



Diversity in Action



Co-operative Housing
Federation of Canada

JUNE 2002

"Never doubt for a moment that a small group of dedicated citizens can change the world. Indeed, it's the only thing that ever has"

Margaret Mead

Seniors

Who are we?

Statistics Canada defines seniors as those 55 years and older. We make up about 22% of the people in Canada or almost seven million people in 2002.

We are as diverse as any other group in Canada. We also have some things in common:

- ◆ we have lower incomes than average
- ◆ we are about equally divided between renters and owners
- ◆ we have increased our physical fitness more than any other age group
- ◆ we volunteer more than other age groups
- ◆ 15% of seniors help friends and family with babysitting
- ◆ 20% of seniors need help with grocery shopping
- ◆ 4% of seniors need help with personal care

Seniors are great co-op volunteers!

Attitudes Towards Seniors

In most societies, the elders are the most respected group. Why is this?

- ◆ because we have a large amount of knowledge and experience we are willing to share
- ◆ because we are willing to volunteer our time in the community

Most societies realize that seniors are a valuable community asset.

In Canada, seniors are a growing percentage of society.

What do we want?

We want to be **involved** in making choices about our daily lives, including any help we need.

We want to be **recognized** as a group with a valuable contribution to make to the co-op housing movement.

We want to be **respected** within the co-op housing sector in the same way we respect others.

We don't want to be ignored because of our age; we want to be heard.

PLEASE POST

All human beings are born free and equal in dignity and rights
Universal Declaration of Human Rights (1948)