

# The Sibley Report

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*...the place to find valuable information to help make your job and your life easier! If you have a topic idea please call Angela Veri our Director of Customer Relations. Sibley & Associates is a national disability management firm with over a decade of experience, nearly 300 staff/consultants and state-of-the-art technology.*

**Sibley**  
& ASSOCIATES INC.

## Ageing Population: Older Clients

### How will this affect your work?

The median age of Canada's population has reached an all-time high of 37.6 years, indicating an increase in Canada's aging population.

In fact:

- During the past 10 years, the population aged 45 to 64 increased 35.8% to almost 7.3 million.
- This age group is expected to jump a further 30% during the next 10 years to about 9.5 million.
- By 2011, this age group is expected to represent almost one-third of Canada's total population.
- During the past 10 years, those aged 65-69 grew 6% to just over 1.1 million and is expected to reach 31% by 2011.
- Those 80 years old incurred the largest percentage increase between 1991-2001, soaring 41% to about 932,000. During the next decade, this group is expected to jump another 43% to 1.3 million.

This aging trend has numerous implications for our economy, labour force, social services and healthcare. For example, Canada's workforce has become dominated by individuals aged

45 and older and there is going to be a increase in demand on our medical system.

Today's mature adults and seniors are also unique in terms of their lifestyles and anticipated needs. Although they are more active than ever and staying in the workforce longer, the reality is that as age increases, eventually so do the range of health problems. Even the healthiest individuals have a more lengthy medical history than their younger counterparts, simply because they have been around longer!

Accordingly, it is important to understand their unique needs and ensure rehabilitation plans are developed that address these needs. Please see the attachment for an overview of how aging physiology can affect health and, in turn, needs to be taken into consideration in rehabilitation plans. The reverse side of the attachment also includes a checklist to help you determine whether it is appropriate to refer to a program that specializes in this population.

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