



2015 SENIORS POLICY MUNICIPALITY OF LA PÊCHE

Knowing that “yesterday’s child is today’s adult and tomorrow’s grandmother or grandfather,” we can see that “active aging is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.”

Active ageing “allows people to realize their potential for physical, social and mental well being throughout the life course and to participate in society according to their needs, desires and capacities, while [receiving] adequate protection, security and care when they require assistance.”

Active Ageing: A Policy Framework,
World Health Organization
Second United Nations Assembly on Ageing,
Madrid, Spain, 2002.

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1. Word from the Mayor



I am pleased to present our Age-Friendly Municipality (AFM) (*Municipalité amie des aînés*, MADA) policy, which seeks to make the living environment as welcoming as possible for all those people we know so well: our grandfathers and grandmothers, in some cases our fathers and mothers, and all those whom the passing of time is leading to a new phase of life. They worked hard to build the world that we know, and we must acknowledge their contribution and do everything we can to help them live their lives to the fullest.

The Seniors Policy provides a framework with the specific objective of ensuring a supportive living environment for seniors. It is the product of a vision and a consolidated effort carried out, first, at the municipal level, and then across the entire MRC des Collines-de-l'Outaouais, with assistance from the Des Collines Seniors' Roundtable and the involvement of the public. Surveys and consultations have revealed that the municipality is home to a large percentage of residents, age 50 and older, who feel a strong sense of belonging to the municipality and who wish to reside here for many years to come. To make this possible, we must ensure that measures are in place in various sectors such as housing, transportation, recreation and health, to name a few. The AFM process promotes joint action and participation from local partners and citizens to achieve this objective.

Through its Recreation, Culture and Community Life Department, and under the direction of Jacqueline Lambert-Madore, the councillor responsible for senior's issues, the Municipality took on the mandate of developing a policy to put these wishes into action. That process resulted in the October 2015 adoption of this policy, which I am proud to present to you today.

A handwritten signature in black ink that reads "Robert Bussière". The signature is written in a cursive, flowing style.

Robert Bussière
Mayor of the Municipality of La Pêche

2. Word from councillor responsible for seniors issues



Given the growth of our ageing population, and especially considering the significance of seniors' valuable contribution to our community's development, it was becoming imperative for the Municipal Council of La Pêche to undertake the Age-Friendly Municipality (AFM) process.

Therefore, as the municipal councillor responsible for seniors issues, I am very pleased to present La Pêche's very first Seniors Policy, the product of a joint effort between citizens, elected officials and municipal government staff.

I would especially like to highlight the steering committee's involvement in preparing the survey and public consultation, and in compiling the data and drafting a policy and action plan that address the needs of our seniors. The steering committee is made up of Michel Babin, Hélène Cholette Lacasse, Huguette Cloutier, Marie-Pierre Drolet, Charlene Engstrom, Jacqueline Lambert-Madore, Line Ouellet, Denise Patry and Lyne Thibodeau.

I would like to take this opportunity to thank every member of the public who took part in the survey and attended the public consultation. I also wish to acknowledge the excellent support work provided by Marie-Pierre Drolet, director of the Des Collines Seniors' Roundtable.

Let us all be actively involved in carrying out this action plan together and making our municipality an attractive living environment for all seniors.

A handwritten signature in black ink, reading "Jacqueline Lambert-Madore". The signature is fluid and cursive.

Jacqueline Lambert-Madore
Municipal Councillor responsible for Seniors Issues

3. Committee and Municipal Council Members

Steering Committee Members

From left to right on the picture :

Adopted at the November 2, 2015 Municipal Council Meeting

Huguette Cloutier, Chair, Des Collines area facilities Users' Committee, CISSS de l'Outaouais
Hélène Cholette Lacasse, President, La Pêche Development Corporation
Jacqueline Lambert-Madore, Municipal Councillor responsible for Seniors Issues
Michel Babin, La Pêche resident
Line Ouellet, Community Organizer, CISSS de l'Outaouais, Collines site
Denise Patry, Head, Recreation, Culture and Community Living Department
Charlene Engstrom, La Pêche resident
Marie-Pierre Drolet, AFM Process Coordinator

Absent from the photo: Lyne Thibodeau, La Pêche resident



Municipal Council

Robert Bussière, Mayor
Jocelyne R. Ménard, Councillor, Ward 1
Michel Gervais, Councillor, Ward 2
Christian Blais, Councillor, Ward 3
Jean-Paul Brisebois, Councillor, Ward 4
Jacqueline Lambert-Madore, Councillor, Ward 5
Claude Giroux, Councillor, Ward 6
Christopher Harris, Councillor, Ward 7

Adopted at the November 2, 2015 Municipal Council Meeting

4. Municipality of La Pêche

The Municipality of La Pêche, located in the Outaouais administrative region, northwest of the City of Gatineau, includes nine village cores: Alcove, Duclos, East-Aldfield, Farrellton, Lac-des-Loups, Lascelles, Rupert, Sainte-Cécile-de-Masham and Wakefield. It covers an area of roughly 600 km², which makes it the largest municipality in the MRC des Collines-de-l'Outaouais and one of the most expansive in Quebec. It had a population of 7,976 as at January 1, 2014.¹ The population density is approximately 13 people per square kilometre.²

The Municipality of La Pêche is known for its bilingual nature and vibrant community life. It has a number of recreational infrastructures, and residents are very involved in different social initiatives. La Pêche is a rural municipality with small-town charm that draws large numbers of tourists every year. It is also a gateway to Gatineau Park, which offers a variety of outdoor activities.

In 2011, the proportion of working-age individuals (aged 15 to 64) accounted for 70% of the population, whereas the percentage of children aged 0 to 14 was 16.1%, and the percentage of people aged 65 and older was 14%.³ The median age of the population was 44.5 years (by comparison, the median age in Quebec was 41.9 years). Family size was 2.4 people per household,⁴ and the number of private dwellings occupied by usual residents was 3,121.⁵

¹ MRC des Collines-de l'Outaouais, demographic data.

² Statistics Canada. 2012. La Pêche, Quebec and Les Collines-de-l'Outaouais, Quebec. Census profile, 2011 Census, product no. 98-316-XWE in the Statistics Canada catalogue. Ottawa. Released October 24, 2012. <http://www12.statcan.gc.ca/census-recensement/2011/dp-pd/prof/index.cfm?Lang=E> (site consulted on October 1, 2015).

³ Statistics Canada. 2012. "Focus on Geography" Series, 2011 Census. Product no. 98-310-XWE2011004 in the Statistics Canada catalogue. Ottawa, Ontario. Analytical products, 2011 Census. Last updated October 24, 2012.

⁴ Source: Ibid.

⁵ Private dwellings occupied by usual residents: a separate set of living quarters which has a private entrance either directly from outside or from a common hall, lobby, vestibule or stairway leading to the outside, and in which a person or a group of persons lives permanently.

5. The AFM process¹

Municipalities and regional county municipalities (MRCs) are directly affected by population ageing. This reality is requiring them to find new ways to develop their policies, design their services and infrastructures, and address issues such as housing, health, recreation, social involvement, urban planning and transportation.

The purpose of the AFM process is to help municipalities and MRCs encourage seniors to be actively involved in their community and bring about the vision of a society for all ages. It turns the concept of active ageing, as advocated by the World Health Organization, into a reality. Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.²

An age-friendly municipality fosters a culture of social inclusion for people of all ages and abilities. It designs policies, services and structures with a view to building social environments that are supportive of seniors in a way that helps them age actively.³

An age-friendly municipality is one that:

- puts a stop to ageism;
- is able to adapt its policies, services and structures;
- acts in a comprehensive, integrated way;
- promotes involvement from seniors;
- is based on joint action and engagement from the entire community.

¹ This section is based on the *Guide d'accompagnement pour la réalisation de la démarche Municipalité amie des aînés* [companion guide for implementing the age-friendly municipality process], Ministère de la santé et des services sociaux du Québec [Quebec department of health and social services], 2014, www.aines.gouv.qc.ca

² WORLD HEALTH ORGANIZATION, *Global Age-friendly Cities: A Guide*, Geneva, World Health Organization, 2007.

³ Source: Ibid.

6. Background

In 2006, the Municipality of La Pêche adopted its first municipal family policy. That policy laid the foundation for future planning aimed at adapting municipal services to certain categories of citizens.

In January 2014, the MRC des Collines-de-l'Outaouais undertook the AFM process throughout its territory, with assistance from the Des Collines Seniors' Roundtable. The Municipality of La Pêche was involved in that initiative along with six other municipalities in the MRC. The first step was to form a steering committee, which went on to develop and distribute a survey for seniors, set up a public consultation, and draft the AFM policy and action plan.

The final documents were adopted by the Municipal Council at the November 2, 2015 meeting. Implementation of the three-year action plan will begin in January 2016. An oversight committee will be formed to ensure that the work progresses and the process is updated on an ongoing basis.



7. Existing initiatives

The steering committee's work helped identify the variety and wealth of initiatives already in place for seniors. Here is a brief overview of what we have for seniors in La Pêche:

Housing

- La Pêche Development Corporation: 2 seniors' residences (Sully Gardens in Wakefield and La Villa in Sainte-Cécile-de-Masham)
- Municipal housing office (Résidence du Coteau in Sainte-Cécile-de-Masham and Résidence des Pins in Lac-des-Loups)

Transportation

Transcollines: public transportation, para-transit and mass transit

Infrastructures

7 community centres, 4 libraries, 1 sports complex (arena), network of mixed trails, 2 school gymnasiums, playing fields (baseball, lawn bowling, soccer, volleyball, basketball, multi-sport), parks, Farrellton Artists' Space, Fairbairn House Heritage Centre, Théâtre de la petite école

Communications

Monthly newsletter (*Info La Pêche*), website, advertising (bulletin board, mailings, etc.), public consultations/information sessions, ad hoc gatherings, citizen involvement, newcomers' kit, questionnaires/surveys

Services

- Food banks: La Fabrique of Ste-Cécile-de-Masham, St-Andrews Wakefield Rupert United Church, Wakefield emergency fund;
- Second-hand stores;
- Maison Le Ricochet (mental health);
- La Lanterne (cognitive impairment);
- Maison de la famille L'Étincelle (meals on wheels, family activities, collective kitchens, etc.);
- CLSC (local community service centres), CHSLD (seniors' residences)
- Youth services co-op of Mashado
- Community gardens
- ...and many others

8. Policy objective

The objective of this policy is to define the municipality's role and underscore its commitment to providing a supportive living environment for seniors. Its action plan incorporates the findings of the recent consultation processes with seniors and community groups, which contributed to the AFM committee's discussions and inspired its recommendations.

9. Definition of "senior"

It is very difficult to agree on an objective definition of the term "senior." The Municipality of La Pêche has chosen not to define *senior* based on age, but instead based on a particular phase of life that brings new challenges specific to a new reality (retirement, arrival of grandchildren, loss of independence, more free time, and so on).

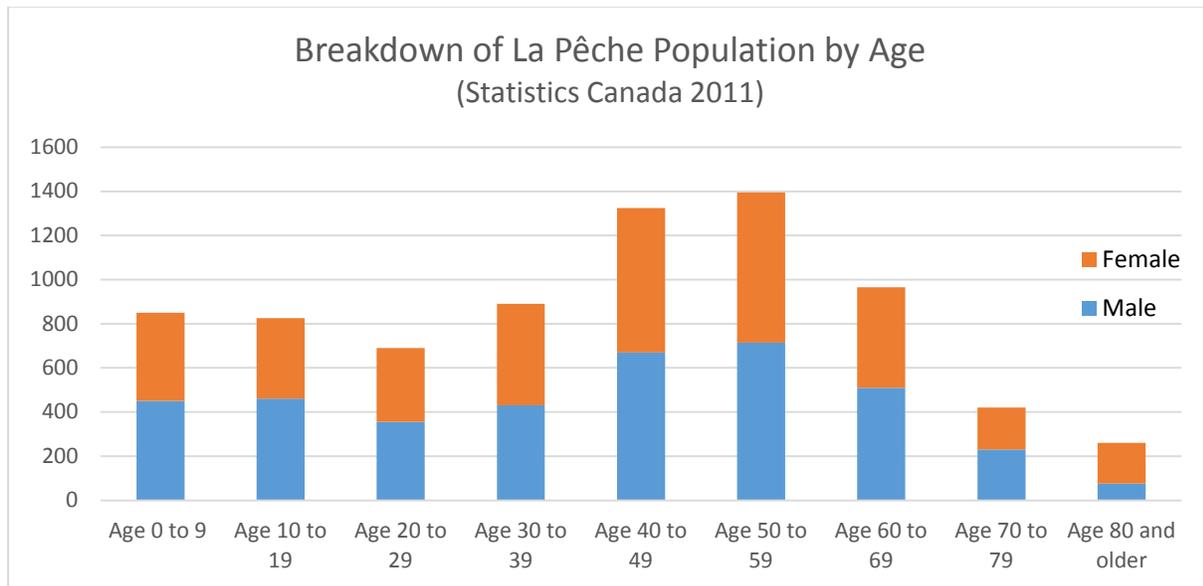
Seniors are the custodians of history, the living memory of our community. They have a rich background and wealth of experience that are worth sharing and passing along to future generations.

Seniors are not a homogeneous population group; their interests, needs and aspirations differ depending on the generation and the individual. Some will be able to rely on relatives, while others will go through old age alone. Formal recognition of this diversity and a proper understanding of the reality experienced by La Pêche seniors are essential conditions for being able to propose actions to meet our seniors' needs.

As part of this process, the population of individuals aged 50 and over was consulted.

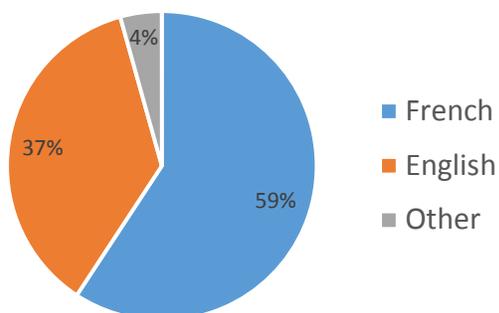
10. Profile of La Pêche seniors

Residents' age

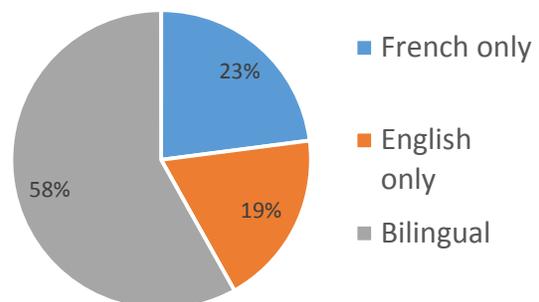


Language

First Language of La Pêche Residents
(Statistics Canada 2011)



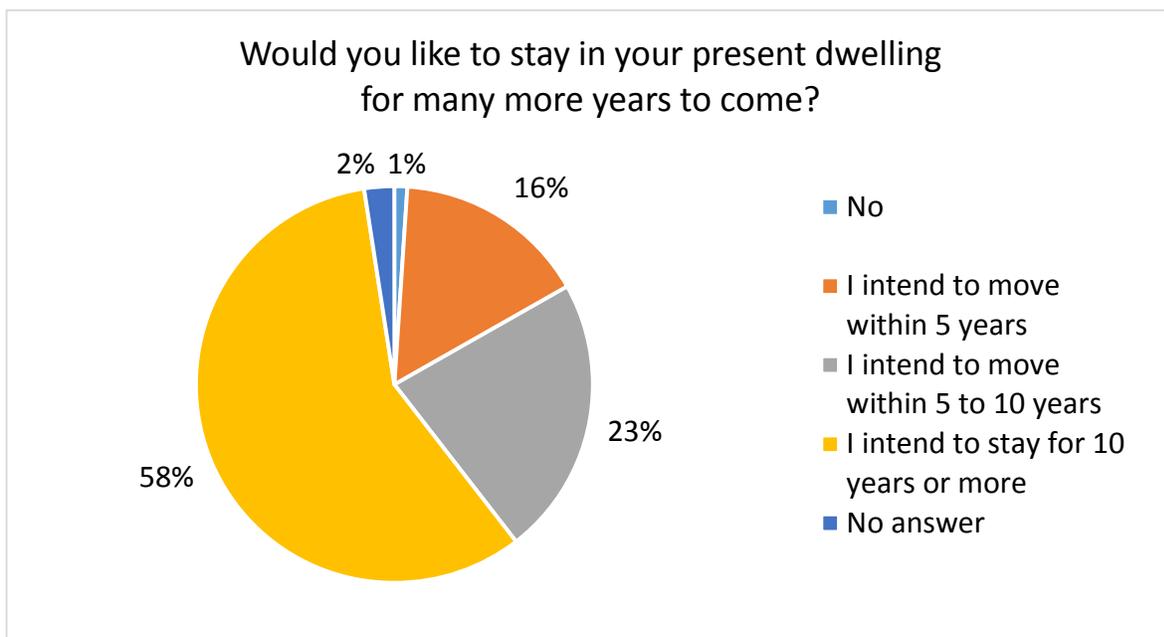
Bilingualism of La Pêche Residents
(Statistics Canada 2011)



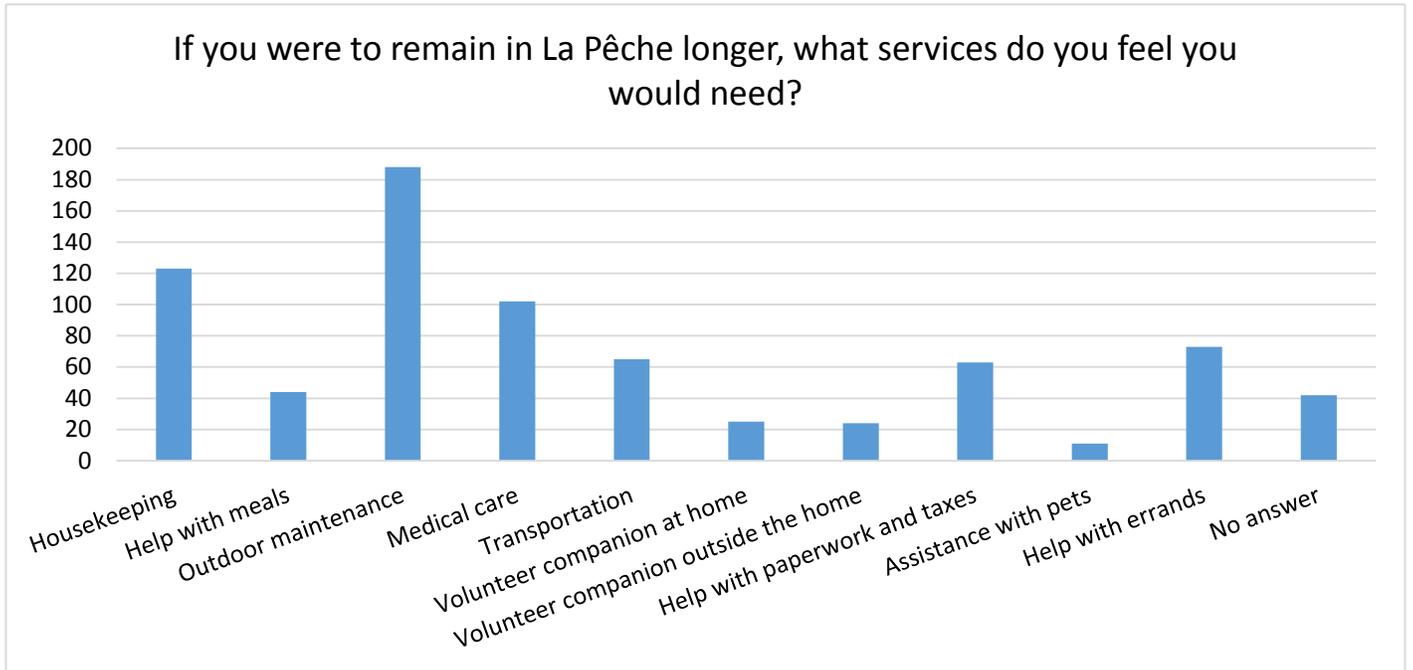
Consultations

A public questionnaire was sent out to all mailboxes in spring 2015 (286 respondents) and a public consultation was held in May 2015 (38 attendees). These two consultation processes made it possible to gather the impressions of La Pêche seniors regarding the services to be established or adapted to enhance their quality of life. A number of organizations that provide services in the municipality were also consulted. The following findings were made:

- The municipality of La Pêche is very dynamic. The social and recreational life is diverse, and the community offering is abundant. Mutual assistance is very prevalent.
 - More than 70 organizations, including over 40 in La Pêche, were identified by survey respondents.
 - 43% of respondents said they volunteer at one of those organizations.
 - 58% of respondents participate in those organizations' activities.
- Survey respondents indicated that they feel safe within their municipality.
- They also appreciate being close to nature.
- The respondents have a strong feeling of belonging to their municipality and wish to remain there for a long time to come.



- To remain in La Pêche longer, seniors would require a greater variety of dwellings and assistance with the indoor and outdoor maintenance of their property. A better offering of transportation services and health services would also be a priority.



- In terms of recreation, the need for a pool was strongly expressed, as well as the desire to have access to more multipurpose trails inter-connecting the village cores.

11. Areas for action

The municipality will act in the following areas and pursue the following objectives:

- **Housing:** Enable seniors to remain in La Pêche as long as possible.
- **Communications:** Enable La Pêche seniors to be more aware of municipal, community and institutional services. Improve access to information and services in French and English for senior citizens.
- **Recreation and community infrastructures:** Equip the municipality with infrastructures suitable for seniors. Give seniors better access to the municipality's natural attractions.
- **Transportation:** Give seniors greater mobility within the municipality and to urban centres.
- **Safety:** Ensure that residences for the municipality's seniors are safe and provide appropriate services.
- **Health:** Improve access to health services for La Pêche seniors.
- **Community life and social inclusion:** Enable La Pêche seniors to be an integral part of their community.

12. Recommendations

Having completed the updating of the policy and action plan, both were adopted by the Municipal Council on November 2, 2015. The 2015 steering committee recommended the following actions to ensure that the process continues:

- Establish an oversight committee to ensure that the policy and its action plan are established, implemented and evaluated on an ongoing basis.
- Earmark funds for the full three years of the action plan.
- Organize an evening event to kick off the policy and its action plan.
- Publish the policy and action plan in both official languages, and disseminate and distribute them throughout the municipality (complete or abridged version).
- Task the oversight committee with producing an annual status report on the action plan and required updates, submit it to the Municipal Council and the general director, and make it available to the public.
- Inform partners and every Municipality of La Pêche employee about the AFM process and their essential role as partner in implementing its actions and achieving its objectives.

13. Action plan

A 2016–2018 three-year action plan has been developed. It is attached to this document. This action plan is intended to be renewed and adapted every three years.



En partenariat avec :

