

RECOMMENDATIONS

to improve the health and well-being of older adults and women.

For the full report:
bit.ly/women-at-forefront

GOVERNMENT

Develop a national strategy that supports older adults and considers the distinct needs of older women



A national strategy can better enable federal, provincial, territorial and municipal governments to support older adults and consider the distinct needs of older women.

A national strategy should:

- Include collaboration across all levels of government across the country
- Appoint Provincial Advocates championing the rights of older adults and women across all provinces and territories
- Address local environmental, systemic and policy gaps impacting older adults and women through:
 - *Reducing drug harm*
 - *Addressing loneliness*
 - *Enabling aging in place*
 - *Supporting caregivers*
 - *Improving the quality of care provided in LTC homes*
 - *Combating gendered ageism*
 - *Supporting intergenerational connections*

RESEARCH

Mandate the consideration of older adults and women in research across Canada to gain a comprehensive understanding of their needs



A comprehensive understanding of the needs of older women is critical to their health and well-being.

To support the consideration of older adults and women in all research to advance our understanding of their unique health needs, the Federal Government can:

- Mandate the collection and use of sex, gender and age disaggregated data as a standard practice in research, healthcare and policy-making
- Increasing inclusion of older women and reporting of their data in research
- Proactively include age in the Gender-based Analysis Plus framework, in addition to sex and gender to better understand impact of policies on older women and men

HEALTH AND SOCIAL CARE

Use evidence and guidance based on sex, gender and age differences to better meet their unique health needs



Providing evidence-based care informed by data on sex, gender, and age differences is important for the health and well-being of older women.

Healthcare providers can optimize care and support for the unique health needs of older women by:

- Being informed and educated on the unique needs of older women, based on sex, gender and age
- Actively engage older adults and women in decision making and empowering them to take charge of their care
- Leverage geriatricians and healthcare providers to support our aging population

Women at the forefront of aging in Canada: Challenging the status quo for older women