



# Profile of Older Adults

November 2011



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## **Introduction**

This profile provides socio-demographic information about the population in the City of Kingston that is fifty-five years of age or older. When reflecting on issues for this population, it is important to consider the many varying characteristics that they exhibit. The older adult population in Canada, and similarly in the City of Kingston, is widely varied in terms of health status, cultural origins, financial situations, living arrangements, physical activity levels, social engagement, etc. (Statistics Canada, 2007).

The data contained in this profile is from the 2006 Statistics Canada Census unless otherwise denoted. Updated information will be available beginning in spring of 2012 reflecting the 2010 Census and this profile can then be updated to reflect that information. The data reflects information for the City of Kingston municipal boundaries unless denoted as “Kingston CMA”. The Census Metropolitan Area is a geography used by Statistics Canada and includes the City of Kingston, Township of South Frontenac, Township of Frontenac Islands and Loyalist Township.

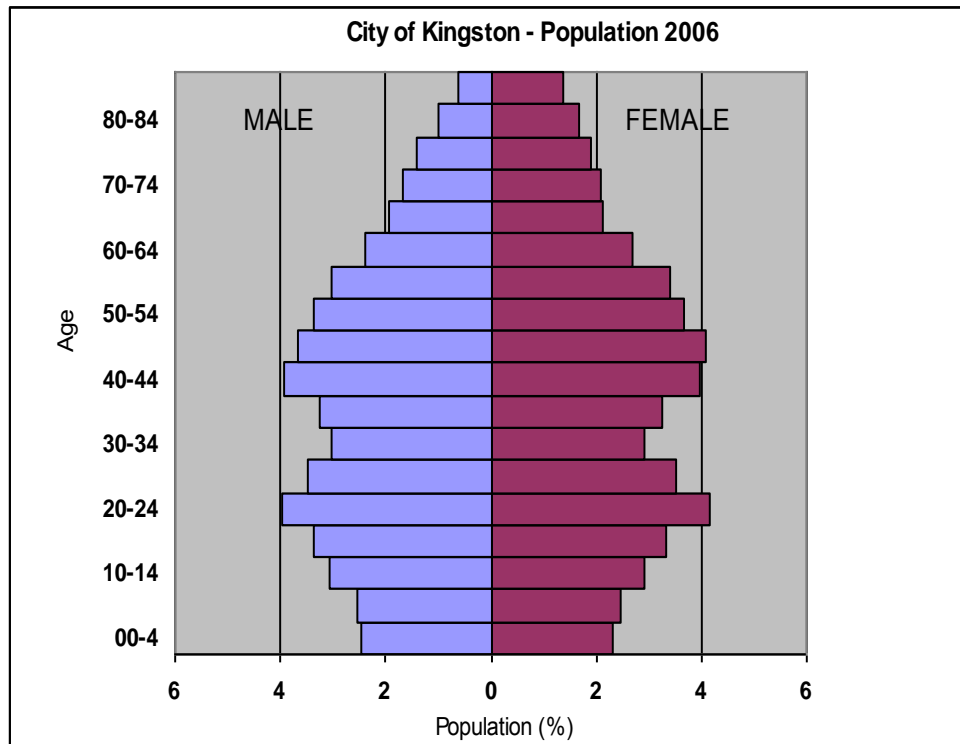
## **Quick Facts**

- ❖ 27.3 % of total population is over 55 years of age & expected to increase to 37.4% by 2036
- ❖ Highest density of seniors are in Hillendale and Kingston Mills neighbourhoods
- ❖ 3.2% of older adult households are considered low income
- ❖ More than 75% of older adult households own their own home
- ❖ Number living alone increases with age, from 18% of those 55-59 to 44% of those over 80
- ❖ 36.8% of those 60-64 years of age are still employed and 3% of those over 65 still work full time
- ❖ 12% of women over 65 years of age have university degree compared to 22% of men
- ❖ 88% of those over 55 years of age speak English and not French
- ❖ 16% of those over 55 years of age have a mother tongue other than English or French compared to 9% of those under 55 years of age
- ❖ Older adults have very low rates of immigration and aboriginal identity
- ❖ Older adults are the most likely group to be former smokers and the least likely to be current smokers
- ❖ Older adults are the most likely to have a family doctor and feel a sense of community belonging

## Population Distribution by Age

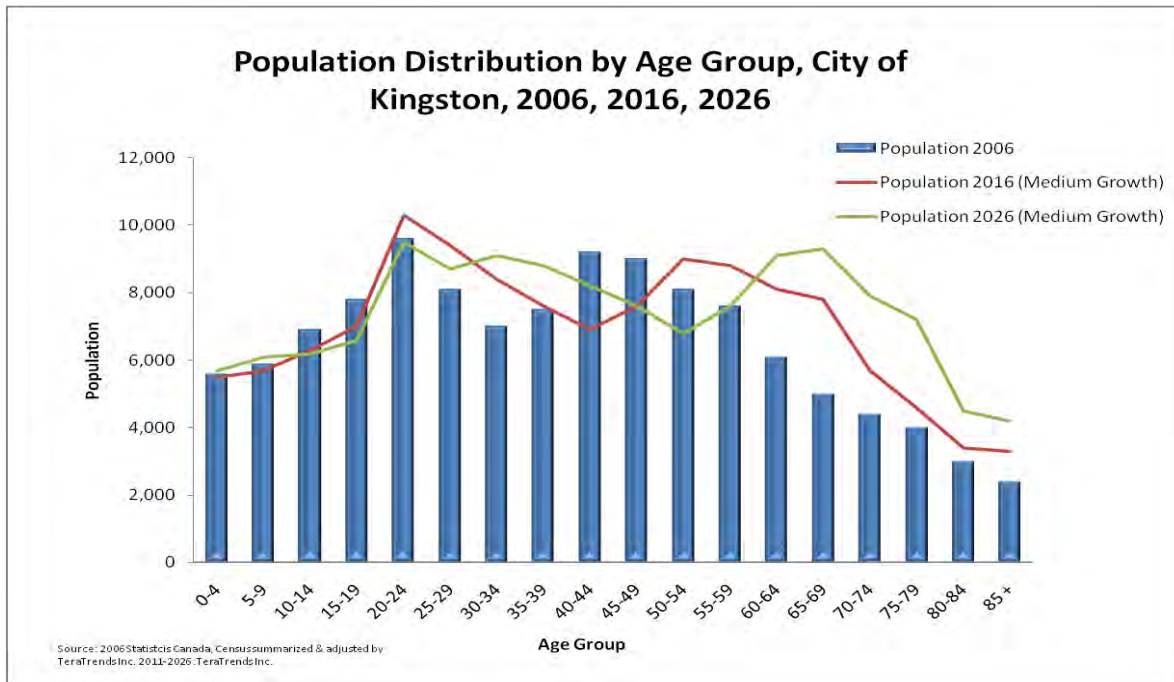
The population aged 55+ in 2006 was 32,065 representing 27.4 % of the total population within the City of Kingston. This is an increase from 22.3% in 1996 and 24.3% in 2001.

	City of Kingston			Kingston CMA		
	Total	Male	Female	Total	Male	Female
Total Population	117,207	56,525	60,685	152,360	74,175	78,185
0-4	5,605	2,890	2,715	7,275	3,785	3,495
5-9	5,870	2,995	2,880	7,880	4,025	3,850
10-14	7,010	3,575	3,435	9,445	4,845	4,595
15-19	7,785	3,930	3,885	10,180	5,175	5,005
20-24	9,515	4,655	4,860	11,200	5,510	5,690
25-29	8,215	4,095	4,120	9,780	4,845	4,930
30-34	6,955	3,540	3,420	8,890	4,495	4,395
35-39	7,620	3,795	3,825	10,020	4,985	5,030
40-44	9,260	4,615	4,640	12,350	6,120	6,230
45-49	9,070	4,315	4,775	12,140	5,830	6,310
50-54	8,255	3,955	4,300	11,165	5,405	5,760
55-59	7,545	3,560	3,985	10,490	5,045	5,440
60-64	5,980	2,820	3,155	8,185	3,965	4,220
65-69	4,775	2,275	2,500	6,420	3,155	3,260
70-74	4,440	1,975	2,460	5,690	2,595	3,100
75-79	3,865	1,640	2,220	4,760	2,100	2,665
80-84	3,105	1,155	1,945	3,665	1,390	2,270
85+	2,355	740	1,615	2,830	895	1,930



## Population Projections

As indicated in the graph below, the population of the City of Kingston aged 55 and older is expected to increase from 27.4% of the total population in 2006 to 37.4% by 2036. The population aged 65+ represented 15.8% of the total in 2006 and is projected to rise to 24.8% by 2036.



## Population by Neighbourhood

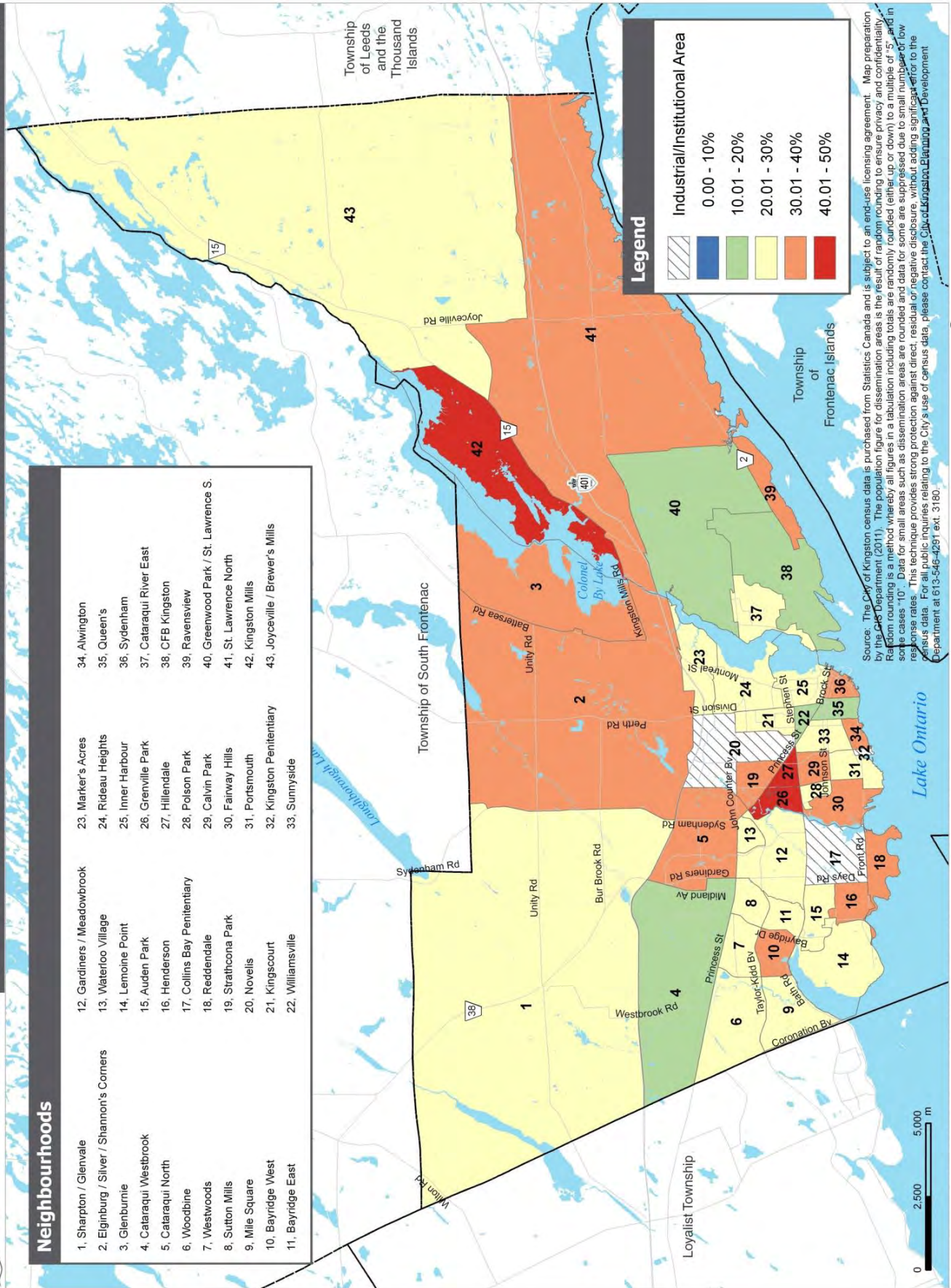
The attached map shows the neighbourhoods in Kingston and the population density in each neighbourhood of those 55 years of age and over. As indicated, the Hillendale and Kingston Mills neighbourhoods have the highest concentrations with over 40% of the population over the age of 55, while twelve other neighbourhoods have concentrations over thirty percent.



**Percentage of population 55 years and older (by Neighbourhood)**

**Neighbourhoods**

- |   |                              |                           |                                      |
|---|------------------------------|---------------------------|--------------------------------------|
| 1. Sharpton / Glenvale                    | 12. Gardiners / Meadowbrook  | 23. Marker's Acres        | 34. Alwington                        |
| 2. Eiginburg / Silver / Shannon's Corners | 13. Waterloo Village         | 24. Rideau Heights        | 35. Queen's                          |
| 3. Glenburnie                             | 14. Lemoine Point            | 25. Inner Harbour         | 36. Sydenham                         |
| 4. Cataract Westbrook                     | 15. Auden Park               | 26. Grenville Park        | 37. Cataract River East              |
| 5. Cataract North                         | 16. Henderson                | 27. Hillendale            | 38. CFB Kingston                     |
| 6. Woodbine                               | 17. Collins Bay Penitentiary | 28. Polson Park           | 39. Ravensview                       |
| 7. Westwoods                              | 18. Reddendale               | 29. Calvin Park           | 40. Greenwood Park / St. Lawrence S. |
| 8. Sutton Mills                           | 19. Strathcona Park          | 30. Fairway Hills         | 41. St. Lawrence North               |
| 9. Mile Square                            | 20. Novells                  | 31. Portsmouth            | 42. Kingston Mills                   |
| 10. Bayridge West                         | 21. Kingscourt               | 32. Kingston Penitentiary | 43. Joyceville / Brewer's Mills      |
| 11. Bayridge East                         | 22. Williamsville            | 33. Sunnyside             |                                      |



Source: The City of Kingston census data is purchased from Statistics Canada and is subject to an end-use licensing agreement. Map preparation by the GIS Department (2011). The population figure for dissemination areas is the result of random rounding to ensure privacy and confidentiality. Random rounding is a method whereby all figures in a tabulation including totals are randomly rounded (either up or down) to a multiple of .5, and in some cases "10". Data for small areas such as dissemination areas are rounded and data for some are suppressed due to small numbers of low response rates. This technique provides strong protection against direct, residual or negative disclosure, without adding significant error to the census data. For all public inquiries relating to the City's use of census data, please contact the City of Kingston Planning and Development Department at 613-546-4291 ext. 3180.

## Household Income

Statistics Canada takes the total range of all incomes within a community and divides it into ten “income deciles”. The following chart shows the number of households in each age/income bracket based on the age of the “primary household maintainer”. Those in the 55-64 age bracket have higher than overall average and median incomes while those over 65 have lower than average income. Those with low income are defined as those with an after tax income below the Statistics Canada “Low Income Cut Off” (LICO). In Kingston, 12, 545 people (11.1%) live in households with incomes under the LICO. Of households 45-64 years old, 9.2% are in households below the LICO while only 3.2% of people in households 65 years and older fall below the LICO.



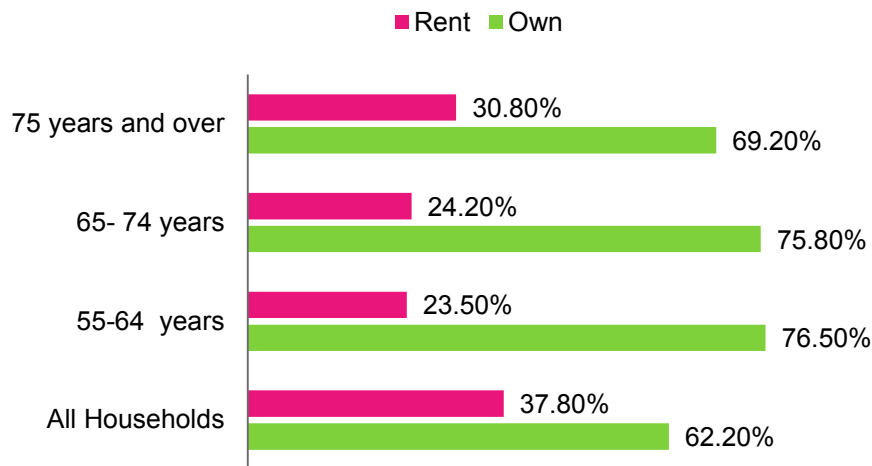
		55-64 years		65-74 years		75 and over	
Total # Households		8,070		5,565		6,075	
1 <sup>st</sup> decile	\$14,819 & under	810	10.0%	270	4.9%	260	4.3%
2 <sup>nd</sup> decile	\$14,820-\$24,131	525	6.5%	605	10.9%	1,100	18.1%
3 <sup>rd</sup> decile	\$24,132-\$33,251	595	7.4%	605	10.9%	1,065	17.5%
4 <sup>th</sup> decile	\$33,252-\$42,795	745	9.2%	645	11.6%	870	14.3%
5 <sup>th</sup> decile	\$42,796-\$53,031	710	8.8%	785	14.1%	735	12.1%
6 <sup>th</sup> decile	\$53,032-\$64,911	805	10.0%	690	12.4%	580	9.5%
7 <sup>th</sup> decile	\$64,912-\$79,800	755	9.4%	675	12.1%	450	7.4%
8 <sup>th</sup> decile	\$79,801-\$99,403	945	11.7%	450	8.1%	365	6.0%
9 <sup>th</sup> decile	\$99,404-\$130,677	970	12.0%	445	8.0%	370	6.1%
10 <sup>th</sup> decile	\$130,678 +	1,215	15.1%	405	7.3%	285	4.7%
Average HH income	\$84,876 (all ages)	\$91,236		\$69,210		\$57,633	
Median HH Income	\$72,635 (all ages)	\$75,898		\$56,692		\$45,235	



## Housing

More than three quarters of all older person households between ages 55-75 own their own home which is higher than the average of 62% for all households within the City. With respect to living arrangements, Statistics Canada distinguishes between private households that are part of a “family household” meaning that they have a spouse, a common-law partner and/or children in the household and those who are in “non-family households” where they may be living with other relatives, living with people not related to them or living alone. Those living in long term care or retirement homes are not represented in this information.

### Household Tenure



### Household Living Arrangements

	Total of All Household Members	People Living in a Family Household		People Living with Relatives		People Living with Non-Relatives		People Living Alone	
55-59 years	7,340	5,800	79.0%	40	0.5%	155	2.1%	1,345	18.3%
60-64 years	5,990	4,605	76.9%	55	0.9%	140	2.3%	1,180	19.7%
65-74 years	9,025	6,960	77.1%	55	0.6%	225	2.5%	1,785	19.8%
75-79 years	3,595	2.24	0.1%	0	0.0%	90	2.5%	1,265	35.2%
80-84 years	2,755	1,495	54.3%	15	0.5%	25	0.9%	1,215	44.1%
85 years +	1,725	830	48.1%	0	0.0%	10	0.6%	875	50.7%



## Employment and Labour Force Activity

The Census provides data on the population aged 15 years in terms of their labour force activity, employment status, and occupation. In addition information is provided on the presence of income from employment. To be considered “in the labour force” you have to have worked, on temporary lay-off, leave or be unemployed but looking for employment.

	Employed		Unemployed		Not in Labour Force	
55-59 years	3325	61.9%	115	2.1%	1930	35.9%
60-64 years	1500	36.8%	50	1.2%	2535	62.1%
65-69 years	400	12.8%	25	0.8%	2710	86.6%
70-74 years	185	6.0%	10	0.3%	2895	93.8%
75 and over	150	2.6%	15	0.3%	5630	97.2%



	Total Population	Total Population with Employment Income		Worked Full time		Median Employment Income	Average Employment Income
45-64	30,285	23,365	77.2%	14025	46.3%	\$50,159	\$61,451
Male	14,235	11,590	81.4%	7730	54.3%	\$58,413	\$70,767
Female	16,050	11,775	73.4%	6295	39.2%	\$43,558	\$50,101
65+	17,355	3,925	22.6%	540	3.1%	\$25,068	\$40,028
Male	7,525	2,575	34.2%	335	4.5%	\$28,623	\$43,200
Female	9,830	1,345	13.7%	200	2.0%	\$24,507	\$34,721

## Occupation

Employment in the business/finance and administration sector and the sales and service sector makes up 40% of all occupations for those over 55 years of age. Some occupation sectors, like the trades and management are more heavily occupied by men while women occupy more positions in the health and culture and recreation sectors.

Occupations	55-59 years		60-64 years		65-69 years		70-74 years		75+ years	
	F	M	F	M	F	M	F	M	F	M
Management	220	590	175	300	45	135	30	30	10	25
Business/ Finance/ Administration	1265	440	595	345	180	85	110	75	45	35
Natural & Applied Science	80	375	15	170	0	100	0	40	0	30
Health	580	100	255	145	50	65	10	15	0	15
Social Science, Education, Gov't	595	565	245	395	110	145	50	80	30	35
Culture, Recreation, Sport	140	85	90	15	50	30	25	25	20	15
Sales and Service	870	670	430	485	205	225	40	110	80	25
Trades, Transport, Equipment Operator	25	935	30	560	20	195	0	80	10	45
Processing, Manufacturing, Utilities	45	180	10	45	0	30	0	10	0	0



## Education

The highest level of education achieved indicates that the level of higher education increases with the younger age brackets. In addition there is a marked discrepancy between the level of education for women and men in the higher age brackets with only 12 % of women over the age of 65 having achieved a university degree compared to 22% of men.

		Total	No certificate, degree or diploma	High School certificant or equiv.	Apprenticeship or Trade	College, CGEP or other non-university certificate or diploma	University certificate or diploma below Bachelors	University certificate or degree
55-59 years	F	5370	675	1480	375	131	280	1250
			12.6%	27.6%	7.0%	2.4%	5.2%	23.3%
	M	4895	685	1085	720	870	235	1305
			14.0%	22.2%	14.7%	17.8%	4.8%	26.7%
60-64 years	F	4080	870	1000	350	950	185	725
			21.3%	24.5%	8.6%	23.3%	4.5%	17.8%
	M	4065	825	705	640	655	115	1125
			20.3%	17.3%	15.7%	16.1%	2.8%	27.7%
65-69 years	F	3130	870	785	215	670	120	470
			27.8%	25.1%	6.9%	21.4%	3.8%	15.0%
	M	3015	765	510	555	395	95	700
			25.4%	16.9%	18.4%	13.1%	3.2%	23.2%
70-74 years	F	3085	1020	820	195	525	180	355
			33.1%	26.6%	6.3%	17.0%	5.8%	11.5%
	M	2625	770	420	445	265	90	630
			29.3%	16.0%	17.0%	10.1%	3.4%	24.0%
75 + years	F	5795	2015	1700	385	795	250	645
			34.8%	29.3%	6.6%	13.7%	4.3%	11.1%
	M	4030	1310	625	725	460	115	790
			32.5%	15.5%	18.0%	11.4%	2.9%	19.6%



### **Knowledge of Official Languages**

Eighty-nine percent of those aged 55 and over in Kingston know English only, less than one percent French only, ten percent know both languages and two percent do not speak French or English.

### **Mother Tongue**

Sixteen percent of those over the age of fifty-five have a first language other than English and French. This is high compared to the nine percent of those under the age of fifty-five. Of those over 55 whose first language is not English or French:

- 18% Portuguese
- 15% Dutch
- 14% German
- 8% Italian
- 4% each for Polish, Greek and Chinese
- 3% each for Ukrainian, Spanish and Hungarian
- 2% each for Czech and Arabic



### **Immigration**

Overall, Kingston has a lower than average immigration rate for a community our size with a total of 14% of the total population being immigrants. More than 71% of all immigrants came to Canada prior to 1991 while only 13% of immigrants came between 2001 and 2006. Only sixty immigrants arrived in Kingston between 2001-06 over the age of fifty-five with 25 from Europe, 20 from Asia and the Middle East and 25 from Southern Asia.

### **Aboriginal Identity**

Of the 3,290 people in the Kingston CMA who reported aboriginal identity in the 2006 Census, 460 (14%) of them were over the age of fifty five: 245 were between 55-64 years of age, 135 between 65-74 years of age and 80 were over 75 years of age.

## **Health**

The following information is provided through the KFL&A Public Health from the Canadian Community Health Survey (CCHS). It represents the whole catchment area of the Health Unit including Frontenac and Lennox and Addington Counties.

**Life Expectancy:** In 2001, males in KFL&A had a life expectancy of 76.2 years while females were at 80.5 years. For those aged 65 and older, males had a life expectancy of 81.9 years while females were at 84.1 years. This is slightly higher than provincial life expectancy rates.

**Mortality:** Of the 1,274 deaths of those aged 45-64 between the years of 2000-2004, 44% were due to cancer, 23.6 from circulatory system, 24.6% from other causes, and 7.8% from external causes. For those ages 65 and over, there were 6,204 deaths during the same time period. Of these, circulatory system related deaths rises to 37.4%, cancer related drops to 27.3%, respiratory system 9.0%, nervous system 5.2% and others at 20.2%.



**Physical Activity:** In KFL&A area, adults over aged 40 are more likely to be physically inactive than adults under 30. Of those 50 and older 52% are inactive.

**Regular Family Doctor:** 9.6% of all KFL&A residents indicated that they do not have a regular family doctor. The probability of having a regular family doctor in adulthood increases with age with only 3.8% of those 65 and older not having a doctor.

**Smoking:** Those 65 and over have the lowest percentage of current smokers at 9.4% compared to the total percentage of all residents of KFL&A at 17.8%. However, those 65 and over have the highest percentage of former smokers at 52.7%.

**Alcohol:** In KFL&A there were no significant differences in the proportion of regular drinkers (at least one drink per month) by age group. Of those 65 and over, 56.8% defined themselves as regular drinkers.

**Falls:** 25.3% of all residents had a fall during the 12 months prior to their survey. A significantly higher proportion of those 18-29 had falls (36.6%) compared to other age groups. For those 65 and over, 19.6% had experienced a fall. In total, 32.1% of all falls had an impact on normal activities. For those over 65, 40.4% of women and 34.3% of men reported their normal activities were affected.

**Sense of Community Belonging:** Data shows that among adults, those in the lower age brackets (20-29) are significantly more likely to report a weak sense of community belonging. As people age, they tend to have a greater sense of community belonging. Only 32% of those 50-64 indicated a somewhat or very weak sense of belonging which drops to 29% for those 65 and older.