

While 97% of 65-85 Year Olds Want To Stay Independent For As Long As Possible, Many Are Not Taking Steps To Ensure Their Independence

Canada's seniors seem more prepared for death than life

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Toronto, ON – When it comes to putting the necessary preparations in place late in life, it appears that Canadian seniors are more prepared for death than for life. An Ipsos Reid poll, conducted on behalf of Bayshore Home Health, found that while nine in ten (91%) Canadians between the ages of 65 and 85 have a will, nearly half (48%) have a cemetery plot, and almost as many (44%) have a pre-arranged funeral, an overwhelming (96%) of Canadian seniors who are not currently receiving home health care have not spoken to their family members about making living arrangements as they get older.

Nearly all seniors (97%) say that they will attempt to live independently for as long as possible, and a large majority (82%) will do anything possible to avoid moving into a nursing home. When it comes to the steps they have taken to ensure this independence, however, many have not taken some important steps:

- Less than half (47%) have researched ways to help themselves live independently at home.
- Just over half (51%) have made any modifications to their home or living space that would make independent life easier.
- Only 5% claim they're staying active as a means to continue living independently.

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- A mere 1% has moved into a smaller living space.

While three quarters (75%) of older Canadians have heard of home health care, and two thirds (65%) of those who have heard of it know the kinds of services it provides, fewer than one in ten (7%) older Canadians is actually currently receiving home health care. Moreover, three quarters (72%) of those not currently receiving home health care have not given it any thought.

As well, less than half (46%) of Canadian seniors know what their options are when it comes to funding their home health care services. Of those who claimed to know, three in ten (29%) couldn't name an option when asked, making for a total of 68%, or over two thirds, who don't exactly know what their options are for funding.

- Among older Canadians who have given home health care serious thought, only one in five (20%) will definitely discuss it with a family member, friend, or healthcare professional.
- Individuals who will not discuss it say they won't require assistance for a long time (50%), or they don't want to be a burden to their family (26%). Interestingly, 45% of Canadians aged 75 to 85 say they won't require assistance for a long time.

Among those who are receiving home health care, common areas where assistance is needed include housekeeping (48%), nursing care (21%), bathing (21%), travelling to medical appointments (20%), and companionship (18%).

These are the findings of an Ipsos Reid poll conducted on behalf of Bayshore Home Health from November 12 to November 20, 2007. This online survey of 1,150 adult Canadians between the ages of 65 and 85 was conducted via the Ipsos I-Say Online Panel, Ipsos Reid's national online panel. The



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results are based on a sample where quota sampling and weighting are employed to balance demographics and ensure that the sample's composition reflects that of the actual Canadian population according to Census data. Quota samples with weighting from the Ipsos online panel provide results that are intended to approximate a probability sample. An unweighted probability sample of this size, with a 100% response rate, would have an estimated margin of error of +/- 3 percentage points, 19 times out of 20.

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