

Longevity Preparedness Index

How prepared are Canadians for longer lives?

Canada 2026 | Facts and Findings

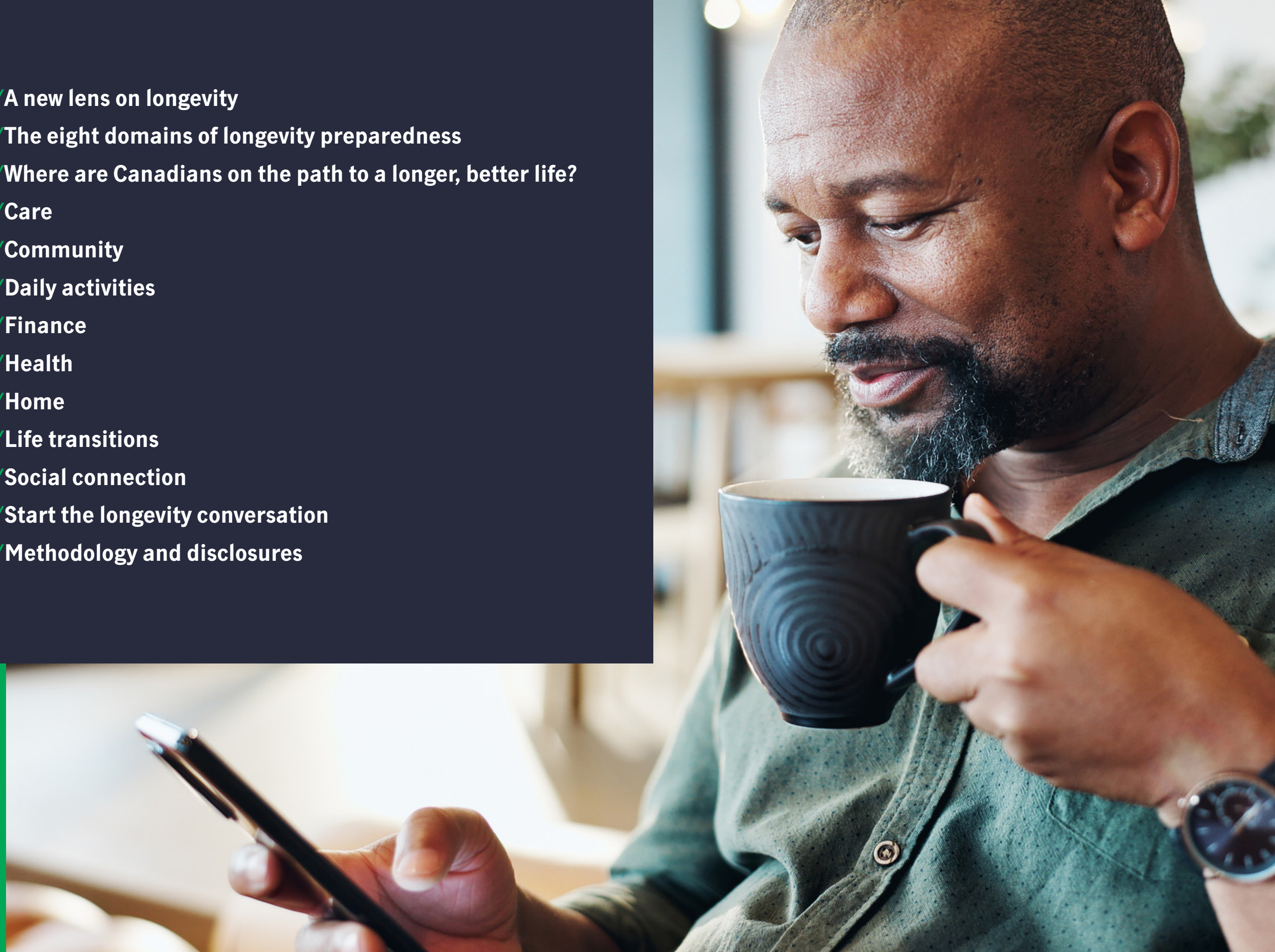


Manulife Longevity Institute, in collaboration with MIT AgeLab

Longevity
Institute

Table of contents

- 03/A new lens on longevity
- 04/The eight domains of longevity preparedness
- 05/Where are Canadians on the path to a longer, better life?
- 06/Care
- 07/Community
- 08/Daily activities
- 09/Finance
- 10/Health
- 11/Home
- 12/Life transitions
- 13/Social connection
- 14/Start the longevity conversation
- 16/Methodology and disclosures



A new lens on *longevity*

What does it mean to be prepared for a longer life?



Canadians today can expect to live longer than any previous generation and turning 100 is quickly moving from the margins to the mainstream. While living longer is worth celebrating, it presents a new challenge: How do we ensure those additional years remain healthy, independent, fulfilling, connected, and financially secure?

It’s not enough to live longer. Many of us want to live longer and *better*—but we’re not sure how.

Understanding the factors that shape longevity is one way to move from uncertainty to action.

Historically, preparedness has been viewed through financial security and health. But when those dimensions are considered in isolation, the picture is incomplete. The factors that shape our ability to age well are deeply interconnected. Poor health can affect income, which can influence housing and care options. A major life transition can affect finances, health, and relationships all at once.

At Manulife, we’re broadening the lens we use to view longevity. We recognize that focusing on health and wealth isn’t enough, so the Manulife Longevity Institute has partnered with MIT AgeLab to create Canada’s first Longevity Preparedness Index (LPI), a new way to measure preparedness.

The LPI examines eight interconnected domains that influence our ability to live well over time, from our health and finances to our relationships, sense of purpose, homes, communities, and care needs. Together, they offer a broader picture of what it means to prepare for a longer life.

The LPI establishes a benchmark.

For advisors, this presents an opportunity to broaden the traditional retirement conversation. Financial preparedness remains essential, but longer lives may bring changing health needs, care and housing decisions, evolving relationships, and further transitions after retirement. Financial plans need to support not only the retirement date, but how people want to live throughout the decades that follow.

Before we can improve preparedness, we need to understand it. And before we can measure progress, we need a benchmark. The LPI helps us understand where Canadians are today, where opportunities exist, and how preparedness can evolve over time.

The LPI is not a verdict. It’s a tool:

- to help Canadians think more broadly about the future
- to spark new conversations
- to identify opportunities for action
- to help advisors, employers, individuals, communities, and policymakers better understand what contributes to longer, healthier and better lives

The habits we build, relationships we strengthen, and plans we put in place today can shape our health, financial resilience, independence, and quality of life for years to come.

The findings that follow establish Canada’s first benchmark of longevity preparedness. They reveal where Canadians are well positioned, where important gaps remain, and how preparedness varies across the eight dimensions that shape aging well.

They also raise a broader question: Are Canadians preparing financially for retirement, or are they preparing more fully for longevity? This is an important shift. Understanding the life behind the numbers can help advisors look beyond financial readiness and connect financial plans with the health, independence, relationships, and choices Canadians want throughout a longer life.

The *eight* domains of life



Care

- Researching future care options and available supports
- Discussing care preferences and identifying who may provide care
- Planning for caregiving, incapacity, and independent living



Community

- Access to healthcare, pharmacies, and everyday necessities
- Transportation, walkability, and places to connect
- Safety, recreation, and resources for older adults



Daily activities

- Spending time in meaningful and satisfying ways
- Staying physically, socially, and intellectually engaged
- Learning, creating, volunteering, and contributing to the community



Finance

- Confidence in managing financial decisions and resources
- Preparing for future health, care, and housing costs
- Having the means to maintain relationships and quality of life



Health

- Overall physical, mental, and emotional health
- Habits that support well-being, including activity, nutrition, and sleep



Home

- Accessibility features that support mobility and independence
- Access to help with maintenance and everyday household needs



Life transitions

- Preparing emotionally for retirement
- Reflecting on life as a whole and considering legacy



Social connection

- Having supportive, dependable relationships
- Feeling understood, useful, and connected to others
- Maintaining regular communication and time with family and friends





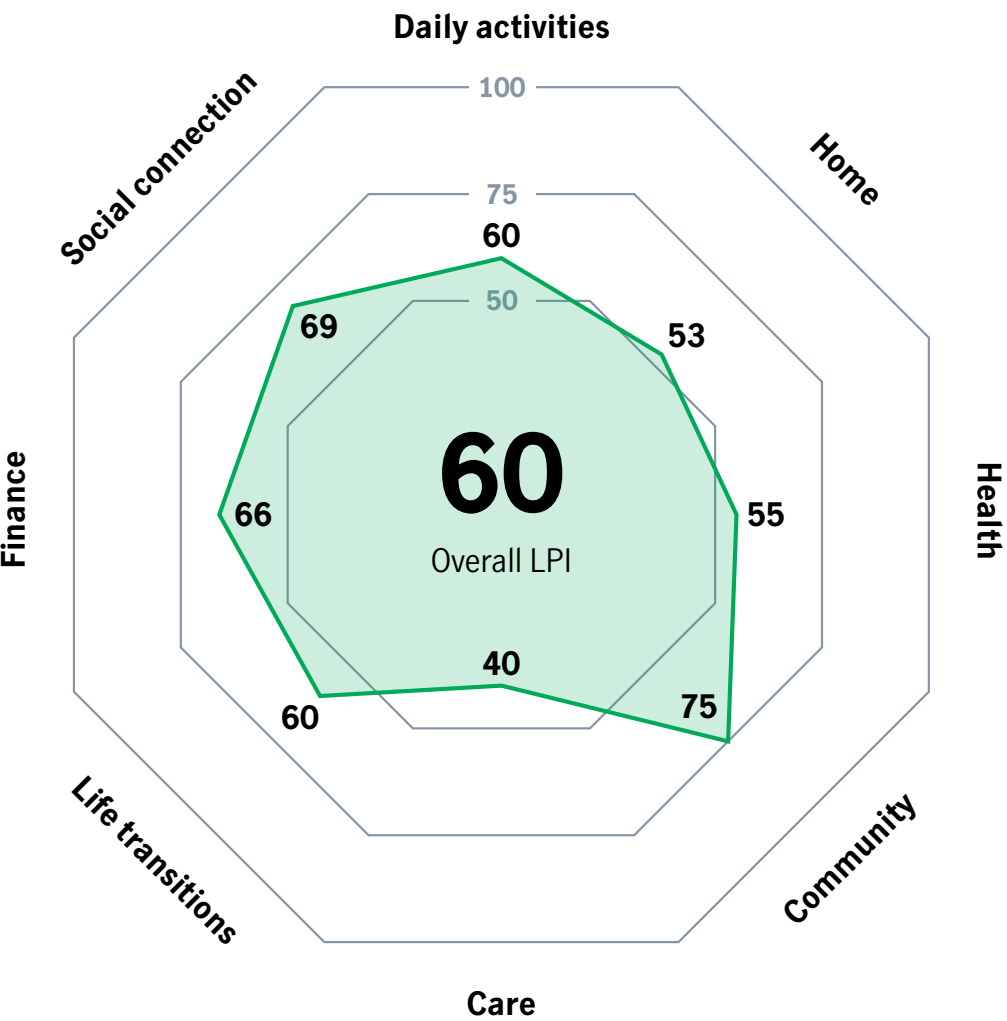
Where are Canadians on the path to a longer, *better* life?

In a survey of 1,025 Canadian adults, respondents scored **60 out of 100** on average, revealing modest preparedness for longevity, with gaps in care, health, and home.

Readiness is highest among older Canadians, while preparedness remains relatively flat through age 54. Those working with a financial professional scored higher across all domains, underscoring the importance of guidance and support.

Canadians prioritize health and finances, yet the health preparedness score is only 55. Care ranks much lower as a current priority and is more often viewed as something to address in older age.

Longer lives are creating a new planning frontier for advisors and their clients. Preparing financially for retirement remains essential, but planning must increasingly account for changing health needs, housing decisions, caregiving responsibilities, and further transitions after retirement. This creates an opportunity for advisors to look beyond financial readiness and help clients prepare more fully for the decades that may follow.





Score: 40/100

Care

The biggest gap may offer the greatest opportunity

Care needs can change where and how people live, who supports them, and what their financial resources need to cover. Yet Canadians scored lowest in this domain, which asked whether they had researched care options, discussed their preferences, identified potential caregivers and considered the supports available to them.

The need for care may arise suddenly following an injury or accident, or develop gradually as someone’s needs change. Planning ahead can give people and their families more time to consider where care could be provided, who might be involved, and how it could be funded.

Canadians with caregiving experience scored higher in care preparedness than those without it, suggesting that experience may help people better understand the decisions and supports care can involve.



Advisor opportunity

A change in health can affect care needs, housing, finances, and independence. Advisors can bring these interconnected decisions into the conversation before they become urgent, helping clients preserve more choice over the care and support they receive.

11%

Identify care as a current priority

26%

Expect care to be important to their well-being in older age

44 vs. 37

Care-preparedness scores among Canadians with caregiving experience compared with those without



Start the conversation with your clients

- If you needed care in the future, would you prefer to receive it at home or in another setting?
- Who would you expect to help provide or coordinate that care?
- Have you discussed your preferences with the people who may be involved?
- Does your financial plan give you the flexibility to choose the care and support you want?

Score: 75/100

Community

Plan today for tomorrow’s community needs

Where people live can have a significant impact on well-being, especially as people age. Communities that offer easy access to healthcare, groceries, transportation, recreation, and places to connect can help people remain active and independent as their health or mobility changes. Canadians scored highest in this domain, at 75.

But when asked about current priorities, community ranked last and had one of the largest gaps between importance right now and expected value in older age.

While there’s no correct age to begin considering neighbourhood amenities, planning ahead can help. A recent survey found that within five years of retirement, the majority of older Canadians remained in the same residence with no plans to move¹. Moving can carry significant emotional and financial costs. But staying put without considering whether the surrounding community can support changing needs may also limit future options.

¹ The 40-year retirement: balancing dreams and dollars, Manulife, 2025.



Advisor opportunity

Discussing community earlier can help advisors connect future living decisions with clients’ health, finances, relationships, and independence.

+12 points

Difference between
urban and rural
Community scores

77/100

Community score in
British Columbia, the highest
among Canadian regions

8%

Identify Community
as a **current priority**



Start the conversation with your clients

- What do you value about your current neighbourhood?
- Could you continue to access healthcare and everyday necessities if your health or mobility changed?
- What transportation, technology or community supports might help you remain independent?
- How would staying in your community or relocating affect your finances, relationships, and quality of life?



Score: 60/100

Daily activities

Help clients plan for meaningful days

Daily activities can include everything from learning new things and pursuing hobbies to staying active, volunteering, and contributing to the community. These activities can give people a sense of purpose and help them remain physically, socially, and intellectually engaged as they age.

Canadians scored 60 in this domain. More than one-third identify meaningful activities as a current priority, while slightly fewer expect them to be important to their well-being in older age.

Retirement and changing health can affect how people spend their time and which activities remain accessible to them. Thinking ahead can help clients consider which routines, interests, and relationships they want to maintain, and how their health and financial plans can support them.



Advisor opportunity

Daily activities may be a departure from traditional advisor conversations. But asking how clients want to spend their time can help advisors understand the life their financial resources are intended to support.

+5 points

Difference in Daily activities scores between respondents who discussed **longevity-planning topics** with their financial professional and those who did not

35% vs. 31%

Identify **Daily activities** as a priority now versus important to well-being in older age



Start the conversation with your clients

- What activities make you feel engaged, useful, or fulfilled?
- Is there a hobby you have wanted to try, but haven't had time for?
- How might you want to spend your time if work played a smaller role in your life?
- Have you factored the activities that matter to you into your financial plan?

Score: 66/100

Finance

Make financial planning personal

Finance was one of the higher-scoring domains, at 66. Yet almost two in five Canadians over 50 have just enough income to avoid major problems, with many worrying about the rising cost of living.² Financial stress can affect well-being, making it harder for people to access healthcare, participate in meaningful activities, or respond to changing needs.

Financial professionals are helping clients consider more than wealth management. Nearly half of advised Canadians say their financial professional discusses longevity-planning topics. Those clients scored higher overall and in several domains, including Finance, Care, Health, and Social connection.

² Perspectives on Growing Older in Canada: The 2025 NIA Ageing in Canada Survey, 2026, National Institute on Ageing.



Advisor opportunity

These broader conversations can help advisors connect financial resources with the health, independence, relationships, and choices clients want throughout a longer life.

66 vs. 61

Overall LPI scores among respondents whose financial professional discussed longevity-planning topics and those who did not

46%

Of advised Canadians have discussed longevity-planning topics with their financial professional

39%

Would be more likely to work with a financial professional who took a holistic approach to planning

3%

Describe their financial professional's approach as truly holistic, addressing financial, health, and lifestyle needs



Start the conversation with your clients

- What are the most important things you want your financial resources to support as you get older?
- How important are travel, hobbies, or continued learning in your future plans?
- Where do you see yourself living as you age: staying put, downsizing or relocating?
- If you lived longer than expected, how might that affect your financial plan?



Score: 55/100

Health

Connect wealth and health

Health is a leading priority for Canadians, yet preparedness in this domain is only 55. The Health domain considers overall physical, mental, and emotional health, along with habits such as exercise, nutrition, and sleep.

Health can influence nearly every other domain of longevity preparedness. Changes in health may affect how long people work, where they live, the care they need, how they spend their time, and the financial resources required to maintain independence and quality of life.

While treatment and care may become more prominent as people age, prevention begins much earlier. Building healthy habits and understanding the support available can help clients protect their health, independence, and choices throughout their lives.



Advisor opportunity

Advisors don’t need to provide health advice. But asking how health could affect a client’s future plans can change the financial planning conversation.

67%
Identify Health as a **current priority**

59/100
Health score among respondents currently working with a **financial professional**

+5 points
Difference in **Health scores** between respondents who discussed longevity-planning topics with their financial professional and those who did not



Start the conversation with your clients

- What does living well mean to you as you get older?
- Which activities or parts of your lifestyle are most important for you to maintain?
- How could a change in your physical, mental, or cognitive health affect your future plans?
- Does your financial plan provide enough flexibility if your health needs or priorities change?

Score: 53/100

Home

Ask the aging-in-place question

Preparing a home for longevity means considering whether it can remain safe, accessible, and manageable as needs change. The Home domain looks at features that support mobility and independence, including accessible entrances, main-floor living, and access to help with maintenance.

Canadians scored 53 in this domain, highlighting an opportunity to improve preparedness. Changes in health or mobility may require home modifications, technology, maintenance support, or help with everyday tasks. Features such as a step-free entrance or main-floor bedroom and bathroom can help someone continue living independently.

Aging in place may be the goal, but the home itself is only part of the picture. Clients may also need access to care, transportation, community services, and financial resources to make remaining at home practical over time.



Advisor opportunity

Asking the aging-in-place question can help advisors connect housing preferences with clients’ future health, care needs, independence, and financial plans.

50/100

Home score among households **earning \$100,000 or more**

59 vs. 52

Home scores among respondents with **long-term care insurance** compared with those without it

Different housing options for aging



Aging in place



Upsizing or downsizing



Living with family



Long-term care facilities



Retirement community

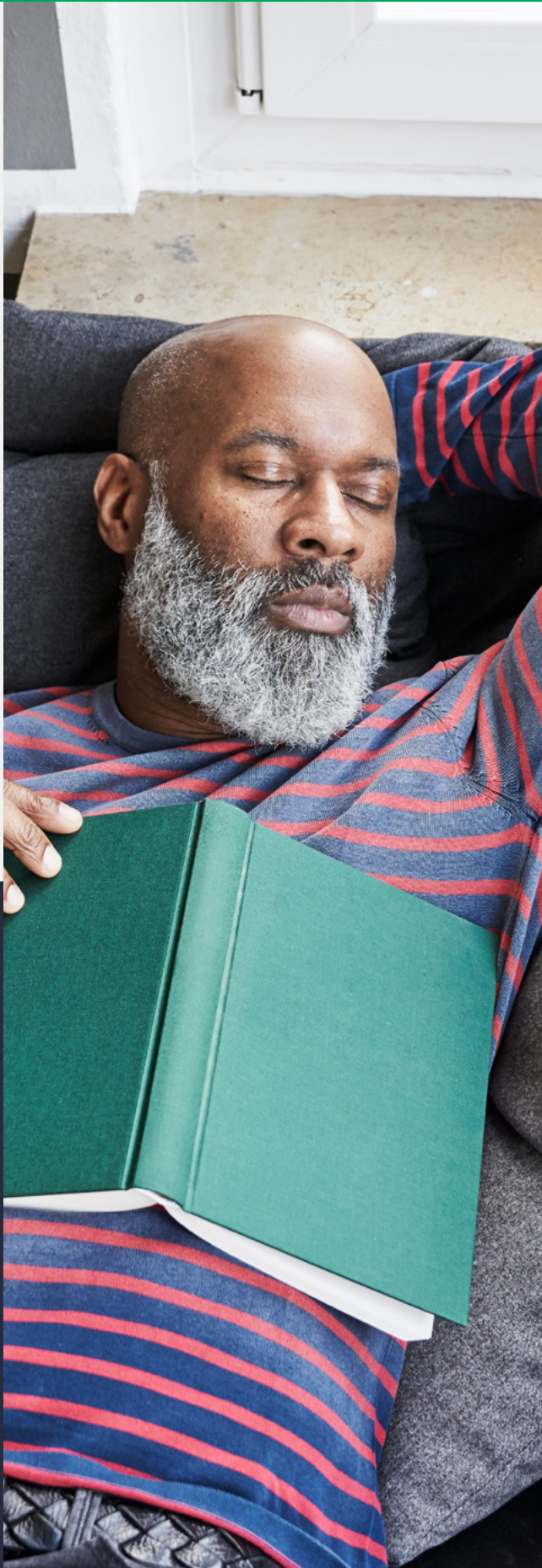
54 vs. 51

Home scores among respondents currently working with a **financial professional** compared with those who have never worked with one



Start the conversation with your clients

- Could your home continue to support you if your health or mobility changed?
- What changes might be needed for you to remain safely and independently at home?
- Who could help with maintenance, household tasks, or other support?
- How would renovating, downsizing, or moving affect your financial plan and quality of life?





Score: 60/100

Life transitions

Prepare clients for more than the retirement date

Life transitions can encompass many kinds of change, but this LPI domain focuses specifically on the transition to retirement. It considers whether people feel emotionally prepared for retirement, reflect on life as a whole, and have thought about their legacy.

Canadians scored 60 in this domain. Preparedness generally increased with age and was highest among retired respondents, which may reflect the perspective people gain after making the transition to retirement.

Financial preparation is only one part of the transition. Retirement can also change how people spend their time, find purpose, maintain relationships, and think about the mark they want to leave. Discussing these changes before retirement can help clients connect their financial plans with the life they want after work.



Advisor opportunity

For advisors, this creates an opportunity to look beyond the retirement date and help clients consider how their resources, values, and priorities can support the next stage of their lives.

72 vs. 56

Life transitions scores among **retired respondents** compared with those who were working

65 vs. 56

Life transitions scores among respondents currently working with a **financial professional** compared with those who have never worked with one

68 vs. 62

Life transitions scores among respondents who discussed **longevity-planning topics** with their financial professional compared with those who did not



Start the conversation with your clients

- What do you think will change most in your day-to-day life when you retire?
- How prepared do you feel for the personal and emotional changes retirement may bring?
- What do you want the next stage of your life to look like?
- How can your financial plan support the life and legacy you want in retirement?

Score: 69/100

Social connection

Make the social connection

Canadians scored relatively high in Social connection, at 69. Preparedness in this domain means feeling useful, heard and understood, having close and dependable relationships, communicating regularly, and spending time with others.

Social connection can affect physical and mental health, access to support, and the ability to live independently. Retirement may also change everyday relationships, particularly those connected to work, making it important to consider how clients will maintain existing relationships and build new ones over time.

Financial flexibility can help clients participate in activities, travel, use technology, and access transportation that support important relationships. It can also give clients more options if the family, caregiver, or community support they expected is not available.



Advisor opportunity

By asking about the people and activities that matter to clients, advisors can better understand the life their financial resources are intended to support.

+6 points

Higher Social connection score among respondents currently working with a **financial professional** compared with those who have never worked with one

76 vs. 71

Social connection scores among respondents whose financial professional discussed **longevity-planning topics** compared with those who did not

36% vs. 31%

Identify **Social connection** as a priority now compared with important to well-being in older age



Start the conversation with your clients

- Which relationships and social activities are most important to your well-being now?
- How might your social life and support network change if work played a smaller role in your life?
- Who could you rely on if your health, mobility or independence changed?
- Does your financial plan reflect what you may need to stay connected and socially engaged?

Start the *longevity* conversation

The LPI shows where Canadians are prepared for longer lives and where gaps remain. It also provides a framework advisors can return to throughout the client relationship, helping clients anticipate change and connect their financial plans with the health, independence, and choices they want throughout a longer life.

Longevity planning *evolves* with the client

Longevity planning is not a one-time conversation at retirement. While every domain can be relevant at any age, clients’ needs and priorities may evolve over time.



●

Early adulthood

Build the foundation
Establish healthy habits, strengthen financial resilience, and begin planning for long-term goals.



●

Midlife

Expand the conversation
Consider how health, relationships, meaningful activities, caregiving responsibilities, and future housing needs could affect the plan.



●

Approaching retirement

Prepare for a new stage
Connect financial resources with the client’s vision for health, home, community, purpose, care, and independence.



●

Later life

Keep the plan evolving
Revisit the plan as health, care needs, relationships, housing, and priorities change. Retirement is not the end of planning, but a stage that may include further transitions.

Put longevity planning into *practice*

1



Start with the life

Understand what clients want their longer lives to look like, including what they hope to keep doing, where they want to live, and what independence means to them.

2



Look across the domains

Consider how health, care, housing, relationships, purpose, and life transitions could affect that vision and the financial plan supporting it.

3



Anticipate change

Explore how clients' needs and priorities could evolve and whether their plans have enough flexibility to evolve with them.

4



Connect needs with support

Identify where advice, prevention, protection, benefits, or financial solutions could help support clients' health, resilience, independence, and choices.



Continue the conversation

The conversation prompts featured throughout this report are available together in the accompanying Advisor Resource Guide.

Advisors do not need to have every answer. By asking broader questions and revisiting them over time, advisors can help clients move from preparing financially for retirement to preparing more fully for longevity.

Methodology

The LPI was conducted online in English and French using the Ipsos Knowledge Panel. The representative sample included 1,025 Canadians aged 18 and older, with an oversample in Quebec to support comparison. Responses were weighted to mirror the composition of the Canadian population. Data were collected from June 3 to June 10, 2026.



Manulife is not affiliated with the Massachusetts Institute of Technology (MIT) AgeLab, and neither is responsible for the liabilities of the other. This material is not an endorsement of any particular product, service or organization; nor is it intended to provide financial, investment, insurance, or health advice. It is intended to promote awareness and is for educational purposes only.

Manulife, Stylized M Design, and Manulife & Stylized M Design are trademarks of The Manufacturers Life Insurance Company and are used by it, and by its affiliates under license.

© 2026 The Manufacturers Life Insurance Company. All rights reserved. Manulife, P.O. Box 396, Waterloo ON N2J 4A9.

MP8101765E 10/26 AODA