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NEWS RELEASE

Canada needs a plan to help older adults Age in the *Right Place*

NIA launches groundbreaking research series examining how to enable more Canadians to age in their own homes

TORONTO, Oct. 27, 2022 — In less than 10 years, one-quarter of Canada's population will be 65 years of age or older, and many of them will need additional care and support to ensure their health and safety. Canada's current approach to delivering long-term care (LTC) is heavily weighted toward LTC homes, which are already facing major staffing and infrastructure challenges. By contrast, home and community-based care is less expensive and more adaptable, and nearly all older Canadians say it's their preferred option — but investments in delivering this kind of care have not kept pace with the overwhelming demand for it.

In short, Canada's current long-term care systems are inefficient, and this inefficiency threatens the overall sustainability of our health care systems.

Supporting more older Canadians to age in their own homes and communities for as long as possible, commonly referred to as "ageing in place," will be essential to better caring for Canada's ageing population. Yet doing so effectively requires more responsive systems and services that allow for what the National Institute on Ageing (NIA) calls **Ageing in the *Right Place***: "The process of enabling healthy ageing in the most appropriate setting based on an older person's personal preferences, circumstances and care needs."

Today, the NIA is launching a groundbreaking series of reports that present a practical framework to understand the concept of Ageing in the *Right Place* (AIRP) and what is required to make it work. Over the next year and beyond, these reports will highlight existing best practices and new opportunities that can reduce unnecessary LTC home admissions and better support the implementation of successful AIRP policies and programs across Canada and beyond.

"The term 'ageing in place' is often used to describe alternatives to providing care in LTC homes, but without a consistent definition or framework, it's impossible to determine which programs and supports are actually needed and whether they are effective," said Dr. Samir Sinha, Director of Health Policy Research for the NIA. "With our new research program, the NIA has created a clear definition and is deliberately

shifting the focus to ‘ageing in the *right* place’ to better reflect the need for more suitable and sustainable solutions. We’re also setting out a clear policy framework that allows us to better identify and track promising initiatives to better care for older Canadians in their homes and communities for as long as possible.”

The first report in this series, ***Ageing in the Right Place: Supporting Older Canadians to Live Where They Want***, identifies four pillars that are fundamental to enabling AIRP:

1. Promoting Preventive Health and Better Chronic Disease Management
2. Strengthening Home and Community-Based Care and Supports for Unpaid Caregivers
3. Developing More Accessible and Safer Living Environments
4. Improving Social Connections to Reduce Loneliness and Social Isolation

The report surveys existing programs from across Canada that enable AIRP and identifies system-level gaps. It also offers 10 evidence-informed policy recommendations outlining pragmatic solutions to more effectively support AIRP policies and practices, such as supporting more chronic disease prevention and management, investing more in LTC services that provide care in people’s homes and communities, creating more accessible housing and transit options, addressing social isolation and loneliness, and improving supports for unpaid caregivers.

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About The National Institute on Ageing

The [National Institute on Ageing](#) is a think tank at Toronto Metropolitan University (formerly Ryerson University) focused on the realities of Canada’s ageing population. Follow us on Twitter [@NIAgeing](#) and support our call for a National Seniors Strategy [@NSS Now](#).

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