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Project Title

The Impact of Transportation on Social and Health Outcomes in Older Canadians Living in Rural Communities

Project Summary

By 2026, an estimated 20% of Canadians will be aged 65 years and older. With advanced age comes a greater likelihood of developing chronic diseases that can compromise driving safety. When individuals are no longer medically fit to drive, they often depend on modes of transportation beyond their own personal automobile to remain mobile in the community. However, those who live in rural and remote areas have fewer transportation options than urban dwelling residents, making it even more difficult for older adults to access healthcare resources or participate in social activities. The proposed analysis of the Canadian Longitudinal Study on Aging (CLSA) data aims to examine the impact of transportation challenges on healthcare utilization and social participation in older adults living in rural communities. Findings will inform the development of sustainable transportation initiatives to improve the mobility and well-being of older Canadians living in rural areas.

Keywords

Aging, Health services accessibility, Population dynamics, Quality of life, Transportation