

HelpAge

Canada

FALL • 2025

A New Chapter

We believe older people deserve respect and should be able to age on their own terms – with purpose, choice and belonging.”

Our Story: We were founded in 1975 by a group of passionate volunteers who recognized the urgent need for a unified voice for older Canadians.

As a founding member of the HelpAge Global Network, an alliance of 208 members in 99 countries, we work closely with HelpAge International on global priorities.

Fifty years later, as Canada approaches “super-aged” status, our mission is more critical than ever.

Who We Are: HelpAge Canada is the only registered Canadian charity and international NGO focused solely on partnering with communities to improve the lives of older people in Canada and around the world.





Creating Impact Together

HelpAge

Canada

Greetings From Kahir Lalji, CEO, and Amy Westland, Board Chair

Dear Friends and Colleagues,

Since announcing new leadership at HelpAge Canada in January, we've had a busy spring and summer, meeting with community partners across Canada and abroad. We love these visits, especially chatting with older adults in their local communities.

People share powerful stories of resilience, love, success, and the everyday experience of growing older.

Each story we hear underscores three simple truths: ageing is living, ageing is not a one-size-fits-all journey, and everyone deserves to age well.

Yet today, this isn't guaranteed. Rising costs, isolation, and ageism are growing challenges, and Canada's changing demographics are adding even more pressure.

By 2030, one in five Canadians will be over 65, and globally, older people are still too often overlooked and underserved – especially during crises.

That's why, as HelpAge Canada approaches its 50th anniversary, we are moving boldly into the future: promoting social connections, building financial literacy, and standing up against ageism, neglect and abuse.

We are the only Canadian registered charity and international NGO focused solely on partnering with communities to improve the lives of older people worldwide.

In honour of the International Day of Older Persons, we invite you to stand with us and older people everywhere. Learn more in this newsletter and stay connected. We're excited to show how your generosity is supporting older people across Canada and beyond. Meet inspiring individuals like Clara in BC and community champions like The Good Companions in Ottawa.

Discover GrandConnect, our international community-rooted program, and get a glimpse of what's ahead – our day on Parliament Hill and the 2026 summit on ageing for Canada's community-based seniors' services sector.

We invite you to join our cause and path ahead. Give your time, your knowledge and, if you can, donate today online because every gift, every voice, brings us closer to a future where we can all age with dignity, purpose, and belonging.

**With gratitude,
Kahir and Amy**

Donate Today



Supporting Older Adults in a Community Near You

Strengthening the CBSS Sector – For Community, By Community

Community organizations are the lifeline that help older adults stay connected, age where they choose, and thrive. Yet this vital work remains under-recognized and under-funded. To change that, HelpAge Canada convened a national Summit in 2024 to launch the conversation on building a Community-Based Seniors' Services (CBSS) sector.



CBSS organizations – ranging from community centres and libraries to faith, cultural, and volunteer groups – look different across Canada. The sector is still emerging, so our working definition is intentionally flexible and evolving, guided by local voices and experiences. This gives us a common starting point while leaving space for regional identity and growth.



The interim CBSS Leadership Council, comprised of older persons and representatives of CBSS organizations, is working to shape a recognized CBSS sector, with the support of HelpAge Canada. Formed in June 2024, it includes representatives from almost every province and territory, with recruitment ongoing to ensure full inclusion. Members meet regularly to set priorities and build an inclusive vision for the future of ageing.

Our approach builds on local strengths, respects provincial and territorial diversity, connects regionally while coordinating nationally, and highlights the role of CBSS in broader health and social systems.

To date, we've held eight consultations across the country, with eight more underway. Provincial and territorial councils are also forming to guide regional strategies.

A key resource is CORE Canada, a free digital hub where CBSS organizations can access best practices, build relationships, and engage in collective action.



[Learn More](#)

Empowering Older Adults and Strengthening Communities

Our Age Better Grants help older adults stay connected and supported across Canada. Thanks to your generosity, local programs receive up to \$20,000.



A Place to Belong: The Good Companions, Ottawa

For many in Ottawa, The Good Companions is more than a centre, it's a lifeline. With added resources, they've expanded their hot meal deliveries, medical transport, and social programs.

"For someone who can't get out, a meal isn't just food, it's a sign someone cares," shares a volunteer. "And for many newcomers, it's the first step toward friendship, community, and renewed belonging."

Clara's New Chapter: Seniors Services Society of BC



After losing her home and facing a life-changing foot amputation, Clara found herself isolated and struggling. But with quick support from the Seniors Services Society of BC, she found stable housing and received a motorized scooter to restore her independence.

Clara now gets her groceries, attends appointments, and even volunteers in community, reclaiming both freedom and purpose.

Wellness Wednesdays: Spencer House, Halifax



Every Wednesday, Spencer House opens its doors to older adults for activities, learning, connection, and care. From shared meals and wellness workshops to health navigation support and taxi coupons for those with mobility needs, this program brings people together.

It is evolving into a Seniors Hub, supported by health boards and Dalhousie University, proof that community partnerships make a powerful, lasting difference.

[Learn More](#)

Connection, Care, and Dignity For Every Older Adult

Older people deserve respect and should be able to age on their own terms with purpose, choice and belonging. Because of you, older adults are living with more dignity, connection, and hope.

Whether you support a specific program or trust us to direct your gift where it's needed most, we are truly grateful.

Here's how your generous gift is making an impact:

In Canada

- Empowering older adults to age in the right place by bringing CBSS leaders together to build a more recognized sector with the right resources
- Supporting community-based services and programs that build social connections and address ageism, abuse, and neglect. These programs are often a lifeline for older people, many of whom live in your own community
- Offering CORE Canada, a free platform for CBSS sector knowledge sharing, networking, and collaboration

Around the World

- Responding to humanitarian needs during climate disasters, conflict, and displacement
- Supporting community-based services and programs that build social connections and address ageism, abuse, and neglect. These programs are often a lifeline for older people in their local communities.
- Delivering essential services and programs to low-income older adults worldwide.



Introducing GrandConnect

Sponsor a Grandparent started our story at HelpAge Canada, connecting donors with individual older adults in need overseas.

Today, GrandConnect builds on that legacy, letting your support transform entire communities, improving access to health care, food, and other essentials, while fostering independence and cross-generational connections. We currently support communities in Bangladesh, India, Jamaica, Kenya, Pakistan, and Sri Lanka.

[Learn More](#)



Strategic Priorities and Upcoming Events

We are the only Canadian registered charity and international NGO focused solely on partnering with communities to improve the lives of older people around the world.

Our Three Areas of Impact

1

Social Development

Helping older adults feel socially connected and engaged

We bring people together, build partnerships, shape policy, and share ideas to drive change. Specifically, we are:

- Strengthening the Community-Based Seniors' Services (CBSS) sector
- Expanding our Global Impact by supporting older adults in humanitarian crises and community-led initiatives
- Raising Public Awareness about Ageing Issues

2

Economic Well-Being

Building financial literacy and independence

3

Dignity and Inclusion

Safeguarding against neglect, abuse and ageism

February 2026: Day on Parliament Hill

We're meeting with government officials and community leaders to bring attention to the needs of older people, and we will be celebrating our 50th Anniversary!



June 2026: National Summit on Ageing

This event brings together community organizations that support older adults to work on issues that strengthen the CBSS sector.

Our Strategic Priorities

Please stay in touch! By supporting HelpAge Canada, you help ensure older adults continue to thrive, feel valued, and remain connected for years to come,

Donate securely below or call us at 1-800-648-1111, extension 705, to speak with Julianna and make your gift today!

Donate Today

