

Building Inclusive and Supportive Neighbourhoods with and for Racialized Immigrant Older Women

A Community-Based Participatory Study Report

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“I used to walk these stairs everyday, now I cannot”

(Najida, 76 years old, from India)

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02 Executive Summary

The design and accessibility of neighborhoods is central to the health, mobility, and social inclusion of older adults.

Physical environments—such as streets, buildings, and green spaces—along with walkability and transportation, influence the ability of older adults to remain active participants in their communities. Social dimensions of neighborhoods such as safety, social inclusion and social engagement are critical for healthy aging. These factors do not impact all older adults equally in the same way. Racialized immigrant older (RIO) women experience unique challenges and opportunities living in their neighborhoods.

The RIO women who participated in this study were:

- 1. Older women (age ≥ 55 years) who self-identified as immigrants from Arab or South Asian communities*
- 2. Living alone or with their families in the community*
- 3. Residing in an Edmonton neighborhood*

Executive Summary

This report presents the narratives of 53 RIO women and the insights of 19 policy and practice knowledge users from Edmonton.

The three key findings underscore directions for targeted municipal policies:

- RIO women may want to access places beyond their neighborhoods when there is a lack of nearby opportunities to stay connected and active.
- The Edmonton transportation system can be difficult to access and navigate, making it harder for RIO women to get to the places where they can engage with others, leading to loneliness and isolation.
- Discrimination makes it harder for RIO women to access formal and informal social support systems in and beyond their neighborhoods.

03 Recommendations

This report outlines 10 recommendations to enhance age-friendliness for RIO women living in Edmonton.

Finding 1: RIO women may want to access places beyond their neighborhoods when there is a lack of nearby opportunities to stay connected and active.



Collaboration

Encourage collaboration between municipalities, community organizations, and immigrant-led groups to co-develop policies that reflect the priorities of older adults



RIO Women First

Support initiatives led by RIO women themselves, leveraging their lived experiences and desires for culturally relevant programming in their local neighbourhoods



Prioritize Relationship Building to Increase Capacity

Invest in relationship building with local ethnocultural organizations and increase their capacity to create community spaces that cater to the needs of RIO women, by directly consulting with these organizations and with RIO women themselves to learn more about their needs

Recommendations

Finding 2: The Edmonton transportation system can be difficult to access and navigate, making it harder for RIO women to get to the places where they can engage with others, leading to loneliness and isolation.



Spread the Word

Increase capacity and awareness about ride-sharing or community-led transport initiatives

Raise awareness by reaching out to immigrant families, especially adult children, who often help their parents understand information and navigate services. Use word of mouth, social media like WhatsApp groups, and mainstream media to spread the message



Drivers that speak different languages

Improve quality of transportation services by having public transportation and ride-share drivers that speak different languages, and come from diverse ethnocultural communities



Increase transportation reach

Expand the capacity and reach of affordable and accessible public transportation options, that take into the account the mobility and comfort needs of older adults, ensuring access to places of interest (ethnocultural community spaces and grocery stores)

Recommendations

Finding 3: Discrimination makes it harder for RIO women to access formal and informal social support systems in and beyond their neighborhoods.



Invest in bonding and bridging social capital

Provide stable funding and support to create safe, welcoming spaces where immigrant older women can build close connections with people from their own cultural background, as well as meet and interact with others in the wider community. These spaces should allow them to move comfortably between both, in ways that feel right for them.



Education

Increase knowledge about the impact of discrimination, how it occurs, the intersections of discrimination (e.g., religion, race, age, gender), and how to address it across various settings



Belonging

Support immigrant communities to address older immigrants' experiences of ageism and racism and improve their sense of belonging.



Programming and Opportunities to Engage

Provide culturally responsive community programs that reflect how RIO women want to engage in their communities (e.g., group walking programs, health promotion programming in their language, volunteer and work opportunities)

04 Study Design

Community-Based Participatory Research

This report describes the first phase of a 4-year study (October 2022 to October 2026) that uses a **community-based participatory research (CBPR)** to engage with Arab and South Asian RIO women in Edmonton, Alberta. The study aims to understand the factors that encourage or prevent walking outdoors in local neighbourhoods. CBPR is an approach that values community members as equal partners in the research process, recognizing them as experts in issues that affect their lives.

This project follows a cycle of **Observe, Reflect, Plan, and Act**, which means that research and action go hand in hand.



Learning about the Community: **Observe, Reflect**

We invited immigrant women to take part in different activities, like walk-along interviews, photo sharing, and surveys. Trained graduate and undergraduate students who spoke the same languages as the RIO women joined them on walks through the neighborhood routes they usually take at different times of the day or week.

Data Collection	Purpose
Questionnaire	The questionnaire gathered sociodemographic information and assessed perceptions of the neighbourhood. The responses informed the follow-up interviews.
Semi-structured interviews	Interviews encouraged RIO women to share their experiences of living in their neighbourhood. All interviews were audio-recorded, but they could choose to turn off the recorder if they preferred.
Observations	We walked with RIO women to observe both their home and their neighbourhood, focusing on aspects the researcher and the RIO women thought were important.
Photos of neighbourhoods	RIO women identified factors in the neighbourhood that either made walking and socializing easier or harder. Photos representing these factors were taken by the researchers.
Reflexive memos	Researchers kept journals to reflect on their interactions with RIO women and their experiences throughout the data collection process.

Throughout this phase, we analyzed the data in cycles, which helped refine our understanding of how RIO women experienced walking in their neighbourhoods, particularly during **different seasons**. Data collection began in March 2023 and finished in December 2023.

During this time, we identified a need to address gaps in health literacy, particularly regarding health barriers to mobility. In collaboration with MAC Rahma Mosque, we held **health education sessions** to explore how health literacy influences women's well being. You can read the full report by scanning the QR code.

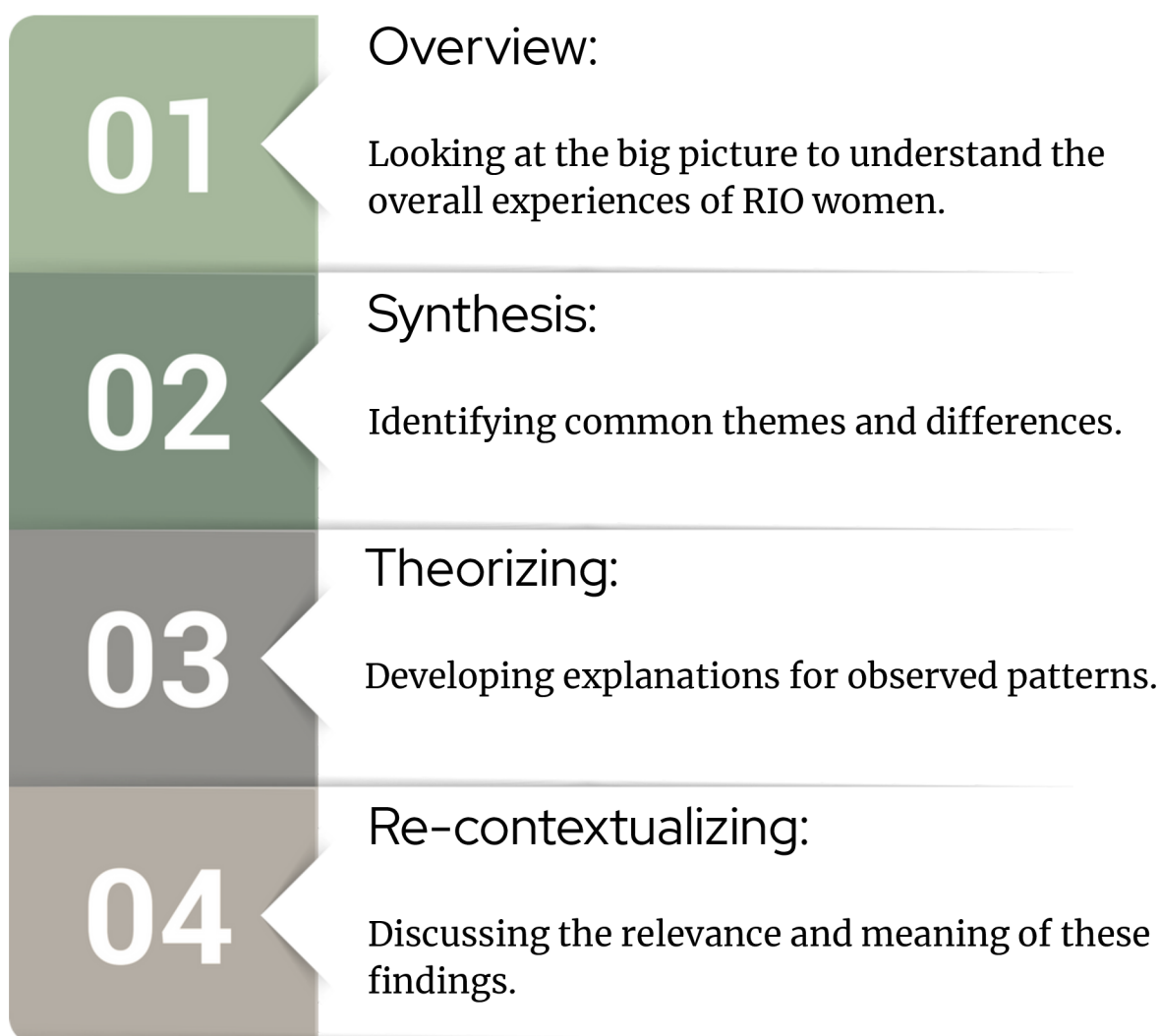


In the fall and winter of 2023, while continuing the interviews with RIO women, we also spoke with **municipal policy and practice knowledge users** to understand how policies affect immigrant older adults in the city. For the purpose of this report, we have mostly focused on the narratives of RIO women.

Data to Action: **Plan, Act**

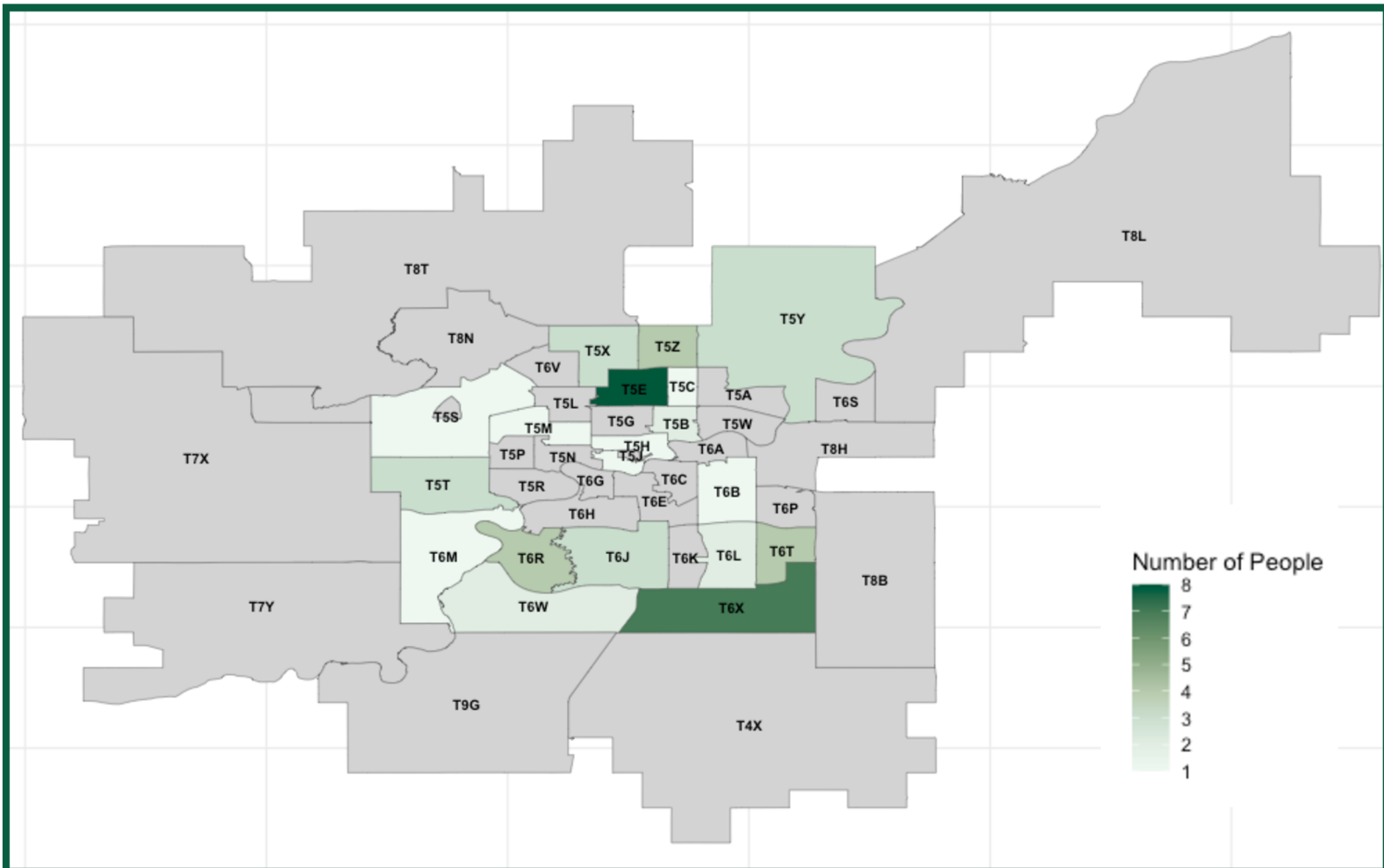
For each RIO woman, the research team analyzed data by reviewing interview transcripts, filling in observational notes, and documenting reflections on the research process. We held weekly team meetings. We used NVivo 12 software for thematic analysis to understand how RIO women perceive their neighborhoods. Themes like Islamophobia, neighborhood relationships, physical activity, and aging perceptions were explored from the data.

We worked as a team (data collectors, investigators, and community champions) to analyze and interpret the data. This involved a four-step process:



05

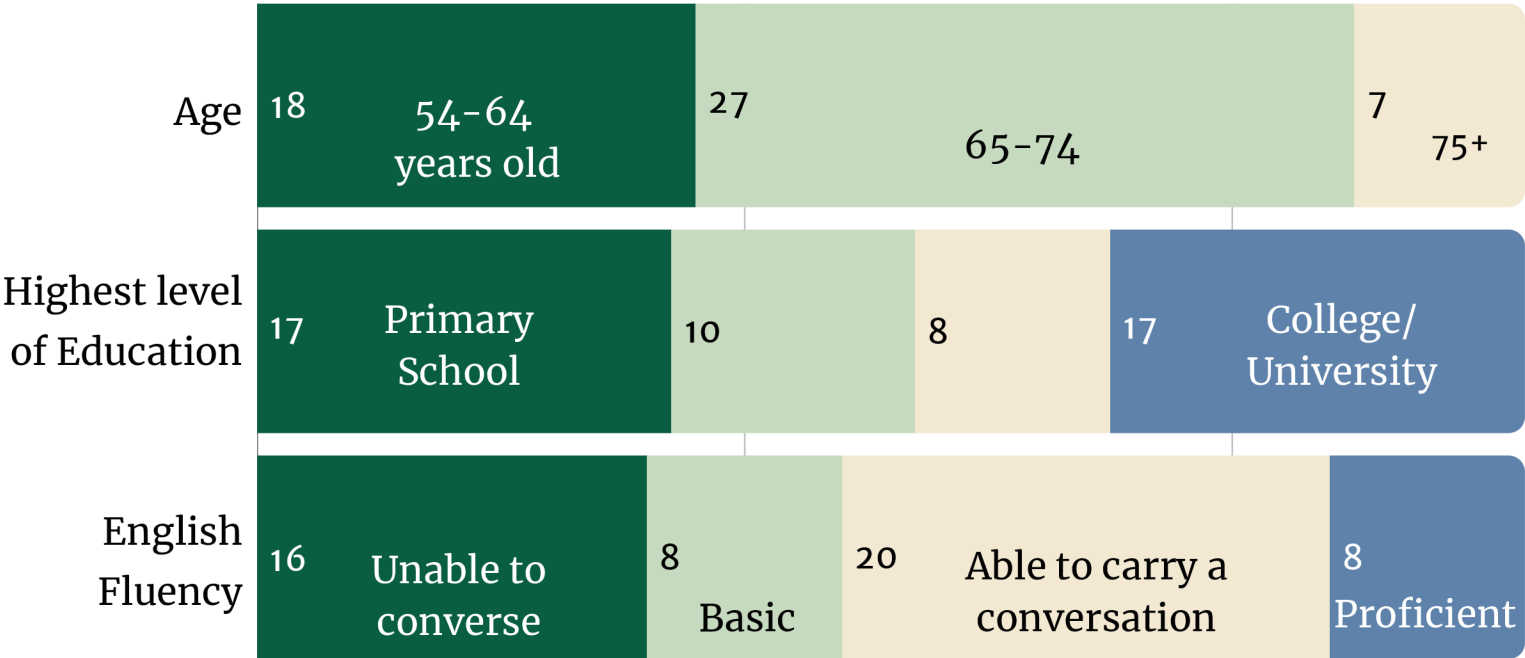
Sociodemographic Profile: RIO Women (n=52)



The map above shows where the RIO women live in different parts of Edmonton. Some live close to places they visit often, while others live farther out on the edges of the city, away from the city center.

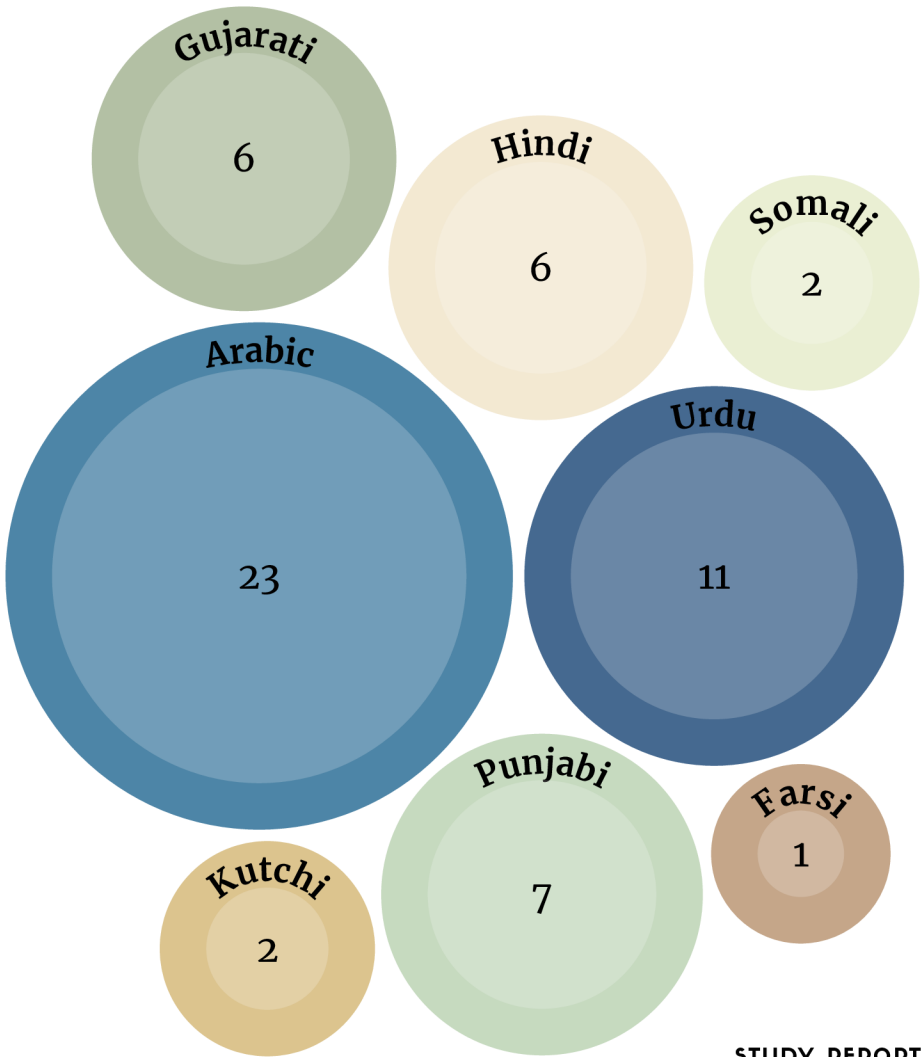
The majority of RIO women who participated in this research study lived with someone (n=41), and had been living in Canada for more than 5 years (n=44).

Sociodemographic Profile: RIO Women (n=52)

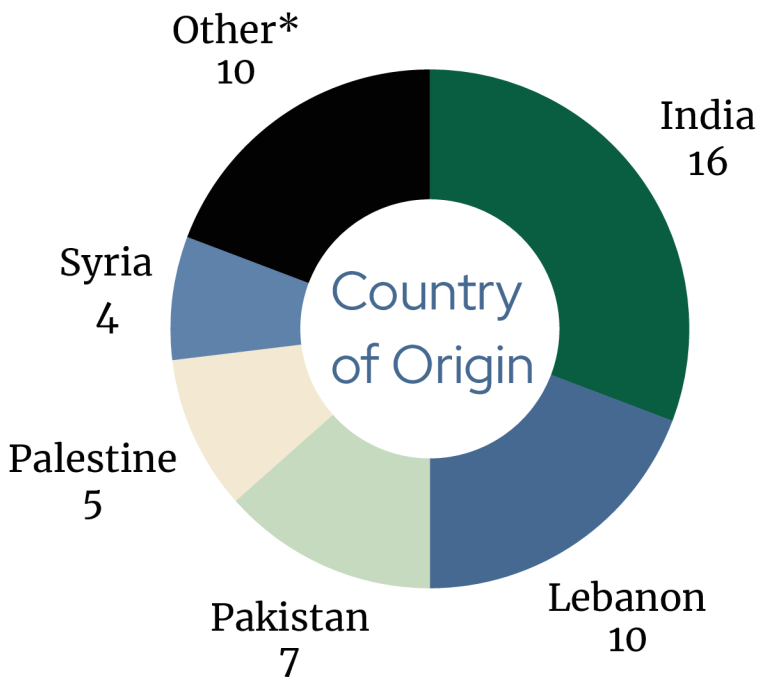


First Language

Many participants spoke more than one first language.

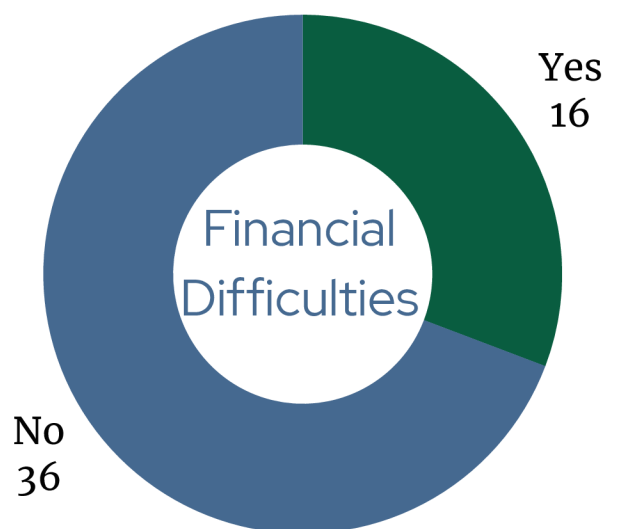
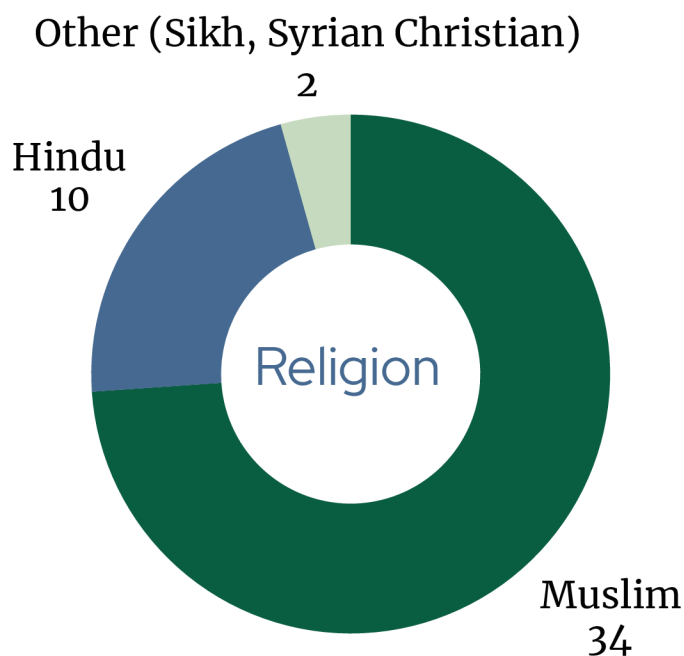


Sociodemographic Profile: RIO Women (n=52)



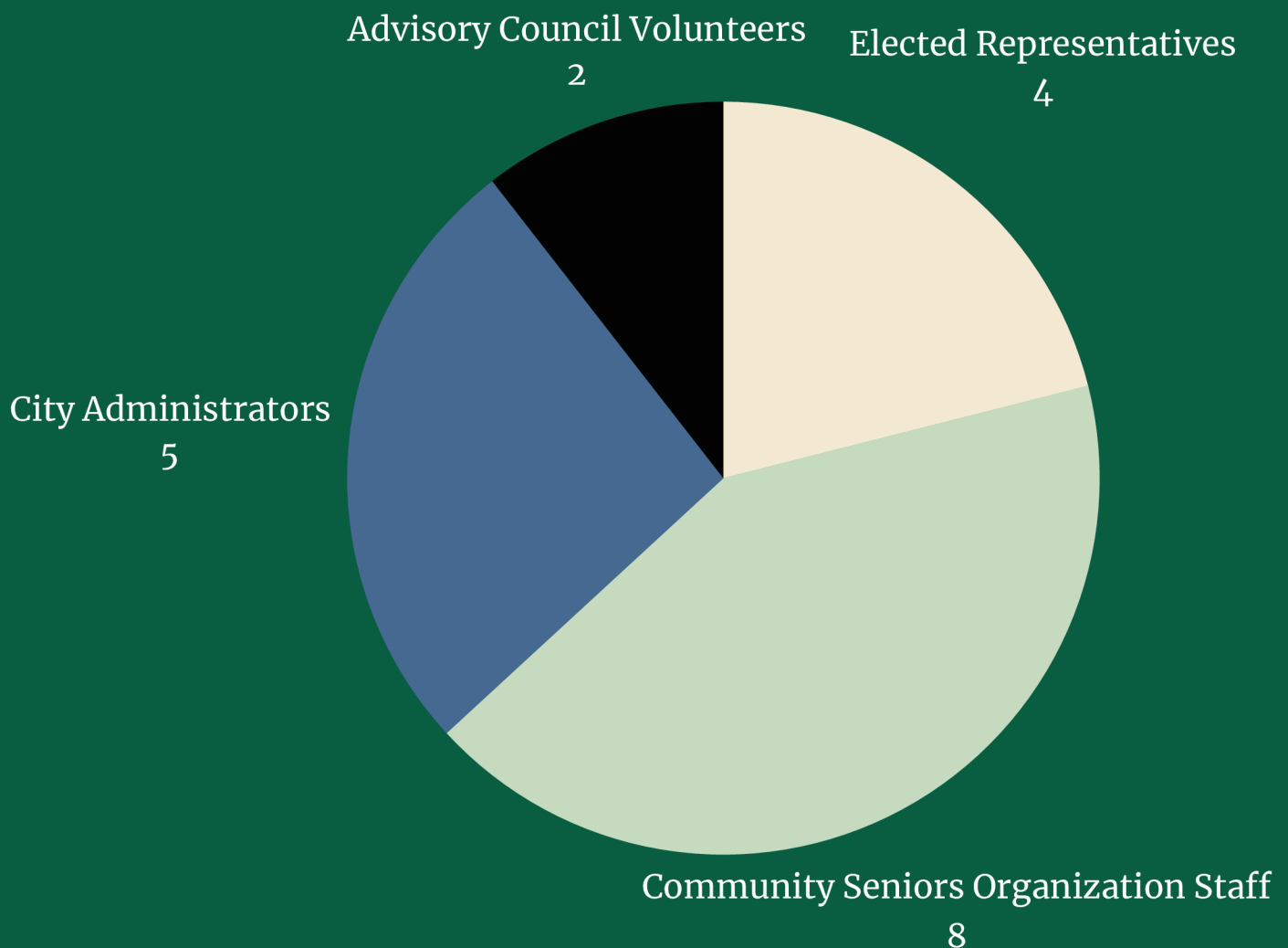
*Other Countries of origin:

- Afghanistan
- Bangladesh
- Egypt
- Iraq
- Kenya
- Somalia
- Sudan



Profile: Policy and Practice Knowledge Users (n=19)

We spoke with a diverse group of people who were familiar with how Edmonton's policies are working to support immigrant older adults.



06 Findings



Community Champions conducting data analysis from the narratives shared by RIO women and policy knowledge users

We share their insights in the next couple of pages.

Challenges and Priorities for Age-Friendly Edmonton Neighbourhoods

Having a purpose to leave the house



Walking to nearby markets and grocery stores

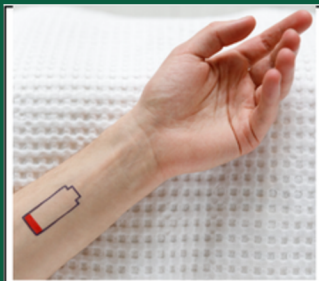
Walking to friends' houses nearby

Finding indoor places to walk (shopping mall)

Community garden

Shaded areas for picnics and tea

Managing disabilities and stigma



Get tired easily; have less energy with age

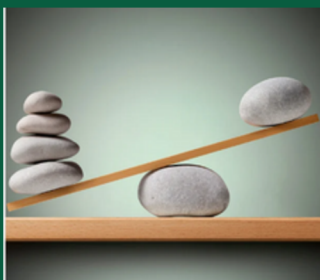


Need to use mobility aids but don't want to look fragile



Walk to maintain health and avoid being reliant on others

Family support



Family support is not always available, seniors are not prioritized



Encouragement from family to be active; feel safe walking with family



Caregiving responsibilities – children, spouse, house; being a woman

Friends and companionship



Need a walking companion



There is nobody my own age to walk with



Seeing people with same ethnic background out in the neighbourhood



Seeing children in the neighbourhood



Groups may prefer indoor socialization over walking

Transportation and access



“In Canada, everything is by car”; Drive to walk elsewhere



Bus stop is a far walking distance from home

Weather and environment



Ice and snow in the winter



Poor air quality



Extreme heat in summer

Amongst these discussions, we noticed three threads that will be expanded on in the next section.

Finding 1

RIO women have fewer places nearby that meet their needs, making it harder for them to move around within their neighborhood.

The places they find important, where they feel connected and comfortable, are often outside their neighborhood and not necessarily meant for older adults.

Local senior centers do not feel welcoming or relevant to them, so they don't usually go there.

Nasira's Story

Nasira is a 58-year-old woman living in Edmonton with her daughter, son in-law, and two grandchildren. She immigrated to Canada from Pakistan five months ago, and the family moved into their current rental house four months ago. Her first language is Punjabi and she is unable to converse in English. She is widowed and has high blood pressure, arthritis, and experiences forgetfulness.

It was early May when we arranged to walk with Nasira in her neighbourhood. She greeted us at the front door, wearing a Shalwar Kameez and a headscarf. She appeared anxious but said she was ready to walk to the nearby park. The sun was out and we could hear birds singing. Otherwise, the neighbourhood made up of mostly single-dwelling homes, was quiet.

As we walked, we noted that Nasira's anxiety seemed to dissipate. Many homes had flowers and trees in their front yards and Nasira expressed that seeing green spaces is a source of relaxation. Back when we talked to her in March, Nasira told us that she doesn't go outside because of the weather, pain in her knees, and because she doesn't know the routes in her neighborhood. The only time she left the house was when her daughter or son-in-law would drive her to a doctor's appointment or to the Mosque.

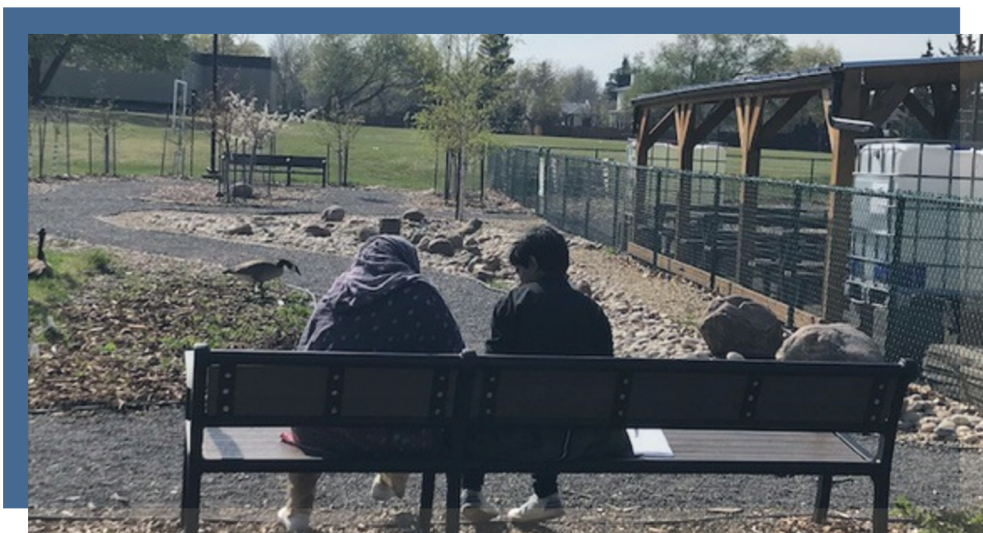
Nasira's Story continued

With the warmer weather, she and her family had been walking outdoors more often. Now, Nasira confidently led the way through her neighbourhood, expressing that she can cross the roads with the cross-signal buttons and navigate the routes. We soon arrived at the community park where children were playing and families were gathered. Nasira loves to sit on one of the many available benches and watch the children play.

Living in a multi-generational home, a large portion of Nasira's life is dedicated to household responsibilities such as cooking, cleaning, and caring for her two grandchildren. These responsibilities keep her active in her daily life but they can also pose a challenge for her. She shared that these responsibilities often make her feel unable to go for daily walks, despite her recognition of the benefits of doing so. Aside from walking and household chores, Nasira likes to stay active by gardening when she can. She showed us the community garden in the park and read the English sign posted in front of it.

The changes in Nasira's walking habits and engagement with her neighbourhood were prominent. However, her social engagement was still limited mostly to her family and home life.

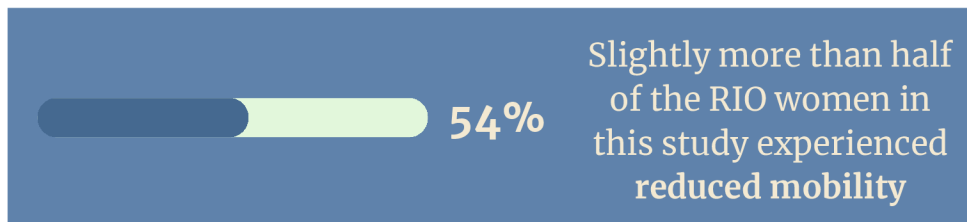
"I mostly feel that I am lonely. (My) children have their own activities and I feel like I am alone. But I am thankful to Allah ... Allah is there to take care of us, he is the only one there for us."



The Community Garden in Nasira's neighbourhood where she likes to sit on a sunny day

What we heard

Reduced mobility in the neighbourhood



Weather and mobility challenges increase older immigrants' sense of isolation in their neighborhoods during cold winter seasons. (Au et al., 2024)

Mainstream stand-alone seniors centers may not be viewed as welcoming spaces

“The seniors' centre so far is still primarily serving seniors that are middle-class, well-to-do, primarily. Even if they're ethnocultural, they speak English, and they're well-to-do. So it's not quite yet designed to support seniors that are equity seeking in a deeper sense... the seniors want to come to the seniors' centre if there was a conduit, someone from their own community, staff, or volunteer who speaks their language, actually doing the brokering. There are other seniors who are not welcoming our seniors. So there is a complex set of dynamics. Most of the senior centres in Edmonton have tried by partnering with an immigrant or ethnocultural organization.”

(Policy Knowledge User 7)

”

The lack of easy access to places of interest increases isolation

As we saw in Nasira's story, there needs to be easy access to be places that RIO women feel motivated to go to. The places they wanted to access, such as multicultural centers or community spaces, were far away and they could not easily access these areas with the transport options available.

Access to safe and walkable green spaces provides older immigrants with opportunities to socialize in their neighborhoods. (Au et al., 2024)

“Everyone is busy here. Older people should go out and enjoy themselves. We need community centers, but the ones like Shama Centre are far away. I can't go alone; someone needs to take me there.”

(Yasmin, 69 years old, Pakistani)

These spaces exist and are distributed unequally across the city and that there is a mismatch between where seniors live and the location of their ethnocultural community services.

Importance of nearby spaces with cultural and/or religious familiarity

Some RIO women discussed the importance of access to the mosque and ethnocultural centers, which may not be predominantly senior-focused, but the language, cultural and religious familiarity was what mattered.

“Sometimes I think of moving but then I think I do not want to be far from the mosque. Even though I am in physical pain walking to the mosque is only three to four minutes and this is better than moving elsewhere and having to take a bus or the weather conditions being horrible to walk in.”
(Fatima, 71 years old, Arab)

Policy and practice knowledge users discussed the lack of policy and funding priority to adapt spaces to suit the needs of IROAs.

“Many of the seniors don’t go to seniors’ centres that we have set up, like the mainstream ones. They go to their gurdwara. They go to their temple of worship, because that’s where their community is, and they need easy ways of getting there.”
(Policy Knowledge User 17)

Immigrant older women value close family ties and often play important roles in their families via caregiving and taking on household responsibilities. This can limit the time women have to engage in neighborhood activities such as outdoor walking. (Au et al., 2024)

Neighbourhood and life satisfaction tied to employment and volunteerism

RIO women who expressed greater satisfaction within their neighbourhoods often mentioned involvement in paid employment or volunteer work. Older adults may seek to continue working not only for financial stability but also to reduce perceived burdens on family members. However, finding meaningful employment opportunities can prove even more difficult for older immigrants with limited English proficiency and education.

Lata, a 73-year-old Indian woman who recently immigrated to Canada and lives with her family, explained that though her family is financially stable, she repeatedly expressed the desire to work, highlighting that her motivation to seek employment extends beyond financial need. She shared:

“You go to work somewhere, you feel nice, make some money and be happy. When you’re at home, you have pain everywhere, but when you go to work, you forget about pain, and you feel engaged and happy. The more you are free, the more you think crazy things.”

In addition to paid employment, RIO women also reported non-financial benefits of volunteering, including improved mental health, opportunities for socialization, and acquisition of new skills. Sara, a 70-year-old RIO woman from Palestine emphasized that connections with her ethnocultural community through volunteering brought her fulfillment:

“My real neighbourhood is my family at home and my friends in my mosque. Because I am a volunteer there and also very active in seniors’ classes and seniors’ functions.”

Finding 2

RIO women depend on different types of transportation, but they most often need help from family.

In a car-dependent city like Edmonton, this support isn't just about finding a ride—it also includes helping them find their way, sharing important information, and providing a sense of comfort.

Not all RIO women have family members who can help, making it more difficult to move around due to limited public transportation options.

Jasmeet's Story

Jasmeet, a 68-year-old immigrant from Pakistan, had arrived in Canada in 2009. After 13 years in a small Saskatchewan town, where she and her husband had enjoyed a happy life, health challenges and a lack of local medical facilities had prompted their move to Edmonton in 2022. However, their life in Edmonton had felt more isolated, mostly confined to a rented one-bedroom apartment, and Jasmeet has mostly experienced life through her bedroom window.

“I don't like to go outside ... (but) I love to see outside from the window. I see the people moving and cars”

Jasmeet's lack of confidence in her English intensified her fear of falling and this limited her outdoor activities in her neighborhood despite the presence of a park and multiple amenities nearby her building.

“If I fell, who would pick me up? ... I don't know English and I don't know the routes so I am afraid.”

Jasmeet had depended on Edmonton's Dedicated Accessible Transit Service (DATS) for grocery shopping, doctor appointments, and occasional visits to Southgate mall for indoor walks. Jasmeet was determined to overcome fears by embarking on a short walk with us. Jasmeet struggled to open the heavy door of her building while using her walker, she was also focused on navigating cracked sidewalks more than her surroundings.

Jasmeet's Story continued

When asked what she found enjoyment in, Jasmeet lit up about studying English. She uses DATS to go to English classes once a week at a local ethnocultural community hub for seniors.

“I like meeting other women while learning and feeling good with seniors. At the centre, 80 to 90 year-old women are also learning.”

Jasmeet's isolation is exacerbated by the absence of close family in Edmonton. Her fear of falling prevented her from attending local community events like Eid festivals.

“I am used to feeling lonely. That's ok; we have made up our minds that we have to live in this kind of environment ... I'm not too fond of anything in this world. Nothing attracts us. (We) just take medication and sit.”



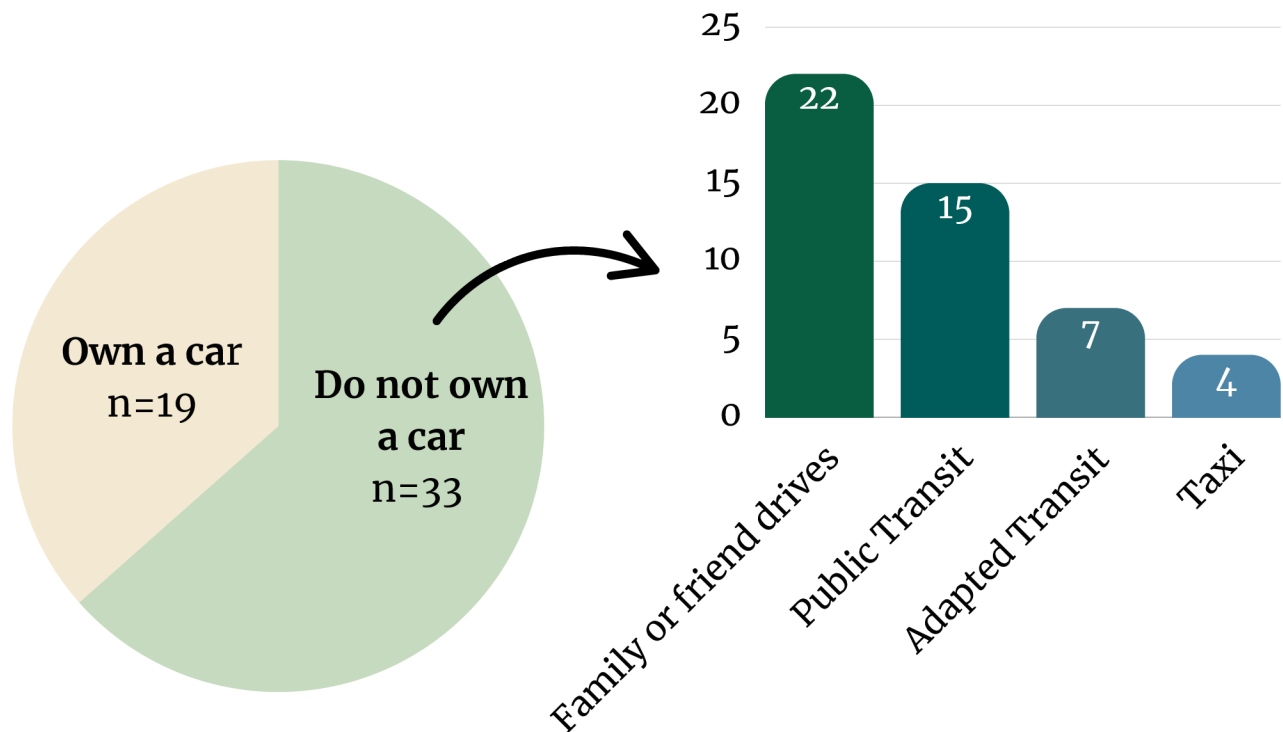
A Daily Routine: Watching from the Window

After spending 30 minutes outdoors, we returned to her apartment. Arthritis pain had bothered her, and caused her to move slowly into the elevator and back to her apartment, where the familiar view from her window awaited.

A senior-friendly city for Jasmeet meant having ample socialization and opportunities to expand her English learning. She would also have safe, enjoyable walking areas near her home that she could access with the use of her mobility aid and without the fear of falling.

What we heard

Reliance on family members for transportation support



RIO women often resorted to a multitude of transportation options that included public transportation or having a ride from a trusted person. RIO women who were not comfortable with using public transportation relied on their family members. Therefore, particularly in multi-generational households, family members were situated as transportation and navigational mediators for RIO women.

“If she needs to go somewhere, her daughter assists her. She fears taking a taxi because she doesn't like going out with a stranger and feels scared.”

(Interpreter for Rima, 64 years old from Syria)

Older immigrants often report that discrimination based on language, race and disability restricts their access to and use of public transportation. (Au et al., 2024)

Older immigrants are happier in their neighborhoods when they are on friendly terms with their neighbors, trust their neighbors, and have at least some neighbors that speak their language and share their cultural background.
(Au et al., 2024)

Policy and practice knowledge users understood how important family support was to RIO women.

“Many of our community members come from countries that are very dense. They don’t drive. They take public transportation. They bike. They walk everywhere. They can get lots of amenities just nearby. And currently, our city is not set up for that. If you’re a senior, you’re relying on your children to drive you everywhere. You’re relying on a very unreliable bus service. Then this actually further contributes to loneliness because they’re less able to get to the places they want, and be connected to their community.”
(Policy Knowledge User 17)

Transportation challenges without family support

Some RIO women struggle with transportation, especially if their children are grown or they are widowed. As their family networks change, they may become more isolated. In the absence of family, support from the community is essential.

“I begged [community organization] to make trips for seniors outside when the weather was nice because even if seniors have children they are usually too busy. For example, my daughter has a car and it only fits her and her friends. There is no space for me. And I know many people that are in a similar situation. I know no Canadian neighbour in my area...When I lived on the North side, I lived in a basement and that was worse. I moved here to live in my own apartment because it was more affordable and it is close to my daughter. But I didn't benefit from it because I don't see my daughter sometimes for two to three months. She is busy working and has kids.
(Lina, 62 years old, from Syria)

Multigenerational living can be common in immigrant families. Older immigrants might choose to reside in neighborhoods where their families live, even if the neighborhood lacks amenities for healthy aging.
(Au et al., 2024)

Physical health impacted mobility

Even in walkable neighbourhoods, many RIO women still need transportation support because walking isn't always an option. Many experience pain and chronic conditions like arthritis, which make it harder to move around outdoors.

Many older immigrants have a hard time getting the healthcare they need. And because they often think pain is just part of aging, they might not ask for help or seek treatment.

Varied utilization of dedicated transportation systems

Both policy experts and RIO women talked about how difficult it can be to find reliable public transit. Some experts said there isn't enough accessible or flexible transportation available when it's needed. The women had mixed experiences with the bus—some said it helped them stay connected to their community, while others found the bus stop too far away or hard to get to.

“I heard the government here gives free bus service to seniors, and they pick and drop them off. We used to hear there are so many things here for seniors, but when we came here, we did not see anything for us”

(Lata, 73 years old, from India)

Some RIO women did not have sufficient information about their transportation options. They stayed home and were socially isolated.



Finding 3

RIO women often face discrimination, both obvious and subtle, such as experiencing or hearing about Islamophobia. This affects their sense of safety and belonging.

For some, it creates fear and isolation, making them less likely to leave their homes or visit certain places in their neighborhoods.

Finding ways to stay safe and reducing barriers that make them feel excluded are important priorities.

Muna's Story

"Hi! How are you? Where have you been? It's been so long since I've seen you!" Muna greets a neighbor warmly as they pass through the lobby of her apartment building. She has lived here for the past four years, and the space feels familiar and welcoming.

At 67, Muna is a Muslim woman who came to Canada 40 years ago. **"I arrived in Edmonton as a bride," she says with a smile. I've lived here longer, can you believe it?"** Her deep connection to the city, especially the Southside, is clear. **"I love this neighborhood because I've been here for so long. It's familiar, and that makes me feel comfortable."**

Muna spends most of her time at home, caring for her husband. She does all the grocery shopping and errands on her own. **"It's hard to find the motivation to go out for walks because I'm busy looking after my husband, and I get tired,"** she explains.

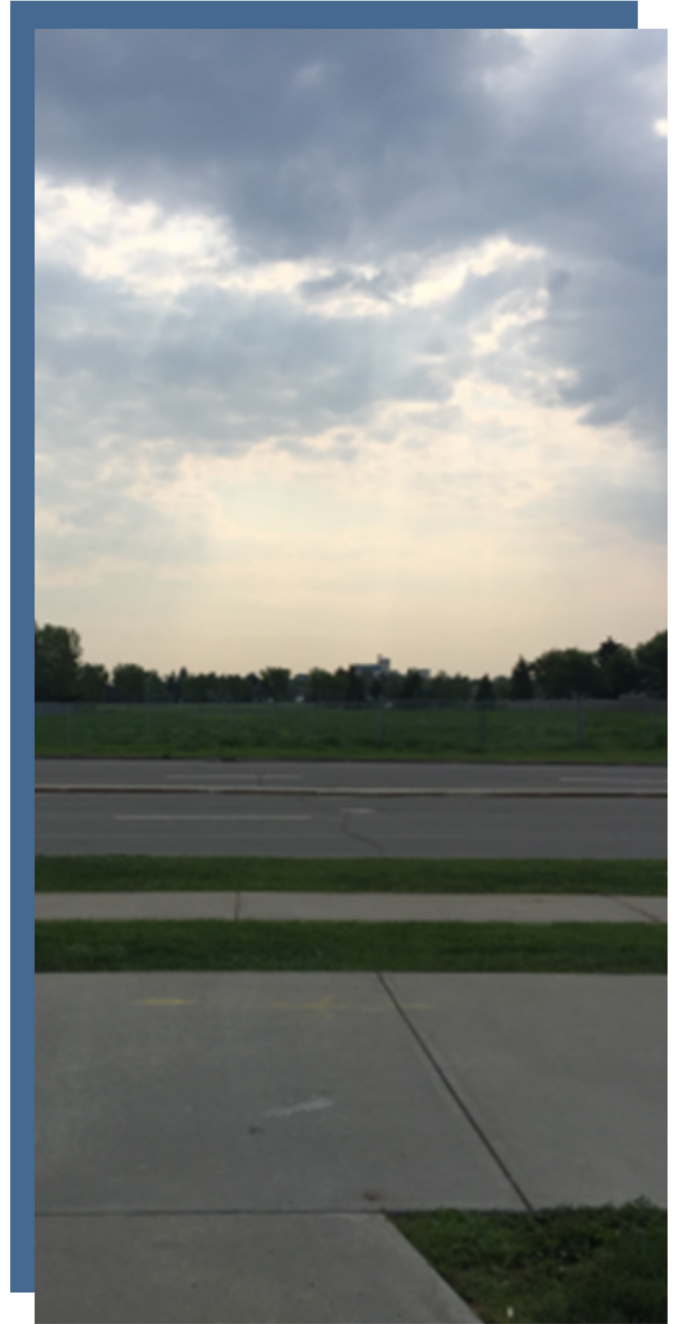
Still, she makes an effort when she can. **"Sometimes I tell myself, 'No, I have to go to Safeway. I'll walk there, I won't take the car.'"** But not every day is easy. When it gets really hot, **I just can't. I get too tired,"** she admits. On those days, she drives instead. Her health also makes walking difficult.

Muna's Story continued

Despite these challenges, Muna finds joy in simple things. From her bedroom window, she loves watching the dog park across the street. She smiles as she sees the dogs chasing their owners, running back and forth.

When asked how she feels about reports of Muslim women being attacked, Muna's face changes. She recalls a series of Islamophobic incidents that happened at a local mall. **"Of course, I feel afraid,"** she says. **"I don't want to go there. My daughters always tell me, 'Be careful.'"**

Since the pandemic, Muna has stopped using public transportation. But the LRT (light rail transit) is what she fears the most. **"Even if you forced me, I wouldn't take it. I'm too scared."** She has heard stories of Muslim women being harassed and attacked on the train. **"On the bus, you might feel a little afraid, but nothing like the LRT."**



Despite everything she hears on the news and from family, Muna refuses to let fear control her life. She still goes for walks in her neighborhood, taking precautions to stay safe. **"I know this area. I know where I can walk safely."** She avoids certain streets and never goes out alone at night. **"I only walk during the day,"** she explains. More than anything, Muna draws strength from her faith. She believes that while she takes steps to protect herself, ultimately, her safety is in God's hands.

What we heard

Hearing, seeing, and experiencing Islamophobia

“We don’t go out much... that’s why we hear more than we see.”

“The stories we hear, they put fear in the heart.”

(Aisha and Haneen, Arab women, aged 71 and unknown)

Older Muslim women have a greater tendency to hear about Islamophobia than they do experience it firsthand. This is reflected in “Muna’s Story”, where she discusses the Islamophobic incidents she has heard about, as opposed to disclosing her own encounters of Islamophobia.

Racism and discrimination persists

While RIO women spoke of their experiences in public spaces, policy and practice knowledge users recognized the need to invest in dedicated community spaces that were safe and accommodating for diverse older adults.

“[Mainstream] seniors centres are not very welcoming places for many ethnocultural communities. We do not want them to go there to face racism and discrimination at this age when they are 80 because they have language barriers, cultural barriers. Definitely there is a need for that welcoming space for newcomer seniors plus program funding.”

(Policy Knowledge User 5)

In 2024, 47% of Edmontonians have personally experienced OR witnessed someone else experience discrimination or racism within Edmonton.
(City of Edmonton, 2025)

Decreased motivation to walk

Some of the RIO women expressed decreased motivation to walk as a result of feeling unsafe. The fear of walking outside while wearing a hijab was a common concern among RIO Muslim women. Priya, a 76-year-old Gujarati woman expressed similar sentiments to her Muslim peers:

“A few of my female friends told me not to come to the bus stop after 8 pm because of robbery and snatching in that area.”

07 Next Steps:

The STRONG Program

Seniors Thriving, Reaching Out and Growing Program is an 8-week wellness community-based program co-designed with RIO women to enhance (1) health literacy, (2) physical activity (including fall reduction), and (3) social connectedness.



01

Health Literacy

Working with health specialists, our team of nurses developed teaching material for 8 health topics that were delivered online on Zoom once a week.



02

Physical Activity

Our physiotherapy team developed and hosted once per week in-person exercises that focused on flexibility, balance and strength.



03

Social Connectedness

Following our exercise sessions and throughout the program, participants could meet other RIO women and develop relationships.



04

Empowerment

Through all aspects of the program, we aimed to create dedicated time and space for RIO women to prioritize their health.

Conclusion

This report outlined key findings and the recipe for community action by centering the voices of RIO women. We saw a diversity of experiences, needs, and recommendations.



Opportunity to Connect

RIO women may want to access places beyond their neighborhoods when there is a lack of opportunities to stay connected and active.



Transportation Needs

The Edmonton transportation system can be difficult to access and navigate, making it harder for RIO women to get to the places where they can engage with others, leading to loneliness and isolation.



Discrimination and Exclusion

Discrimination makes it harder for RIO women to access formal and informal social support systems.

“I have all these problems, and I love my home, I love to be close to the mosque... all these problems, I’m not leaving!”

(Khadija, 66 years old)

With every plan we make, we must invite ourselves to think about how it affects RIO women who want to be engaged in their communities.

08 References

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