

KINGSTON & AREA'S

VitalSigns® 2017



Community Foundation
for Kingston & Area

2016 Census: Canadians 65+
now outnumber its children BUT

**Seniors have outnumbered children in
Kingston since 2008!**

Are we aging well?

- This is the first of many questions we posed.



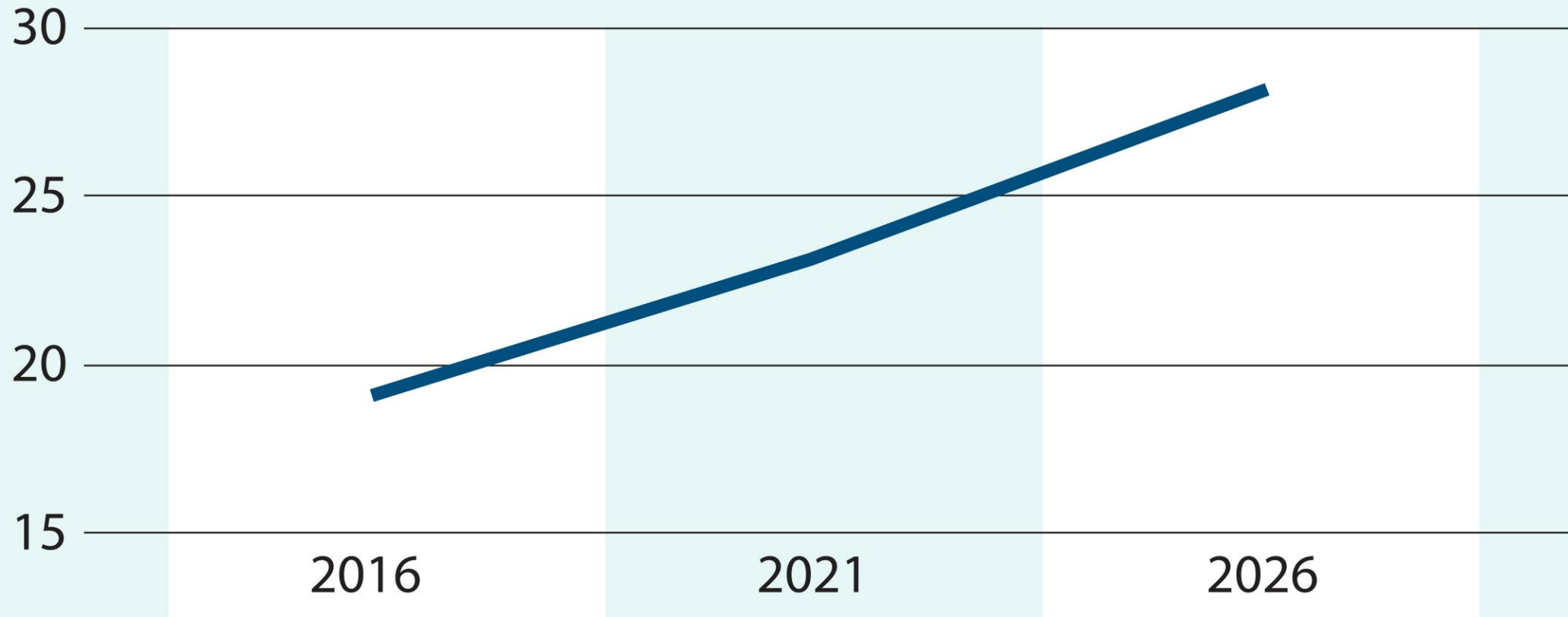
2026: 47% more 65+ Kingston residents
Will we be ready?

Are we planning well?

A huge increase in 65+ population within a decade in Kingston!



The Percent of Population Aged 65+ (Kingston CMA)



**None of us can escape the
process of aging.**

Vital Signs 2017 is a **call to
action** for everyone to look
to their future.

Are we planning well?

- Are you planning to age-in-place in your home?
- Have you a financial plan for a life-expectancy of 90 years?
- How good is your support network?

Where will your home be?

Housing as a Continuum

Single-family
Home

Apartment
Condominium

Seniors'
Apartments

Retirement
Residence

Long-term
Care

Palliative
Care



Are we housed well?

- Are you aware of programs to help you age in your home?
- How long will you have to wait for the housing option of your choice?
- What is the difference between a retirement home and a long-term care home?

Are we healthy and well?

“The greatest wealth is health.” (Virgil)



Are we healthy and well?

- Do you keep your body, mind, and spirit fit?
- Do you monitor your state of wellness?
- How many times have you fallen this year?

Are we dying well?



Are we dying well?

- Does your family know your wishes and intentions?
- Do you have an up-to-date Will and Powers of Attorney for finances and health?
- Do you have an Advance Care Directive?

How well are we aging?



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