

Technology Adoption on the Rise Among Canadian Seniors: Closing the Digital Gap

Canadian seniors are adopting tech fast! Life Assure highlights the vital role of digital literacy & medical alerts in helping older adults thrive.

CANADA, August 31, 2026 /EINPresswire.com/ -- Older Canadians are adopting digital technology at unprecedented rates, rapidly narrowing the country's longstanding generational digital divide. As essential everyday services transition to digital-first formats across Canada, bringing awareness to this digital gap and educating seniors on how to properly navigate modern tools has become vital for ensuring they can function independently, safely, and confidently in modern society. Driven by an increasing reliance on digital health services, online banking, and staying connected with loved ones, Canadian seniors are moving beyond basic internet browsing to integrate smart technology into their daily lives.

According to data from the Canadian Internet Use Survey by Statistics Canada, 82.6% of Canadians aged 65 and older were internet users, reflecting a notable jump from previous years. The surge is even more dramatic among older demographics: internet usage among Canadians aged 75 and older surged to 72%. Furthermore, smartphone ownership among older adults continues its steady climb—rising from just 13% a decade ago to more than 55%.

Beyond general browsing, Canadian seniors are using technology to manage essential daily tasks:

Online Banking: Nearly 6 in 10 (58%) seniors now conduct banking online.

Digital Health & Services: Over 55% use online government services, and over 40% routinely book appointments digitally.

Communication: Email remains dominant at nearly 75% adoption, while instant messaging platforms and video calling have seen substantial growth.

Research conducted by AGE-WELL and Environics Research reveals a significant shift in attitudes, with 74% of Canadians aged 65 and older reporting feeling confident in their ability to use technology. Additionally, over 80% of older adults agree that technological advancements play a vital role in helping them stay safe, independent, and in their own homes longer.

Insights from the Centre for Aging + Brain Health Innovation (CABHI) show that while core device adoption is near-universal among active older demographics, digital literacy support remains key. Roughly 42% of older adults surveyed indicated they would use technology even more if

provided with proper instruction, underlining the need for age-friendly digital design and community-based education programs.

[Life Assure](#), as a lead provider of [medical alert systems in Canada](#), aims to raise awareness about the growing use of technology for seniors across Canada and the importance of technology education for seniors to close the digital gap. The knowledge of how to operate technology, such as online banking software or [life-saving medical alerts](#), can help seniors thrive in their everyday lives.

As community programs and tech initiatives expand across Canada, stakeholders from public and private sectors continue to work together to improve digital accessibility. Bringing ongoing awareness to the digital divide and prioritizing accessible tech education ensures that no Canadian senior is left behind, empowering older adults with the tools and skills required to fully participate and function in today's increasingly digital nation.

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