

# Infographic: Seniors online

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Being connected is reshaping how we work, interact, spend our free time and live our lives. Efforts to keep up with and understand these events have led to increased focus on the complex relationships between technology, work-life balance and the personal well-being of Canadians of all ages. The 2016 Canadians at Work and Home survey revealed that older Canadians are making large inroads into the digital world.

A new infographic highlighting the characteristics of seniors aged 65 and older who use the Internet is now available.

Internet use among seniors increased markedly from 2013 to 2016.

The top four technological devices seniors owned in 2016 were desktop computers, laptops or netbooks, tablets or e-readers, and smart phones.

Overall, 7 in 10 seniors reported that technology helped them to communicate.

Nearly half of senior men read the news online at least once a week.

## Note to readers

*This infographic presents data from the General Social Survey on Canadians at work and home (2016) and social identity (2013) on Internet use among individuals aged 65 and older.*

## Definitions, data sources and methods: survey numbers [5024](#) and [5221](#).

The infographic "[Seniors online](#)" is now available.

For more information, or to enquire about the concepts, methods or data quality of this release, contact us (toll-free 1-800-263-1136; 514-283-8300; [STATCAN.infostats-infostats.STATCAN@canada.ca](mailto:STATCAN.infostats-infostats.STATCAN@canada.ca)) or Media Relations (613-951-4636; [STATCAN.mediahotline-ligneinfomedias.STATCAN@canada.ca](mailto:STATCAN.mediahotline-ligneinfomedias.STATCAN@canada.ca)).

