

Canada's Population

Canadians are living longer and older people are making up a larger share of the population. It is estimated that by 2025, 1 in 5 Canadians will be 65 or older.

Canadians look forward to aging in good health and leading active and independent lives in their communities. Now is the time to find ways to improve the health of Canadians.

How will Canadians benefit from the CLSA?

- Identification of ways to prevent disease and to improve health services
- New knowledge of the many interrelated biological, medical, psychological and social factors that affect healthy aging
- A better understanding of the impact of non-medical factors such as economic and social changes on individuals as they age
- Rapid adoption of research into health practice, programs and policies
- A strengthened and more responsive health care system

The CLSA will be one of the most comprehensive studies of its kind undertaken to date, not only in Canada but around the world.

Who is carrying out the study?

The CLSA is led by Dr. Parminder Raina from McMaster University in Hamilton along with Co-Principal Investigators Dr. Christina Wolfson from McGill University in Montreal and Dr. Susan Kirkland from Dalhousie University in Halifax. The CLSA team also includes more than 150 researchers across Canada.

The CLSA is a strategic initiative of the Canadian Institutes of Health Research. Support for the CLSA has been provided by the Government of Canada through the Canadian Institutes of Health Research and the Canada Foundation for Innovation as well as the Governments of British Columbia, Alberta, Manitoba, Ontario, Quebec, Nova Scotia, and Newfoundland and Labrador.

More information on the CLSA:

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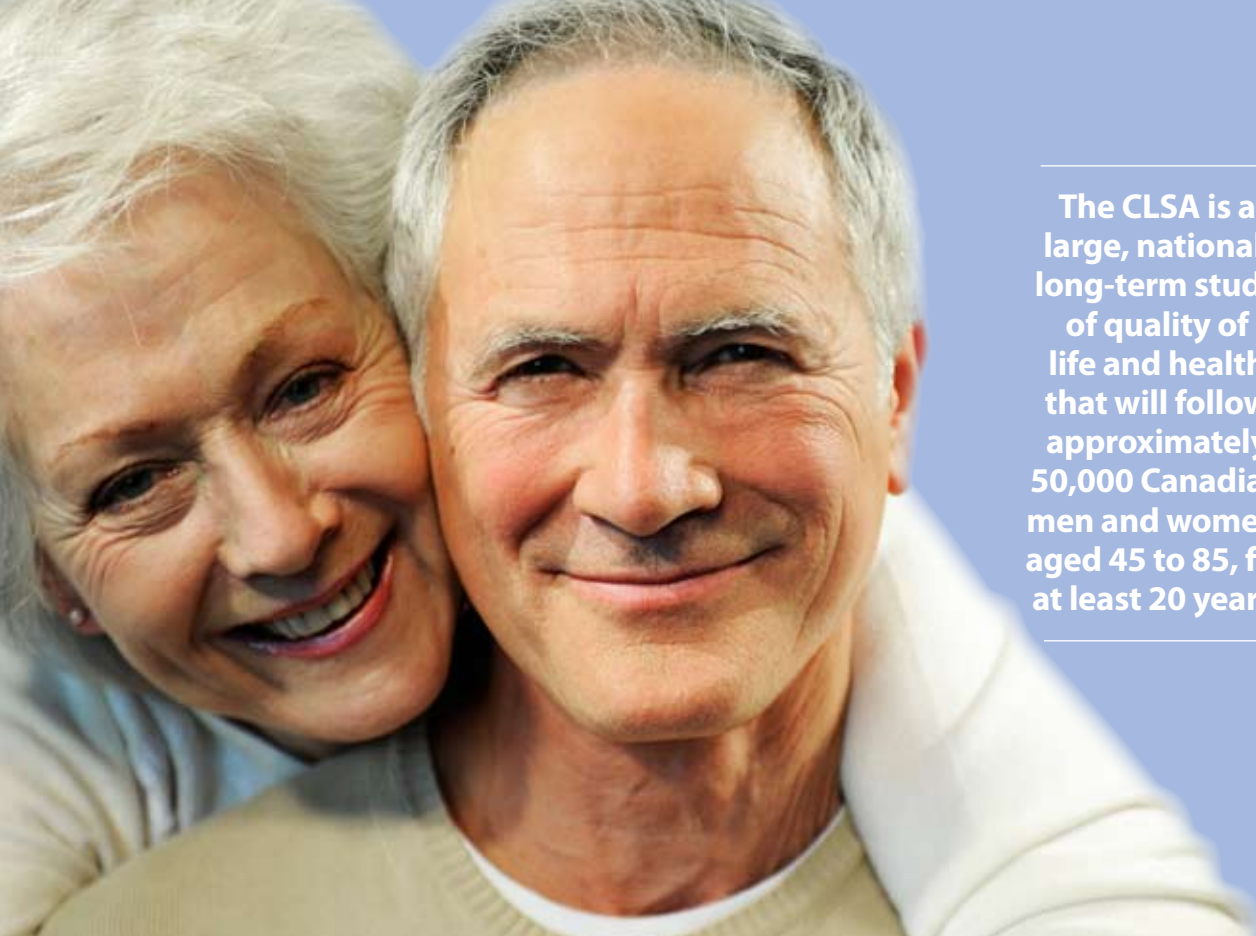
Pour la version française, veuillez communiquer par courriel ou par téléphone aux coordonnées ci-dessus.



Canadian Longitudinal Study on Aging
Étude longitudinale canadienne sur le vieillissement

Understanding the Aging Process to
Improve Quality of Life
for All Canadians





The CLSA is a large, national, long-term study of quality of life and health that will follow approximately 50,000 Canadian men and women, aged 45 to 85, for at least 20 years.

What issues will the CLSA address?

To provide the most accurate picture of the process of aging, the CLSA will examine the many dimensions of aging including:

- changes in cognition, memory and physical functions
- biological aspects of aging
- onset of chronic diseases
- access to health services
- making the transition from work to retirement
- adapting to changing roles and responsibilities



What kind of information will the CLSA collect?

The CLSA will collect information from Canadians on the changing biological, medical, psychological, social and lifestyle aspects of their lives. People taking part in the Study will be contacted every three years to collect detailed information about their health and well-being.

Over time, the CLSA will create a very important research resource that will be used to gain a better understanding of the multiple aspects of aging. Participants will have the reward of knowing that they are contributing to new knowledge about health and to the improvement of quality of life of Canadians as they age.

Participant information will be kept confidential at all times. The decision to take part in the study is voluntary, and participants may decide to withdraw from the study at any time. The CLSA takes great care to maintain stringent security requirements to protect the confidentiality of the people who participate and the information they provide.

