Impressions of living in Kingston
Age Friendly Kingston Survey Summary
submitted by Nanos Research to the Age-Friendly Alliance and the City of Kingston

The best things about living in Kingston

- **82%** Older adults who said the ease of travelling on sidewalks in summer was good/very good
- **81%** Older adults who said that parks and green spaces are good/very good
- **80%** Older adults who said the ease of getting in and out of stores and restaurants was good/very good

The challenges of living in Kingston

- **48%** Older adults who said the ease of travelling on sidewalks in winter was poor/very poor
- **39%** Older adults who said that the availability of parking was poor/very poor
- **33%** Older adults who said the availability of public washrooms was poor/very poor
Variations across age groups

Factoring in the margin of error, there were a few marginal differences across the three age groups included in the study.

• In terms of mobility, adults 45 to 59 were more likely to say they never have difficulty with mobility (72%) and they are never afraid of falling (76%) compared to adults over 75, 51% and 55% of whom say the same, respectively. In addition, 72% of adults 45 to 59 say they leave the house for any reason seven or more times a week, compared to 53% for adults 60 to 74 and 43% for those over 75.

• Adults over 75 are more frequently say that they are not interested in participating in activities such as sports (58%), learning a new language (77%) or learning about technology (46%) than adults 45 to 59 (40%, 59%, and 24% respectively).

• The most frequently cited barrier to participating in more activities by adults 60 to 74 (27%) and adults over 75 (24%) was lack of interest in additional activities, while adults 45 to 59 most often said that activities were offered at the wrong time of the day for them (28%). Adults over 75 were less likely than adults 45 to 49 to cite cost (nine percent versus 25%) and wrong time of the day (10% versus 28%) as things that make it hard to participate in more activities.

• With regards to getting information about programs and other events in the community, adults 75 and over (69%) and those 60 to 74 (61%) more frequently say that they never get it from social media than adults 45 to 59 (43%). In addition, 49% of adults over 75 say they never use the internet or websites for these purposes, compared to adults 45 to 59 (20%).

Survey Methodology

• Nanos Research was retained by the City of Kingston and the Age-Friendly Alliance to conduct research on the benefits and challenges of living in Kingston as an older adult.

• To that end, Nanos conducted a random telephone survey of 600 residents of the City of Kingston, 45 years of age or older, between November 1st and 6th, 2015. The sample included both land- and cell-lines across the City of Kingston, half of whom were in urban areas and half who were in suburban areas. Six digit postal code was used to validate geography.

• In the 45-59 year old age group, 276 residents were interviewed, in the 60-74 year older group 184 residents were interviewed, and in the 75 plus age group 140 residents were interviewed.

• Results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Kingston.

• The margin of error for a random survey of 600 residents of the City of Kingston is ±4.0 percentage points, 19 times out of 20.