

News Release

November 20, 2025



The province's Seniors' Advocate, Susan Walsh, has released the **Seniors' Report 2025**. The report provides a comprehensive profile of the wellbeing of seniors in Newfoundland and Labrador related to their Individual Health, Health Care, Finances, Housing, Transportation, and Safety and Protection. The accompanying **Seniors' Report 2025: Data Tables** ensures transparency and the use of this data by others interested learning about and the wellbeing of seniors in this province.

The positive findings in this report include that 88 per cent of seniors report satisfaction with their lives and 84 per cent feel connected to their communities, only 5 per cent of seniors live in assisted living, personal care homes and long term care and 89 per cent seniors continue to drive. However, the data overwhelmingly finds that the wellbeing of seniors in Newfoundland and Labrador lags behind the Canadian average in all areas.

Some findings include:

- Half of all seniors have an income below \$29,710, which is the lowest median income in Canada and 44 per cent receive the Guaranteed Income Supplement, a measure of poverty, reaching 52 per cent to 56 per cent in Western, Eastern Rural, and Central respectively.
- Seniors' food insecurity rose by 5 per cent in the last year.
- 21 per cent of emergency shelter users are seniors (55+) and 9 per cent of people reported experiencing homelessness for the first time after the age of 55.
- 88 per cent of seniors have one chronic health condition and 45.5 per cent have three or more, yet access to a primary health care provider has continued to decrease and NL seniors' access is the lowest of all Canadian provinces.
- The waitlist for hip and knee surgery increased by 199 per cent over the last 5 years, and the surgery rates are not nearly keeping pace with the demand.
- Over the last 4 years there has been a 17 per cent increase in the number of seniors medically discharged from hospital but remain there awaiting appropriate living or care arrangements (ALC), with the average length of stay being 30 days.
- Over the last 5 years, there has been a 64 per cent increase in criminal violations against seniors, and the number of referrals for victim services has more than doubled.

Monitoring these indicators is critically important to support seniors' wellbeing and ensure that appropriate and adequate services are available to meet their needs.

Quote

"The findings in this, our second edition of the Seniors' Report, continue to be concerning. The facts are that our province has the oldest, poorest, most unhealthy seniors in Canada, and some of the lowest rates on access to needed services. The findings are even worse for rural regions of this province. While the Office of the Seniors' Advocate will use this data to inform our systemic advocacy work, I sincerely hope that government and all service providers will utilize this information to make improvements in preventative and supportive community services for seniors throughout this province. We all have a responsibility to ensure the positive wellbeing of seniors, they have given us, and this province, so much over their lifetime."

Susan Walsh
Seniors' Advocate NL