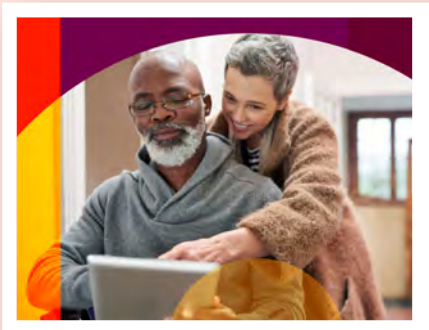


# RETHINKING AGING

# MYTHS AND FACTS

Ageism refers to stereotypes, prejudice and discrimination based on age. Deconstructing these myths is crucial to fostering respect and dignity for older adults.



## MYTH

Older adults can't learn new skills, particularly in technology.



## FACT

Older adults can learn and adapt to new technologies.

In 2022, Canadians aged 65 years and over reported using the following technologies:



**82.6%**  
Internet



**74.7%**  
Email



**58.0%**  
Online banking



**50.9%**  
Instant messaging app



## MYTH

Older adults are unhappy.



## FACT

Older adults report the highest levels of life satisfaction.

**62.3%**

of older adults aged 65 years and over reported high life satisfaction in 2025, the highest percentage of any age group.



## MYTH

Older adults are disengaged.



## FACT

Older adults are the most charitable in Canada.

**35%**

of charitable donors were aged 65 or older. Of every \$100 donated in 2023, \$50 was from those aged 65 or older.

### Data source:

Statistics Canada. (2023). Canadian seniors more connected than ever. [statcan.gc.ca/o1/en/plus/4288-canadian-seniors-more-connected-ever](https://statcan.gc.ca/o1/en/plus/4288-canadian-seniors-more-connected-ever)

Statistics Canada. (2025). Life satisfaction by gender and other selected sociodemographic characteristics. [150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310084401](https://150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=1310084401)

Statistics Canada. (2024). The older people are all right. [statcan.gc.ca/o1/en/plus/7059-older-people-are-all-right](https://statcan.gc.ca/o1/en/plus/7059-older-people-are-all-right)

Statistics Canada. (2023). The Daily - Charitable donors. [150.statcan.gc.ca/n1/daily-quotidien/250401/dq250401c-eng.ht](https://150.statcan.gc.ca/n1/daily-quotidien/250401/dq250401c-eng.ht)