

AGE-FRIENDLY MUNICIPALITY POLICY

MRC DU GOLFE-DU-SAINT-LAURENT 2017

COMMUNICATION & INFORMATION
RESPECT & SOCIAL INCLUSION
COMMUNITY SUPPORT & HEALTH SERVICES
INFRASTRUCTURE & OUTDOOR SPACES
SOCIAL ENGAGEMENT
SOCIAL PARTICIPATION
HOUSING
TRANSPORTATION



MRC du
Golfe-du-Saint-Laurent

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MESSAGE FROM THE WARDEN

ARMAND JONCAS

Dear citizens,

As seen in the majority of communities across the province, the country and even globally, we recognize that the population of the MRC du Golfe-du-Saint-Laurent is also aging. We strongly value the contribution and participation of these persons to our territory. Recently, a lot of effort and energy has been generated on meeting the needs of our seniors.

A MRC taking part in the Age-Friendly Municipality policy program is a MRC that wishes to highlight the social organization that represents seniors and helps us strengthen the ties between seniors and the rest of the community as well as between seniors themselves. The MRC du Golfe-du-Saint-Laurent can also be considered a family, in the sense that it occupies a territory and shares the same goals and values.

By adopting the seniors policy and action plan, the council is not only committed to improving the quality of life for seniors in general, but also to consolidate a number of values already in place.

The MRC du Golfe-du-Saint-Laurent supports the objectives and principles of this Age-Friendly policy. It intends to promote and provide support for its implementation.

On behalf of the council and myself, I would like to sincerely thank all those who, near or far, contributed to the development of this seniors policy and for the hard work and dedication they have invested in this project.

Sincerely,



Armand Joncas

Warden of the MRC du Golfe-du-Saint-Laurent

MESSAGE FROM THE MRC COUNCILLOR RESPONSIBLE FOR SENIORS ISSUES

DARLENE ROWSELL-ROBERTS

"Age is just a number" and "you are only as old as you feel" expressions which are commonly heard here on the Lower North Shore...not only do we hear this but we also see it through the everyday actions of seniors in our communities.

How fortunate we are to live in communities with such dynamic and resourceful individuals. Not so long ago, many of those that we refer to as seniors were fishing the cod traps, seal fishing, trapping, hooking mats, and doing whatever had to be done to put food on the table and to ensure a safe and loving home for their families. Their sacrifice, commitment, resilience, creativity, and hard work are fundamental to our values and traditions here on the LNS.

This way of life has enabled us to share a strong sense of belonging and being connected to our roots. We are proud to call this place that we cling to... "Home".

The majority of our seniors remain active and involved in their communities. Let us embrace this abundance of wisdom, energy, and knowledge as an inspiration as well as an important foundation in terms of building our age friendly communities and municipalities.

This process of creating environments, communities and municipalities that are better adapted and receptive to the needs and realities of seniors will help to ensure that our more vulnerable seniors are cared for and will have access to necessary and adequate services. It will also help seniors to be recognized as contributing citizens and to allow them to experience an ongoing importance and to be an integral part of our society.

Whether young, old, or in between, we want to live well and to have a good quality of life!

The MRCGSL working WITH and FOR the seniors of the LNS...feeling good about today and an even better tomorrow!



Darlene Rowsell Roberts

Administrator of the MCNGSL

Member of working group for the MADA policy and Councillor responsible for seniors issues

HISTORY

AGE-FRIENDLY MUNICIPALITY POLICY & WORKING GROUP MEMBERS

In the spring of 2013, the council of the MRC du Golfe-du-Saint-Laurent agreed unanimously that it was important for the MRC and all municipalities to develop a policy encouraging an age-friendly territory. By April 2014, a working group was formed to proceed with the development of the policy consisting of the following members :

- **Darlene Rowsell-Roberts** – Administrator, Municipality of CNGSL / MRC Councillor responsible for seniors issues
- **Lana Shattler** – Development Agent, MRC du Golfe-du-Saint-Laurent
- **Melody Strickland** – Community Organizer, CISSSCN
- **Ghislaine Nadeau-Monger** – President, Local Concertation Table for Seniors of the MRC du Golfe-du-Saint-Laurent
- **Priscilla Griffin** – Program Manager - Seniors Initiatives, Coasters Association

This team was assisted by a resource person :

- **Linda Duval** – Carrefour Action Municipale et Famille

From April 2014 through to March 2015, this group worked together gathering valuable information that had previously been documented pertaining to seniors and to use that information as well as their expertise to develop the components of the policy.

Once the components of the policy were drafted, it was imperative to consult the seniors of the territory to validate the content as well as to assess their needs, values and priorities.

OUR VISION

It was important for our vision to be reflective of our territory....

« The Lower North Shore is an age-friendly and caring community that values the contributions of aging adults and optimizes opportunities for choice, independence and healthy aging by providing supports that are responsive to their diverse needs and choices. This vision is shared by the MRC du Golfe-du-Saint-Laurent and by the Local Table for Seniors. »

MRC du Golfe-du-Saint-Laurent

OUR VALUES

These were the values identified by the seniors of the territory....

- ◆ **Respect & dignity**
- ◆ **Solidarity & participation**
- ◆ **Integrity**
- ◆ **Honesty**
- ◆ **Patience**
- ◆ **Culture, heritage & language**
- ◆ **Sense of humour**
- ◆ **Pride**
- ◆ **Love, support and compassion**
- ◆ **Family & friends**
- ◆ **Collaboration and mutual support**
- ◆ **Environment**
- ◆ **Intergenerational interaction**
- ◆ **Equality & social inclusion**
- ◆ **Wellness**

GUIDING PRINCIPLES

These principles & beliefs will guide the MRC and the Municipalities in implementing the policy...

- The community has a responsibility to ensure the basic needs of seniors are met;
- Older adults have the right to choose where and how they live as long as they don't pose a risk to themselves or others;
- Older adults have the right to feel safe in their homes and communities;
- As adults age, their needs may change and services should adapt to meet these changing needs;
- Services should be accessible, affordable, equitable and comprehensive to address a wide range of needs; access to these services should not be limited by their ability to pay;
- Services should be inclusive and respect diversity: they should be responsive to cultures, varied language skills, marginalized individuals and persons with disabilities;
- Programs and services should be based on best practices, research and innovation, and should be evaluated for their effectiveness;
- Programs and services should reflect the character of the community;
- Communities should be engaged in supporting older adults;
- Seniors **WILL** be actively involved in the implementation of this plan.

OUR COMMUNITY

INTRODUCTION

Presentation of the MRC

The MRC du Golfe-du-Saint-Laurent (MRCGSL) was constituted on June 23rd, 2010. The territory consists of the 5 municipalities located on the border of the Gulf as well as the Non-Organized Territory (NOT) situated in the backcountry of this area. Prior to the formation of the MRC du Golfe-du-Saint-Laurent, the Non-Organized Territory was under the governance of the MRC de la Minganie, however, it is now a part of the MRCGSL. This means that we are officially in charge of the management and development of a large territory which is 65,148.50 square kilometers in size.

The MRCGSL is located at the eastern extremity of the province of Quebec and is for the majority, isolated from the rest of the province due to the absence of a road link. The MRC includes 3 linguistic communities (anglophone, francophone and innu) divided throughout 14 locations regrouped into 5 municipalities and 2 Innu communities (Pakuashipu and Unamen Shipu).

- **Municipality Côte-Nord du Golfe-Saint-Laurent** : Kegaska, La Romaine, Chevery, Harrington Harbour, Tête-à-la-Baleine;
- **Municipality of Gros-Mécatina** : Mutton Bay, La Tabatière;
- **Municipality of Saint-Augustin** : Saint-Augustin;
- **Municipality of Bonne-Espérance** : Old Fort, St. Paul's River, Middle Bay;
- **Municipality of Blanc-Sablon** : Brador, Lourdes-de-Blanc-Sablon, Blanc-Sablon.

OUR COMMUNITY

MAPS & STATISTICS

Le Golfe-du-Saint-Laurent

Ground area (2016)	40 655 km ²
Population Density	0,1 hab/km ²
Total Population (2015)	4 907 res..
0-14 years	809 res..
15-24 years	566 res..
25-44 years	1 116 res..
45-64 years	1 559 res..
65 years and more	857 res..
Inter-regional migration (2014-2015)	-35 res..
Demographic Perspective (variation 2036/2011)	- 12,2 %
Workers aged 25-64 (2015)	1 627
Percentage of workers aged 25-64 (2015)	62,0 %
Average income of workers aged 25-64 (2015)	26 841 \$
Percentage of low-income families (2013)	16,2 %
Disposable revenue per resident (2014)	23 164 \$
Average home value per family unit (2016)	77 108 \$



Source : ISQ, *Profil des régions et des MRC*, (en ligne) www.stat.gouv.qc.ca

OUR COMMUNITY

MAPS & STATISTICS continued

Population – Municipalities

Municipality	Total	Aged 65+	Percentage
Côte-Nord GSL	1015	187	18%
Gros-Mécatina	498	133	23%
Saint-Augustin	480	81	17%
Bonne-Espérance	898	118	13%
Blanc-Sablon	1110	117	10.5%

Community	Total	Ages 65+
Kegaska	148	27
*La Romaine	111	26
Chevery	300	44
Harrington Harbour	300	37
Tête-à-la-Baleine	156	53
Mutton Bay	498	133
La Tabatière		
*Saint-Augustin	480	81
Old Fort	367	50
St. Paul's River	472	60
Middle Bay	59	8
Brador		20
Lourdes-de-Blanc-Sablon	1110	39
Blanc-Sablon		58
Total	4001	636

*Innu not included

Source of data: Municipalities 2015 & Annex A

OUR COMMUNITY

PORTRAIT OF ASSETS

- ◆ *The population of the territory is aging and seniors are increasing in number;*
- ◆ *There are active churches and church groups in most communities;*
- ◆ *There are medical clinics in most communities serviced by nurses;*
- ◆ *Emergency medical services are available in most communities;
(i.e. First Responders, emergency medical evacuation methods, etc.);*
- ◆ *There is access to some specialized medical services in most communities;*
- ◆ *There is a Health Service Center on the territory;*
- ◆ *There are long-term care/lodging facilities available on the territory;*
- ◆ *There are seniors groups/clubs in most communities;*
- ◆ *Seniors are mobilized and active in most communities at different levels and with different capacities and are socially engaged;*
- ◆ *Seniors assume a valuable role in volunteerism and sustaining community life, organizations and vitality across the territory;*
- ◆ *There are schools in most communities;*
- ◆ *There are general stores in most communities;*
- ◆ *There is at least one regional method of transportation available in all communities (road, airline service, passenger/cargo boat service);*
- ◆ *There is a general respect & appreciation for seniors, their contributions & experiences.*

** For more details by community/municipality, please refer to ANNEX A*

STRENGTHS & CHALLENGES

STRENGTHS:

- Environment, scenery, nature and access to many outdoor activities and natural foods;
- Family and friends;
- Infrastructures : Churches, stores, arenas, schools, clinics, waterlines, fish plants, seniors homes and facilities, road access (Kégaska, Bonne-Espérance, Blanc-Sablon), etc.;
- Groups and organizations : seniors clubs, Junior Rangers, church groups, sports and leisure groups, Local Table for Seniors, Groupe Accessibilité, etc.;
- Services : medical care, home care, personal care, municipal services, transportation services;
- Sense of freedom and security;
- Sense of « home » and belonging;
- The ability to come together as a community and/or region in times of need;
- Three linguistic communities : Anglophone, Francophone and Innu and the ability to co-exist.

CHALLENGES:

- Lack of communication at all levels;
- Shortage of housing spaces for seniors and lack of options;
- Inexistence of a road infrastructure connecting all communities to each other and off the territory cause many challenges;
- Transportation challenges within communities;
- Linguistic challenges;
- Health care and medical challenges.

DEVELOPMENT AREAS

Target areas for development with details



There are eight (8) target areas for development pre-defined for the development of an Age-Friendly Municipality (MADA). Each MRC, and/or municipality is obligated to identify a minimum of three (3) target areas within the creation of their policy:

**Community Support & Health Services*

** Transportation*

**Housing & Access to Public Buildings*

** Social Engagement*

**Infrastructure & Outdoor Spaces*

** Respect & Social Inclusion*

**Communication & Information*

** Social Participation*

Given the results from the consultations with the seniors of the territory, it was decided that it was imperative that the MRCGSL retain ALL target areas for development and that the MRCGSL would invest efforts towards improving all aspects of life for seniors of the territory.

DEVELOPMENT AREAS

DEFINED

Housing & Access to Public Buildings:

- More lodging facilities and housing options for seniors;
- Accessibility to lodging options within ones own community;
- More means and methods of adaptation for seniors own dwellings;
- Adaptation of existing programs, services and regulations regarding lodging to better suit the realities of the communities on the territory;
- More support and training for at home caregivers to allow seniors to stay in their own homes longer.

Communication & Information :

- Improved communication & presentation of information at all levels; local, territorial, regional and within all domains and all parties, including individuals, groups & organizations who must take ownership and responsibility towards communications;
- Individuals must be responsible for the tasks of taking their own initiative to obtain information and to in-turn use that information to further orient their actions;
- Varied means of communication should be used in order to reach the maximum number of citizens possible;
- More awareness campaigns;
- More consultations and information sessions;
- Communication materials adapted to be senior friendly (Ex; font, font size, terminology, approach, etc.);
- More opportunities for social interaction between groups, sharing and networking.

DEVELOPMENT AREAS

DEFINED

Transportation :

- Completion of route 138;
- Adapted transport; including solutions to local and territorial challenges; regarding transportation for persons with a loss of autonomy;
- Creation of transport services within communities; some communities have no means of public transportation;
- Improved transport services; even when they are available, they are often costly and not scheduled to meet the needs of the seniors.

Community support and health services:

- More awareness of existing health services;
- Access to preventative medical care;
- Adapted services to meet the needs of the seniors reflecting the character of their communities;
- Equitable access to services across the territory; many services are only accessible to residents living in close proximity to the main hospital on the territory (nutritionist, psychologist, occupational therapist, physio therapist, etc.);
- Demystify and improve the complaints process;
- Improve access to healthy nutrition; including awareness, costs & services;
- Improve the follow-up process; including reasonable timelines to keep up the momentum of initiatives & to be respectful of the initiators of actions and their continued engagement.

DEVELOPMENT AREAS

DEFINED

Others :

Infrastructure and outdoor spaces

- Adaptation and improvements to current infrastructures and regulations to encourage access by seniors;
- Creation of new infrastructures & outdoor spaces to improve quality of life for seniors.

Social Engagement

- Encourage and support seniors in becoming socially engaged (leadership roles, invitation for seats on various committees, etc.).

Respect & Social Inclusion

- Seniors across the territory truly value their culture, heritage, wisdom and experience. Those values and those persons should be respected and steps taken to preserve those values and to transfer this knowledge;
- Improve and increase opportunities for knowledge sharing, highlighting seniors, etc.;
- Promote positive aspects of being a senior and the value they add to our communities.

Social Participation

- Encourage social participation of seniors in all aspects of community life;
- Improve links between community groups and seniors groups (intergenerational activities, awareness of community actions and events, etc.).

MRCGSL COMMITMENT

The MRC du Golfe-du-Saint-Laurent, its Council, its designated employees, the Municipalities of the territory and their respective Councils, fully commit to the implementation and support of the Age-Friendly Municipality Policy as defined within its content.

The MRCGSL and Municipalities are responsible for the adherence to this policy and for the development, implementation and follow-up to all triennial Age-Friendly action plans here-on forth.

We acknowledge that our seniors are a valuable asset to our territory, our municipalities and our communities and that they are also vital to the sustainability of the MRCGSL as a whole.

- MRC du Golfe-du-Saint-Laurent

Moving forward together!
Moving forward together!

ACRONYMS & SOURCES

ACRONYMS:

CISSSCN: Centre intégré de santé et de services sociaux de la Côte—Nord

CAMF : Carrefour action municipale et famille

MADA : Municipalité amie des aînés

MRC : Municipalité régionale de comté

MRCGSL: Municipalité régionale de comté du Golfe-du-Saint-Laurent

LTS: Local Table for Seniors

Thank you to everyone who kindly allowed the MRC to use your pictures for the printing of this policy!

Mrs. Orise Rowsell

Seniors' Groups

Day Centers

Thank you to Mr. Roderick Fequet for the creation of our logo!

PHOTO GALLERY

SENIORS GROUPS



La Tabatière



Harrington Harbour



St. Augustine



Chevery

PHOTO GALLERY

SENIORS GROUPS



St. Paul's River



Tête-à-la-Baleine



La Romaine



Lourdes-de-Blanc-Sablou

PHOTO GALLERY

SENIORS GROUPS



Kegaska



Attending the FADOQ Games



PHOTO GALLERY

SENIORS ACTIVITIES

GOOD TIMES WITH FRIENDS!



PHOTO GALLERY

SENIORS ACTIVITIES

Very talented crafters!



PHOTO GALLERY

SENIORS ACTIVITIES

Wonderful cooks!



PHOTO GALLERY

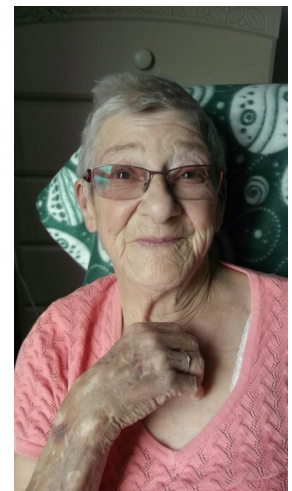
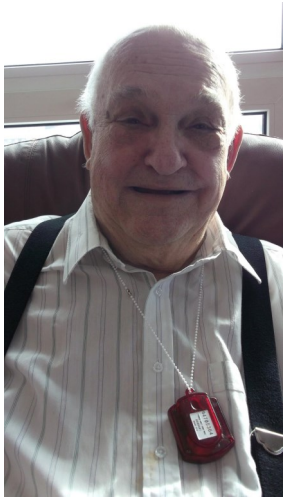
SENIORS ACTIVITIES

Enjoying meals together!



PHOTO GALLERY

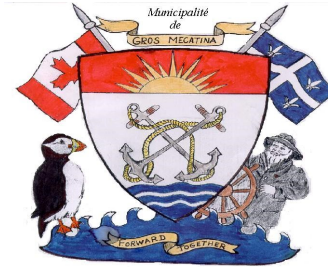
SMILES FROM ACROSS THE COAST



ACKNOWLEDGEMENTS



Municipalité de la Côte-Nord-du-Golfe-du-Saint-Laurent



La Table locale des Aînés de la MRC de la Côte-Nord du Golfe du St-Laurent



Centre intégré de santé et de services sociaux de la Côte-Nord





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