

What is poverty?

Poverty is not having what is needed to live. It is a combination of having little money, poor housing, and poor access to basic goods, services, health and well-being. 70% of older adults' incomes are from fixed sources such as pensions and government benefits. This means older adults do not have much flexibility in their budgets for unplanned health expenses.

How does poverty affect health?

Poverty can cause poor health as not having enough money limits an individual's ability to have what is needed to be healthy and the actions that can be taken to prevent, manage or treat illness. Poor health can also cause poverty. An illness can limit the type of work one can do, prevent an individual from working, or create additional or unexpected costs.

To learn more, see the additional resources or infographic related to this topic.

References

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