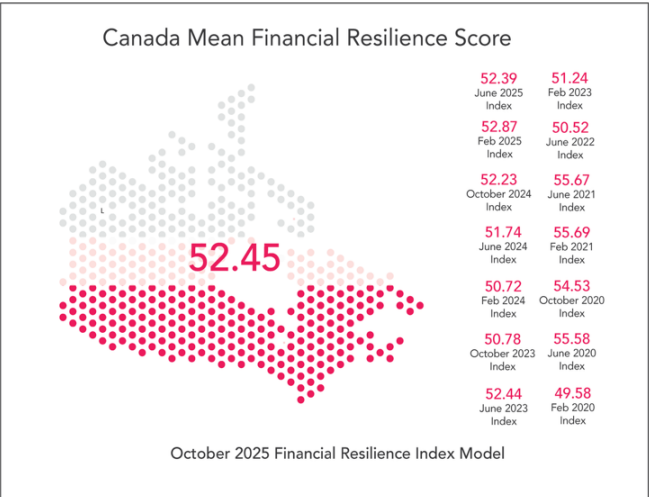


Canada Mean Financial Resilience Score of 52.45 Highlights Household Financial Vulnerability is Widespread

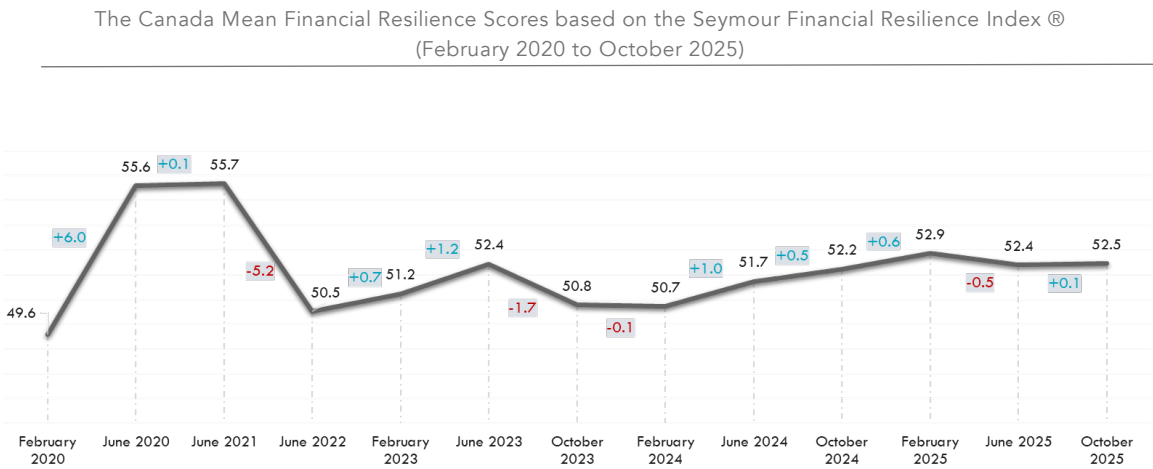
Report Authors: Eloise Duncan, Patrice Mirindi, Kujtim Koci

Financial Resilience Institute marks a significant milestone with its October 2025 Household Financial Resilience Index Release: the Institute’s 15th Index release measuring household financial resilience in Canada. As the leading independent authority on financial resilience and financial well-being in Canada, the Institute's peer-reviewed Seymour Financial Resilience Index ® complements the Institute's national Financial Well-Being Studies Instrument (2017-2025), conducted three times a year with 5000 primary and joint financial decision makers.



Financial Resilience is defined and measured as **a households' ability to withstand financial hardship, stressors, and shocks as a result of unplanned life events**. This is measured across nine behavioural, sentiment and resilience indicators at the national, provincial, segment and individual household levels. As of October 2025, the nine Index indicators account for 66% of the variance in the financial resilience construct, with the Index being a consistently strong model.

The Canada Mean Financial Resilience Score as of October 2025 is **52.45**, with this The Canada Mean Financial Resilience Score similar to June 2025 (52.39) and October 2024 (52.23).



The October 2025 Canada Mean Financial Resilience Score rose 2.9 Index points from the February 2020 pre-pandemic baseline (49.58) but remains 3.2 Index points below the pandemic peaks of June 2020 (55.60) and June 2021 (55.67). Canadians are now more financially vulnerable than during the pandemic, when government relief and changes in financial behaviour boosted resilience. Currently, three-quarters of households—about 18 million people—experience some level of financial vulnerability across all income groups. Additionally, 75% of households want to better understand

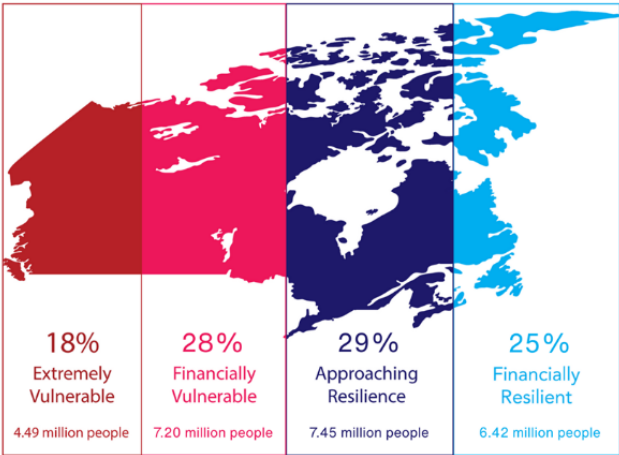


and improve their financial resilience, prompting the Institute to launch a [free individual financial resilience score tool](#) with access to independent articles and resources.

Household financial resilience varies by province. In Saskatchewan, the Mean Provincial Financial Resilience Score declined to 52.2 in October 2025, 3.8 Index points lower than a year earlier. Financial resilience scores also differ among tier-one bank customers, as well as the extent to which bank customers rate their primary Financial Institution for helping to improve their financial wellness over the past year with associated business, customer and financial benefits.

The Household Financial Vulnerability Landscape

Proportion of Households Distributed Across the Financial Resilience Segments (October 2025)



The October 2025 Index reveals that 25% of Canadian households are 'Financially Resilient' (score 70.01-100), down from 31% in June 2021. While 36% of households have negative or zero savings rate as of October 2025, unchanged from a year ago, 57% of households report they have drawn down on their savings to pay for their essential expenses. Affordability and cost-of-living challenges continue to be a key challenge for many, with 81% reporting the increase in the cost of living has outpaced any household income growth in the past year as of October 2025. Just over half (52%) of households have a liquid savings buffer of 3 months or more as of October 2025, down from 64% in June 2017.

The Index spotlights increased challenges and inequities for more financially vulnerable populations, with 67% of 'Extremely Vulnerable' households (representing 18% of the population) unable to meet their essential expenses (shelter, food, utilities and transport) compared to just 2% of 'Financially Resilient' households and 22% of Canadians overall as of October 2025. 94% of 'Extremely Vulnerable' households are stressed their household will not have sufficient savings for retirement, with this the case for 29% of even 'Financially Resilient' households. This underscores opportunities for more targeted policy interventions, programs and supports that prioritize the financial health and financial resilience of Canadians of 'middle' class working Canadians and those facing barriers, as a foundation for longer-term improved resilience and well-being.

As highlighted in our [joint report with Statistics Canada](#) and many other [published reports](#), financially vulnerable households experience lower levels of financial well-being and overall well-being across every well-being dimension, from mental and physical health to work satisfaction and community connectedness. This is the social impact case for policymakers to focus on financial health and resilience as a strategic priority. As of October 2025, 44% of Canadians reported that financial stress makes them physically unwell and 43% reported that this negatively impacts their productivity and engagement at work, with the financial stress tracked by the Institute since 2017.

Changes in Financial Resilience Index Model Indicators (October 2025 versus June 2021)

As of October 2025, three key Index indicators have deteriorated since June 2021: the debt management composite indicator, level of stress over current and future financial obligations indicator, and the change in my household's financial situation over the past year indicator. Together, they show growing challenges for Canadians in managing their debt and financial obligations and saving amid high living costs. Households also face financial stressors as they navigate planned and unplanned life events and challenges amid an uncertain economy.



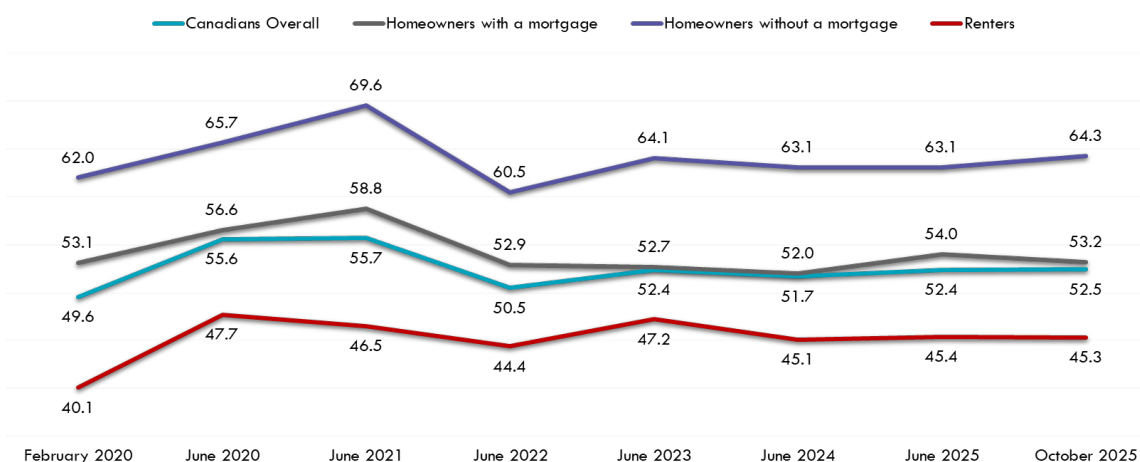
Evidence of a Narrowing Financial Resilience Gender Gap

The financial resilience gap between women and men has narrowed from 12% in February 2020—when women’s mean financial resilience score was 46.7—to 5% in October 2025, with mean financial resilience scores of 51.3 for women and 54.0 for men. That said, intersectional analytics highlights increased financial vulnerability for women facing more than one barrier, for example women that are single parent households living with low incomes and struggling with their debt.

Renters More Financially Vulnerable, Variable-Rate Mortgage Holders More Financially Resilient

As of October 2025, renters have a mean financial resilience score of 45.3—about 8 Index points lower than homeowners with a mortgage and 19 Index points lower than mortgage-free owners. This marks a decline from 47.2 in June 2023, despite the Canada Mean Financial Resilience Score remaining stable over this period. The findings highlight the need for targeted interventions, such as through the National Housing Strategy, to support more financially vulnerable renters unable to build wealth through real estate. Meanwhile, variable-rate mortgage holders have seen improved household financial resilience over the past two years as interest rates have fallen, with more data and insights in our recently published [Intelligence Memo published with C.D. Howe Institute](#).

Mean Financial Resilience Score of Homeowners with and Without a Mortgage Compared to Renters and Canadians Overall Based on the Financial Resilience Index Model (February 2020 to October 2025)

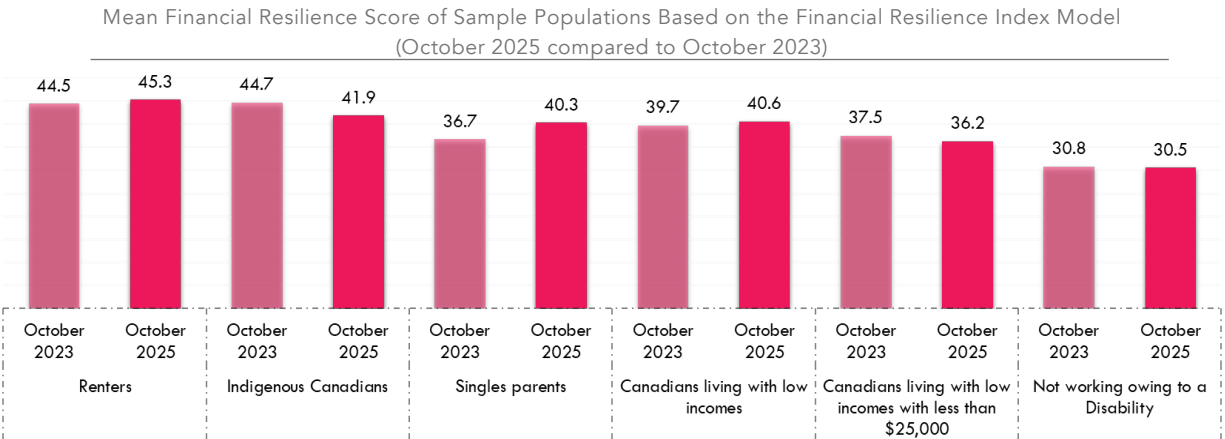


The National Housing Strategy needs to lever household financial resilience data at the national and provincial level for a more nuanced lens on key trends and potential challenges facing key populations for whom policies are designed. Longitudinal impact measurement enables tracking on the positive impact of certain policies or programs on improved household financial resilience outcomes for populations like renters over time, enabling more targeted, timely policy investments and decision-making.



Tracking Financial Resilience Across More Vulnerable Populations

The financial resilience of key vulnerable populations is tracked regularly by the Institute to inform policy and targeted interventions. Between October 2023 and October 2025, the mean financial resilience score for single parents increased significantly from 36.7 to 40.3, while renters, Indigenous Canadians and those not working due to disability show continued financial vulnerability. Notably, Canadians living with low incomes of less than \$25,000 are more financially vulnerable as of October 2025 than they were two years ago, with challenges as a result of the high cost of living, highlighting the need for more targeted support from policymakers.



The October 2025 Household Financial Resilience Index Model highlights a delta of 8.6 Index points between the mean financial resilience score of high-income Canadians (with a household income of \$150,000 or more before taxes or deductions) and middle-income Canadians (with a household income of \$75,000 - \$149,999 before taxes or deductions) as of October 2025. Concerningly, there is a delta of 24.9 Index points between higher income Canadians and low-income Canadians as of October 2025, with evidence of more targeted fiscal, monetary and social policies being required to help lift up middle class and working households, as well as those that are more financially vulnerable.

Intersectional Index analytics highlights increased financial vulnerability for those facing more than one barrier, or lacking social capital, with this one of the unique Index indicators. Longitudinal research and Index analytics conducted by the Institute since 2020 validates that financial resilience mobility is real, with households able to move up a financial resilience segment within just three or four months as a result of adjusting their consumer behaviours or accessing relevant financial help or support. Similarly, households may slip back and need more support from financial institutions and policymakers.

Cross-sector collaboration between financial institutions, policymakers, employers, and others can help create pathways towards affordable housing, inclusive finance, economic mobility, financial and overall resilience. Disaggregated index tracking can support the development of more targeted interventions, while helping to address challenging housing affordability and financial vulnerability gaps facing renters and others in need of targeted support.

Our recent report [‘Financial Inclusion and Access to Financial Help as a Pathway to Financial Resilience’](#) (November 2025) proves a clear correlation between specific types of financial help and improved financial resilience outcomes for Canadians overall and more financially vulnerable populations. Usage of payday loans correlate clearly to increased household financial vulnerability and help in managing one’s debt correlates with improved financial resilience, with the Institute’s data supporting consumer protection and advocacy efforts for Canadians.



Emerging Implications in Context of the 2025 Federal Budget

While our October 2020 Index Release still serves as a valuable pre-COVID-19 baseline, this Index release provides a new baseline. The October 2025 Index Release arrives at a critical moment as the Federal Government of Canada has recently released and passed the 2025 Canadian Budget, amid economic uncertainty. [The Carney Government's Budget emphasizes investment in infrastructure, defense and affordability measures while maintaining fiscal anchors](#). Our measurement of the financial resilience of Canadians is a key metric that can be used to understand not only the current scenario but how the proposed changes will impact Canadians at the household level in coming years and as a result of policy interventions.

RBC Economics notes that while the budget includes significant investments in infrastructure, defense, and housing, execution risks remain high, and immediate relief for families is uncertain. Modest measures—like middle-class tax cuts, GST removal for first-time homebuyers, and expanded school food support—may help but are unlikely to fully address the cost-of-living, financial vulnerability, and housing affordability challenges. Index data continues to highlight opportunities for policymakers and others to understand and help maintain or improve the financial health and financial resilience of Canadians in our economy.

Example Policy Considerations for Building Financial Resilience

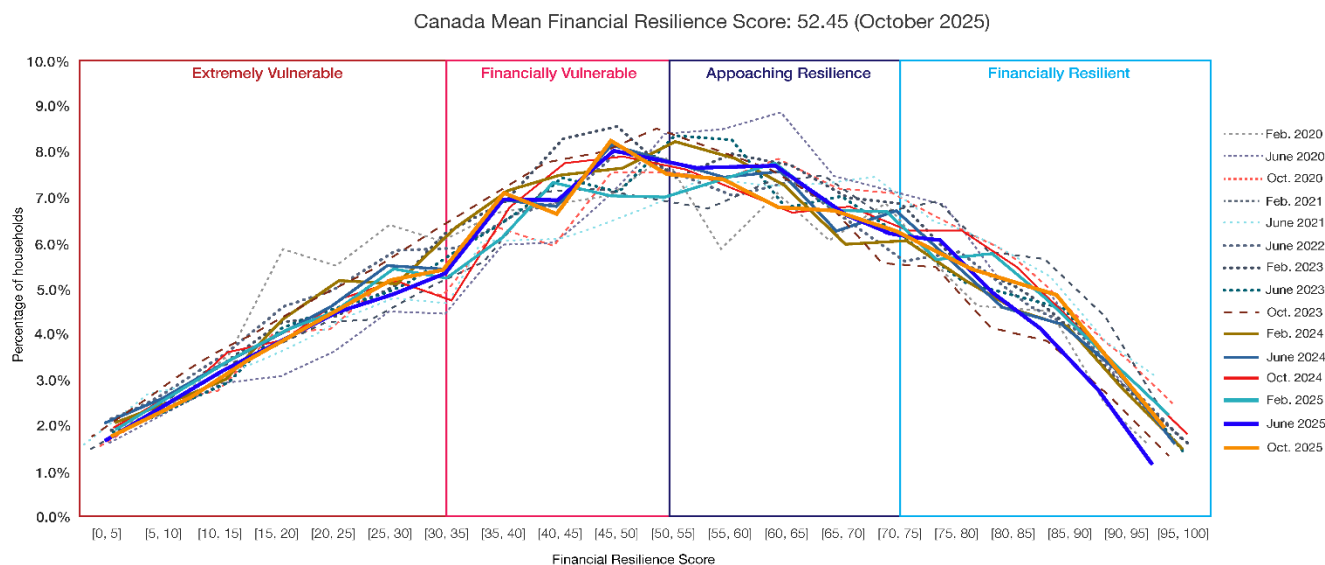
The Institute provides independent data and analytics to support evidence-based policymaking without making specific recommendations. Based on Index insights, key policy opportunities include:

- Strengthening the financial and overall resilience of middle-class and working Canadians through targeted fiscal, monetary, and social policies.
- Building a more resilient, productive workforce by engaging employers and financial institutions to support employees, customers, and communities.
- Designing and implementing targeted social policies for financially vulnerable households and tracking their impact on financial resilience, health, well-being, and equity over time, plus associated social financial and economic benefits;
- Advancing economic inclusion and SME resilience through tailored policies and business support.
- Expanding financial inclusion, consumer protection, and access to financial guidance for key populations.
- Providing tools that help households save, plan, and adopt healthy financial behaviours.
- Continuing to invest in the financial and economic resilience of women, single parents, and other vulnerable groups through upskilling and empowerment initiatives.
- Supporting household financial and overall resilience in response to climate change and extreme weather events, as well as other macro-economic shocks.



About the Household Financial Resilience Index (Seymour Financial Resilience Index ®)

The Seymour Financial Resilience Index ® is a [proprietary regression model developed by the our organization](#) over more than five years based on iterative analysis of over 35 potential indicators. The Index measures household financial resilience across nine behavioral, sentiment, and resilience indicators at national, provincial, and individual household levels. As of October 2025, the nine indicators account for 66% of the variance in the financial resilience construct. All indicators are significant at a 95% confidence interval, with p-values less than 0.05.



The Index is complemented by the Financial Well-Being Studies instrument, a comprehensive survey conducted three times per year with a representative sample of the population by household income, age, province and gender. The October 2025 Financial Well-Being Study is based on a sample size of 5814 households with 5002 scored through the Financial Resilience Index Model, representing a margin of error of $\pm 1.39\%$ at a 95% confidence interval across all provinces.

About Financial Resilience Institute

[Financial Resilience Institute](#) is a non-profit organization dedicated to improving the financial resilience and well-being of Canadians and global citizens. It is a leading independent authority on financial resilience and financial well-being in Canada in globally. The Institute is working to help improve financial resilience and financial well-being for all, in line with its [impact goals](#) to:

- Reduce financial vulnerability, in particular for those who need help most
- Be a catalyst for positive change, through thought leadership, impact measurement, partnership and cross-sector collaboration; and
- Foster financial inclusion and empowerment, while helping people, businesses and communities to thrive and prosper.

This research is central to all three impact goals, with the Institute bringing data and evidence to help make the case for Policymakers, Financial Institutions, Employers and ecosystems to provide targeted support and interventions that drive positive financial resilience and financial well-being outcomes and help create a better world.

View the Institute's publicly available reports: <https://www.finresilienceinstitute.org/index-releases-and-reports/>

To learn more about our work and explore opportunities to become a client, funder or partner to help accelerate impact together: www.finresilienceinstitute.org

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