

# FROM THE SOURCE

## SENIORS' OWN WORDS ON FINANCIAL STRUGGLES

The Office of the Seniors' Advocate NL (OSA) addresses systemic issues impacting seniors in the province. A critical area of focus is the cost of living. The OSA has heard from over 1,000 seniors throughout the province in an extensive engagement and survey process. This infographic illustrates some of the key findings to inform policymakers.

### SENIORS' PRIORITIES

#### PRIORITIES ARE INFLUENCED BY INCOME



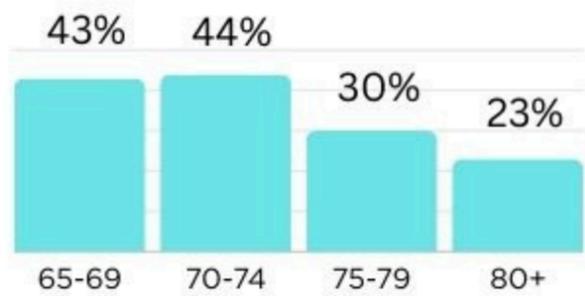
Seniors with **higher incomes** prioritize **access to primary healthcare**



Seniors with **lower incomes** prioritize **cost of living** measures



**RURAL SENIORS ARE MORE CONCERNED WITH ADDRESSING COST OF LIVING CHALLENGES** COMPARED TO URBAN SENIORS.



**MORE SENIORS AGE 65-75 EXPRESSED CONCERN WITH COST OF LIVING** THAN OLDER SENIORS **AGE 75-80+**

### INCOME SUFFICIENCY

# 46%

**ALMOST HALF** OF SENIORS REPORTING A HOUSEHOLD INCOME **UNDER \$60,000** HAVE **INSUFFICIENT INCOME**.

#### INCOME THRESHOLD

Analysis of the data in many areas of the survey (e.g., housing, priorities, transportation) showed a trend of financial strain for seniors with household incomes under \$60,000.

### SENIORS ARE STRUGGLING FINANCIALLY

# 33%

**ONE-THIRD** OF SENIORS CANNOT MEET THEIR FINANCIAL NEEDS

#### IMPACTS OF INADEQUATE INCOME

40% of seniors struggle to afford food or maintain a healthy diet.

25% face difficulties affording essential items, and 23% cannot cover utility costs.

15% have limited ability to travel or attend social events, with a higher impact on rural seniors and females.