

# City of Edmonton Seniors Profile



*Photo Credit: the City of Edmonton*

**Prepared by M.A.P.S. Alberta Capital  
Region November 14, 2022**

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## Important Note

The census information provided in this document includes data for individuals living in private dwellings only and excludes those living in collective dwellings.

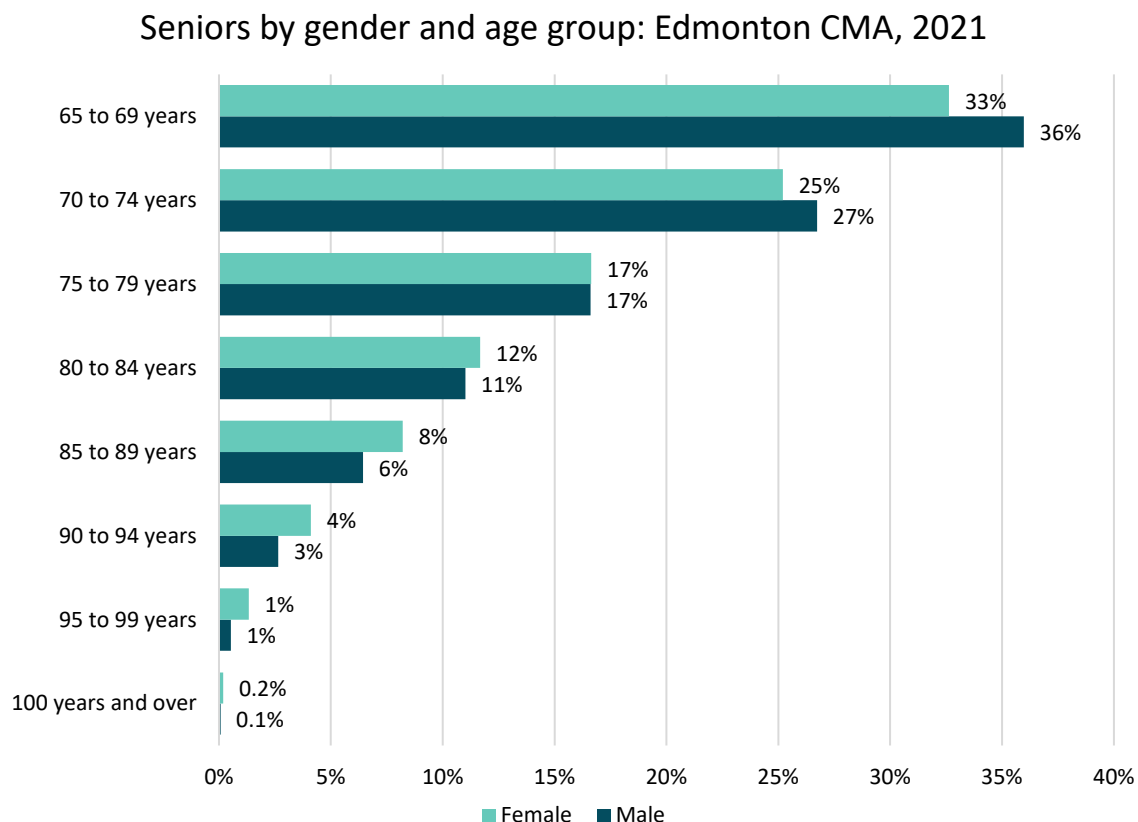
A collective dwelling refers to a dwelling of a commercial, institutional, or communal nature in which a person or group of persons reside or could reside. It must provide care or services or have certain common facilities, such as a kitchen or bathroom, which are shared by the occupants. Examples include lodging or rooming houses, hotels, motels, tourist establishments, nursing homes, residences for senior citizens, hospitals, staff residences, military bases, work camps, correctional facilities, and group homes.



## The Population

The 2021 federal census data shows that 14% of the population in Edmonton's CMA (census metropolitan area) is aged 65 years or older, up from 12% in 2016. Alberta's proportion of seniors was also 12% in 2016 and has risen to 15% in 2021. This follows the trend of earlier projections which indicated that by the year 2046, one in five Albertans will be aged 65 or older (Treasury Board and Finance, 2021)<sup>1</sup>. These demographic changes are attributed to lower than replacement fertility rates and rising life expectancy.

A breakdown of the population by gender shows that 16% of females are 65 years and over in the Edmonton CMA compared with 13% of males. There are no significant differences between Alberta and Edmonton. The graph below illustrates the distribution of seniors by gender and age group.



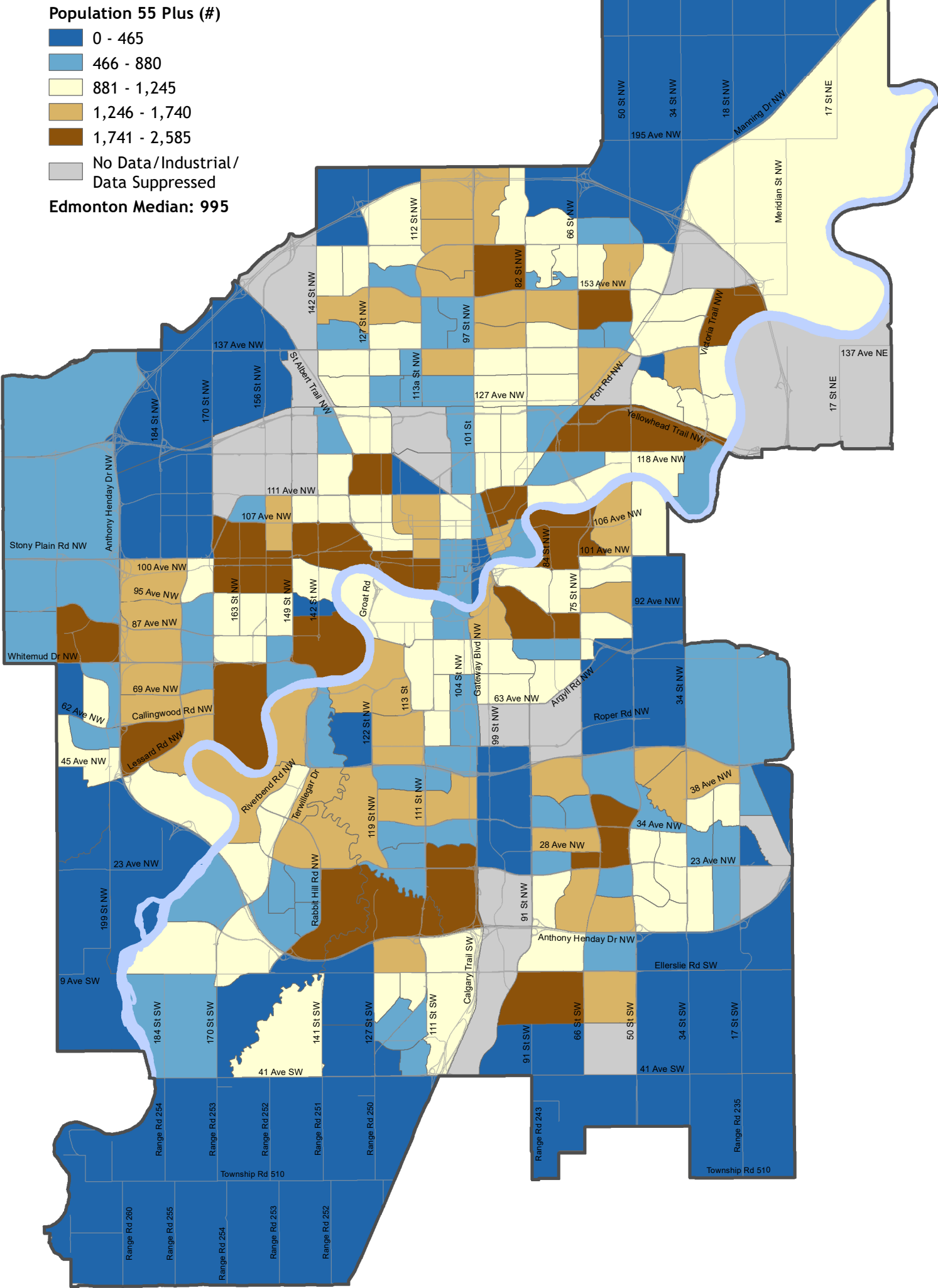
Source: Statistics Canada, 2021 Census of Population.

The following maps illustrate the number and proportion of Seniors, by census tract, in the city of Edmonton.

<sup>1</sup> Treasury Board and Finance. (2021, July 2). Alberta population projections. Government of Alberta, Open Data. <https://open.alberta.ca/dataset/90a09f08-c52c-43bd-b48a-fda5187273b9/resource/9b48e997-92b0-4b74-82d2-017443049790/download/2021-2046-alberta-population-projections.pdf>

# Population Aged 55 Plus

Federal Census 2021 by Census Tract (CT)

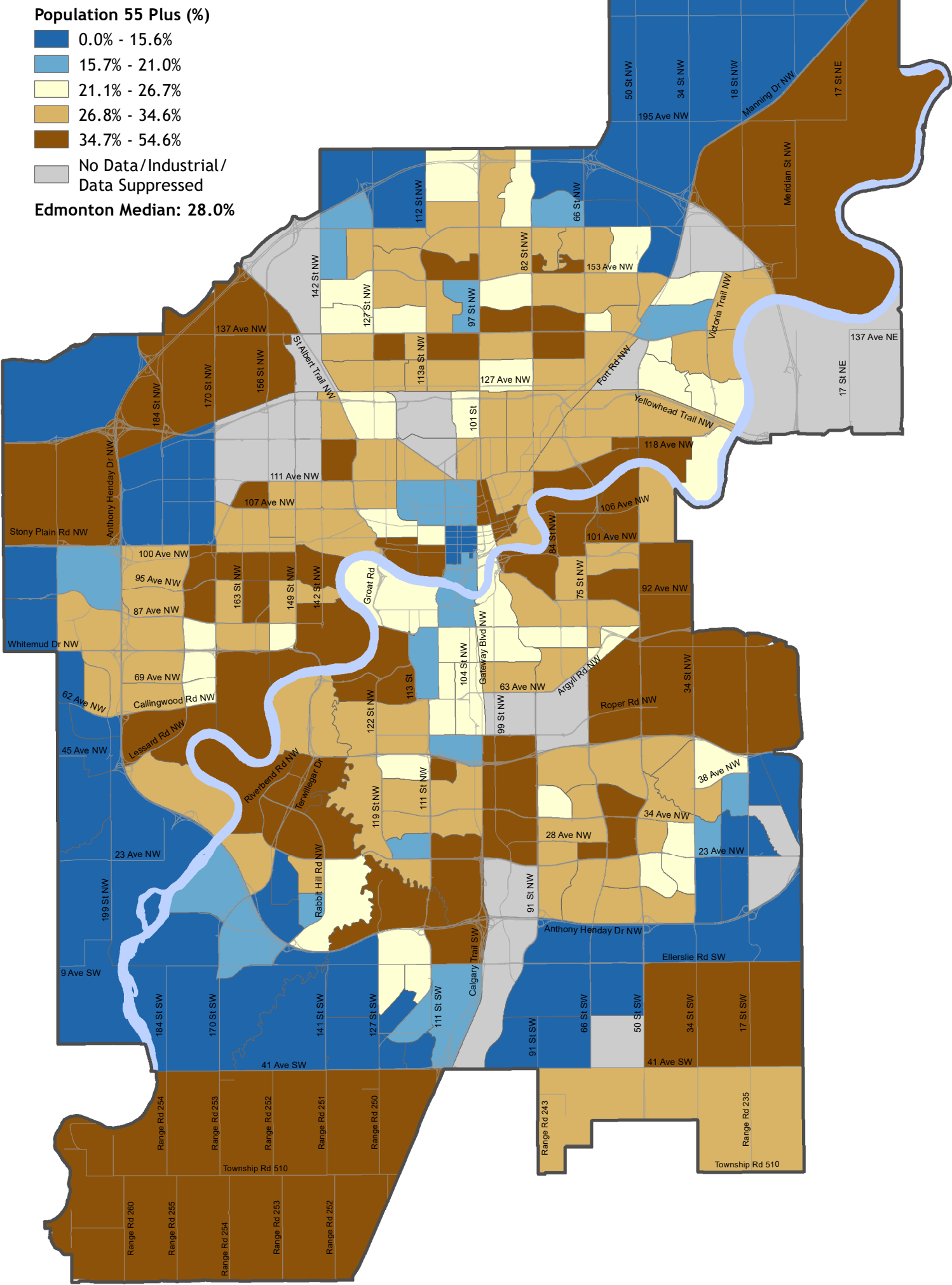


Data Sources: Demographic data provided by Statistics Canada, 2021 Census of Population. Spatial data provided by the City of Edmonton, Statistics Canada, and DMTI.  
Map Name: Edm\_Population\_55PlusNum\_FC2021\_CT\_0522

This map was created for the purposes of collaborative planning. The information presented in the map is accurate to the best of our knowledge using the data available. We accept no liability for the use or misuse of this information.

# Percentage of Population Aged 55 Plus

Federal Census 2021 by Census Tract (CT)

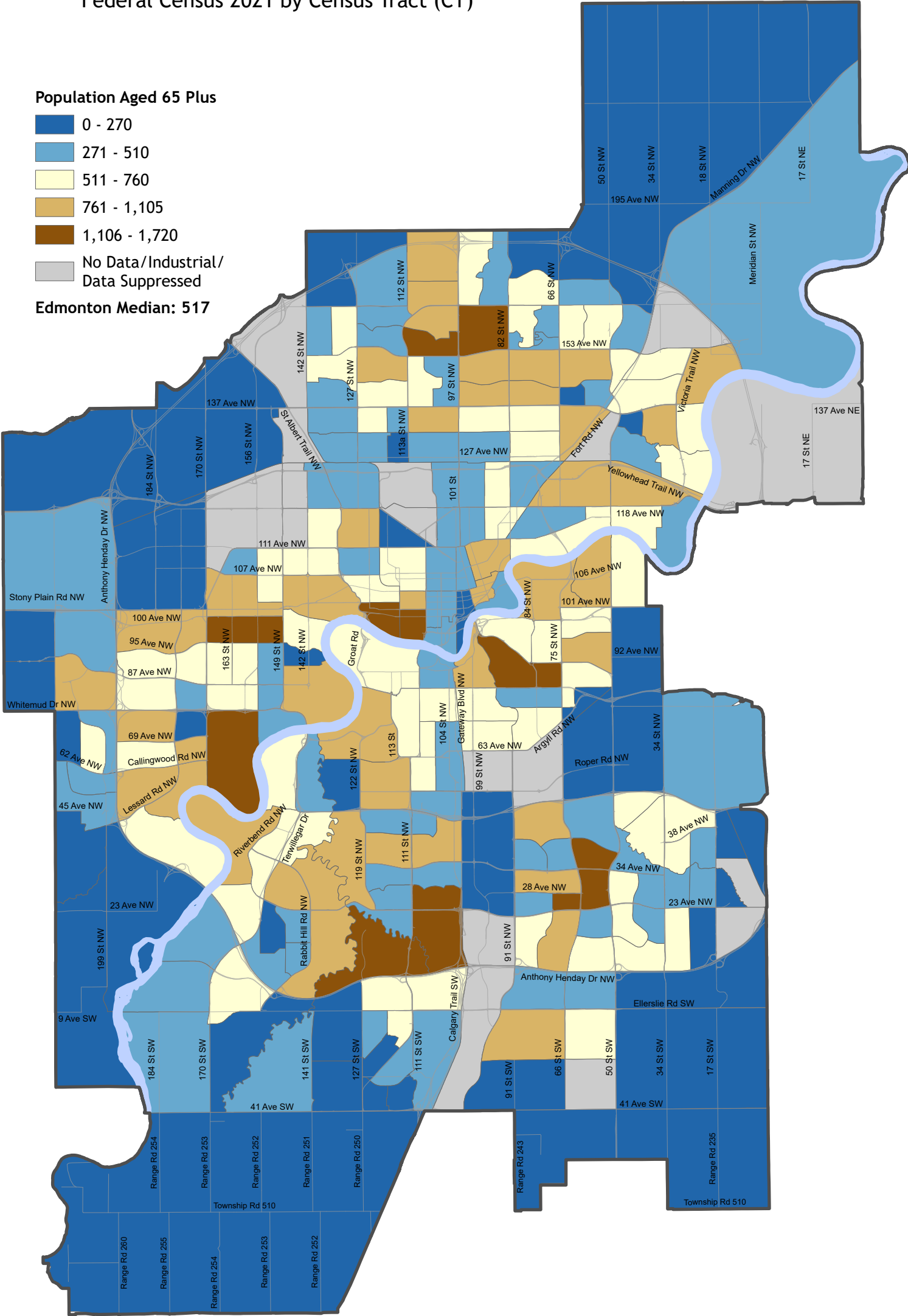


Data Sources: Demographic data provided by Statistics Canada, 2021 Census of Population. Spatial data provided by the City of Edmonton, Statistics Canada, and DMTI. Map Name: Edm\_Population\_55PlusPC\_FC2021\_CT\_0522

This map was created for the purposes of collaborative planning. The information presented in the map is accurate to the best of our knowledge using the data available. We accept no liability for the use or misuse of this information.

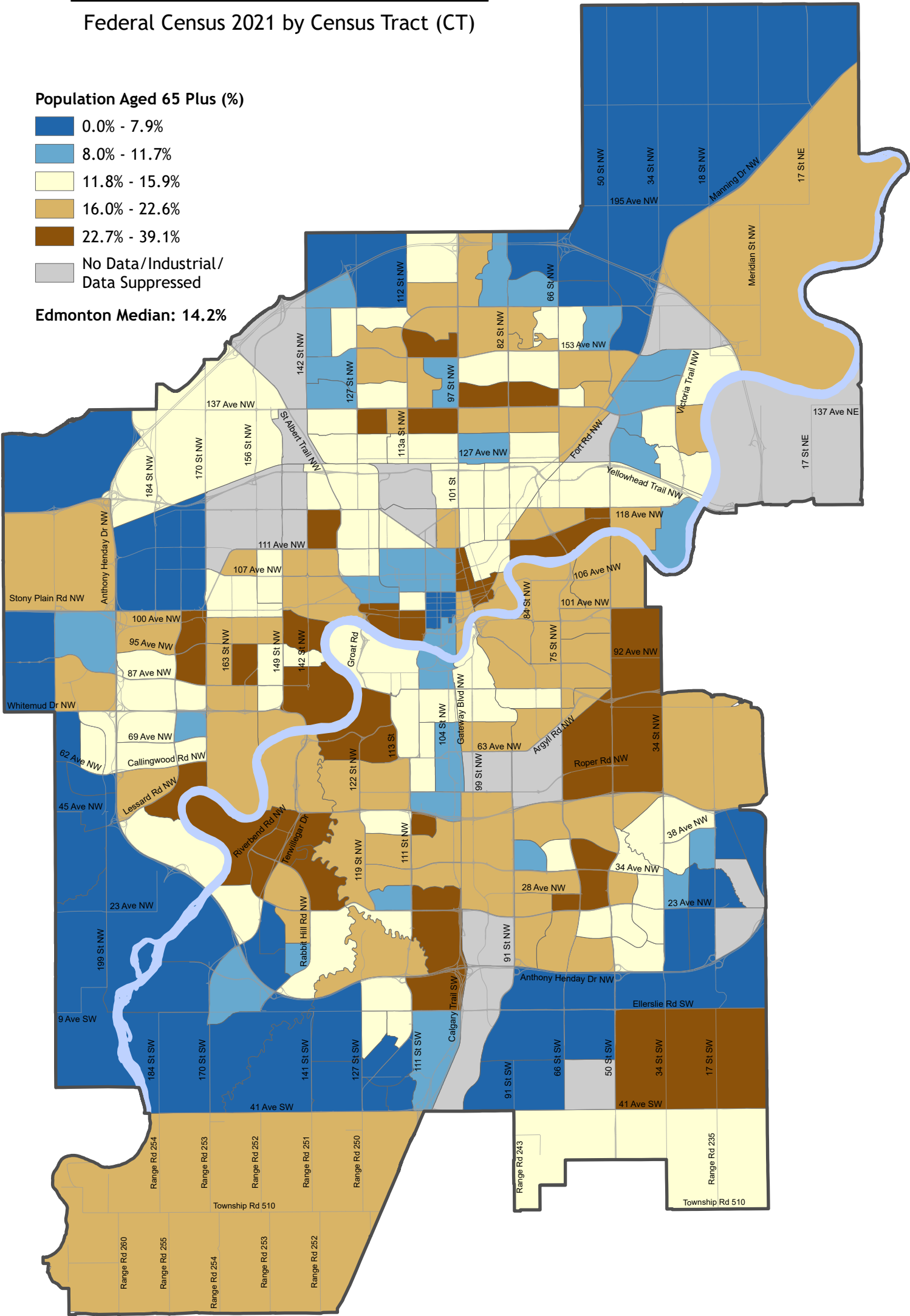
# Population Aged 65 Plus

Federal Census 2021 by Census Tract (CT)



# Percentage of Population Aged 65 Plus

Federal Census 2021 by Census Tract (CT)



Data Sources: Demographic data provided by Statistics Canada, 2021 Census of Population. Spatial data provided by the City of Edmonton, Statistics Canada, and DMTI. Map Name: Edm\_Population\_65plusPC\_FC2021\_CT\_0522

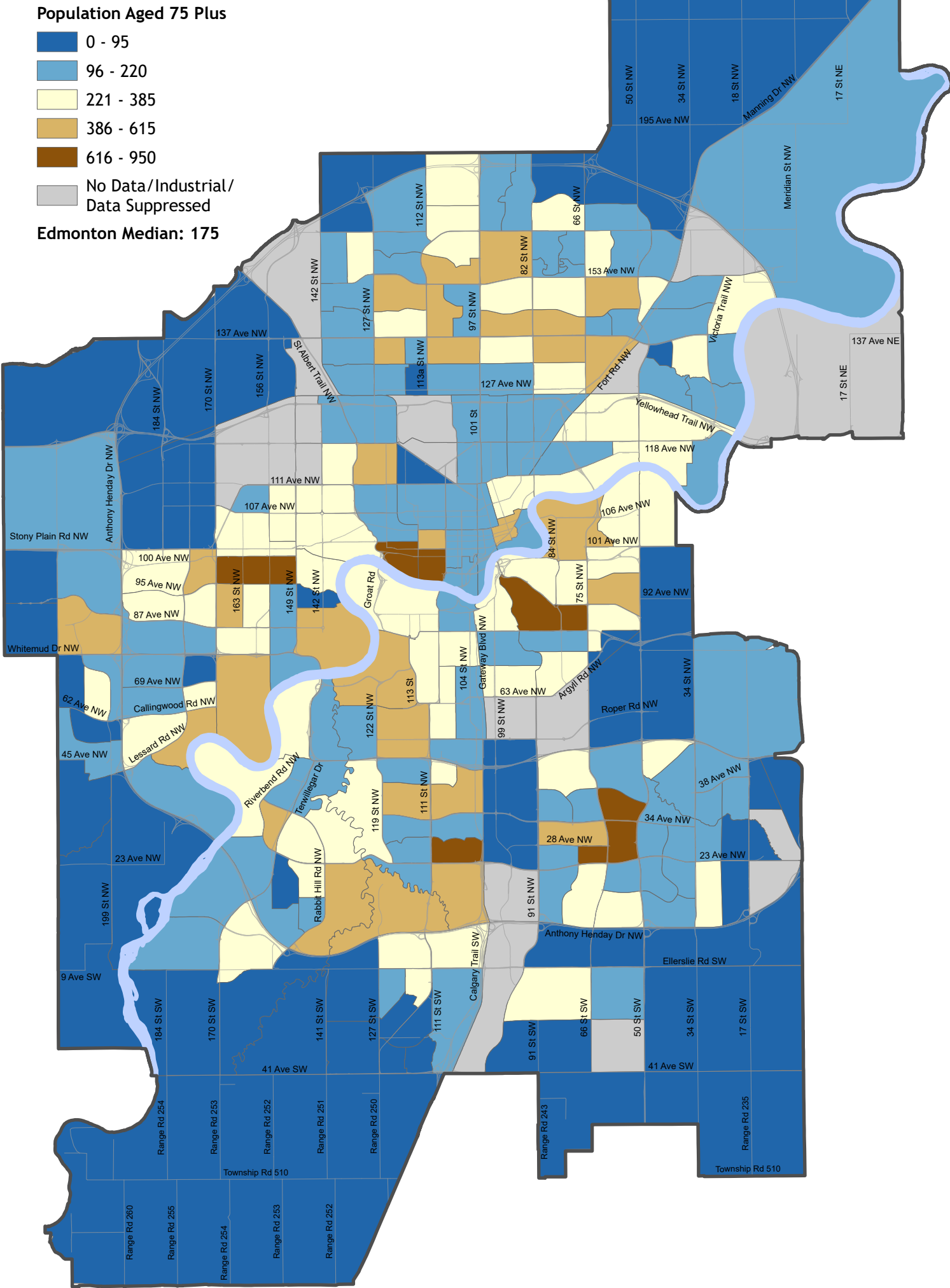


This map was created for the purposes of collaborative planning. The information presented in the map is accurate to the best of our knowledge using the data available. We accept no liability for the use or misuse of this information.



# Population Aged 75 Plus

Federal Census 2021 by Census Tract (CT)

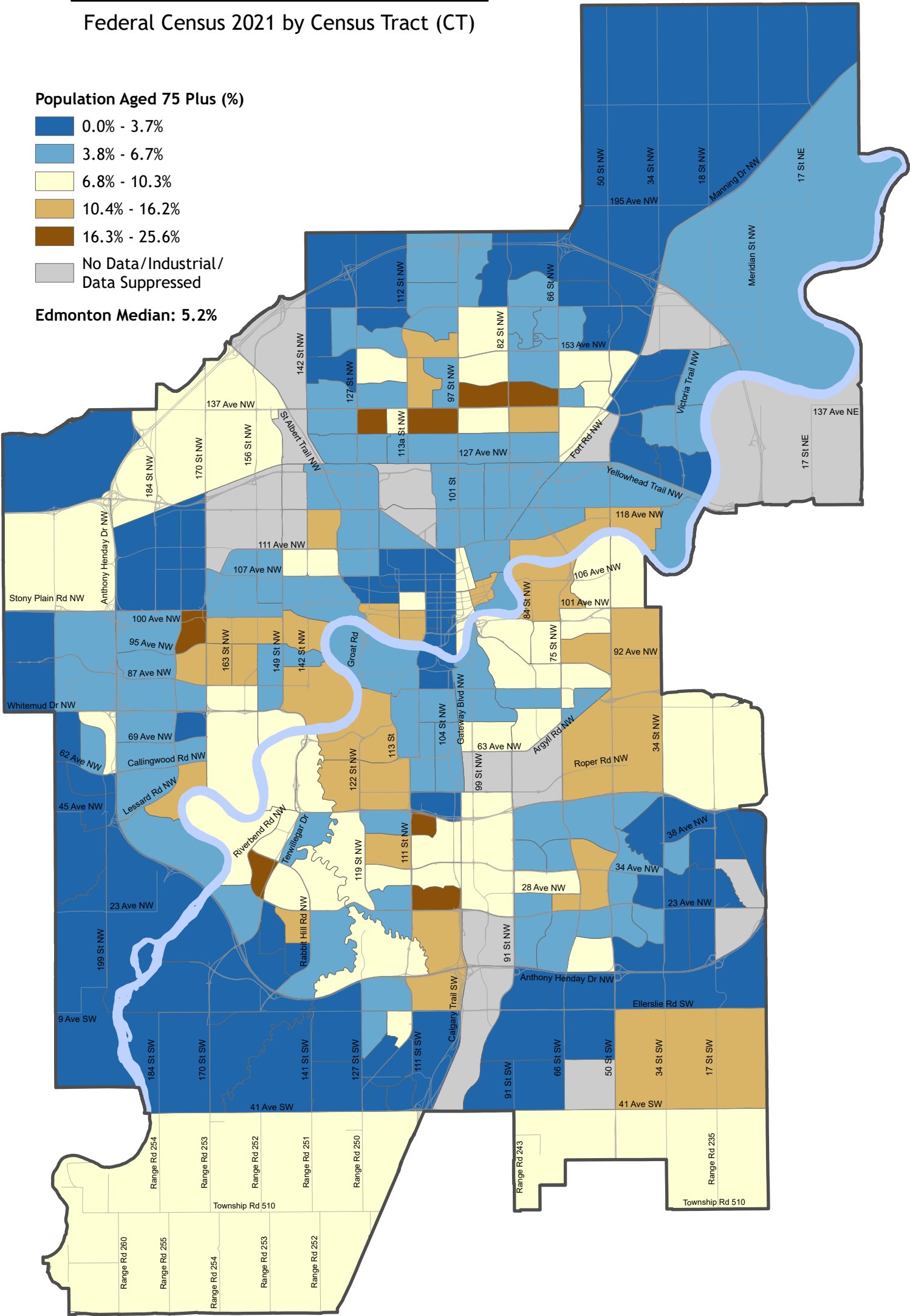


Data Sources: Demographic data provided by Statistics Canada, 2021 Census of Population. Spatial data provided by the City of Edmonton, Statistics Canada, and DMTI. Map Name: Edm\_Population\_75plusNum\_FC2021\_CT\_0522



# Percentage of Population Aged 75 Plus

Federal Census 2021 by Census Tract (CT)



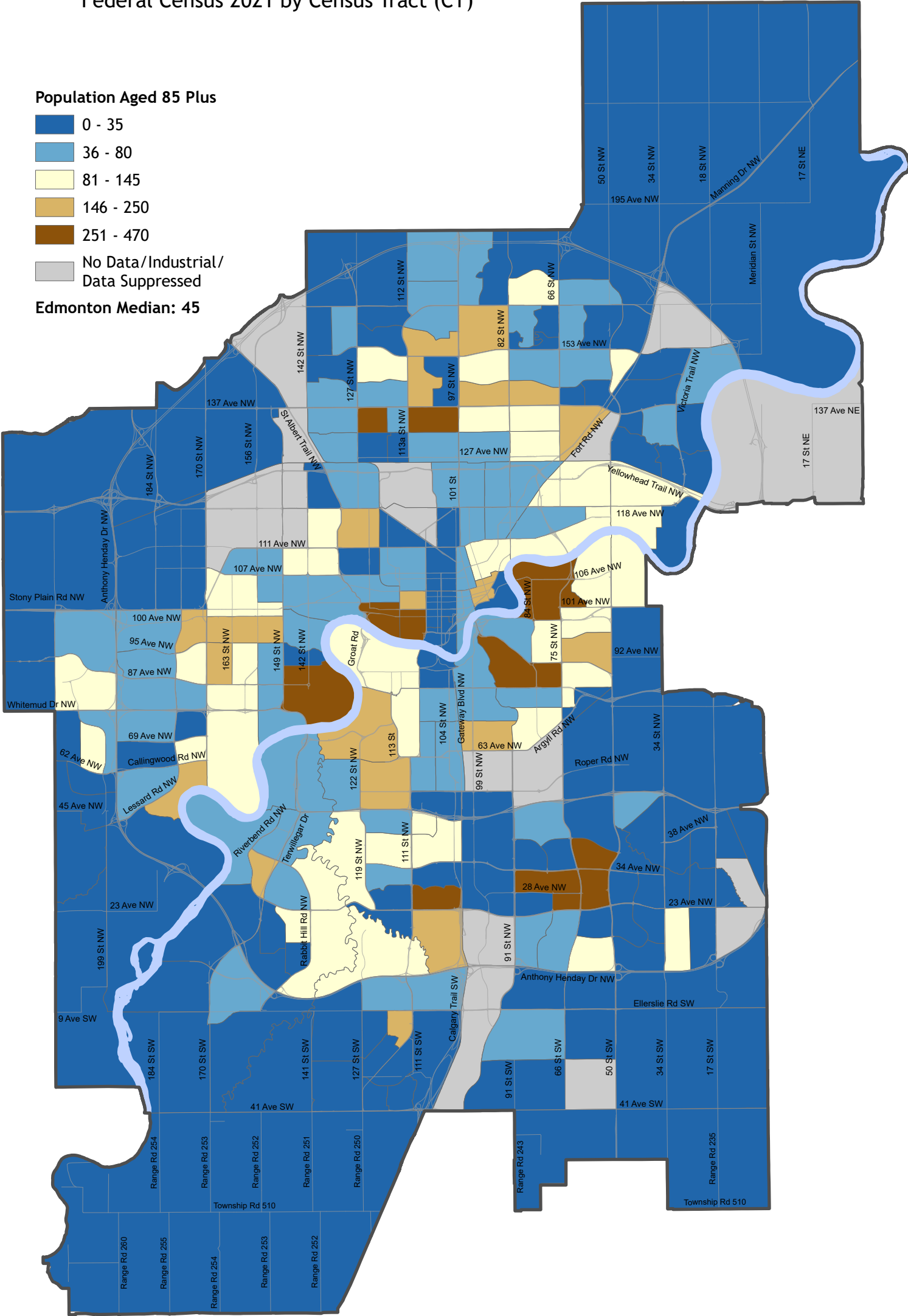
Data Sources: Demographic data provided by Statistics Canada, 2021 Census of Population. Spatial data provided by the City of Edmonton, Statistics Canada, and DMTI.  
Map Name: Edm\_Population\_75plusPC\_FC2021\_CT\_0522



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# Population Aged 85 Plus

Federal Census 2021 by Census Tract (CT)



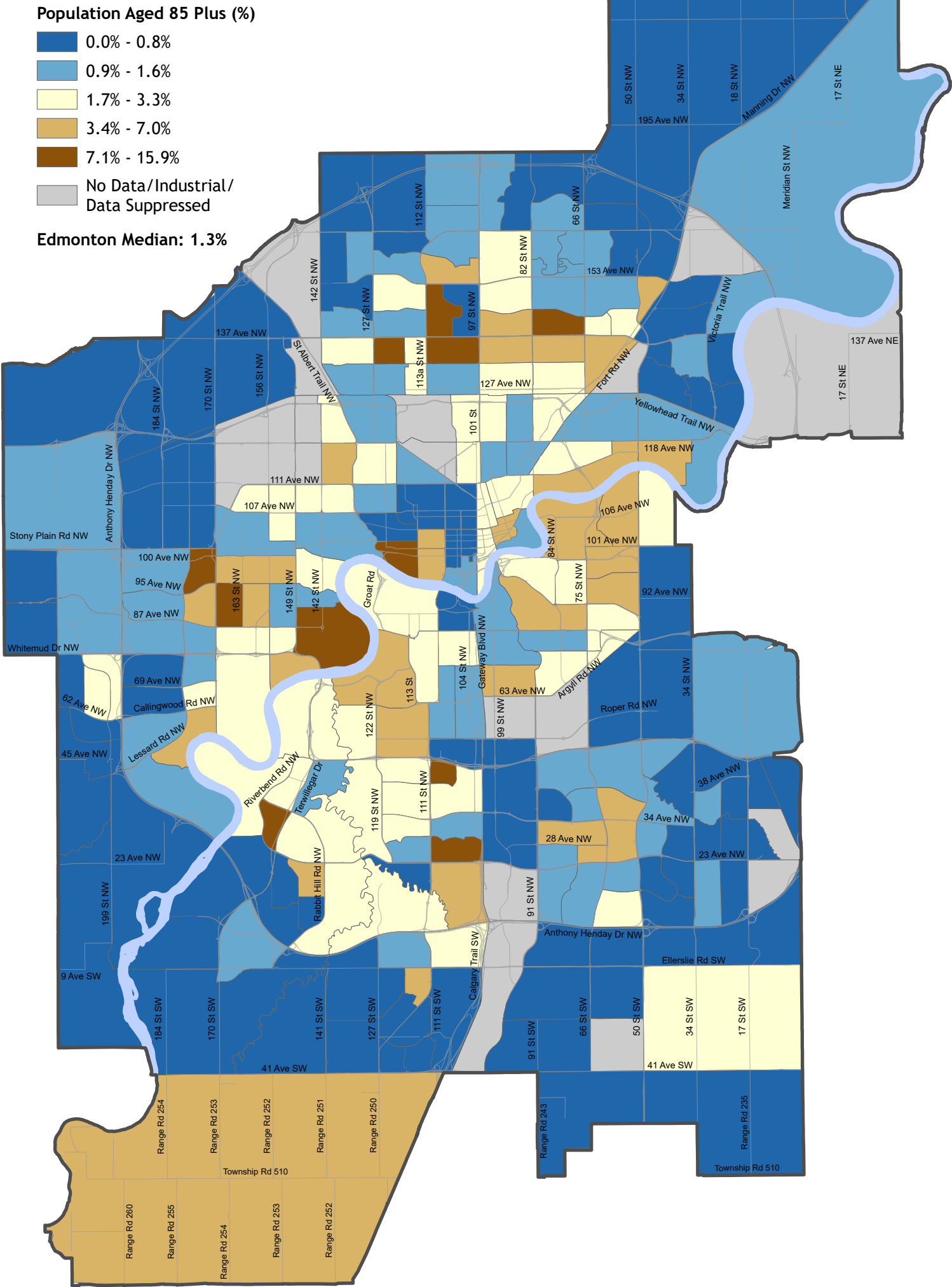
Data Sources: Demographic data provided by Statistics Canada, 2021 Census of Population. Spatial data provided by the City of Edmonton, Statistics Canada, and DMTI. Map Name: Edm\_Population\_85plusNum\_FC2021\_CT\_0522



This map was created for the purposes of collaborative planning. The information presented in the map is accurate to the best of our knowledge using the data available. We accept no liability for the use or misuse of this information.

# Percentage of Population Aged 85 Plus

Federal Census 2021 by Census Tract (CT)



Data Sources: Demographic data provided by Statistics Canada, 2021 Census of Population. Spatial data provided by the City of Edmonton, Statistics Canada, and DMTI.  
Map Name: Edm\_Population\_85plusPC\_FC2021\_CT\_0522

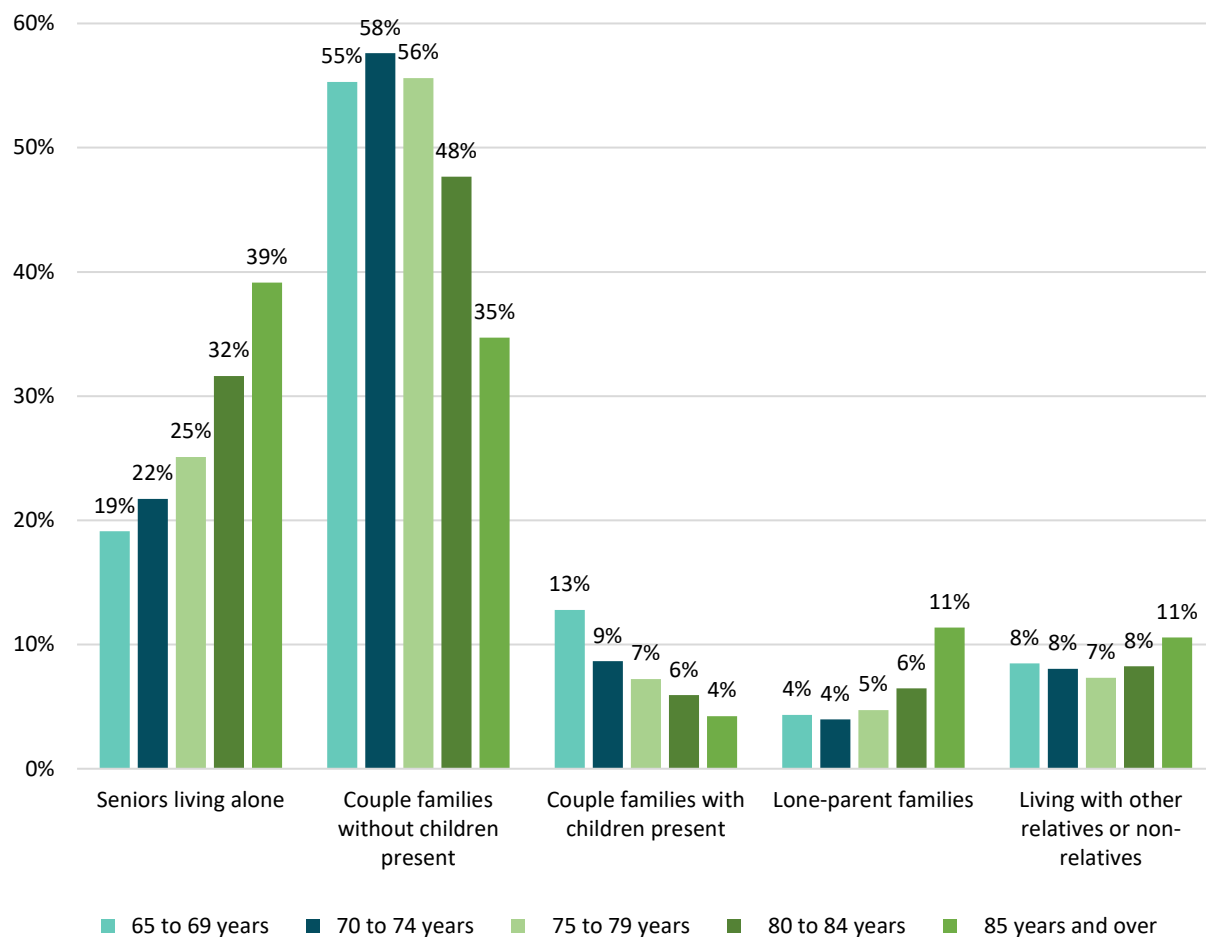


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## Family Type

In looking at family characteristics of seniors, overall, we find that 24% of seniors are living alone, 53% are couple families without children present, 9% are couple families with children present, 5% are lone parent families, and 8% of seniors are living with other relatives or non-relatives. The graph below highlights these family characteristics by age group.

Family characteristics of seniors: Edmonton, CMA, 2021

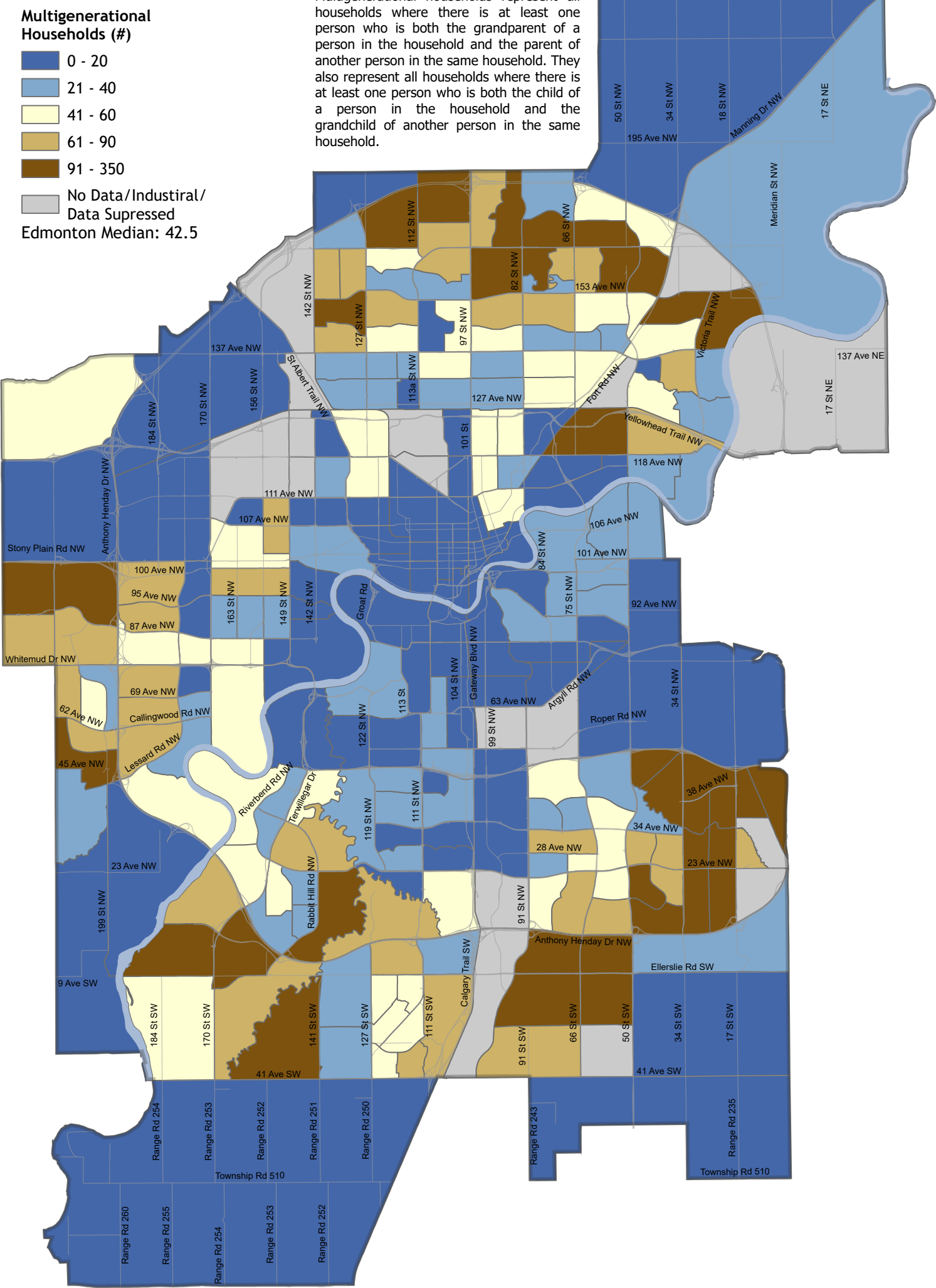


Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

The following maps illustrate the number and proportion of multigenerational households, by census tract, in the city of Edmonton. Multigenerational households represent all households where there is at least one person who is both the grandparent of a person in the household and the parent of another person in the same household. Also included are maps showing the number and proportion of individuals (of any age) who are widowed.

# Multigenerational Households

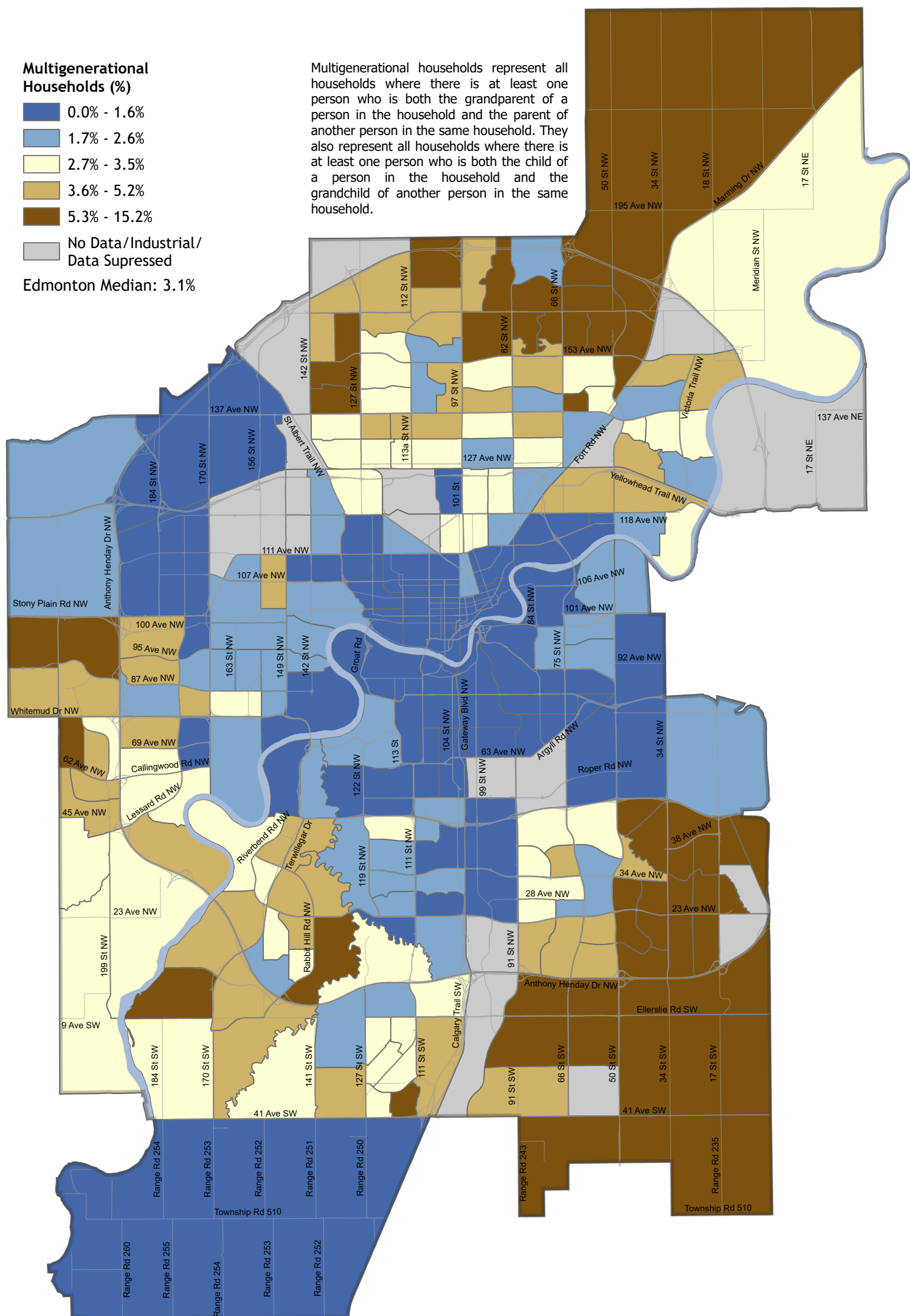
Federal Census 2021 by Census Tract (CT)



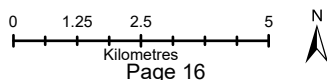


## Proportion of Multigenerational Households

## Federal Census 2021 by Census Tract (CT)



Data Sources: Demographic data provided by Statistics Canada, 2021 Census of Population. Spatial data provided by the City of Edmonton, Statistics Canada, and DMTI.  
Map Name: EDM MultigenerationalPC FC2021 0722



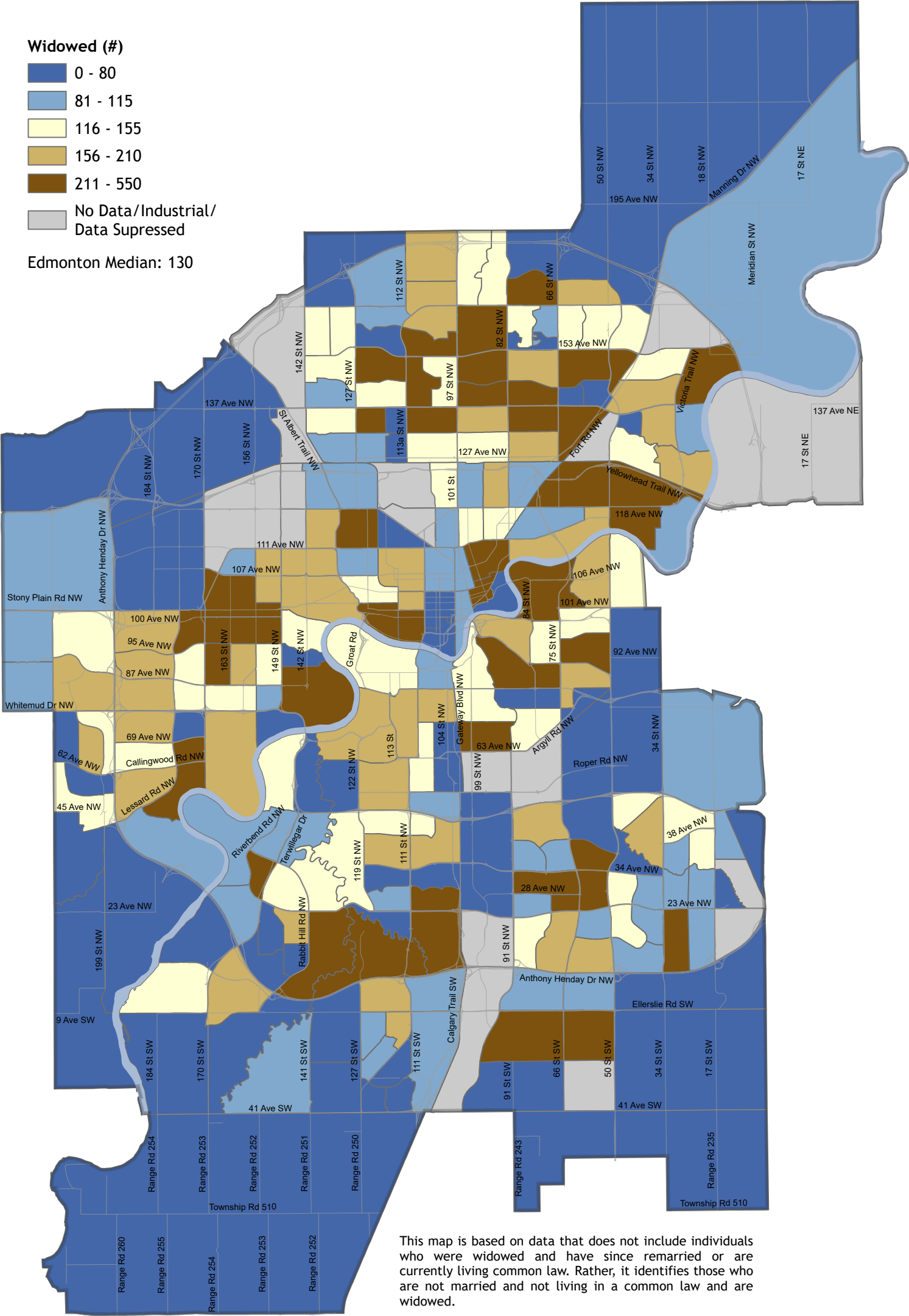
This map was created for the purposes of collaborative planning. The information presented in the map is accurate to the best of our knowledge using the data available. We accept no liability for the use or misuse of this information.

**M.A.P.S. Alberta Capital Region 07/2022**



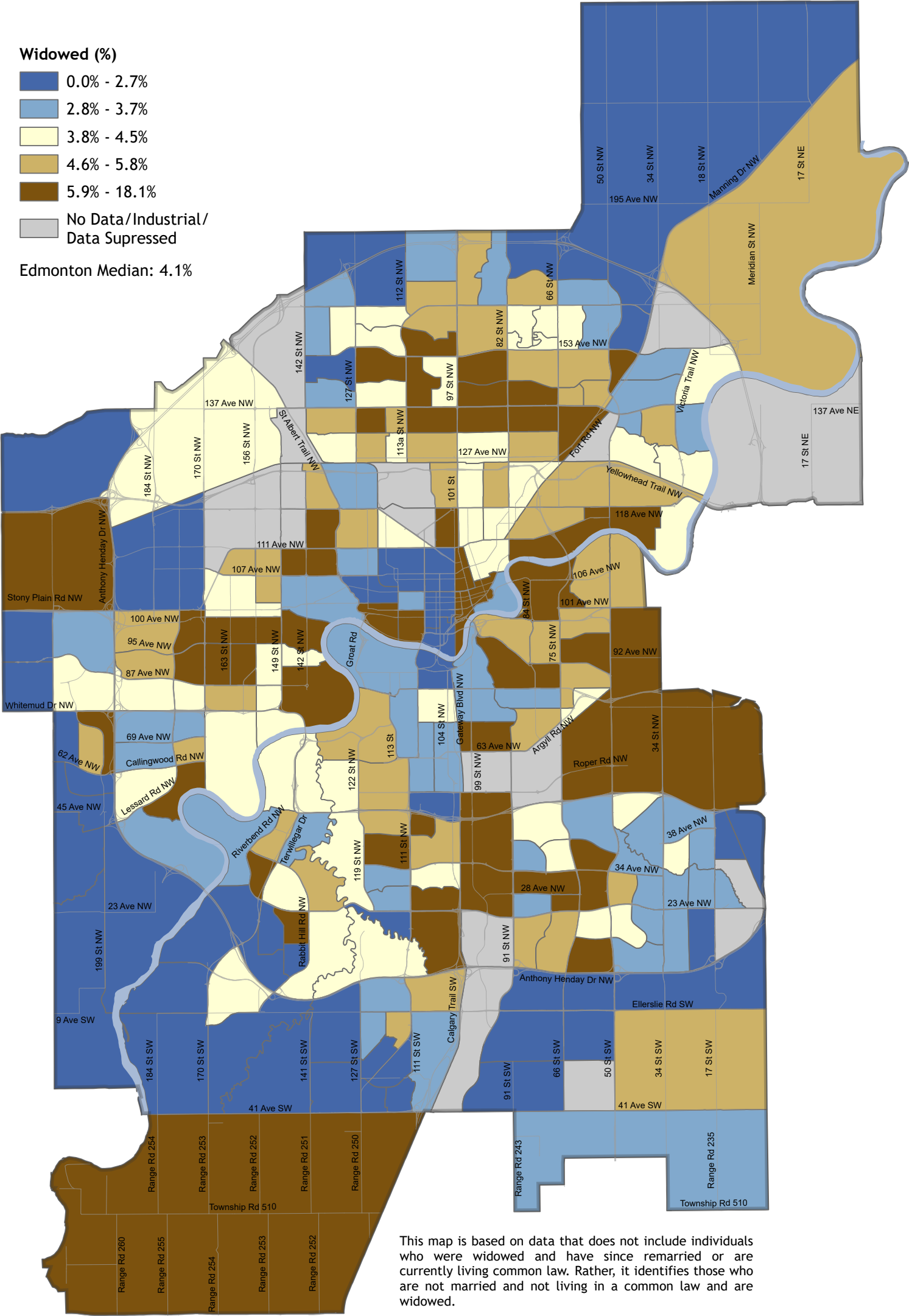
# Individuals who are Widowed

Federal Census 2021 by Census Tract (CT)



# Proportion of Individuals who are Widowed

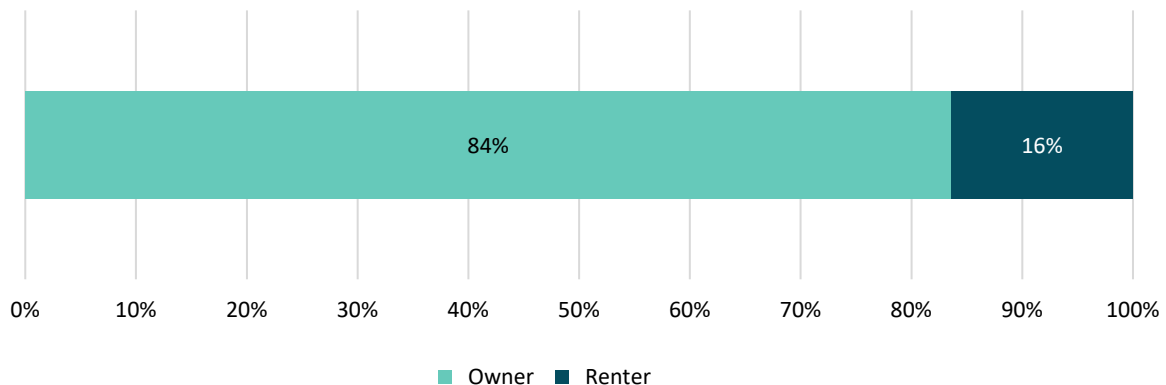
Federal Census 2021 by Census Tract (CT)



## Households

Next we will explore senior households. The graph below shows us that 84% of seniors live in households that are owned, while 16% live in households that are rented.

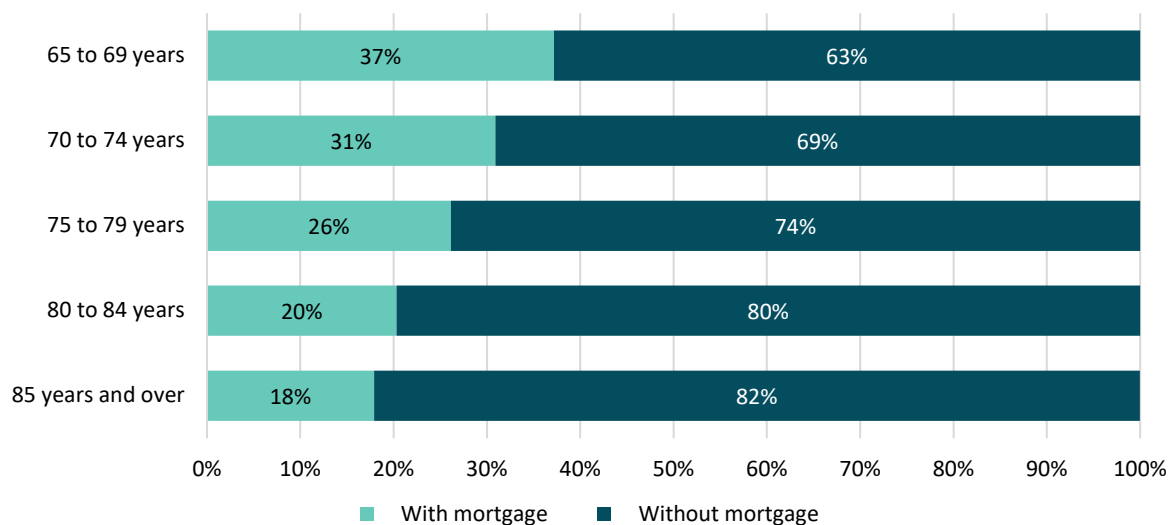
Seniors tenure: Edmonton, CMA, 2021



Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

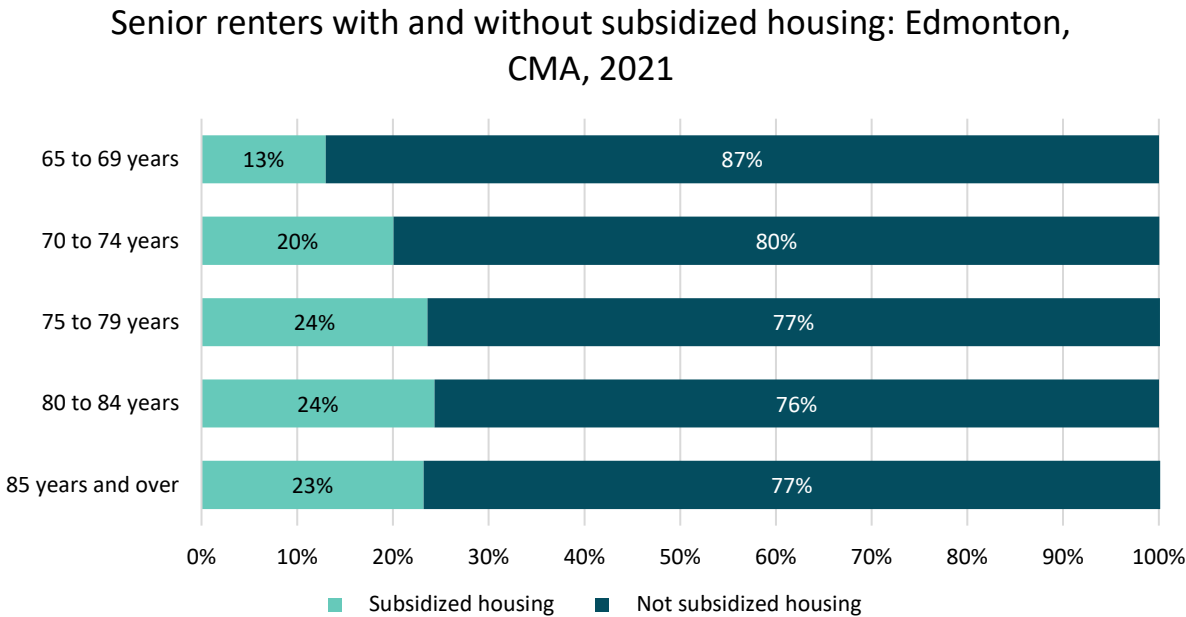
Looking further at seniors living in owned households, overall, we find that 30% of senior homeowners have a mortgage and 70% do not. The graph below indicates, by age group, the proportion of senior homeowners with and without a mortgage.

Senior homeowners with and without a mortgage: Edmonton, CMA, 2021



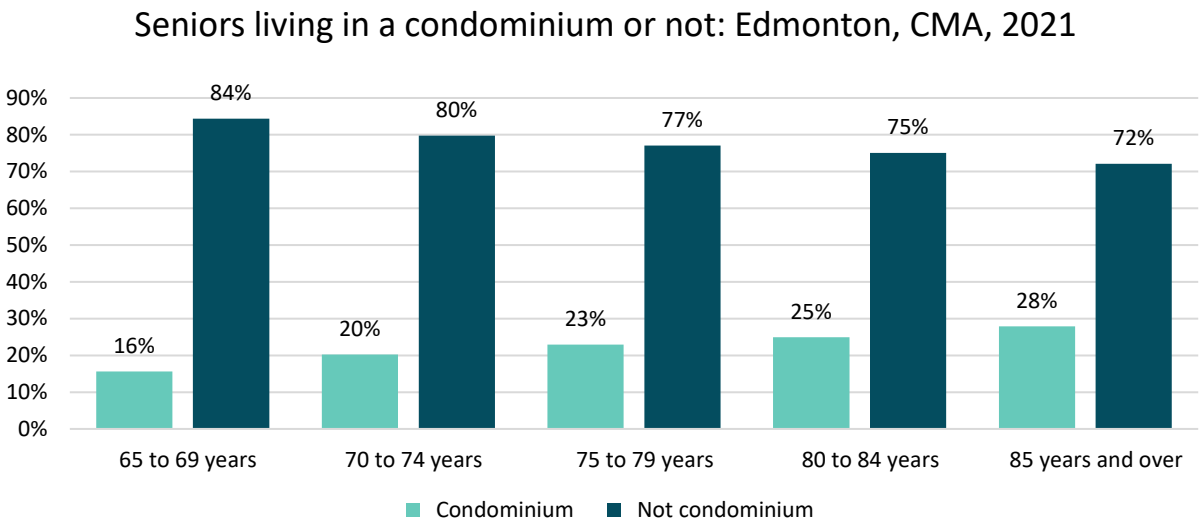
Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

Looking further at seniors living in rented households, overall, we find that 19% of senior renters live in subsidized housing and 81% do not. The graph below indicates, by age group, the proportion of senior renters with and without subsidized housing.



Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

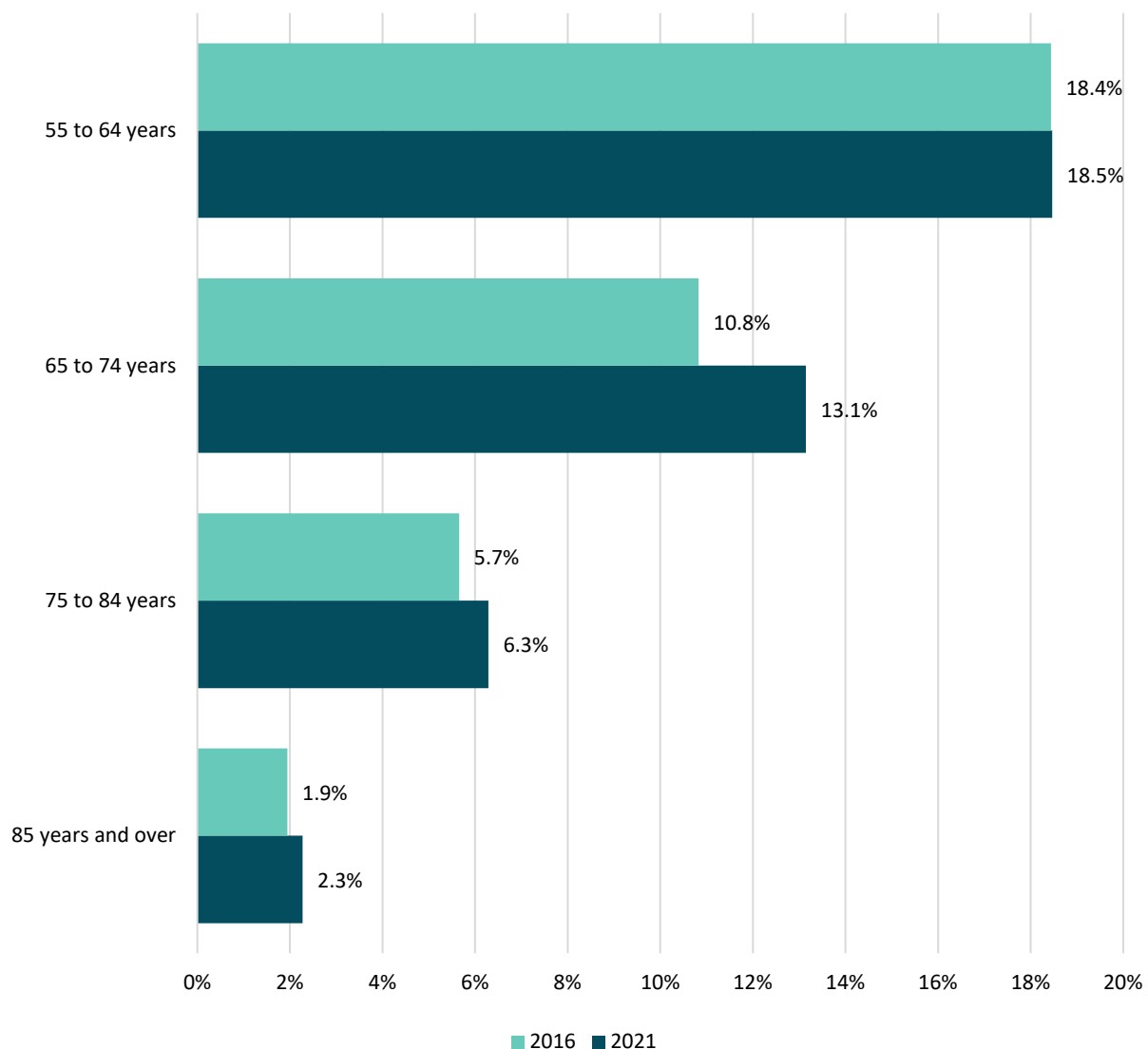
Next we will look at the proportion of seniors living in condominiums. Overall, we find that 20% of seniors are living in condominiums and 80% are not. The graph below looks at seniors by age group, and whether they are living in a condominium.



Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

The graph below illustrates the proportion of private households by age of primary household maintainers, in the Edmonton CMA, for 2016 and 2021. We see a slight increase in all age groups with the largest increase in the 65 to 74 age group, which increased from 10.8% in 2016 to 13.1% in 2021. This is likely due to the proportion of seniors increasing as discussed at the beginning of this document and will likely continue to increase as we trend towards one in five Albertans being aged 65 or older by 2046.

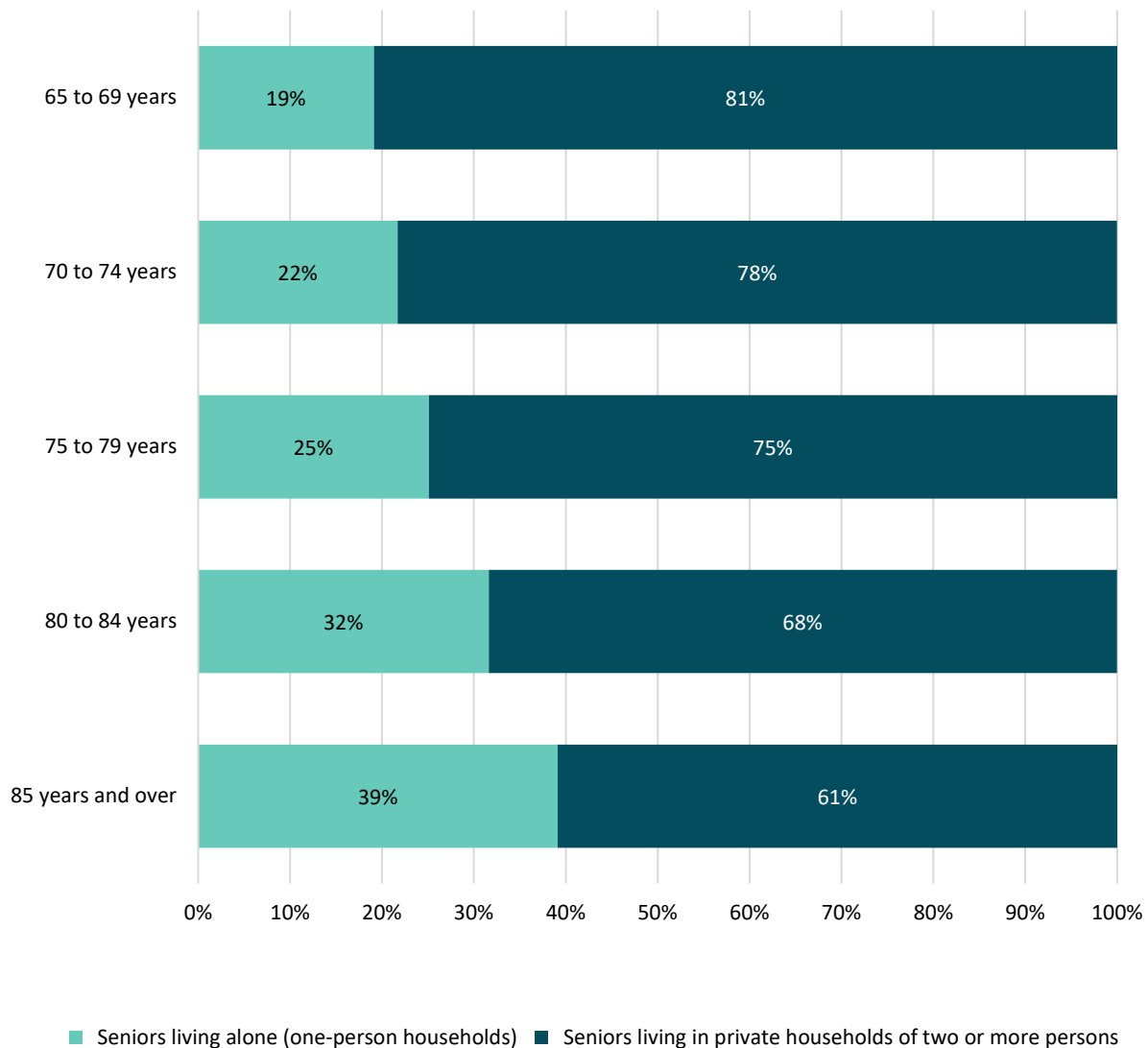
Proportion of private households by age of primary household maintainers: Edmonton CMA, 2016 and 2021



Source: Statistics Canada, 2021 Census of Population.

Next we will look at the living arrangements of seniors, identifying the proportion of seniors living alone and those living in private households of two or more persons. Overall, 24% of seniors live alone and 76% live in private households of two persons or more. The graph below highlights the same information by age group. We see that as seniors age, the proportion of seniors living alone increases, from 19% of those aged 65 to 69 to 39% of seniors 85 years and over.

### Living arrangements of seniors: Edmonton, CMA, 2021



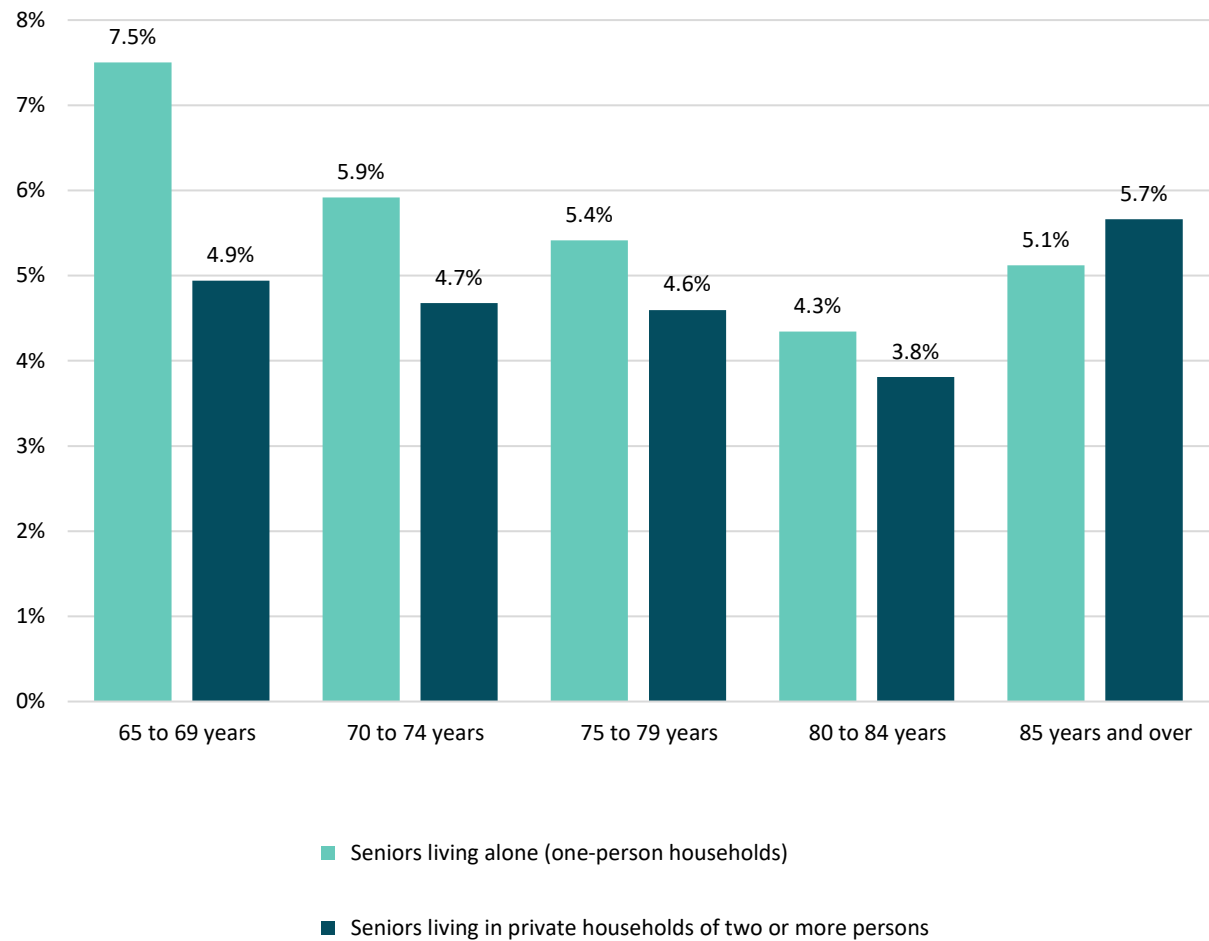
Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations



The following pages will explore the housing indicators of adequacy, suitability and affordability and their impact on senior households.

The indicator for housing adequacy is the dwelling condition. 'Dwelling condition' refers to whether the dwelling is in need of repairs. This does not include desirable remodelling or additions. The category 'major repairs needed' includes dwellings needing major repairs such as dwellings with defective plumbing or electrical wiring and dwellings needing structural repairs to walls, floors, or ceilings. If we look at the proportion for all seniors, 65 and over, we find that 5% are living in homes that need major repairs. The graph below looks at housing adequacy by living situation and age group.

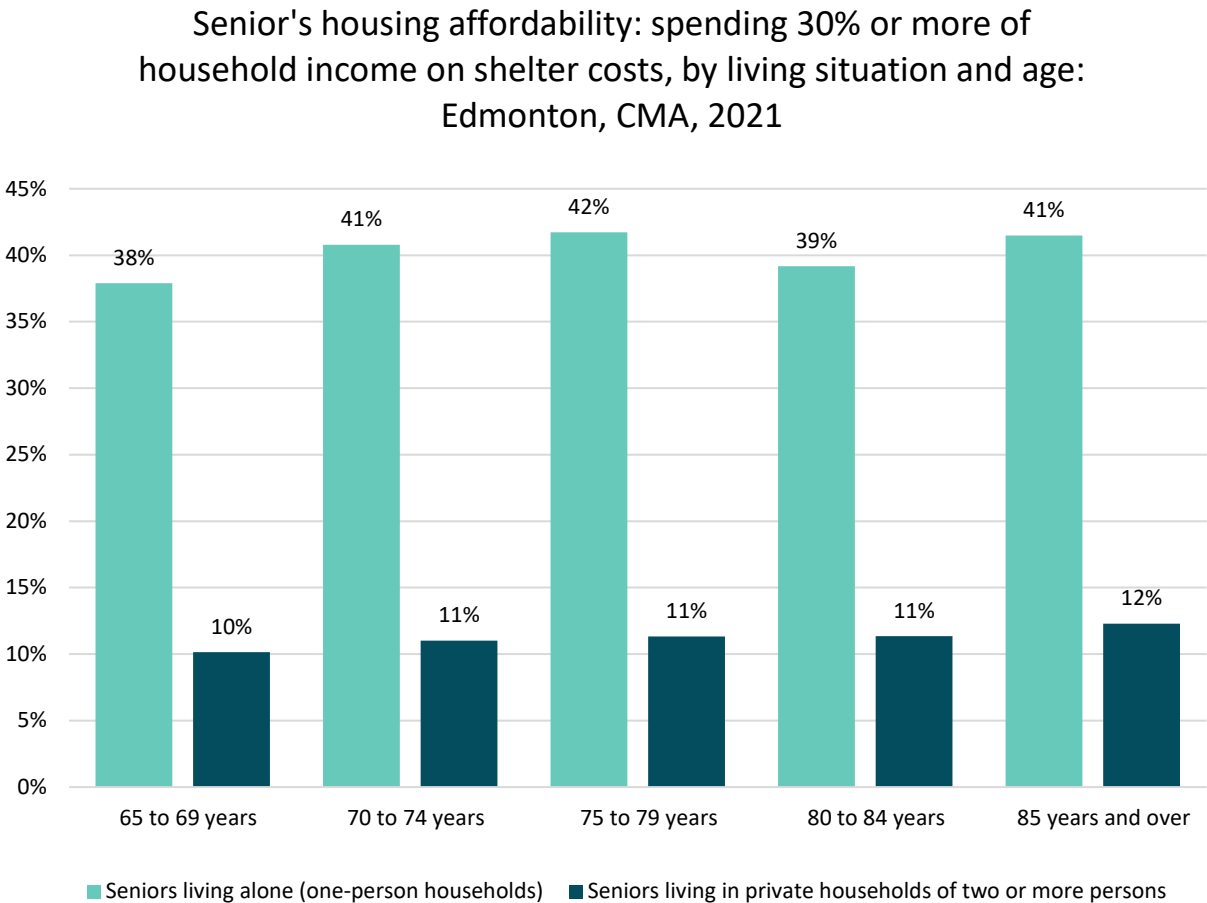
Senior's housing adequacy: major repairs needed, by living situation and age: Edmonton, CMA, 2021



Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

The indicator for housing suitability (a topic often referred to as crowding) is whether the dwelling has enough bedrooms for the size and composition of the household. 3% of seniors are living in housing that is not suitable.

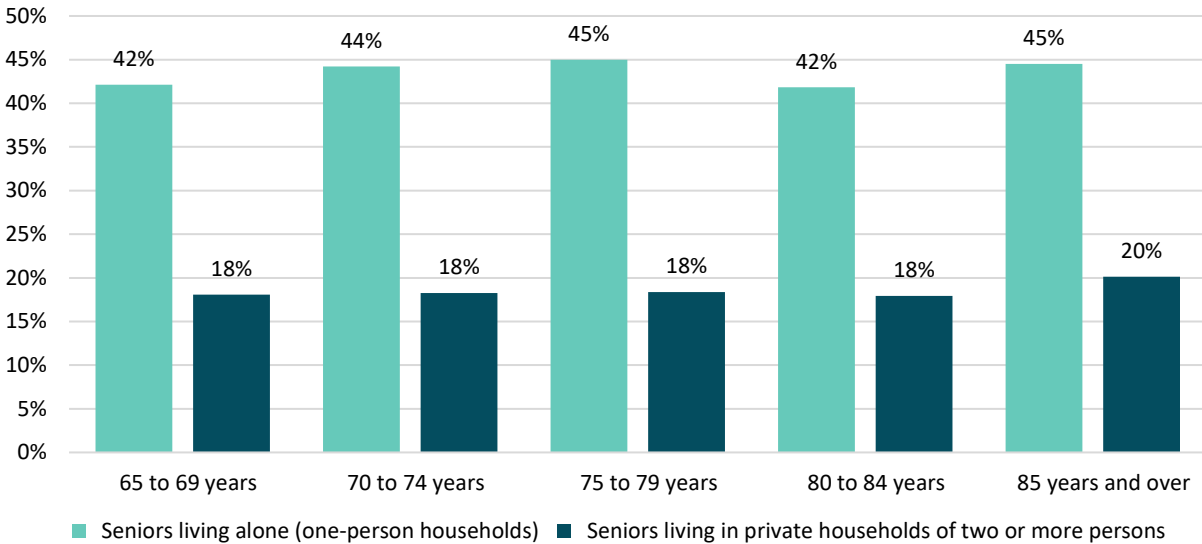
The indicator of housing affordability looks at the proportion of household total income that is spent on shelter costs and identifies households where 30% or more of household income is spent on shelter costs. Overall, the 2021 federal census indicates that 18% of seniors are living in households that spend 30% or more of their average monthly total income on shelter costs. The graph below looks at the same information by living situation and age groups.



Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

The graphs above looked at affordability and adequacy independently. The following graph will highlight the proportion of seniors, by age and living condition, whose households fall below at least one of the adequacy, suitability, or affordability housing indicators.

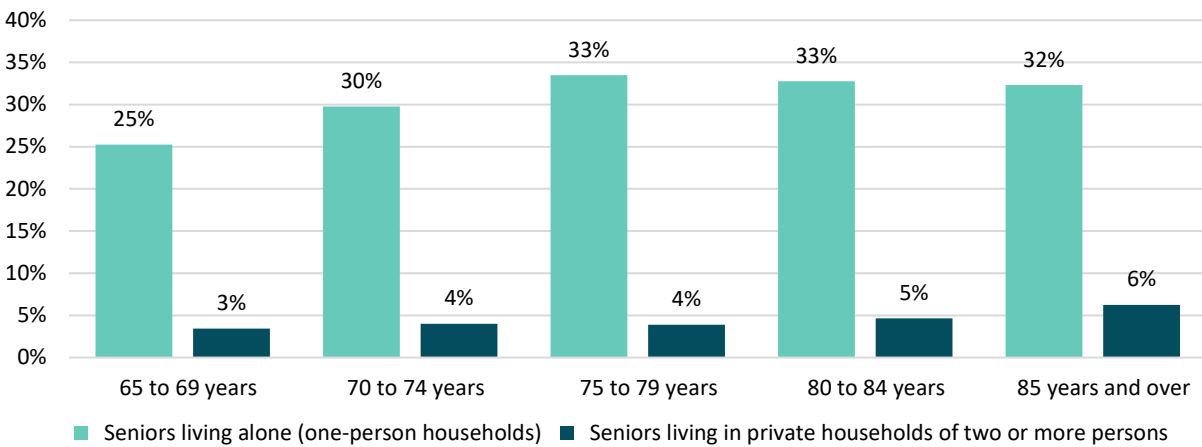
### Senior households who fall below at least one of the adequacy, suitability or affordability housing indicators, by living situation and age: Edmonton, CMA, 2021



Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

The last graph that we will look at pertaining to housing indicators, is that of senior households in core housing need. Core housing need refers to, whether a private household's housing falls below at least one of the indicator thresholds for housing adequacy, affordability, or suitability — and who would have to spend 30% or more of its total before-tax income to pay the median rent of alternative local housing that is acceptable (attains all three housing indicator thresholds). Overall, 10% of senior households are in core housing need.

### Senior households in core housing need, by living situation and age: Edmonton, CMA, 2021

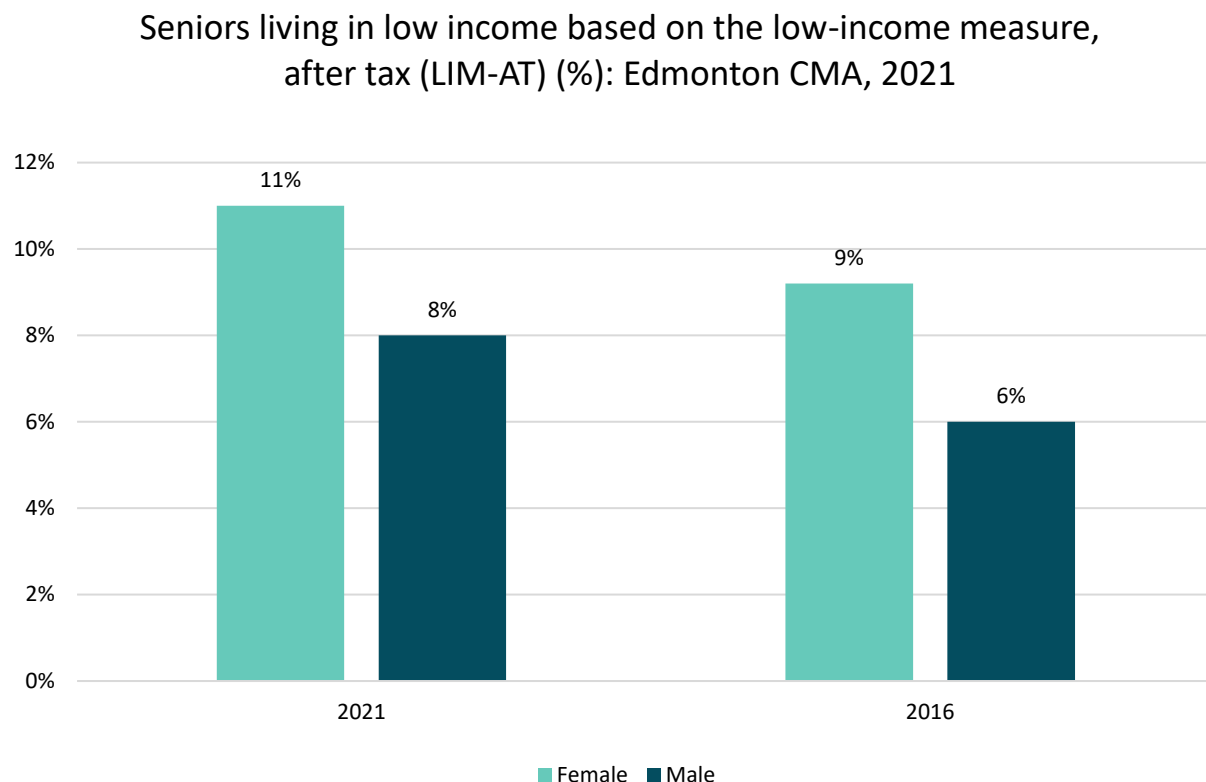


Source: Statistics Canada. Table 98-10-0250-01 Family characteristics of seniors by housing indicators: Canada, provinces and territories, census metropolitan areas and census agglomerations

## Low Income

The Low-income measure, after tax (LIM-AT), refers to a fixed percentage (50%) of median adjusted after-tax income of private households. The household after-tax income is adjusted by an equivalence scale to take economies of scale into account. This adjustment for different household sizes reflects the fact that a household's needs increase, but at a decreasing rate, as the number of members increases. The reference period for the 2021 Federal Census was the 2020 calendar year. In 2020, the LIM-AT threshold for one person households was \$26,503. For a household with two members, it was \$37,480; and with four members, it was \$53,005.

In looking at the prevalence of low income, based on the low-income measure, after tax (LIM-AT) for individuals aged 65 years and over we find that the proportion of seniors, in the Edmonton CMA, living in low income has increased from 7.7% in 2016 to 10% in 2021. The trend is similar for Alberta. The graph below shows the proportion of female and male seniors living in low income in 2016 and 2021. We see that the proportion of female seniors living in low income has risen from 9% in 2016 to 11% in 2021 and the proportion of male seniors living in low income has risen from 6% to 8% respectively.

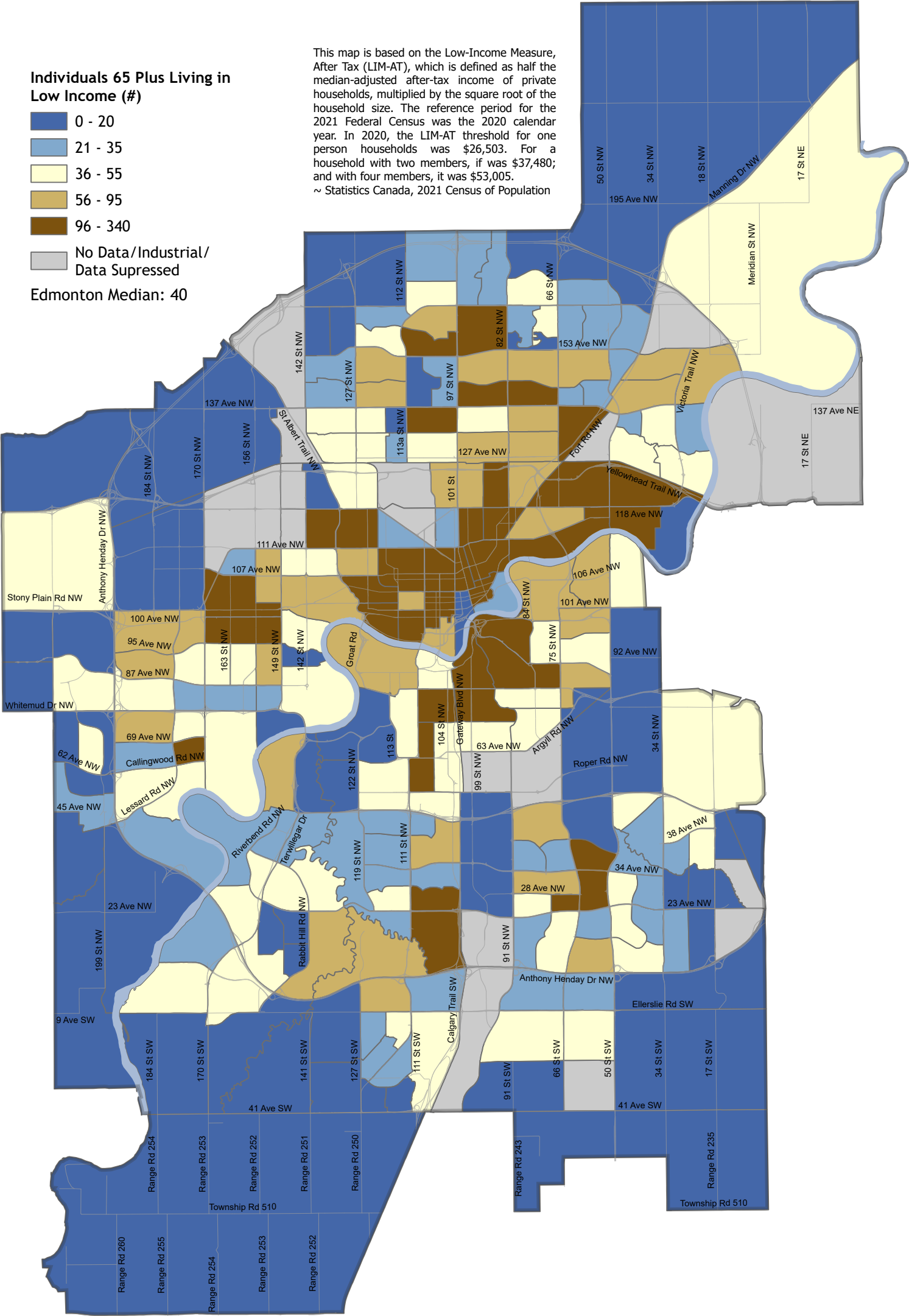


Source: Statistics Canada, 2021 Census of Population.

The following maps illustrate the number and proportion of seniors living in low income based on the Low-income measure, after tax (LIM-AT), by census tract, in the city of Edmonton.

# Individuals 65 Plus Living in Low Income

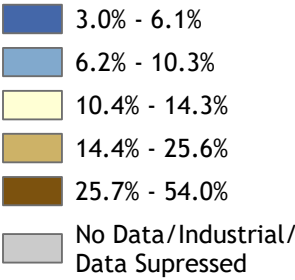
Federal Census 2021 by Census Tract (CT)



# Proportion of Individuals 65 Plus Living in Low Income

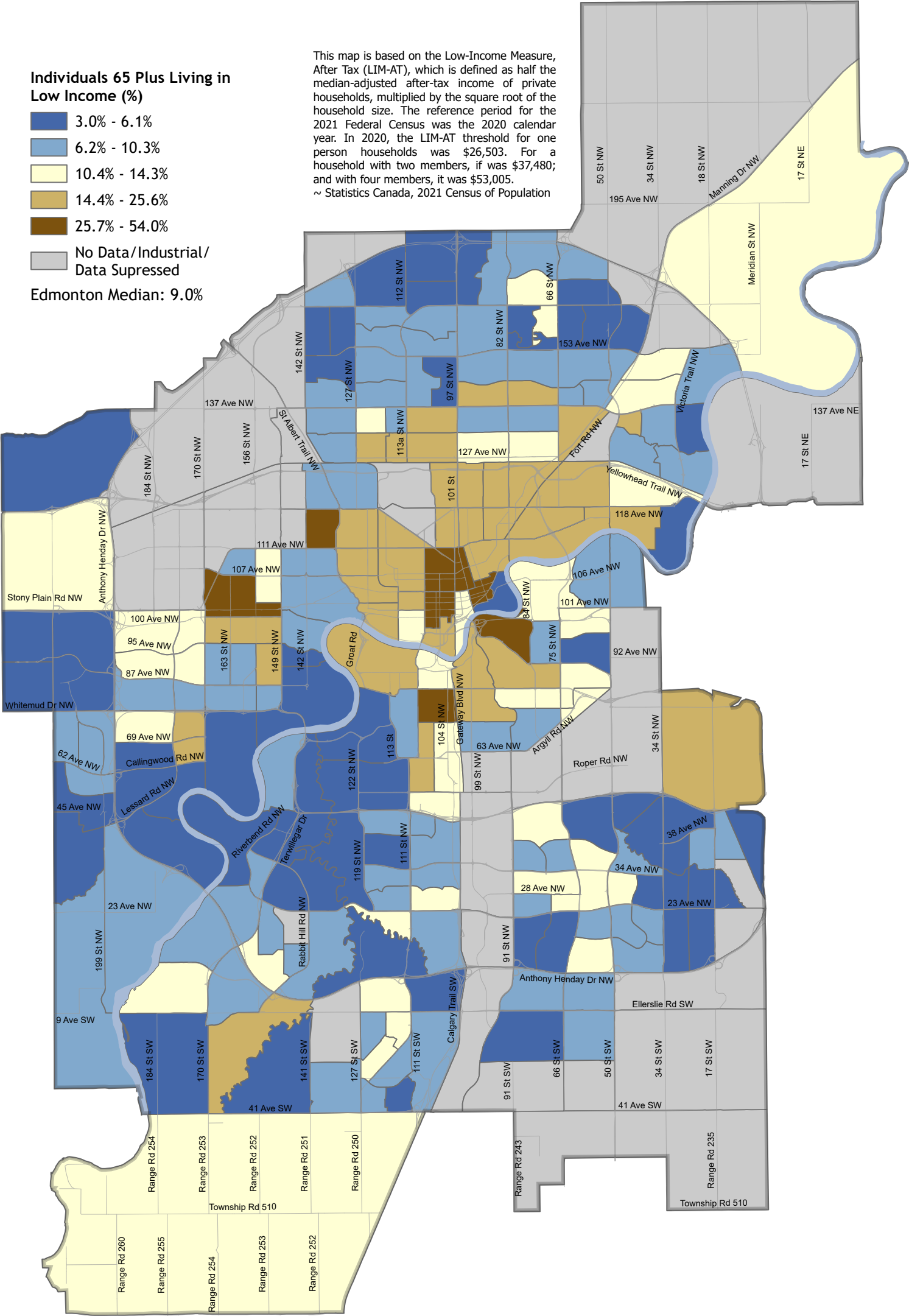
Federal Census 2021 by Census Tract (CT)

## Individuals 65 Plus Living in Low Income (%)



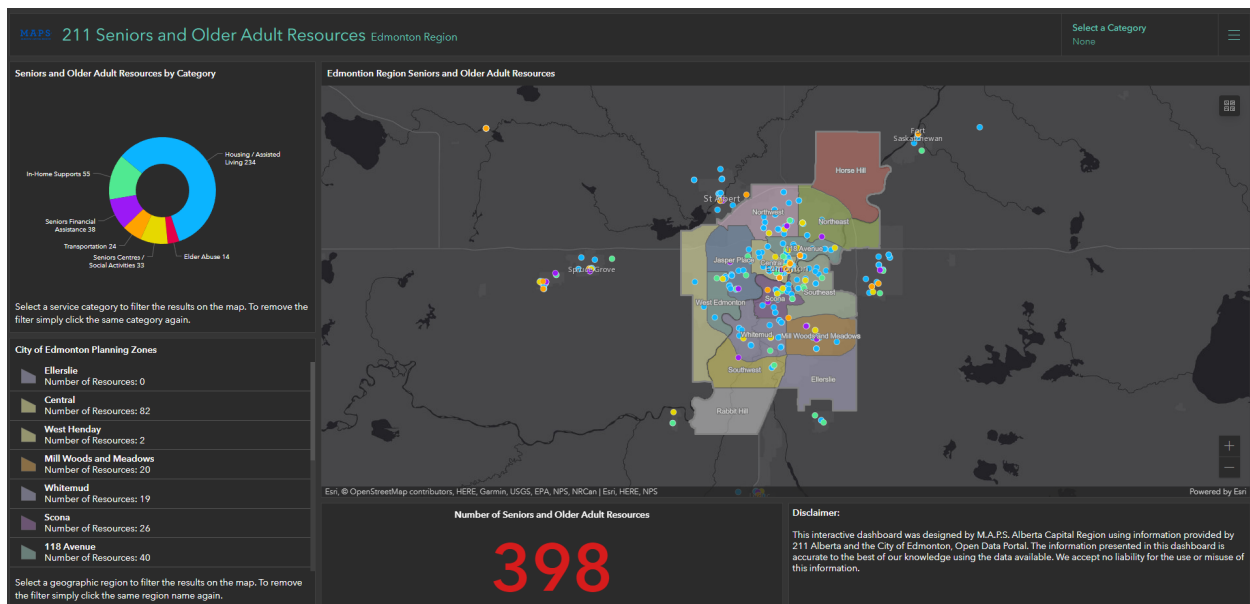
Edmonton Median: 9.0%

This map is based on the Low-Income Measure, After Tax (LIM-AT), which is defined as half the median-adjusted after-tax income of private households, multiplied by the square root of the household size. The reference period for the 2021 Federal Census was the 2020 calendar year. In 2020, the LIM-AT threshold for one person households was \$26,503. For a household with two members, it was \$37,480; and with four members, it was \$53,005.  
~ Statistics Canada, 2021 Census of Population





## Seniors Resources Dashboard



The Seniors and Older Adult Resources Dashboard contains resource information from 211 Alberta. On the Dashboard, the graphs and data around the map change when you change the view of the map. To change the zoom of the map, you can hover your cursor over the map and scroll up and down. Within the map, you will see programs or dots, you can click these colored dots to see descriptions such as address and detailed information of the program. Sometimes, there may be more than one program at the one dot. To see other programs or boundary layers, toggle with the right and left arrows next to the "1 of \_\_\_" text at the top right corner of the description box. In addition, you can also click the categories or pie slices on the left side of the map. The map will change as you click through the pie slices. The Dashboard is very interactive and while the best experience will be on a desktop browser, the dashboard will work on mobile devices.

Link to Seniors Resources Dashboard:

<https://mapsalberta.maps.arcgis.com/apps/dashboards/7ae968a61bb5487699fa9bb2dc9ad332>

## Select Summaries and Annotated Bibliography

Nine academic articles specific to seniors in Edmonton, and published after 2018, were reviewed. The following list includes challenges that Muslim immigrant seniors may face and is drawn from the readings listed below. Note that many of these challenges are not exclusive to Muslim seniors.

### Overall

- Language barriers
- Racism and Islamophobia
- Access to transportation
- Differential systems relating to health care
- Feelings of not belonging limit access and participation in mainstream social and recreational opportunities

### Financial

- Not having worked long enough in Canada to receive full pension benefits
- The 10-year residency requirement to receive any benefits for low income seniors
- Being chronically underemployed in Canada and/or ineligibility for company or government supported private pension programs
- Lack of employment opportunities and deskilling
- Dependency on family members

### Community Access

- Decreased mobility due to family commitments if caring for grandchildren when sponsored by family members
- Ethnocultural and religious community organizations struggle to provide support to older community members as they are often not eligible for funding
- Because Muslim families often see it as their sole role to care for elders, there is hesitancy to ask for outside support
- A barrier to seeking continuing care services is the lack of cultural and religious sensitivity in areas such as ethnic foods, prayer spaces, cultural activities and privacy

## Access to Community

### Assessing accessibility to service facilities for older people in age

Y. Chan

This study looked at how accessibility to service facilities has a significant influence on seniors' well-being and quality of life. This study developed a set of methods for assessing and analyzing age-restricted accessibility to service facilities by a combined transport mode.

Accessibility to some facilities (e.g., shopping centers, recreation facilities, and grocery stores) was improved significantly after older people combine public transit instead of only depending on walking. Older adults in independent living communities tended to have better access to service facilities. There were disparities in age-restricted community accessibility, but the difference varied among different

types of facilities. The rank of comprehensive accessibility, among these communities, experience great changes after integrating the two transport modes.

## **Neighborhood Design and Regional Accessibility of Age-Restricted Communities from Resiliency and Spatial Perspectives**

Y. Chen, A. Bouferguene, & A.M. Al-Hussein

An analysis based on a geographic information system (GIS) at the neighborhood level which involves distribution exploration of age-restricted communities, spatial analysis of facility locations by type, and gravity accessibility measures to each type of facility in a given neighborhood. These methods are then applied to age-restricted communities for independent living in Edmonton, Canada.

The results of the case study indicate that different types of facilities are not equally distributed among neighborhoods, a phenomenon which is of particular concern with regard to age-restricted communities. Furthermore, since variations exist in the regional accessibility measures, seniors in these communities experience inequitable access to various facilities. Thus, suggestions and policy implementations are proposed pertaining to neighborhood design and location selection of age-restricted communities in order to improve regional accessibility

## **Expanding Seniors' Mobility through Phone Apps: Potential Responses from the Private and Public Sectors**

M. Shirgoakar

Seniors (over 64 years) are a growing demographic. Some seniors risk social exclusion given the lack of transportation options. Using qualitative methods, I investigate how transportation network company (TNC) services such as Lyft and Uber present an alternative for seniors' mobility in comparison to taxis. I use technology acceptance models as a lens and explore the challenges that TNC services present for seniors. This analysis suggests that emerging transportation services—including self-driving cars—may present a boon for seniors if stakeholders from the private and public sectors can increase the ease of use of these new forms of mobility. (ONLY PURCHASE ACCESS TO THIS PAPER)

## **Walkability and Healthy Aging in Place for Older Adults in Edmonton, Alberta**

Desmond Yim

This study investigated the relationship of macro-level neighbourhood walkability characteristics and older adults' ability to "age healthily in place" as indicated by sense of belonging, sense of agency, physical functioning, and self-reported health (SRGH), with purposive walking mediating the relationships. Data from 213 community-dwelling older adults were collected from the Edmonton region in the winter season. Walk Score was used to assess neighbourhood walkability, IPAQ for purposive walking, Social Provisions Scale (SPS) for belonging, Personal Agency Scale for agency, PF-10 for physical functioning, and 1-item SRGH measure for health. Walkability was not associated with purposive walking and healthy aging components for older adults in Edmonton.

Other factors may account for our findings and warrants further investigation regarding walking and healthy aging for seniors in automobile-oriented winter cities. In particular, attitudes and age-related changes in neighbourhood preference may provide insights to the unique findings of this study

## Diversity and Culture

### **The Muslim Seniors Study: Needs for Healthy Aging in Muslim Communities in Edmonton, Alberta**

Jordana Salma & Bukola Salami

Sixty-four Canadian Muslims from multiple ethno-cultural communities in Edmonton participated in the study. Data collection occurred over a period of one year (2017-2018), using a combination of individual interviews and focus group discussions. This study points to the diverse social, economic, emotional, and spiritual needs for healthy aging in Muslim communities. Some of these needs can be met by seniors and their families, however many of the identified needs demand the collaborative efforts of Muslim communities, mainstream senior-serving organizations, and policymakers. Priority recommendations include: creating supportive living options and seniors programming that meet the needs of Muslim seniors, raising awareness and increasing accessibility within Muslim communities to provide services for seniors, and fostering conversations about healthy aging within Muslim communities in Edmonton.

### **Responding to the needs of Muslim Seniors during the COVID-19 Pandemic**

Jordana Salma & Bukola Salami

This study focused on Muslim seniors needs during the COVID pandemic, the gaps in supports and services, and community driven interventions to decrease social isolation. Eighty-eight seniors participated in a survey asking them about immediate needs and concerns. More detailed virtual in-depth interviews were held with a further 16 Muslim Seniors between the ages of 55 and 85. This project was a partnership with the Al-Rashid Mosque. Feeling lonely was a common experience during the pandemic. Recommendations included programs that engage seniors in their local mosque communities, and assisting seniors with transportation to community events.

### **“We Are Like Any Other People, but We Don’t Cry Much Because Nobody Listens”: The Need to Strengthen Aging Policies and Service Provision for Minorities in Canada**

Jordana Salma & Bukola Salami

This study explores the aging experiences and needs of immigrant Muslim communities in an urban center in Alberta, Canada. Sixty-seven older adults and stakeholders from diverse ethnocultural immigrant Muslim communities participated in either individual interviews or one of the seven focus groups (2017–2018). Participants not only described the benefits of growing old in Canada but also identified unique challenges stemming from their social positioning as religious minorities, immigrants, and older adults. We highlight these experiences in three themes: (a) aging while living across places, (b) negotiating access to aging-supportive resources in a time of scarcity, and (c) re-envisioning Islamic approaches to eldercare.

## Isolation and Loneliness

### **Connection Through Calls: The Impact of a Seniors Center Without Walls on Older Adults Isolation and Loneliness**

Heather Roland, Yana Ilin Shpilerman, Jessica Schaub, Ann Carol Comeau

The Edmonton Seniors Centre Without Walls program provides free health, psychosocial, and educational telephone programming for older adults who experience multiple barriers to traditional in-person programming. The aim of this program evaluation was to assess outcomes of participation using validated scales of loneliness and psychosocial and health quality of life. Telephone interviews were conducted pre (n = 160) and post (n = 99) with participants. Given the variation in average attendance, results were assessed by level of participation: Low, Moderate, and High Users. There was statistically significant improvement in all participants' attitudes towards their self-realization and towards energy levels, and EQ-5D-5L anxiety/depression scale after participation, along with a significant reduction in feelings of social isolation. The highest rates of improvement were seen within High Users. These findings suggest that telephone-based programs could be a useful intervention to improve the wellbeing and socially connectedness of older adults.

## Outcomes and Assessment

### **Edmonton's Aging-Friendly Strategy: The Need for Measurable Outcomes**

Ashima Chandan

This paper explores the challenges and best practices of developing locally adapted indicators to measure age-friendly strategy outcomes. Key performance indicators are essential as they measure progress on the main goals of the strategy. However, given the flexible nature of the global age-friendly strategy, it becomes difficult for municipalities to find ideal performance indicators. While Edmonton is modifying the existing age-friendly strategy, diverging from the existing WHO's recommended strategy creates more challenges in Edmonton. This paper recommends data sets and indicators based on best practices established by the WHO and other established age-friendly jurisdictions.

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