

Women at the forefront of aging in Canada:

Challenging the status quo for older women

Empowering older women requires a concerted effort from government, healthcare providers, and community organizations. Prioritizing their needs is paramount to ensuring equitable access. By recognizing the contributions and addressing the challenges faced by older women, we learn about men, and Canada can pave the way for a more inclusive sustainable future for all older adults.

Recommendations to improve the health & well-being of older adults & women

GOVERNMENT

Develop a national strategy that supports older adults and considers the distinct needs of older women



RESEARCH

Mandate the consideration of older adults and women in research across Canada to gain a comprehensive understanding of their needs



HEALTH AND SOCIAL CARE

Use evidence and guidance based on sex, gender and age differences to better meet their unique health needs

