

Strengthening Seniors' Health and Well-Being in York Region



York Region's rapidly growing seniors population is increasing pressure on health, housing and social services.

Supporting seniors to age in the right place is essential to promoting independence and well-being, strengthening care experiences and helping to ease pressures across the broader system.

Five Priority Actions to Support Seniors and Relieve System Pressures

1. Sustain and expand funding for Community Paramedicine

As health care evolves, there is a growing need for more integrated community-based care. By providing proactive assessments, treatment and connections to care, Community Paramedicine programs support seniors to receive care in the community, easing pressure on the health care system.



- York Region delivered over 4,000 Community Paramedicine supportive interactions in 2025

The Province's announcement in 2025 of permanent funding for Community Paramedicine for Long-Term Care is an important milestone. Funding for all Community Paramedicine programs should keep pace with population growth and evolving community needs. Continued investment is needed to ensure sustainable operations, resource stability and alignment with evolving provincial priorities.

Outcome: Reduced Emergency Department pressures, improved care at home, optimized paramedic resources, aging in the right place and delayed entry into higher cost institutional care



By 2051, nearly one in four residents (24%) will be aged 65 and over, with the 75+ population expected to triple.

What we have done so far

York Region's **2024 to 2027 Plan to Support Seniors** responds to current and future needs of an aging population. The Plan promotes health, dignity and well-being across the aging continuum. The Region takes a coordinated, prevention-focused approach within its municipal responsibilities, while working with the Province and federal partners where system alignment, leadership and investment are needed.

York Region was formally recognized by the Province of Ontario as an Age-Friendly Community through its Plan to Support Seniors in January 2026

York Region:

- Promotes **healthy aging** to keep seniors healthier, longer
- Supports **age-friendly, complete communities** and better local integration
- Strengthens **system navigation**, helping seniors access the right programs at the right time
- **Collaborates** with health, housing, municipal and community partners to drive shared outcomes

2. Establish a provincial coordinating body for seniors' programs and services

Seniors and caregivers face a fragmented care system. A provincial coordinating body, acting as a seniors' secretariat, would align planning and funding across health, housing and social care, strengthening Ontario Health Teams' efforts and improving access and equity.

Outcome: A connected, person-centred system with shared accountability and equity for seniors and caregivers

3. Expand digital access and literacy for seniors

Digital health and virtual care are core provincial strategies to increase access and efficiency—but digital exclusion among seniors reduces their impact.



- Nearly 20% of York Region seniors struggle with digital technology
- Digital barriers limit access to virtual care, health literacy, social connection and online services

Targeted investments are needed in device affordability, broadband access, senior-friendly virtual training and pathways.

Outcome: Improved health and well-being, access to care, stronger health system navigation and reduced isolation

4. Fund annual in-home or virtual preventive health visits for seniors 75+

Proactive, low-cost prevention delivers high system value. Annual in-home or virtual check-ins by health professionals can identify potential risks early before crises occur.



- An average [Emergency Department visit](#) costs approximately \$300–\$350
- [Falls among older adults](#) cost the Canadian health care system about \$2.8 billion annually

Outcome: Fewer preventable Emergency Department visits, safer aging at home, delayed hospitalization and long-term care admission, and improved caregiver well-being

5. Strengthen long-term policy planning and funding for seniors' health, housing and social care

Seniors' housing is health infrastructure. Stable, affordable housing supports aging at home and reduces pressure on hospitals and long-term care. Integrated, multi-year planning and shared investment are needed across levels of government. York Region continues to advocate for:



- A shared funding model where each level of government provides one-third capital funding
- Expanding and maintaining housing benefits, such as making the Canada–Ontario Housing Benefit permanent
- Increased investment to support low-income seniors in the private rental market

Outcome: Housing that supports health and social connection, delays institutional care and reduces hospital alternate level-of-care pressures