



The SPCCND actively and impartially strives to improve the quality of life for all residents of Cambridge and North Dumfries through community based research, planning and action. We gratefully acknowledge and recognize the following funders for their support of this publication.



City of Cambridge

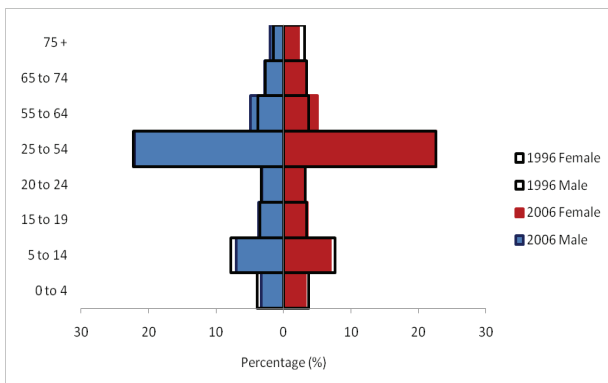


United Way of Cambridge  
and North Dumfries



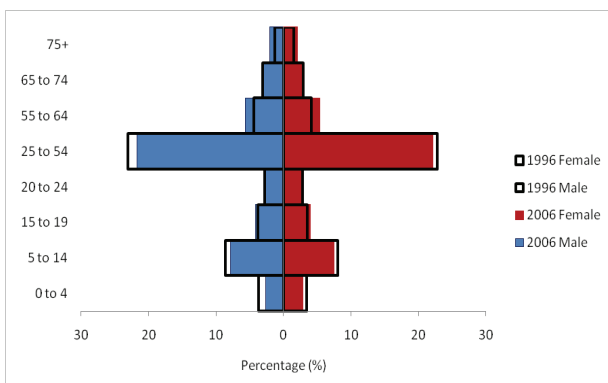
Region of Waterloo  
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## DISTRIBUTION OF AGE GROUPS IN CAMBRIDGE



Source: Statistics Canada, 1996 and 2006 Census

## DISTRIBUTION OF AGE GROUPS IN NORTH DUMFRIES



Source: Statistics Canada, 1996 and 2006 Census

## NUMBER OF SENIORS

In 1996 there were 10,880 people in Cambridge aged 65 years or older, representing 10.7% of the population. By 2006, the last year for which census data is available, this number had risen to 13,600 people, representing 11.3% of the population. In 2006 about 6% of Cambridge's total population was between the ages of 65 and 74 and about 5.5% of the population was 75 years of age or older.

In 1996 there were 695 people in North Dumfries aged 65 years or older, representing 8.9% of the population. By 2006 this had grown to 935 people, representing 10.3% of the population. In 2006 about 6% of the total population was between 65 and 74 and about 4% of the total population was 75 years of age or older.

## SENIORS BY GENDER

Out of the 13,600 seniors in Cambridge in 2006, approximately 57.5% were women and approximately 42.5% were men. Senior women made up 12.8% of the total female population and senior men made up 10.2% of the total male population.

Out of the 935 seniors in North Dumfries in 2006, 470 (approximately 50%) were women and 465 (approximately 50%) were men. Senior women made up 10.4% of the total female population and senior men made up 10.2% of the total male population.

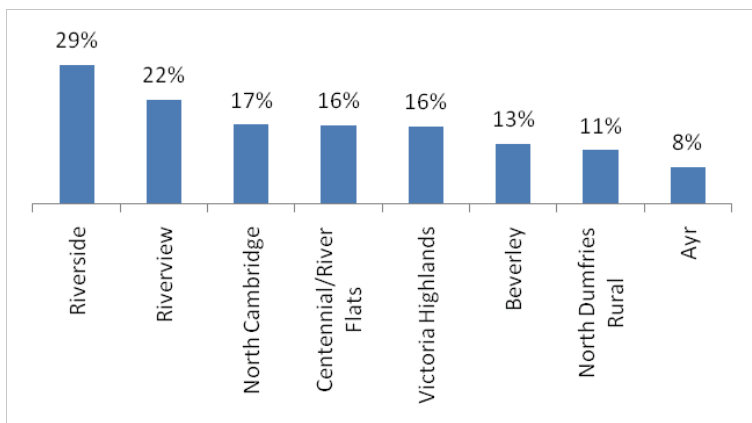
## SENIORS BY AGE

The majority of seniors in Cambridge and North Dumfries are under the age of 75. In Cambridge in 2006, 52% of seniors were between the ages of 65 and 74 and 48% were 75 years of age or older.

In North Dumfries 59% of seniors were 65 to 74 years old and 41% were 75 or older. Between 1996 and 2006 the older age categories grew faster than the younger age categories.

# SENIORS IN NEIGHBOURHOODS

SENIORS AS A PERCENTAGE OF THE POPULATION IN SELECT NEIGHBOURHOODS: 2006



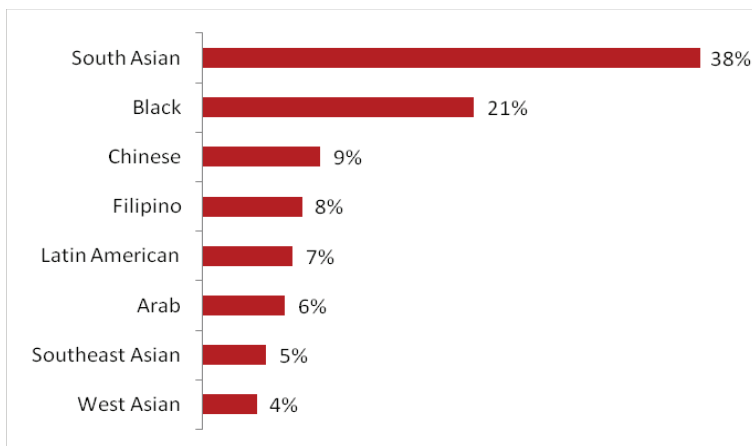
Source: Statistics Canada, 2006 Census

In the city of Cambridge, the largest senior populations are found in some of the oldest neighbourhoods. The Riverside, Riverview, and North Cambridge planning neighbourhoods have the highest proportion of seniors in their populations with 29 percent, 22 percent, and 17 percent respectively.

Of the three planning neighbourhoods in the township of North Dumfries, Beverley and North Dumfries Rural have the highest proportion of seniors, mirroring the nation-wide trend of aging farmers.

# VISIBLE MINORITIES

VISIBLE MINORITY SENIOR POPULATION IN CAMBRIDGE: 2006



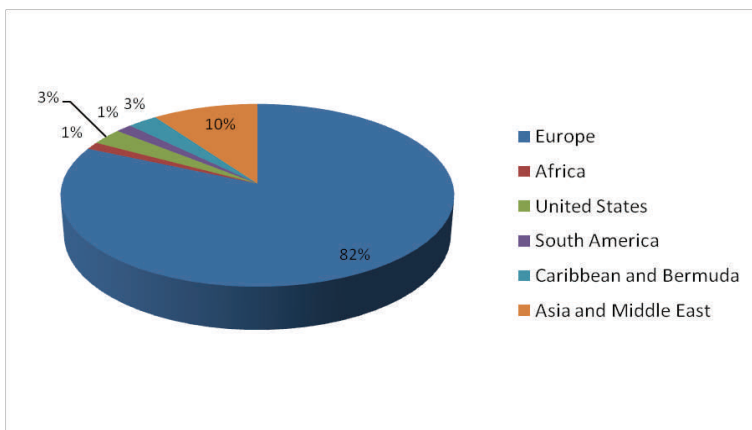
Source: Statistics Canada, 2006 Census

In 2006, visible minorities made up approximately 6 percent of Cambridge's senior population. The most prevalent visible minority group was South Asian (2 percent) followed by Black (1 percent).

In 2006, visible minority representation in the senior population of North Dumfries township was too small to report.

# IMMIGRANT STATUS AND PLACE OF BIRTH

PLACE OF BIRTH OF IMMIGRANTS AGE 65 AND OVER LIVING IN CAMBRIDGE: 2006



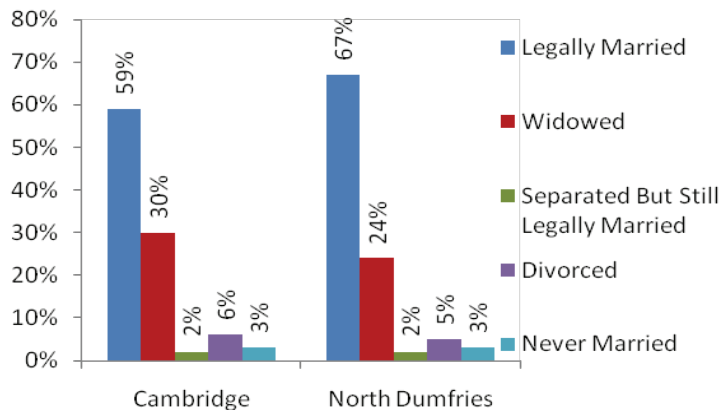
Source: Statistics Canada, 2006 Census

In 2006, 5,335 Cambridge seniors were immigrants, representing 41 percent of the total senior population. Most (82%) were born in Europe, 10% in Asia and the Middle East, and 3% in the U.S.A.

In 2006, 285 North Dumfries seniors were immigrants, representing 31% of the total senior population. By far the vast majority (98%) were born in Europe. In both Cambridge and North Dumfries the majority of immigrants age 65 and over arrived before 1971 (70% and 84% respectively).

# MARITAL STATUS

LEGAL MARITAL STATUS FOR THOSE 65 AND OVER: 2006



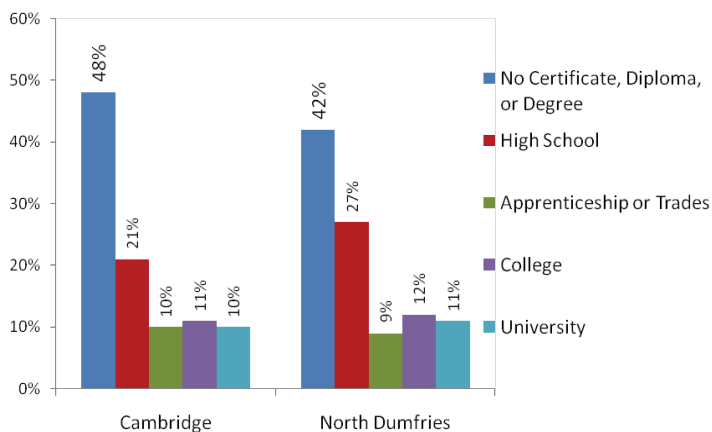
Source: Statistics Canada, 2006 Census

In 2006 the vast majority of seniors in both Cambridge and North Dumfries were either married or widowed. Relatively fewer seniors were separated, divorced or had never been married.

Seniors in Cambridge and North Dumfries differ from the population as a whole in both communities in that they are more likely to be married or widowed, and less likely to have never been married.

# HIGHEST LEVEL OF SCHOOLING

HIGHEST LEVEL OF SCHOOLING FOR THOSE 65 AND OVER : 2006



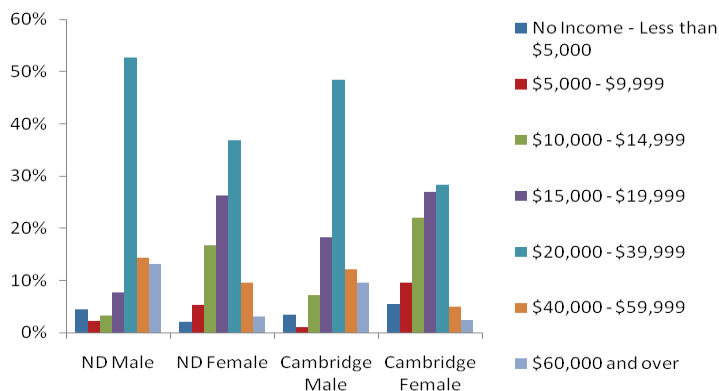
Source: Statistics Canada, 2006 Census

In 2006, nearly half of the senior population in Cambridge and North Dumfries had not graduated from high school, a fact that that no doubt reflects past attitudes towards, and opportunities for, formal education.

This was in stark contrast to the population as a whole, where over three-quarters of all residents of Cambridge and North Dumfries aged 15 years and older had achieved some degree of academic success.

# INCOME

SENIORS TOTAL INCOME FROM ALL SOURCES: 2005



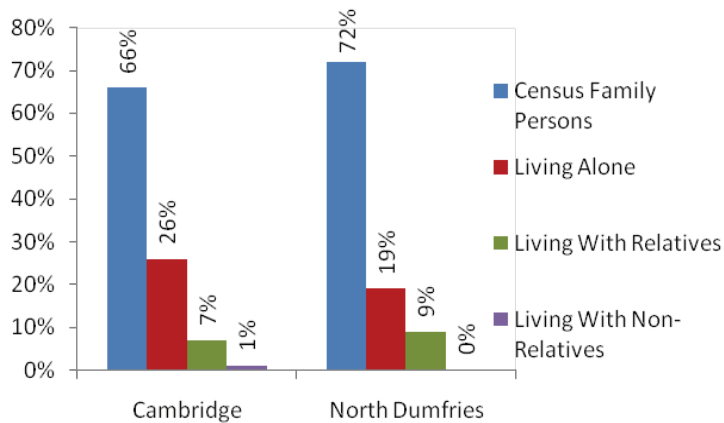
Source: Statistics Canada, 2006 Census

Income levels for seniors in Cambridge and North Dumfries vary by gender. On the accompanying chart the income distribution for senior men in both communities is skewed to the left, indicating that more senior men are in the higher income categories.

Income has important implications for a person's health. For instance, income determines one's ability to access appropriate foods for a nutritious diet. It has long been recognized that food insecurity has a direct negative impact on long-term health outcomes.

# LIVING ARRANGEMENTS

LIVING ARRANGEMENTS FOR THOSE 65 AND OVER: 2006



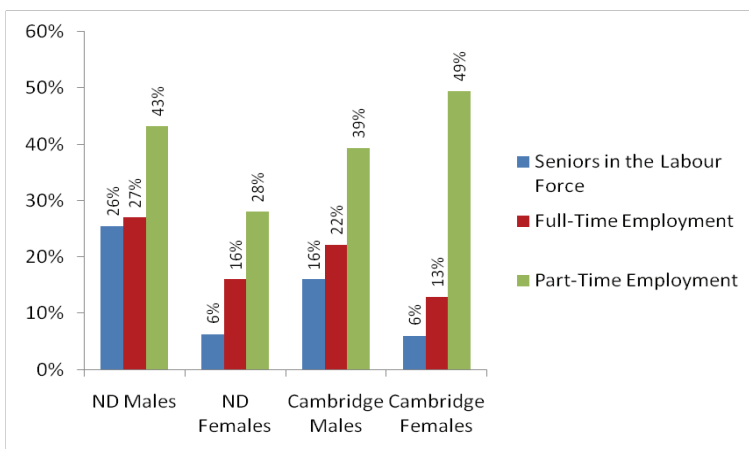
Source: Statistics Canada, 2006 Census

In 2006, while the vast majority of seniors in Cambridge and North Dumfries were living as part of a census family, there were a fair number of seniors living alone. Living alone as a senior enables a person to remain independent and self-sufficient. However, living alone can have its share of challenges as well.

Cambridge neighbourhoods with the greatest proportion of seniors living alone were in the some of the older and more established parts of the city: City Core, Victoria Highlands, Riverview, and Riverside. In North Dumfries, the proportion of seniors living alone was much higher in Ayr than in the township as a whole.

# EMPLOYMENT STATUS

SENIORS AND EMPLOYMENT STATUS: 2006



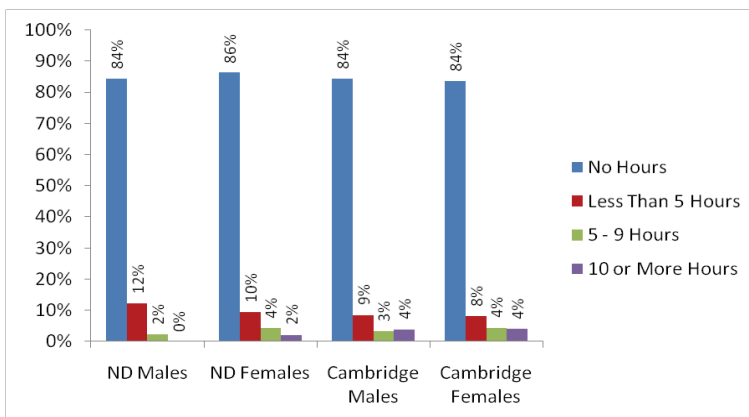
Source: Statistics Canada, 2006 Census

In 2006, in Cambridge and North Dumfries more senior men than senior women were in the labour force. A significant proportion of both senior men and senior women worked part-time. In both communities senior men were more likely than senior women to have full-time employment.

The manufacturing industry was a major employer for male seniors living in Cambridge and North Dumfries. Female seniors in these communities were more likely to work in lower paid jobs such as retail.

# SOCIAL SUPPORT

POPULATION 65 YEARS AND OVER BY HOURS SPENT ON UNPAID CARE TO SENIORS: 2006



Source: Statistics Canada, 2006 Census

The Statistics Canada term 'unpaid care to seniors' refers to the number of hours spent providing unpaid care or assistance to seniors in one's own household, to other senior family members and to friends or neighbours.

In 2006, approximately 16 percent of seniors in Cambridge and 15 percent of seniors in North Dumfries reported providing unpaid care to other seniors during the week prior to census day.