



Clariane x OpinionWay Survey: How are the French preparing to age well?

On the occasion of the first *Gerosciences Meetings*, held on January 14, 2026, Clariane, in partnership with OpinionWay, is publishing a study dedicated to how the French view ageing¹. The survey sheds light on how they anticipate growing older, navigating concerns, perceptions, and concrete actions.

A major cause for concern

Ageing occupies a central place in the concerns of the French population:

- 9 out of 10 believe that ageing well should be a major national cause.
- While 69% feel that ageing is better supported today than it was twenty years ago, only 30% consider that society is currently prepared to face it.

Perceptions of old age remain marked: 74% believe that older people are undervalued, and 59% feel the topic remains taboo.

Perceived age, representations, and concerns

The French tend to feel younger than their actual age: 65% report a perceived age different from their official age, including 44% who feel younger by an average of eight years. Nevertheless, 57% say they are worried about their own ageing. These concerns primarily relate to health (92%, particularly loss of independence), but also to changes in lifestyle (79%) and the risk of loneliness (60%).

Early and gradual preparation for ageing well

Adopting a healthy lifestyle begins as early as the thirties (an average age of 29), followed by building up savings around the age of 35, and then establishing regular medical follow-up around the age of 46.

As people grow older, certain steps become more frequent, particularly among those aged 65 and over: drafting advance directives, adapting their home, or changing residence, although these practices remain in the minority.

Relying first and foremost on loved ones

When considering their old age, the French mainly rely on those close to them: 71% cite their family, particularly their children (49%) and their partner (48%).

At the same time, 67% fear becoming a burden on their loved ones. Recourse to external care facilities remains limited (26%), while one in five French people say they can rely only on themselves.

¹ "The French Relationship with Ageing" survey, conducted by OpinionWay for Clariane among 2,530 respondents representative of the French population aged 18 and over, surveyed online between November 18 and 25, 2025.

Gerosciences: a powerful yet little-known lever

The French widely acknowledge the role of science and innovation in improving quality of life (84%) and delaying the effects of ageing (71%).

However, gerosciences remain largely unknown: 73% of the French have never heard of them. Once explained, they are perceived as contributing to the prevention of age-related diseases, improving quality of life, and extending healthy life expectancy.

About Clariane

Clariane is the leading European community of care in times of vulnerability. It has operations in six countries: Belgium, France, Germany, Italy, the Netherlands and Spain.

Relying on their diverse expertise, each year, the Group's 63,000 professionals provide services to 900,000 patients and residents in three main areas of activity: care homes (Korian, Seniors Residencias, etc.), healthcare facilities and services (Inicea, Ita, Grupo 5, etc.), and alternative living solutions (Ages & Vie).

In June 2023, Clariane became a purpose-driven company and added to its bylaws a new corporate purpose, common to all its activities: "taking care of each person's humanity in times of vulnerability".

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