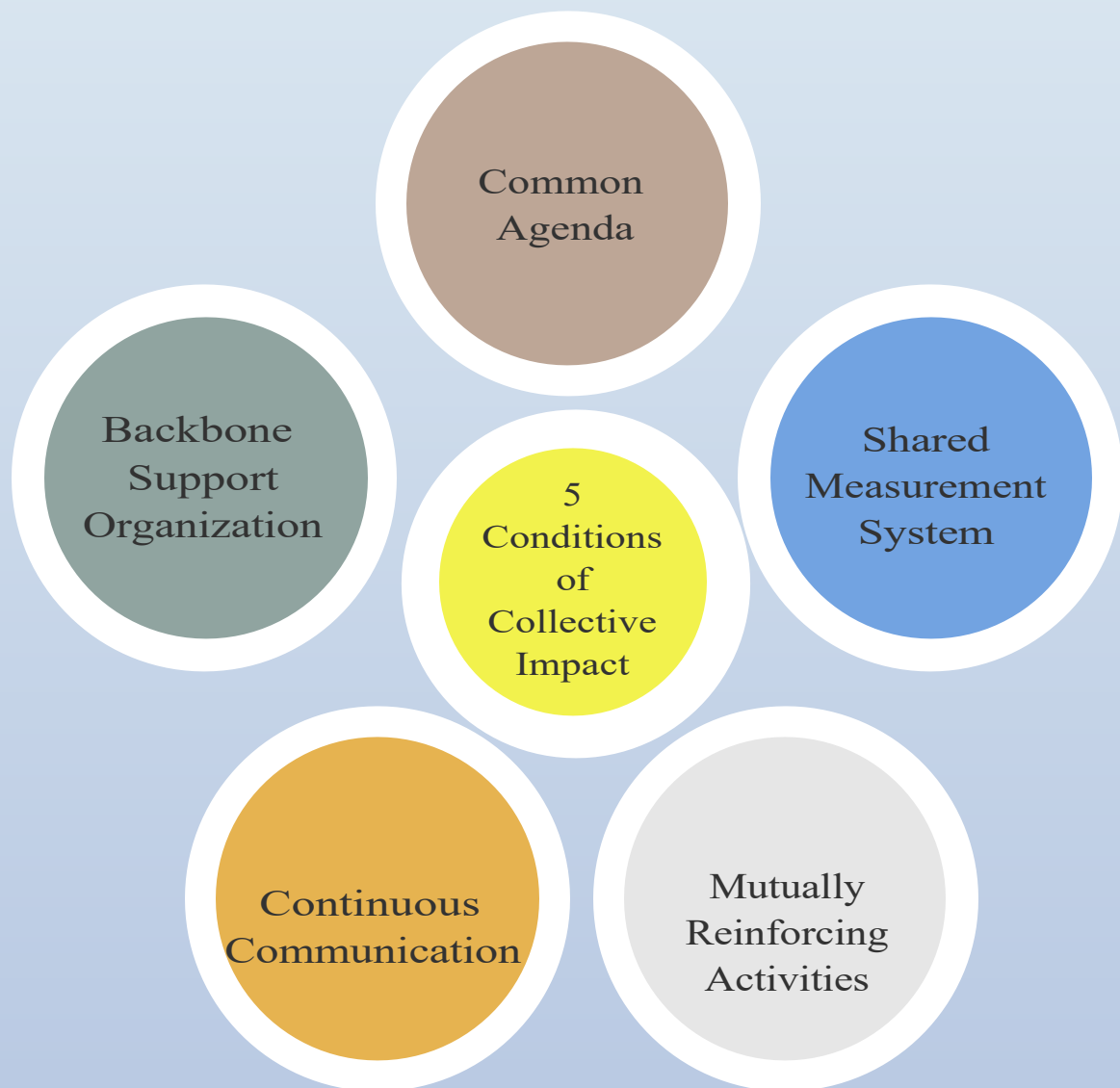


Who we are

Age Friendly Thunder Bay is a community based stakeholder group that advocates for older adults' independence and quality of life in Thunder Bay. Our Board and Working Group Committees collaborate with organizations, governments, community members and other groups and committees to provide activities, information, research, reports, and resources that aim to improve the social determinants of health for all older adults in the community.

Age Friendly Thunder Bay uses collective impact to foster an environment where older adults can maintain dignity in a community recognized by the World Health Organization Global Network of Age Friendly Cities.



Community Profile

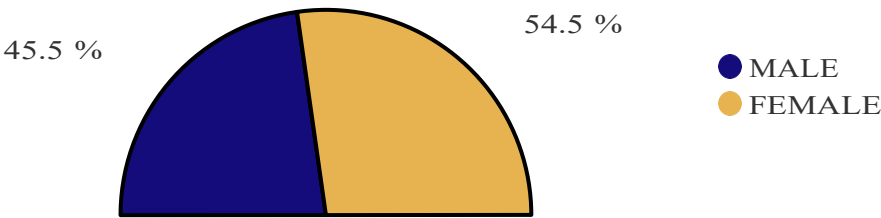
It's important to understand the population of older adults in Thunder Bay. The following information tells the story of how many older adults there are in the city and what their demographic characteristics are. The number of individuals over 65 years of age is increasing exponentially each year and this number will continue to rise until about 2040. About 25% of the Thunder Bay population is estimated to be between the ages of 75 and 100 in the next ten to fifteen years.

There are many services, supports, amenities and resources that would enable the ability of older adults to age with dignity and ease in the City. This report will focus on those specific items and offer recommendations for this population to stay involved in the community and to be empowered and supported to age at home.

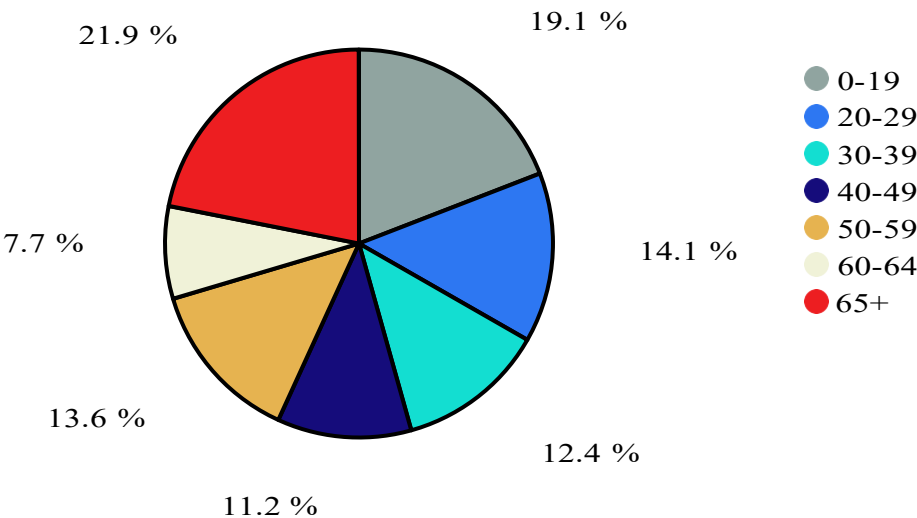
The recent COVID-19 crisis has brought to the forefront many disturbing and unrecognized health and wellness disparities throughout the city, province and across the country as well. The pandemic has illuminated, perhaps more than ever before, that older adults are among the most vulnerable because of the disparities in the social determinants of health (SDOH), the non-medical factors that influence health outcomes. We must improve SDOH factors to protect older adults' health, lower medical costs, and improve quality of life for vulnerable older people.

Staying involved in the community is beneficial at any age. Especially for older adults, having an active role in the community can add purpose and meaning while building new and lasting friendships. Best of all, community involvement builds stronger and healthier communities in which we all thrive!
More demographic information can go [here](#)...

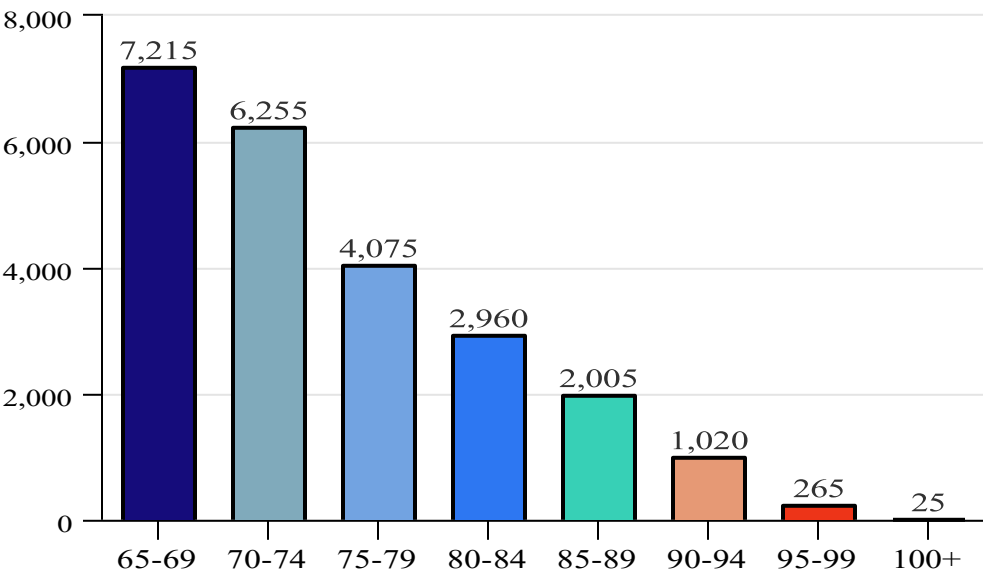
Gender of Older Adults 65+ in Thunder Bay



Percentage of Ages of Population in Thunder Bay



Proportion of Individuals Over 65 Years of Age in Thunder Bay



Community Profile



26,025

Number of adults over 65 years of age live below the Low-Income Measure - After Tax (LIM-AT), which is \$24,000 per year.

Old Age Security Pension (OAS) and Guaranteed Income Supplement (GIS) Amounts 2020

\$613.55

Maximum Old Age Security Pension Amount 2020

\$551.00

Maximum Guaranteed Income Supplement without Pension

\$916.00

Maximum Guaranteed Income Supplement without Pension



5%

Percentage of adults experiencing homelessness that are over 65 years of age in Thunder Bay (2021 PiT Count)

Community Profile

Highlights from "A portrait of Canada's growing population aged 85 and older from the 2021 Census"

- Over 861,000 people aged 85 and older were counted in the 2021 Census, more than twice the number observed in the 2001 Census.
- The population aged 85 and older is one of the fastest-growing age groups, with a 12% increase from 2016. Currently, 2.3% of the population is aged 85 and older.
- While the COVID-19 pandemic claimed many lives among the oldest Canadians, this population continued to grow rapidly.
- Over the next 25 years (by 2046), the population aged 85 and older could triple to almost 25 million people.
- Over 9,500 centenarians are now living in Canada — a 16% increase from 2016. Centenarians represent 0.03% of the Canadian population.

As abilities decrease and activity limitations increase with age, many people aged 85 and older move from living in private dwellings to living in collective dwellings such as seniors' residences, nursing care facilities and long-term care facilities — places where they can receive care and support.

In 2021, almost 238,000 people aged 85 and older were living in these collective dwellings, representing close to 3 in 10 people (28%) in this age group. But the numbers of those living in seniors' residences is lowering. Only 5.0% of Ontario's seniors aged 75 and over lived in seniors' residences in 2021, representing a lower capture rate than the 2020 proportion of 5.5%.

Indigenous Community

Thunder Bay is home to a large and growing Indigenous population. In 2016, 12.8% (13,490 people) of the population in Thunder Bay identified as Indigenous. Of those who identified as Indigenous in Thunder Bay, 75 per cent identified as First Nation, 23% identified as Métis and 2% identified as other or multiple Indigenous identity.

It is important to note that the Indigenous population in Thunder Bay and across the province is likely to be higher than reported above. For instance, there is evidence that the Canadian Census underestimates the number of Indigenous people in Toronto by an estimated factor of two to four. Quality issues as well as issues of undercounting leave us without accurate data on Indigenous communities. The data that currently exists provides us with little understanding of the true size of the Indigenous population in Thunder Bay, as well as the status of important health, economic and employment indicators.

Indigenous Identity in Thunder Bay

30

Inuit

120

Multiple Indigenous Identities

145

Indigenous Identities not
Included Elsewhere

3,440

Métis

15,075

Indigenous Identity

Francophone Community

Thunder Bay's French speaking population of older adults can find support through a variety of organizations throughout the city.

"The Coopérative Centre francophone de Thunder Bay (CCFTB Inc.) is a multipartner stakeholder incorporated on March 10, 2000, by seven (7) local francophone organizations. Its aim was and remains to own and ensure together the management of a building in Thunder Bay, Ontario, in order to provide the francophones with the services they need. The co-operative was created by six (6) members : the Association des francophones du Nord-Ouest de l'Ontario (AFNOO), the Club culturel francophone de Thunder Bay (formerly called Le Club Canadien Français de Thunder Bay), Centr'Elles, Féminin Pluri-Elles, Novocentre and L'Accueil francophone de Thunder Bay. Recently, the Réseau du mieux-être francophone du Nord de l'Ontario (RMEFNO) joined the co-operative."

The Association des francophones du Nord-Ouest de l'Ontario (AFNOO) "works to represent the Francophone community in Northwestern Ontario at political and community levels. AFNOO works to develop and to enhance the dynamism of the Francophone organizations and communities. AFNOO is a federation and accounts 28 member groups that work in different sectors including education, culture, early childhood, genealogy, women, literacy, health, entrepreneurs, seniors and youth."

The following page shows some of the demographic information regarding French speaking older adults in Thunder Bay.

Francophone Community

"On average, the Francophone population is older than the Ontario population, as a whole. While the median age of the total population is 41, that of the Francophone population is 44.6.

The median age of the Northeastern and Northwestern regions' Francophone population is 50.8 and 50.4 respectively. These figures are higher than in any other region in Ontario."



9,125

Total number of
both English and
French speakers in
Thunder Bay



3,000

Total number of
French as a first
language speakers
in Thunder Bay



740

Total adults 65+ in
Thunder Bay who
speak both English
and French

Methodology

The COVID-19 pandemic forced Age Friendly to look at new and different ways to consult with older adults, community members, caregivers, and service providers. The Ministry for Seniors and Accessibility's Inclusive Community Grants funding helped to create an updated Community Action Plan with recommendations aimed at improving the lives of older adults in Thunder Bay.

Newspaper columns and articles in the Age Friendly Thunder Bay newsletter raised awareness of the work that was being initiated. Subsequent columns invited readers to participate in an online survey. The online survey was shared with Steering Committee members and community coalitions.

Presentations were made during several community coalition meetings, Steering Committee meetings and Executive Committee meetings. Interviews were held with key service providers as well.

Eventually in person consultation was possible towards the end of the project allowing older adults and caregivers to cast their vote on the recommendations they supported. The 2022 Health and Wellness Fair for Older Adults was held at the 55+ Centre and attended by over 450 people.

The Community Action Plan is investigating ways to adapt to virtual activities in a pandemic environment. It became quickly obvious that most Community Action Plan activities were suitable by virtual delivery. This led to the development of a strategy that includes providing access to digital devices, internet, and the digital literacy skills to create more opportunities for older adults to participate or access services virtually.