

# ICNA Seniors Forum

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

*Assalam Alaykum wa Rahmat Allah wa Barakatuh,*



## Welcome to Seniors' Get-together

Time	Topic	Speaker
4:15	Session call to order & Recitation	Mohd Asghar /
4:20	ICNA & Seniors	Khalid Qasim
4.30	Socialization in Islam	Dr. Iqbal Nadvi
4.45	Seniors Forum Why & What	Shaukat Rizvi
5.15	Maghrib	
5.25	The Importance of Social Connections and Impact on Health and Well-Being	Heather Thompson
6.00	Town of Oakville & Seniors	Mayor Rob Burton
6.10	Thanks	Shaukat Rizvi
6.15	Call for Dinner	Mohd Asghar

Sponsored by : **MINISTRY FOR SENIORS AND ACCESSIBILITY**

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## Seniors Forum ICNA

### Introduction

### Why & What

Shaukat Rizvi

14<sup>th</sup> January 2023

**Sponsored by : MINISTRY FOR SENIORS AND ACCESSIBILITY**

# Canada`s senior population outlook - July 2021 (Term “Senior” is replaced by “Older Adults”)



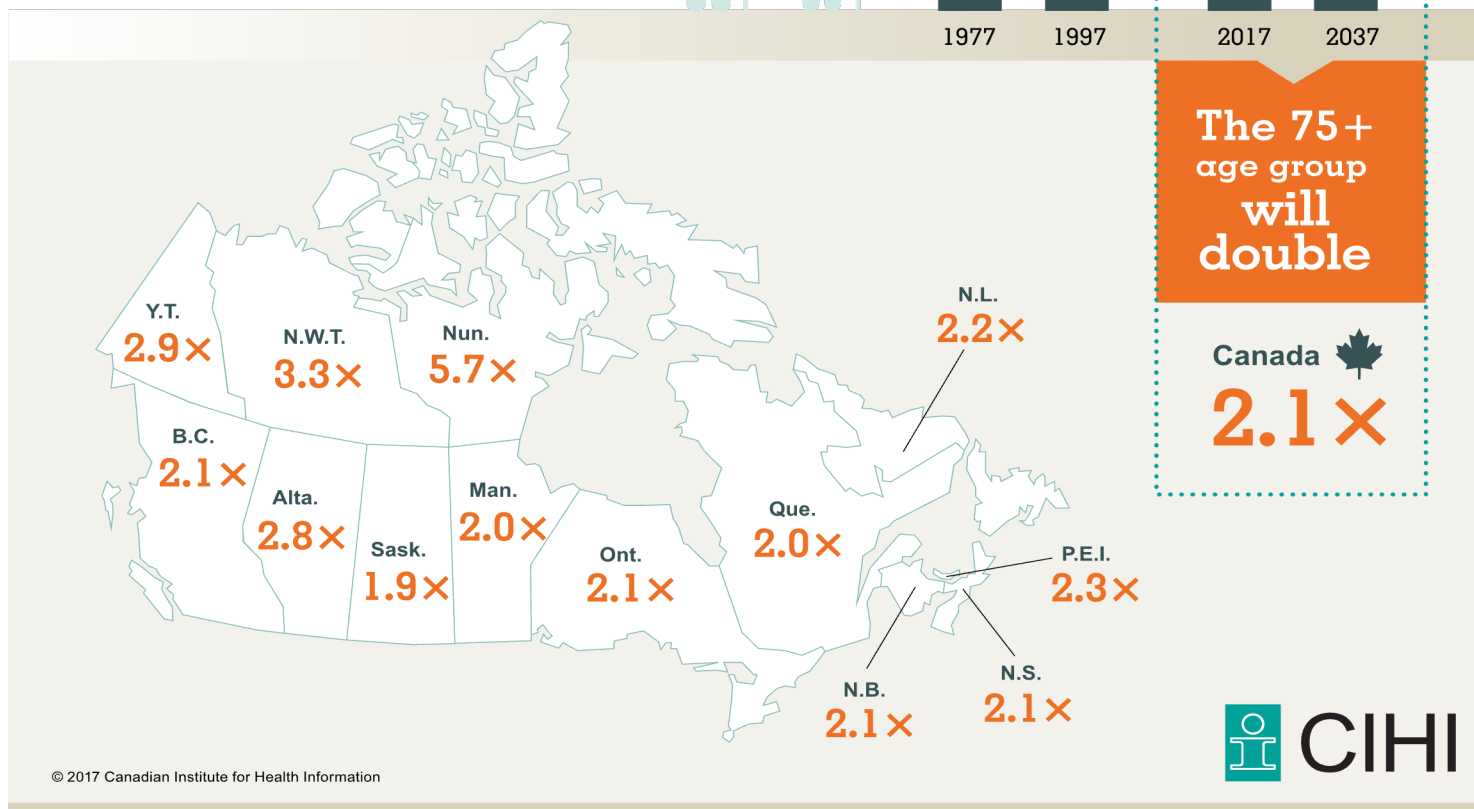
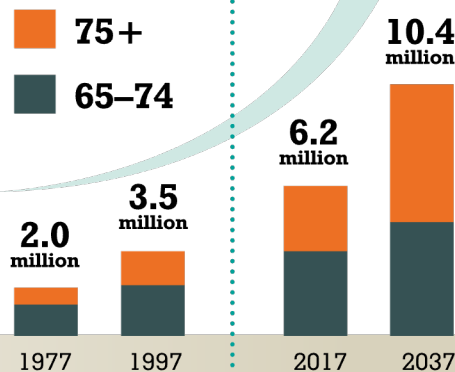
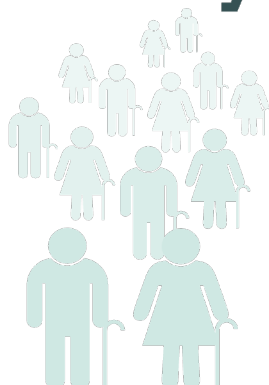
Population 65 years and up	7.3 million (18.8%)
Number of centenarians	13,485
Current life expectancy of 65-year-olds	Males: 19.4 years Females: 22.1 years
Life expectancy	81.75 years
Seniors (immigrants)	20%
Mississauga and Halton	29%
Oakville	41%



**By 2031, seniors will comprise nearly 25% of the population.**

# Canada's seniors population outlook: Uncharted territory

Over the next 20 years,  
Canada's seniors population  
is expected to  
**grow by 68%**



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❖ **By 2031, seniors will comprise nearly 25% of the population**

# Aging issues



## Physiological

25% of seniors suffer four chronic issues

- Hypertension 53%
- Arthritis 43%
- Back problems 30%
- Heart disease 30%
- Diabetes 19%



Result; Frequent visits to doctors, labs and hospitals

# Aging issues



## Financial

- 36% on Guaranteed Income support
- Savings exhausted
- Lower-income seniors are at a higher risk of loneliness.
- 3.1% seniors live below the poverty line (according to Market Basket Measure (MBM) – not enough income to purchase a specific basket of goods and services in its community)



Result; Frequent visits to doctors, labs and hospitals

# Aging issues



## Psychological

- Change of role
- Loss of control and authority
- Declining mental capabilities
- Declining physical abilities
- Dependence on children
- Losing independence



Result; Frequent visits to doctors, labs and hospitals

# Aging issues



## Social issues

- 525,000 (12%) aged 65 or older feel isolated
- Feelings of loneliness
- Somewhat weak sense of community belonging
- Life becomes dull
- Living arrangement (21.4%) live alone
- Low-income seniors are at a high risk of loneliness
- Older Canadians are currently struggling with or at risk of becoming socially isolated and/or lonely



Result; Frequent visits to doctors, labs and hospitals



# Aging issues



## Social isolation

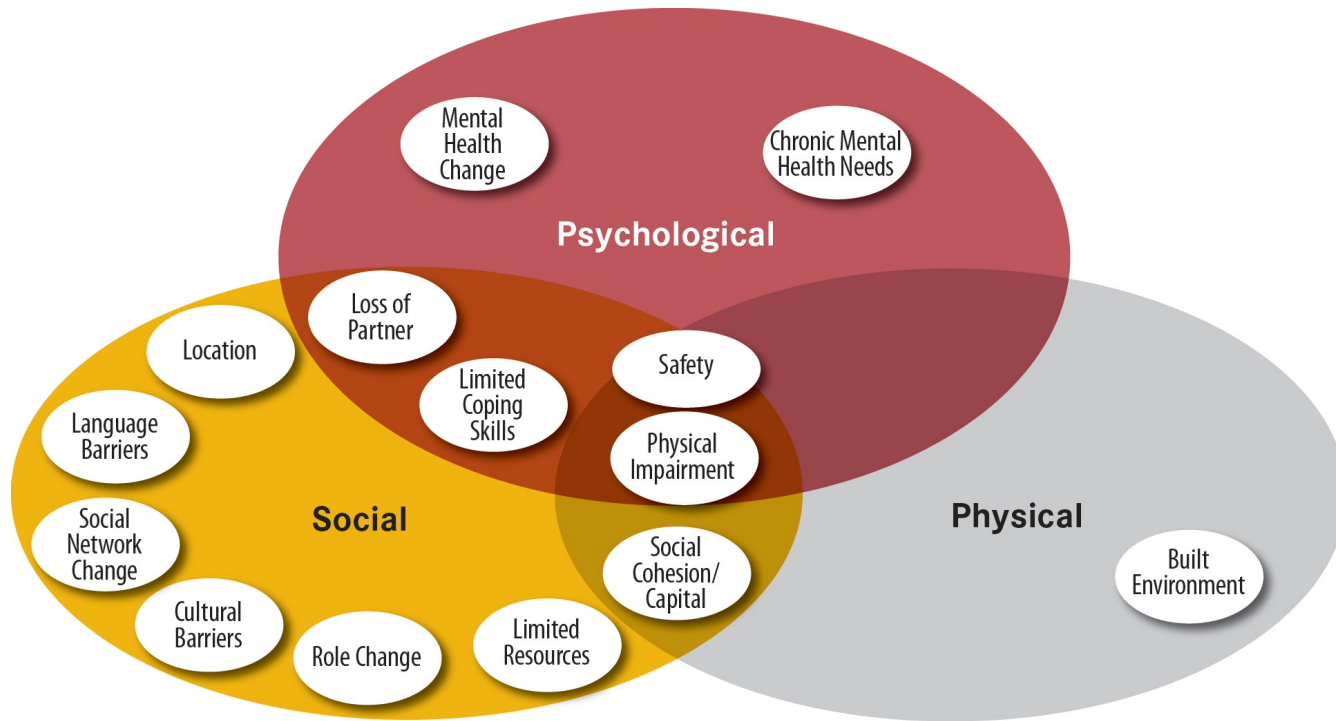
*(Social isolation is a state of complete or near-complete lack of contact between an individual and society.) This is different from loneliness or solitude.*

## Reasons

- Fewer social interactions due to language barriers, transportation issues, unemployment).
- Limited ability and motivation to access adequate support for themselves
- Psychological health (long-term illness, disabilities)
- Lack a sense of belongingness to their community
- Exposure to domestic or community violence



# Social isolation



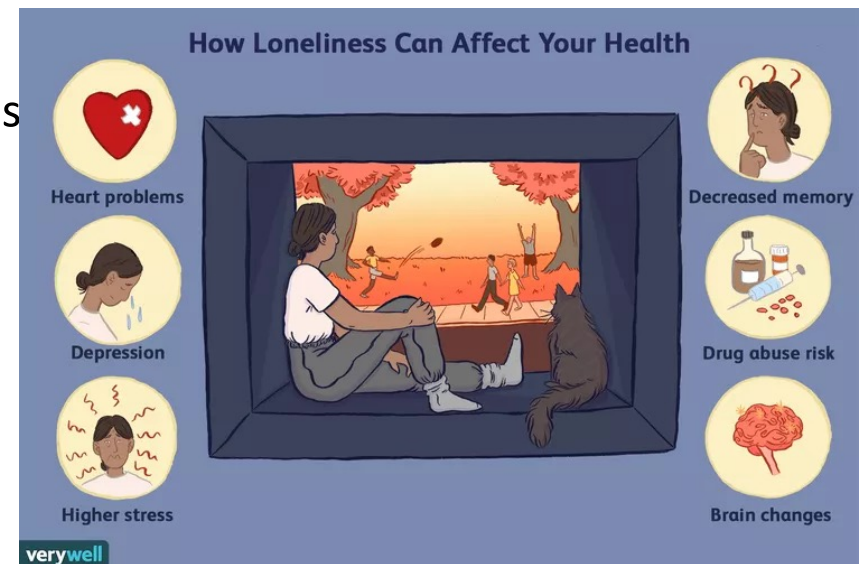
# Aging issues



## *Social isolation and health conditions*

*Social isolation can impact health and quality of life and will result in:*

- 4 times increased risk of premature death
- 50% increased risk of dementia
- 29% increased risk of heart disease
- 32% increased risk of stroke
- 68% increased risk of hospitalization
- 57% increased risk of emergency department visits
- Higher rates of depression, anxiety, and suicide



# Potential issues as we age



Loneliness  
Helplessness  
Boredom

(painful and destructive to our health and well-being)

**Social solution**  
“Engaging Seniors”  
Seniors Forums



# ICNA Seniors Forum

## Project “Engaging Seniors”

Engaging seniors ( older adults, 55 plus) to improve their health and safety and reduce social isolation (Community involvement)

*Improving the quality of seniors’ life*





# ICNA Seniors Forum

## Key objectives

- **Active aging:** Getting regular exercises (Fitness sessions) specially designed to address aging issues like flexibility, balancing, mobility and mind-body synchronization.
- **Reduce social isolation:** Indoors and outdoor gatherings, networking and doing community projects, excursions, picnics etc.
- **Empowerment:** Providing older adults with knowledge (learning sessions) about their safety, health and social issues.



# ICNA Seniors Forum – Key activities

Seniors Exercise sessions (5x a week on Zoom/hybrid) - **Active aging**





# ICNA Seniors Forum – Key activities

**Social outings – Social isolation reduction**







# ICNA Seniors Forum – Key activities

Learning sessions (Zoom/hybrid) – **Empowerment**



# Resources



Learn more about us

Websites

[www.icnacanada.net/](http://www.icnacanada.net/)

<http://www.seniorsforumcanada.com/>

Facebook

[Seniors Forum](#)

WhatsApp Groups

- ❖ Seniors Forum Canada
- ❖ ICCM Seniors Forum
- ❖ Seniors Club SFC (open)
- ❖ Seniors Ladies Club SFC (Open)
- ❖ Ashab a Zauq (Open)

