

Fast Facts and Provincial Assumptions About Aging

In the South East

- The South East LHIN's population of 482,000 includes more than 80,000 seniors
- This represents the highest ratio of people aged 65 and over (16.7%) of all 14 LHIN regions in the province
- 43% of seniors in the south east live in a rural area
- Diseases of aging – arthritis, high blood pressure, chronic bronchitis, heart disease – are common in the region
- A substantial amount of community support for seniors is provided by volunteers
- Many of the volunteers are themselves seniors

The Provincial Picture

- Ontario's population is aging – recent estimates project the seniors' population to double in the next 16 years.
- The majority of people over the age of 65 want to continue being at home.
- The majority of seniors are able to live independently, managing their day-to-day activities by themselves.
- When seniors need help, about 80% of care is provided by relatives, friends and volunteers.