

## Key takeaways:

- Older adults living in the community have concerns and wish to plan and prepare for the future. Those with one or more chronic conditions had more concerns than those without.
- Mental health and well-being were top concerns of older adults, but many did not seek resources for some of these concerns, such as bereavement.
- Resources to help with foot problems, skin problems, sleeping, bodily pain, and memory loss are most needed.

## Prepared by the

**ACTing Collectively Research Team**

For the Municipalities of Richmond County, Victoria County, and Cape Breton Regional Municipality. **March 2025**

## Why we did the project:

To identify the needs of older adults (65+) living in the community and help communities tailor and create resources that support them to age in place.

## What we did:

- Recruited and completed well-being assessments with older adults (aged 65 to 93) living in Richmond County, Victoria County, or the Cape Breton Regional Municipality.
- The assessment included **56** questions and connected older adults to resources related to their concerns.



**222** well-being assessments with older adults



**25** interviews with municipal, community, and organizational representatives



**27** follow-up interviews with older adult participants

“ We have to speak out on behalf of our senior citizens in the community ” – Participant

## What we Found:

### Concerns

- Older adults participated to learn about resources, plan for their future, and help their community. All but one individual raised concerns during the assessment.
- 92% identified at least one mental health and well-being concern, which included bodily pain, loneliness, sleeping, and bereavement.



- Older adults living with one or more chronic conditions had more concerns than those without chronic conditions.
- Individuals receiving care from others had distinct concerns related to activities of daily living, mobility, and cognition.

### Resources

- 76% of older adults selected at least one resource during the assessment. They were more likely to select resources that were local and delivered in person or over the phone.
- Older adults were most likely to look for resources related to:
  - financial benefits and allowances,
  - foot problems
  - weight, and
  - house maintenance,
- Gaps in available resources were found for 5 concerns:
  - foot problems,
  - bodily pain,
  - memory loss,
  - skin problems, and
  - sleeping problems.



- They were less likely to look for resources related to bereavement, interest in doing things, and appearance.
- Few individuals contacted the resources they selected. Navigational support could have improved resource follow-up.

“ the reason I put myself forward for this was to just find out what’s available for seniors ” – Participant