

Calculate the annual cost of ageing
in Canada in less than 30 seconds



1 Household Size: 1

2 Where You Live: Home - Owner

3 ① Household Home Care Needs: None

4 Region: BC excluding Vancouver

5 Calculate:

Introducing the Cost of Ageing (COA) Calculator

Canadians are living longer than ever before. At the same time, the costs of later life – especially care and support – are increasingly falling on individuals and families.

Without a clear picture of these costs, how can anyone know if they're prepared for retirement?

That's where the [Cost of Ageing Calculator](#) comes in.

What is the COA Calculator?

The **Cost of Ageing Calculator** is a first-of-its-kind Canadian online retirement planning tool. Built on more than a decade of research and drawing on a wide range of Canadian data sources, it provides credible, evidence-based estimates of the costs associated with ageing in Canada.

Retirement costs can change significantly over time – especially if your health or living situation changes. By giving you real numbers to work with and letting you explore “what-if” scenarios, the COA Calculator helps you better understand the financial risks of retirement.

It's not a crystal ball – but it does make costs of later life visible, so you can make informed decisions and plan more confidently for the future.

What differentiates it from other retirement planning tools?

In less than 30 seconds, it lets you explore how typical retirement costs – including food, housing, transportation, health and care, and other expenses – vary based on real-life factors, including:

- 1 Where you live in Canada
- 2 Whether you live alone or with someone else
- 3 Your housing situation (owning, renting, retirement home, long-term care)
- 4 Your health and care needs (including home care)
- 5 Your desired standard of living (Modest, Moderate, Comfortable).

Developed by Dr. Bonnie-Jeanne MacDonald, Director of Financial Security Research, and He Chen, Senior Researcher, at the National Institute on Ageing (NIA) at Toronto Metropolitan University, the COA Calculator is **easy to use**, **free** and **non-commercial**, and it **doesn't collect your personal data**.

Try it out for yourself!

 coacalculator.ca