

Media Backgrounder for the 'Financial Planning as a Catalyst to Financial Resilience and Financial Well-Being' Report (June 2026)

June 29, 2026

Today, the [Financial Resilience Institute](#), in partnership with [FP Canada](#)[™], is releasing its June 2026 report, [Financial Planning: A Catalyst to Improved Financial Resilience and Financial Well-Being](#). The Institute's report harnesses its peer-reviewed Financial Health and Resilience Index to demonstrate once again the positive relationship between financial planning, planning ahead financially, and creating and updating a financial plan on improved household financial resilience outcomes for Canadians.

Building on the Institute's July 2023 report, this independent report is being published for policymakers, financial institutions and others, while helping to inform policy and make the case for expanding opportunities for more Canadians to ideally access an affordable first financial plan, along with follow-up support to implement and adjust it. This can help contribute to improved household financial resilience outcomes for these households, while helping them to foster their financial well-being and overall personal well-being.

This research provides clear, data-driven evidence once again that financial planning has a measurable impact on Canadians' financial resilience and well-being. Planning ahead financially for upcoming or unexpected expenses or to save for long-term goals measurably contributes to households' financial resilience. Canadians that report they are working with a financial planner have improved financial resilience outcomes compared to those not working with one, across all income demographics, with other data and insights available in the report. *

Key findings from this study include the following:

1. Planning ahead financially for upcoming and unexpected expenses or to save for long term goals measurably contributes to households' financial resilience

Planning ahead financially for upcoming or unexpected expenses or to save for long term goals as a financial behaviour measurably contributes to households' financial resilience, based on the Institute's peer-reviewed Financial Health and Resilience Index model. This builds on our analytics of the peer-reviewed Financial Health and Resilience Index model over several years, with this a key index indicator.

While the Canada Mean Financial Health and Resilience Score, measuring households' financial health and resilience at the national level, is 53.34 as of February 2026, households that report they are planning ahead financially have significantly improved financial resilience outcomes compared to households that are not planning ahead financially. As of February 2026, 52% of households that report they are planning ahead financially for upcoming or unexpected expenses or to save for their long-term goals. These same households are 'Approaching Resilience' and have a mean financial health and resilience score of 65.9 as of February 2026, with this more than double the mean financial health and resilience score of

households that report they are not planning ahead financially (31.9) The delta between the two segments is a highly significant 34 Index points based on the February 2026 Financial Health and Resilience Index model.

2. Working with a financial planner contributes to improved financial resilience outcomes across all household income demographics

There is a clear association between households working with a financial planner and improved financial resilience outcomes for Canadians across all household income demographics, based on the February 2026 Index analytics. The Mean Financial Resilience Score for households working with a financial planner is 62.5 as of February 2026 (with these households 'Approaching Resilience'), compared to a Mean Financial Resilience Score for households not working with a financial planner of 49.2, with these households 'Financially Vulnerable'.)

This builds on the Institute's independent, robust February 2023 Index analytics '*Financial Planner as a Pathway to Improved Financial Resilience*' Report, published in July 2023 and made possible thanks to the support of FP Canada and L'Institut de Planification Financière.

The delta between the mean financial health and resilience score for households working with a financial planner compared to not working with one has increased from 11.5 Index points in February 2023 to 13.3 Index points in February 2026. Households working with a financial planner score higher across seven of the nine Index indicators. The liquid savings buffer indicator; the level of confidence in one's ability to meet their short terms savings goals indicator and the financial stress over current and future financial obligations indicator are also higher for households working with a financial planner in February 2026 compared to three years ago.

3. Households living with low-incomes working with a financial planner have improved financial resilience outcomes: with this even more the case compared to three years ago

Households with a total household income under \$49,999 and working with a financial planner have a mean financial health and resilience score of 53.0 as of February 2026 compared to 38.8 for households of a similar income not working with a financial planner. The delta between the mean financial health and resilience score of Canadians living with low incomes that are working with a financial planner and those with low incomes that not working with a financial planner has increased in the past three years from 9.7 Index points to 14.2 Index points.

This data indicates that there may potentially be a greater benefit or 'lift' for Canadians' financial resilience for people living with low incomes compared to previously, that may potentially receive support in accessing support from a financial planner in some way. This could be provided through, for example, a tax credit for affordable financial planning support or through other enablers or supports.

4. Not only working with a financial planner, but creating and adjusting a financial plan over the past twelve months contributes to improved household financial resilience outcomes

Households that are not only working with a financial planner, but that have also created or updated their financial plan over the past 12 months have improved financial resilience outcomes compared to those working with a financial planner. This builds on similar analytics conducted by the Institute in our 'Financial Planning as a Pathway' report.

While the mean financial health and resilience score of households working with a financial planner is 62.5 as of February 2026, households working with a financial planner that have also updated their financial plan in the past 12 months have a mean financial health and resilience score of 64.7. This is 8 Index points higher than those with those working with a financial planner that have not created or updated their financial plan as of February 2026 (56.7).

The Institute's Index analytics validate that helping Canadians overall to create and update even a simple financial plan is positive in terms of helping to drive positive financial resilience outcomes.

5. Households working with a financial planner have higher levels of financial well-being and overall personal well-being

Households overall working with a financial planner have higher levels of financial wellbeing and overall personal well-being. This is based on the Institute's open-source, subjective Financial Well-Being Index Model and Toolkit, linked to an overall personal well-being score, with this released in the fall of 2025 for financial well-being focused organizations and leaders in Canada and globally.

Additionally, Canadian households that report they have created or updated their financial plan over the past 12 months also report slightly higher levels of financial wellbeing and overall personal well-being compared to those who have not done this.

This data is based on the Institute's open-source subjective [Financial Well-Being Index Model and Toolkit](#), released in 2024 for Canadians and global citizens.

***Note**

As outlined in the report, the February 2026 Financial Well-Being study asked if survey respondents are currently working with a financial planner as a generic term, with these professionals not necessarily holding a specific financial planning credential but rather engaging in the practice of financial planning generally. There are many terms around 'financial planners' and 'financial advisors' and some households may think of these terms inter-changeably. Within the sample of survey respondents reporting they are currently working with a financial planner, it should be noted there may be some respondents included that may be engaging with a financial advisor (or independent financial advisor), rather than financial planner per se.

Sample Additional Insights from the Institute's February 2026 Index Release Report

Additional Insights on the financial health and resilience and financial well-being of Canadians and key populations are made available through Financial Resilience Institute's latest February 2026 Financial Health and Resilience Index Report and other published [reports](#) (2017 to 2026). Findings include but are not limited to:

1. The Canada Mean Financial Health and Resilience Score is 53.34 as of February 2026, with households at the national level 'Approaching Resilience' and 74% experiencing financial vulnerability on some level.

The Canada Mean Financial Health and Resilience Score is 0.47 Index points higher compared to a year ago; 2.77 Index points lower compared to June 2021 and 3.8 Index points lower than the pre-pandemic baseline of February 2020. Canadians at the national level are more financially vulnerable compared to during the pandemic, when swift and significant COVID-19 financial relief was provided by the government and significantly changed consumer and financial behaviours amid lockdowns. 74% of the population are experiencing financial vulnerability on some level as of February 2026, with financial vulnerability spanning all household income demographics.

2. Financial resilience is growing in importance for all life stages, and in particular for Baby Boomers

The concept of financial resilience is highly relevant, with this growing in relevance for households across all life stages, and in particular for Baby Boomers over the past year. As of February 2026, 76% of households overall agree or completely agree that they want to better understand their financial resilience and how they can improve it. This is the case for 83% of Millennials, 84% of Gen Z, 75% of Gen X households, and 64% of 'Baby Boomers'.

3. Financial stress and financial vulnerability have negative impacts on health and well-being, productivity and more

As reported for several years, financial stress negatively impacts the financial well-being and every well-being dimension for Canadians, and in particular those who are more financially vulnerable. A more strategic focus on Canadians' financial health and financial well-being can strengthen quality of life, mental and physical health, support the productivity and engagement of employees, help reduce health and other costs for those who are more financially vulnerable and deliver other positive economic and social outcomes.

4. Middle Income Families with Children are more Financially Vulnerable based on the February 2026 Index release data

Latest Index data highlights a concerning increase in the household financial vulnerability of Middle-Income Families with Children under 18 years old, plus no improvement for Middle-Income Working Families without children or Single Parents. Specifically, the Mean Financial Resilience Score of households with children under 18 and a household income between \$75,000 and \$125,000 is 48.3 as of February 2026, with these households 'Financially Vulnerable'. This decrease is almost 10 percentage lower compared to during the pandemic in June 2021 (57.8). The proportion of 'Financially Resilient' Middle Income Working Families with Children has decreased from 30% of households in June 2021 to just 13% of households as of February 2026.

About Financial Resilience Institute and the Financial Health and Resilience Index Model

Financial Resilience Institute is a non-profit organization and the leading independent authority on financial resilience and financial well-being in Canada.

The Institute's peer-reviewed Financial Health and Resilience Index model measures household financial resilience, defined as *a household's ability to get through financial hardship, stressors and shocks as a result of unplanned life events.* The financial resilience of Canadians is measured at the national, provincial, segment and individual household level across nine behavioural, sentiment and resilience indicators, with tracking three times a year since February 2023 and tracking building on the Index baseline since February 2020 (pre-pandemic).

Financial resilience is defined and measured as a household's *ability to withstand financial hardship, stressors, and shocks as a result of unplanned life events.* This is measured across nine behavioural (financial health), financial resilience and sentiment (financial stress) [indicators](#) at the national, provincial, segment and individual household levels in Canada, with this the first and most robust Index of its kind in the world. As of February 2026, the nine Index indicators within the regression model account for 66% of the variance in the financial resilience construct. The Index has shown significant stability over many years with its multiple releases and model validation. The Index is complemented by the Institute's Financial Well-Being Studies Instrument (2017-2026).

Based on the Index Model, 'Extremely Vulnerable' households have a financial resilience score of 0 to 30; 'Financially Vulnerable' households a score of 30.01 to 50; 'Approaching Resilience' households a score of 50.01 to 70, and 'Financially Resilient' households a score of 70.01 to 100.

February 2026 represents the Institute's sixteenth Index release, based on the national Financial Well-Being Study, conducted with a sample size of 5429 adult Canadians from a representative sample of the population. This includes a sample size of 1793 households that report they are currently working with a financial planner. More information about the [Index](#) and [Index development methodology](#) are here.

In February 2026, survey respondents were asked if their household is working with a financial planner to help them plan ahead financially, with the Financial Resilience Institute conducting all analytics against its Financial Health and Resilience Index model.

Financial Resilience Institute's independent reports published since 2017 confirm that financial vulnerability is a mainstream issue, spanning all household income demographics. To learn more about the Institute and its impact work for Canada and problem the Institute is trying to help solve:

About FP Canada

Established in 1995, FP Canada is a national not-for-profit education, certification and professional oversight organization working in the public interest. FP Canada is dedicated to championing better financial wellness for all Canadians by leading the advancement of professional financial planning in Canada. Learn more at fpcanada.ca.

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Eloise Duncan created the Institute’s Financial Health and Resilience Index model and all of its measurement instruments and works in Canada and internationally to drive systemic change by advancing financial health and resilience for households, small businesses, and communities.

Source: Financial Resilience Institute, February 2026 Financial Health and Resilience Index Model and Financial Well-Being Studies with trended data

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