

Educational Speakers Series  
**Aging Your Way: Creating an Age-Inclusive  
Canada, Together**

## **Adult Vaccinations: Which ones to get and why?**

March 15, 2021



### **Key Learnings**

**Vaccines are just as important for adults as they are for kids**

- Our immune systems get weaker with age, making vaccines even more important
- Most adults are not up to date with their vaccines, putting them at serious risk
- Staying up to date with your vaccinations is the best way to stay healthy

**Preventable diseases are a serious risk**

- The seasonal flu, shingles and pneumonia are the "Big 3" common preventable illnesses that threaten older people (and we have senior-specific vaccines for all of them!)
- Seniors are at by far the highest risk for hospitalization and death from the "regular" flu
- Older people who end up in the hospital from the flu, shingles or pneumonia often suffer long-term life-altering effects, including cognitive decline, loss of independence and frailty

**You deserve to be healthy**

- Coverage for senior-specific vaccines is inconsistent across the country (Ontario has better than average coverage)
- The vast majority of older people can't get vaccinated due to cost and barriers to access (the vaccines are too hard to find)
- Advocates like CanAge are working hard with the government to improve the lives of you and your loved ones, including making sure you can get the best-in-class vaccines!

### **Next Steps**



**Download your Immunization  
Schedule from Immunize Canada**



**Track your vaccinations digitally  
with the CANImmunize app**

**Find these and other useful tools  
and resources at:**

**[CanAge.ca/AgingYourWay](https://CanAge.ca/AgingYourWay)**

### **About CanAge**

CanAge is Canada's National Seniors' Advocacy organization.

We are a non-partisan non-profit organization that educates, empowers and mobilizes people on the issues that matter most to older Canadians and their caregivers.

We work to advance the rights and well-being of Canadians as we age in order to live vibrant and connected lives.

**Visit our website:** [www.CanAge.ca](http://www.CanAge.ca)

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