

QUEBEC VOTES 2026 – HEALTHY AGING WITH DIGNITY AND CHOICE

On Oct. 5, 2026, Quebecers will elect a new National Assembly. The National Association of Federal Retirees calls on all candidates to prioritize the needs of older adults this election. Support for older adults is essential for the health of our communities and economy. The next government must invest in the dignity and well-being of older Quebecers.

Key messages

1. **Healthy aging with dignity.** Every older Quebecer deserves to age with dignity and choice, with age-inclusive care, housing and social policies to make that possible.
2. **Reliable care that keeps up.** Access to a family doctor, home care and long-term care is not keeping pace with demand or the needs of an aging population.
3. **Financial security in retirement.** Prices have increased for groceries, shelter, transportation and health care. The rising cost of living is putting more pressure on older Quebecers and those living on a fixed income – even with pensions in place.

Federal Retirees calls on all candidates to prioritize the dignity and well-being of older Quebecers this election.

Reliable health care

Access to timely, quality health care is the top concern for older Quebecers, yet too many Quebecers struggle to access the care they need, when they need it. Ensuring access to a reliable health-care system that meets the evolving needs of Quebecers as they age is fundamental to health and well-being and must be prioritized.

- Access to primary care is essential for sustaining good health and promoting healthy aging. However, 1.5 million Quebecers are without a family doctor or nurse practitioner and many struggle to get timely access to the one they have.
- Quebecers prefer to age in their homes and communities, but home and community care services are unable to meet needs or demand. As of June 2026, over 11,000 people are waiting for their first home care service. ([Santé Québec. Coup d'œil sur le réseau de la santé et des services sociaux.](#))
- When it's needed, safe, quality long-term care must be available. As of July 2026, 3,710 people are waiting for a long-term care (CHSLD) placement. ([Santé Québec. Coup d'œil sur le réseau de la santé et des services sociaux.](#))

Healthy aging with dignity

Every Quebecer deserves to age with dignity and choice, yet gaps in care, housing, community services and social policies undermine older people's independence and choice, and their contributions to vibrant, healthy communities and economies. Action and adequate, sustained

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investments are needed to meet the growing and evolving needs of aging Quebecers – and to support healthy aging, independence and meaningful community connection.

- Quebec's population is aging, with 1 in 4 Quebecers projected to be 65 or older by 2031.
- 59 per cent of Quebecers 50+ report experiencing everyday ageism. ([National Institute on Ageing. Perspectives on Ageing in Quebec \(QC\). May 28, 2026.](#)) Ageism is linked with reduced lifespan, poverty and financial insecurity, poor health outcomes, and loss of self-esteem and confidence.
- 50 per cent of Quebecers 50+ are at risk of social isolation ([National Institute on Ageing. Perspectives on Ageing in Quebec \(QC\). May 28, 2026.](#))
- 49 per cent of family caregivers in Canada report financial stress because of caregiving. ([Canadian Centre for Caregiving Excellence. Caring in Canada Report. May 2026.](#))
- Almost 7 per cent of people 65+ living at home experienced abuse in 2025 ([Institut de la statistique du Québec. June 15, 2026.](#))
- Private seniors' residences (RPAs) have closed across the province, leaving tenants with limited options.
- The number of hours Quebecers 65+ volunteer per year is equivalent to 131,400 full-time jobs. ([Institut de la statistique du Québec. May 18, 2023.](#))

Retirement income security

Quebecers deserve dignity and financial stability in retirement. Yet rising costs are putting more pressure than ever on older Quebecers and those living on fixed incomes – even those with pensions. Retirement security shouldn't be uncertain. It must be protected, strengthened and respected.

- Retirement income security provides the stability people need to cover essential costs, from housing and health care to daily living. Strong pensions don't just support individuals; they also boost local economies and government revenues.
- In 2022, over a quarter (27.6 per cent) of Quebecers 65+ did not have private pension or investment income. ([Observatoire québécois des inégalités. La population âgée du Québec face à d'importantes inégalités. May 23, 2025.](#))
- Housing continues to be a growing source of concern. With surging prices and decreased availability, older adults are often left with few options. In 2021, 24 per cent of senior households did not meet CMHC standards of acceptable housing (affordability, quality and suitable size). This rose to 44.5 per cent among households in the lowest income bracket (\$38,000 and below). ([Observatoire québécois des inégalités. Vieillir chez soi: un souhait menacé par la crise du logement. October 1, 2024.](#))

Question for candidates

Reliable health care

How will your party strengthen health care so that older Quebecers get the care they need, when they need it? Will it:

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- Invest in the continuum of care and enhance capacity to ensure all residents across the province have access to the right care in the right place, including family doctors, home care and personal support workers, nurses and nurse practitioners. A strong health-care system that meets the evolving needs of Quebec residents as they age is fundamental to health and well-being.
- Respect and enforce national long-term care standards to improve accountability, transparency, quality of care and outcomes in all long-term care facilities.

Healthy aging with dignity

Quebecers want to age in their homes and in their communities. What will your party do to help older Quebecers remain independent and live where they choose as they age? Will it:

- Provide sustained, adequate funding to strengthen home and community care. Enhanced access to home and community care will improve health outcomes, enhance choice and dignity, and reduce health-care costs.
- Invest in age-inclusive policies across health care, housing, transportation, income security and community services that address age-friendly environments, social inclusion, ageism and autonomy of older persons.
- Ensure caregivers have the resources, supports and services they need to maintain well-being. Enhanced support for caregivers is essential to aging in place.

Retirement income security

What will your party do to make retirement more financially secure for Quebecers? Will it:

- Protect public retirement benefits and ensure a legislative environment that encourages more employers to have good defined benefit pension plans.
- Address the housing crisis so older Quebecers can find suitable, affordable places to live.
- Invest in public transit, social programs and other measures that help make life more affordable, including in rural and remote areas.

How to use this toolkit

- Talk to candidates. Use the facts and questions in this toolkit when candidates come to your door, by phone or email, or at an all-candidates' debate. Federal Retirees is a non-partisan organization, and we encourage members to engage with candidates from all parties.
- Focus on one or two issues, keeping in mind that personal stories can be powerful in showing candidates the real-life impact behind the facts and statistics.
- Ask follow-up questions. If an answer is unclear or too general, ask the candidate to explain further what they or their party would do to address the issue if elected.
- Report back. Let us know what you heard by writing to advocacyteam@federalretirees.ca.

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Remember to identify yourself as a member of the National Association of Federal Retirees. There is strength in numbers, and every member who speaks up helps strengthen our collective voice.

ABOUT FEDERAL RETIREES The National Association of Federal Retirees (Federal Retirees) is the largest national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police (RCMP) and retired federally appointed judges, as well as their partners and survivors. With more than 170,000 members from coast to coast to coast, including 32,526 members in Quebec, Federal Retirees has advocated for improvements to the financial security, health and well-being of our members and all Canadians since 1963.

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