

## CLSA Approved Project

**Applicant**

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**Project Title**

Racial and ethnic disparities in low emotional support among older adults in Canada

**Project Summary**

Supporting older adults emotionally is key to maintaining their health and well-being. Multiple factors such as age, sex, marital status, medical conditions, and social relationships have been demonstrated to influence older adults' emotional support needs. Among these factors, racial and ethnic differences in older adults' unmet emotional support needs are particularly poorly examined in Canada - despite Canada's increasing racial and ethnic diversity. Identifying racial and ethnic disparities in older adults' unmet emotional support needs is a prerequisite to addressing them - and understanding which populations particularly lack emotional support will help to prevent associated adverse outcomes, including loneliness, anxiety, and low quality of life. This study will provide important knowledge that can be used to develop tailored interventions and inform policies to reduce racial and ethnic disparities in older adult's unmet emotional support needs, and related adverse health outcomes.

**Keywords**

Canadians, Emotional support, Older adults