



in collaboration with



National Association
of Federal Retirees Association nationale
des retraités fédéraux



A Study about Solo Retirees in Canada

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In Canada...

- people typically retire between their mid-50s and late 70s; however, most retire around the age of 65.
- Nearly 40% of people aged 65+ are single, and approximately 70% live alone. That's about 2 million people in Canada.



A solo retiree is...

- someone who has never married/partnered, is separated, divorced, or widowed, or is currently living apart from a partner, and
- has retired or is nearing retirement.



What we know about solo retirees

Despite the high numbers of solo retirees, we know little about their wellbeing, quality of life, and lived experience.





Capturing the voice of solo retirees

The Life Research Institute at the University of Ottawa, in collaboration with the National Association of Federal Retirees, launched an innovative project to **enhance the quality of life and optimize the wellbeing of solo retirees.**





Solo retirees are invited to complete an online survey about their experiences.

Be prepared to spend about 45 minutes answering all the questions. Complete the survey in one sitting, or pause and resume as often as you like, as long as you use the same device (computer, tablet, or phone) each time you log on. The survey has autosave.

[Complete the Survey](#)