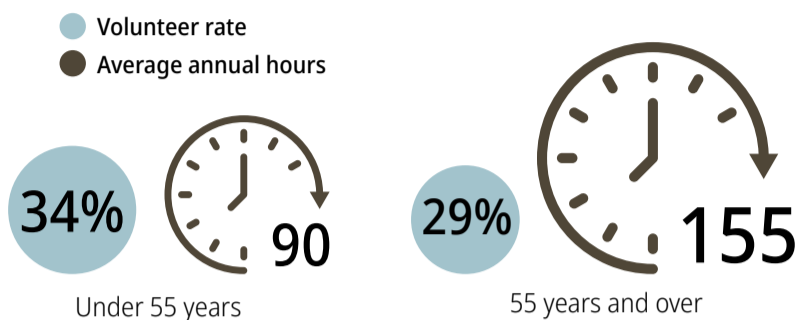


FORMAL VOLUNTEERING BY RETIRED CANADIANS, 2023



Volunteering is an important source of support for various organizations. It can be formal (on behalf of a charity or non-profit organization) or informal (helping people directly or improving the community). This infographic looks at formal volunteering among **Canadians 55 years and over** in 2023.

Canadians aged 55 and over were less likely than younger Canadians to volunteer for a charity or non-profit organization, but those who did gave more hours



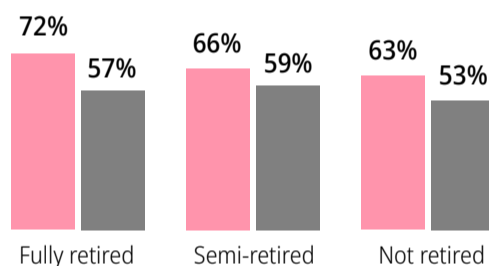
Fully retired¹ Canadians contributed the most volunteering hours



Those who volunteered, especially fully retired Canadians, were more likely to report high life satisfaction²

● Proportion who volunteered
● Proportion who did not volunteer

High life satisfaction⁺



Semi-retired Canadians were most likely to volunteer for a charity or non-profit organization

REASONS FOR VOLUNTEERING

	Fully retired	Semi-retired	Not retired
To improve their well-being or health	61%	57%	50%
To network or meet people	50%	51%	40%
Because their friends volunteer	39%	45%	32%



TOP BARRIERS TO VOLUNTEERING

Barrier	Fully retired	Semi-retired	Not retired
Health problems or physically unable to volunteer	50%	62%	74%
Gave enough time	45%	52%	51%
Unable to make a long-term commitment	43%	42%	41%
Did not have the time			
Unable to make a long-term commitment			
No one asked			

1. Retirement status is based on the self-reported response to the question, "At this time, do you consider yourself completely retired, partly retired or not retired?"

2. Individuals are considered to have high life satisfaction if they selected 8, 9 or 10 on a scale of 0 to 10, where 0 means "very dissatisfied" and 10 means "very satisfied," when asked, "How do you feel about your life as a whole right now?"

Source: Statistics Canada, Survey on Giving, Volunteering and Participating, 2023.

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