

SUCCESSFUL AGING IN CANADA: FINDINGS FROM THE CANADIAN LONGITUDINAL STUDY ON AGING (CLSA)



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12:00pm-1:00pm

ZOOM LINK

<https://utoronto.zoom.us/j/82899504163>

Few studies in Canada have focused on factors associated with successful aging. In this study, we introduced an expanded definition of successful aging by combining modified researcher-derived classifications of successful aging and lay perspectives of successful aging. We used the first two waves of data from the comprehensive cohort of the CLSA to examine the associations between (1) immigration status; (2) marital trajectories; and (3) social participation and successful aging in Canada. We found that (1) older immigrants; (2) older adults who were never married or had experienced widowhood, separation and divorce in later life; and (3) older adults who did not participate in volunteer or charity work and recreational activities had significantly lower odds of achieving successful aging compared to their peers. We also noticed that people who were female, married, physically active, not obese, never smoked, had higher incomes, and those who did not have insomnia, heart disease or arthritis were more likely to maintain excellent health across the study period and less likely to develop disabling physical, cognitive or emotional problems.

Dr. Mabel Ho is a registered social worker who has worked in the field of gerontological social work for over 20 years. Mabel recently completed her PhD in social work at the University of Toronto's Factor-Inwentash Faculty of Social Work. Her research and practice interest focuses on the health and well-being of older adults.

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