

**Applicant**

Dr. Anna Zajacova, Western University

Trainee: Merita Limani

**E-mail Address**

[anna.zajacova@uwo.ca](mailto:anna.zajacova@uwo.ca)

**Project Title**

Pathways to successful aging among older adults in Canada: findings from the Canadian Longitudinal Study on Aging (CLSA)

**Project Summary**

The Canadian population is undergoing a notable demographic shift as the population ages characterized by an increasing proportion of older adults. Presently, the percentage of individuals aged 65 years and above in Canada stands at approximately 18.8%, a figure projected to rise to 22.5% by 2030. These demographic changes have implications for public health. Recent Canadian research has drawn attention to the concept of "successful aging," with a particular research focus on immigrant populations. Leveraging data from the Canadian Longitudinal Study on Aging (CLSA), this project aims to explore the factors that contribute to successful aging among older adults in Canada, with attention given to three important and understudied aspects of aging: chronic pain, retirement, and widowhood. Studying these factors enables us to better meet the needs of the older adult population and improve their quality of life related to how they age.

**Keywords**

population aging, population health, chronic pain, retirement, widowhood, gender, successful aging