

SOCIAL ISOLATION & LONELINESS IN OLDER ADULTS

PROFILE OF LOW-INCOME OLDER WINNIPEGGERS

This fact sheet provides a profile of low-income older Winnipeggers. The information is based on 2,769 Winnipeggers aged 55 years and older who participated in the Canadian Longitudinal Study on Aging. These data were collected before COVID-19. Participants reported their household income before taxes and deductions. Responses were grouped as: less than \$20,000 per year (low income); more than \$20,000 but less than \$50,000 (middle income group); and \$50,000 or more (high income group).

Social isolation

51% of low-income Winnipeggers aged 55 or older were socially isolated, compared to 33% among those in the middle income group, and 13% among those in the high income group.

Depression

44% of low-income Winnipeggers aged 55 or older were depressed, compared to 21% among those in the middle income group, and 11% among those in the high income group.

Social support

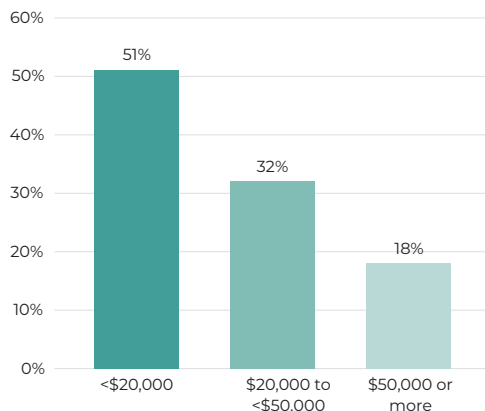
36% of low-income Winnipeggers aged 55 or older said they did not always have **somebody they could confide in or talk to about their problems**, compared to 28% among those in the middle income group, and 15% among those in the high income group.

52% of low-income Winnipeggers aged 55 or older said they did not always have **somebody who could help them if they were confined to bed**, compared to 31% among those in the middle income group, and 17% among those in the high income group.

Loneliness

51% of low-income Winnipeggers aged 55 or older were lonely some of the time or more often, compared to only 18% in the high income group.

Percent lonely by household income



Internet access

21% of low-income Winnipeggers aged 55 or older said they did not have internet access, compared to 14% among those in the middle income group, and 2% among those in the high income group.

Wanting more social participation

62% of low-income Winnipeggers aged 55 or older said they would like to participate in more social activities, compared to 44% among those in the middle income group, and 41% among those in the high income group.

Life satisfaction

36% of low-income Winnipeggers aged 55 or older said they were satisfied or extremely satisfied with their lives, compared to 62% among those in the middle income group, and 75% among those in the high income group.

Developed by V. Menec, PhD, University of Manitoba and N. Newall, PhD, Brandon University. Targeting Isolation is conducted in partnership with A & O: Support Services for Older Adults Inc., Active Aging in Manitoba, Manitoba Association of Senior Centres, and Transportation Option Network for Seniors, funded by the Government of Canada's New Horizons for Seniors Program. © V Menec & N Newall, targetingisolation.com. Data source: Canadian Longitudinal Study on Aging (2015-2018)