

Tech Use by Older Canadians for Health, Wellness and Independence in the Time of COVID-19

Among Canadians aged 65 and over

Smartphone Ownership



65% own a smartphone;
83% use it daily

Video-Calling



23% use video-calling on their smartphones, twice as many as in 2019; 6 in 10 of whom report increased use due to COVID-19



17% use video calls on a desktop/laptop; 6 in 10 of whom report increased use due to COVID-19

Social Media



Over one-third (37%) use social media to communicate with family and friends; 4 in 10 of whom report utilizing it more as a mode of communication due to COVID-19

Online Shopping for Essential Items (e.g. groceries)



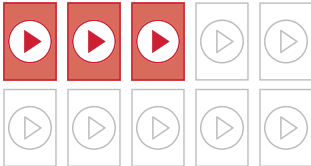
19% use online shopping for essential items like groceries; 6 in 10 of whom report utilizing it more often due to COVID-19

Internet Use



88% use the Internet daily

Online Streaming



30% are streaming; over 4 in 10 of them report increased online streaming due to COVID-19

Online Social Activities (e.g. book club, online games)



13% engage in online activities such as book clubs and games; 5 in 10 of whom have ramped up these activities due to COVID-19

Fitness/Activity App or Tracker



13% now use exercise or activity apps/trackers; 1 in 5 of those have increased their use due to COVID-19



Telehealth

52% of Canadians aged 50+ had a telehealth appointment in the past 3 months; 79% were satisfied

Current Attitudes of Canadians aged 50+

76%

feel confident using current technology

67%

are willing to pay out-of-pocket for tech that allows them to stay at home as they age; **almost 5 in 10** for tech that helps them manage health and wellness

The majority agree that technological advances can help them:

- maintain relationships
- reduce social isolation
- pursue hobbies
- manage health
- maintain mental health
- stay safe, independent and active

48%

are optimistic about aging, down from 56% in 2019

66%

have felt isolated at least some of the time during COVID-19

66%

believe tech advances can help to lessen the impact of COVID-19 on daily life

Survey data collection

Commissioned by AGE-WELL, the Environics Research survey was conducted between July 16-27, 2020, interviewing 2,026 Canadians over the age of 50.

Get in touch

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