08, Part 3, Section 3, Table 3

In 2007, the overall average age of Manitobans first admitted to a personal care home was 83 years of age (Table 64). Admission varied by the Level of Care required. Level of Care refers to a person's degree of dependency on nursing staff time for activities of daily living and basic nursing care to maintain his or her functioning; the higher the level, the greater the degree of dependency.

Overall, the age of first admission decreases as the level of dependency increases. For example, in 2007, the average age of first admission for Level 2 care was 85 years of age, compared to 81 years of age for Level 4 care. With the exception of Burntwood Regional Health Authority, the average age of first admission for Level 2 or Level 3 care was 80 years of age or over. The average age of first admission for Level 4 care ranged from 71 years of age in Central Regional Health Authority to 87 years of age in the Brandon Regional Health Authority.

**Table 64: Average Age of First Time New Admissions to a Personal Care Home by Regional Health Authority and Level of Care, Manitoba, 2007**

Regional Health Authority	Average Age of First Time New Admission to Personal Care Home			
	Overall	Level 2	Level 3	Level 4
Winnipeg	84	85	84	82
Brandon	81	82	83	87
North Eastman	82	91	80	84
South Eastman	81	83	80	81
Interlake	85	82	83	83
Central	83	87	84	71
Assiniboine	85	86	83	83
Parkland	83	85	83	79
NOR-MAN	82	88	83	76
Burntwood	74	76	72	74
<b>Manitoba</b>	<b>83</b>	<b>85</b>	<b>83</b>	<b>81</b>

Source: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 3, Section 3, Table 2

In 2007, the overall average length of stay for Manitoba personal care home residents was 2.7 years (Table 65). Once again, this varied by the Level of Care required. Residents requiring Level 2 care had an average length of stay of 3.5 years, compared to 1.8 years for residents requiring Level 4 care. With the exception of South Eastman, the average length of stay was shorter for personal care home residents requiring Level 4 Care, compared to Level 2 or Level 3 Care.

**Table 65: Average Length of Stay (Years) at a Personal Care Home by Regional Health Authority and Level of Care, Manitoba, 2007**

Regional Health Authority	Average Length of Stay (Years)			
	Overall	Level 2	Level 3	Level 4
Winnipeg	2.7	3.4	2.5	1.7
Brandon	3.0	3.6	2.9	1.7
North Eastman	2.5	3.4	2.5	1.2
South Eastman	2.5	2.7	2.3	3.4
Interlake	2.6	3.6	2.2	1.8
Central	3.1	4.3	2.8	1.6
Assiniboine	2.7	3.5	2.0	1.8
Parkland	2.7	4.0	2.5	2.3
NOR-MAN	2.5	4.7	2.6	0.9
Burntwood	1.1	1.1	1.1	1.0
<b>Manitoba</b>	<b>2.7</b>	<b>3.5</b>	<b>2.4</b>	<b>1.8</b>

Source: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 3, Section 3, Table 4

## Full Data Sources for Charts and Tables

Table 56, 57 and Figure 85 : Statistics Canada. Canadian Community Health Survey, 2007. Public Use Microdata File.

Table 58 : Statistics Canada. Canadian Community Health Survey, 2003. Public Use Microdata File.

Figure 86: Manitoba Health, 2009. Manitoba Health, Health Information Management. Manitoba Health and Healthy Living. Manitoba Population Report, June 1, 2008. Retrieved from [www.gov.mb.ca/health/population/2008/parttwo.pdf](http://www.gov.mb.ca/health/population/2008/parttwo.pdf)

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Table 59: Manitoba Health, 2009. Manitoba Health, Health Information Management. Manitoba Health and Healthy Living. Manitoba Population Report, June 1, 2008. Retrieved from [www.gov.mb.ca/health/population/2008/parttwo.pdf](http://www.gov.mb.ca/health/population/2008/parttwo.pdf)

Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 2, Table 1.

Figure 87: Statistics Canada. Canadian Community Health Survey, 2005. Public Use Microdata File.

Table 60, 61, 62: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 1, Table 1, Part 3, Table 3.

Table 63 and Figure 89: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 3, Section 3, Table 3.

Table 64: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 3, Section 3, Table 2.

Table 65: Manitoba Health (2007/2008). Manitoba Health and Healthy Living Annual Statistics 2007–2008, Part 3, Section 3, Table 4.

# Section 12: Online Resource Guide

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# 12

The following on-line resources provide additional information that may be of interest.

Turcotte, Martin and Schellenberg, Grant (2007). A Portrait of Seniors in Canada. [www.statcan.gc.ca/pub/89-519-x/89-519-x2006001-eng.pdf](http://www.statcan.gc.ca/pub/89-519-x/89-519-x2006001-eng.pdf)

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