







2016–2018 Age-Friendly Municipality Action Plan – La Pêche

 = Part-time human resource \$ = \$0 to \$10,000
 = Full-time human resource \$\$ = \$10,000 to \$50,000
 = More than one human resource \$\$\$ = \$50,000 and up

Housing					
Objectives	Means	In Charge and Partners	Expected Outcomes	Schedule	Resources Needed
1. Enable seniors to remain in La Pêche as long as possible.	<ul style="list-style-type: none"> Review the literature on different innovative housing models. Conduct a study on affordable housing needs in the municipality. 	The municipality's executive management. Partners: Les Collines-de-l'Outaouais RCM, Centre local de développement (CLD) des Collines-de-l'Outaouais, chambers of commerce, SHQ, La Pêche development corporation.	<ul style="list-style-type: none"> A written report of the literature review. A written report of the study on affordable housing needs. 	Year 2	\$ 
	<ul style="list-style-type: none"> Inform real estate developers and potential investors of the need for a greater variety of housing for seniors. 	The municipality's executive management. Partners: real estate developers, investors, chambers of commerce, urban planning department, Les Collines-de-l'Outaouais RCM.	<ul style="list-style-type: none"> Promotional activities or materials have been developed for investors. 3 real estate developers or investors have submitted a preliminary plan to the municipality. 	Year 2	\$ 
	<ul style="list-style-type: none"> Support the development of a resource bank (in both languages) for the performance of indoor and outdoor maintenance work. Distribute this resource bank to seniors and investors. 	The municipality's executive management. Partners: manager of the hillsandlakes site, chambers of commerce, CLD des Collines-de-l'Outaouais.	<ul style="list-style-type: none"> Data banks are available in both languages (paper and electronic formats) on the municipality's website and in places frequented by seniors. 	Year 2	\$ 

	<ul style="list-style-type: none"> Promote funding programs for home maintenance, repair and adaptation. 	<p>The municipality's executive management.</p> <p>Partners: Les Collines-de-l'Outaouais RCM.</p>	<ul style="list-style-type: none"> Information about funding programs is available on the website and in Info La Pêche. 	Year 2	☺
	<ul style="list-style-type: none"> Promote the services of youth co-ops among seniors. 	<p>The municipality's executive management.</p> <p>Partners: youth services co-ops, social clubs, youth centres.</p>	<ul style="list-style-type: none"> Promotional materials have been distributed to members of social clubs; advertising has been placed in Info la Pêche 	Ongoing, annually	\$ ☺

Communications					
Objectives	Means	In Charge and Partners	Expected Outcomes	Schedule	Resources Needed
1. Ensure that seniors' needs are taken into consideration when preparing the municipality's communications policy.	<ul style="list-style-type: none"> Adapt the website and Info la Pêche (larger font, content also geared toward seniors). Equip the boardroom with a hearing-assistance system. Provide training to municipal staff on communicating with seniors. 	The municipality's executive management.	<ul style="list-style-type: none"> At least 3 measures that specifically apply to seniors are included in the communications policy. 	Year 1	\$ ☺
2. Enable La Pêche seniors to be more familiar with municipal, community and institutional services.	<ul style="list-style-type: none"> Adapt the content of the newcomers' kit to seniors' needs (include volunteer opportunities, for example). 	The municipality's executive management.	<ul style="list-style-type: none"> The kit's content has been adapted and is distributed to all new senior residents and to those who request it. 	Year 1	☺
	<ul style="list-style-type: none"> Prepare a directory of services and resources for La Pêche seniors (paper and web format) and keep it updated. 	The municipality's executive management.	<ul style="list-style-type: none"> The directory has been prepared and is distributed. It is updated every 3 years. 	Year 2	\$ ☺

		Partners: organizations, social groups, senior citizens' clubs, CISSSO.			
	<ul style="list-style-type: none"> Design magnetic quick references with the various *11 numbers. 	The municipality's executive management.	<ul style="list-style-type: none"> The quick references have been designed and distributed to senior citizens. 	Year 2	\$ 😊
	<ul style="list-style-type: none"> Support a citizens' initiative for the launching of a community radio program. 	<p>The municipality's executive management.</p> <p>Partners: Radio Wakefield, volunteer citizens.</p>	<ul style="list-style-type: none"> A citizens' community radio initiative has been supported by the municipality and is established. 	Year 3	\$ 😊
3. Improve access to information and services in French and English for senior citizens.	<ul style="list-style-type: none"> Better inform senior citizens that they can receive their tax account in either language. 	The municipality's executive management.	<ul style="list-style-type: none"> Every citizen has received a mailing notifying them that tax accounts are available in both languages. 	Year 1	😊
	<ul style="list-style-type: none"> Look into the interest and feasibility of an electronic publication in French (inspired by Wakefield News-Online, for example). 	<p>The municipality's executive management.</p> <p>Partners: Wakefield News-Online, Lowdown.</p>	<ul style="list-style-type: none"> Determination of whether or not there is interest. 	Year 2	
	<ul style="list-style-type: none"> Partner with the Connexions organization and CISSSO to improve access to health services for anglophones. 	<p>The municipality's executive management.</p> <p>Partners: CISSSO, Connexions</p>	<ul style="list-style-type: none"> 2 initiatives identified by Connexions have been implemented to facilitate access to health services for anglophones. 	Year 2	

Recreation and recreational infrastructures					
Objectives	Means	In Charge	Expected Outcomes	Schedule	Resources Needed
<ul style="list-style-type: none"> Equip the municipality with recreational infrastructures specifically for seniors. 	<ul style="list-style-type: none"> Submit a business plan to the municipal council including costs and timelines for potentially setting up the following recreational infrastructures: <ul style="list-style-type: none"> Indoor pool. Fitness room. Bowling alley. 	<p>The municipality's executive management.</p> <p>Partner: Coopérative de solidarité en loisirs de La Pêche (sports complex).</p>	<ul style="list-style-type: none"> The business plan has been submitted and approved by the municipal council. 	Year 1	\$ 😊
	<ul style="list-style-type: none"> Link the mixed-use paths between village centres. 	<p>The municipality's executive management.</p> <p>Partner: mixed-use path committee.</p>	<ul style="list-style-type: none"> The Wakefield and Sainte-Cécile-de-Masham sectors are linked by mixed-use paths. 	Year 3	\$\$\$ 😊
	<ul style="list-style-type: none"> Factor seniors' needs into the construction and renovation of the municipality's infrastructures and into the development of its parks. 	<p>The municipality's executive management.</p>	<ul style="list-style-type: none"> Every time a building is constructed or renovated, and every time a park is developed, adaptations are made for seniors. 	Ongoing.	\$\$ 😊
	<ul style="list-style-type: none"> Expand the footpath network and adapt the current circuit so it meets the needs of people with reduced mobility. 	<p>The municipality's executive management.</p>	<ul style="list-style-type: none"> The footpath network has been expanded by 20%. The current footpaths are adapted to the needs of people with reduced mobility. 	Year 3	\$\$\$ 😊
	<ul style="list-style-type: none"> Improve the pavement of Chemin de la Rivière to ensure the safety of cyclists during the <i>Sunday Bikedays</i> event and other activities. 	<p>The municipality's executive management.</p>	<ul style="list-style-type: none"> The repaving has been done, and the Chemin de la Rivière is safe for cyclists. 	Year 3	\$\$\$ 😊

<ul style="list-style-type: none"> Provide seniors with better access to the municipality's natural attractions. 	<ul style="list-style-type: none"> Provide access to the Gatineau River in the Alcove and Wakefield sectors (riverside rest areas). 	The municipality's executive management.	<ul style="list-style-type: none"> Two sites have been identified for access to the Gatineau River (Alcove and Wakefield). 	Year 3	\$\$ 😊
	<ul style="list-style-type: none"> Negotiate with the NCC to increase the number of passes issued to citizens for access to Gatineau Park. Allow year-round access to the entire park. 	The municipality's executive management. Partners: NCC	<ul style="list-style-type: none"> The number of free passes from the NCC is increased by 20% (summer season). Annual passes are issued. 	Year 1	😊

Transportation

Objectives	Means	In Charge and Partners	Expected Outcomes	Schedule	Resources Needed
1. Provide seniors with greater mobility within the municipality and to urban centres.	<ul style="list-style-type: none"> Continue supporting Transcollines and encourage them to increase their services (schedules and geographic network). 	The municipality's executive management. Partners: Transcollines, Les Collines-de-l'Outaouais RCM.	<ul style="list-style-type: none"> 3 new public transit routes are added in La Pêche. 	Ongoing	\$\$\$ 😊
	<ul style="list-style-type: none"> Inform Transcollines about the need to assess the possibility of using school buses as add-on transportation to existing services. 	The municipality's executive management. Partners: Transcollines, school boards (anglophone and francophone).	<ul style="list-style-type: none"> A report has been prepared. 	Year 3	😊
	<ul style="list-style-type: none"> Inform Transcollines about the need to conduct a feasibility study for providing short-distance shuttle routes, between village cores, with strategic stops at the most-visited stores and during events organized for the municipality or villages. 	The municipality's executive management. Partners: Transcollines, Les Collines-de-l'Outaouais RCM.	<ul style="list-style-type: none"> The feasibility study is completed. 	Year 3	\$ 😊

Safety and Security

Objectives	Means	In Charge	Expected Outcomes	Schedule	Resources Needed
1. Ensure that the municipality's emergency response plans are appropriate for seniors and that seniors are familiar with them.	<ul style="list-style-type: none"> Review firefighters' emergency response plans for fires in the municipality's homes. Encourage the RCM to review police response plans. 	<p>The municipality's executive management.</p> <p>Partners: volunteer firefighters, Red Cross, Ministère de la sécurité publique, CISSSO, Coop. des Paramédics de l'Outaouais, homeowners or property managers, the RCM's police department, MTQ.</p>	<ul style="list-style-type: none"> A conclusive emergency drill is conducted annually in each of the municipality's 4 residences (Jardins Sully, Villa des Collines, Le Manoir, the OMH). 	Annually	\$ 😊
	<ul style="list-style-type: none"> Regularly update the municipality's emergency response plan. Inform the public about preventive measures for any emergency. 		<ul style="list-style-type: none"> The emergency preparedness plan is updated on an ongoing basis. The preventive measures are distributed through the municipality's communication tools. 	Ongoing, every 2 years.	😊
	<ul style="list-style-type: none"> Equip volunteer firefighters with flashing green lights to facilitate a fast response. 		<ul style="list-style-type: none"> Every volunteer firefighter is equipped with a flashing green light. 	Year 3	\$\$ 😊
	<ul style="list-style-type: none"> Analyze the response time of the La Pêche fire department. Inform the public about how emergency and fire services operate. 		<ul style="list-style-type: none"> The firefighters' response time has been analyzed and compared to other municipalities. A lane for emergency vehicles is freed up between Hwy 5 and Hwy 366. 	Year 2	😊
2. Provide a safe living environment for seniors, both physically and socially.	<ul style="list-style-type: none"> Train municipal employees who serve the public to recognize the signs and indicators of senior abuse and appropriate actions to take. 	<p>The municipality's executive management.</p> <p>Partners: Des Collines Seniors' Roundtable, the RCM's police department, FADOQ, CISSSO.</p>	<ul style="list-style-type: none"> All municipal employees who provide services to the public have received training. 	Year 3	\$ 😊

Health					
Objectives	Means	In Charge and Partners	Expected Outcomes	Schedule	Resources Needed
1. Take action to improve access to health services for La Pêche seniors.	<ul style="list-style-type: none"> Work with health network partners to expand walk-in hours at the CLSC and medical clinic. 	<p>The municipality's executive management.</p> <p>Partners: CISSSO-Collines site (Wakefield Hospital, Masham CLSC), Wakefield FMG, Connexions.</p>	<ul style="list-style-type: none"> One walk-in time slot per week is available at the Masham CLSC. 	Year 2	☺
	<ul style="list-style-type: none"> Continue supporting the Maison des Collines, and encourage other municipalities to do the same. 	<p>The municipality's mayor.</p> <p>Partner: Maison des Collines, Council of Mayors.</p>	<ul style="list-style-type: none"> 3 other municipalities are providing significant financial support to the Maison des Collines project. 	Year 1	\$\$
	<ul style="list-style-type: none"> Work with the Wakefield Hospital to find solutions to parking problems (costs and location) for seniors who frequently have to go there. 	<p>The municipality's executive management.</p> <p>Partners: Wakefield Hospital, Users' Committee.</p>	<ul style="list-style-type: none"> The cost of hospital parking is reduced for those who frequently have to go there. Solutions to the parking problems have been implemented. 	Year 1	☺
Community life and social inclusion					
Objectives	Means	In Charge	Expected Outcomes	Schedule	Resources Needed
1. Enable La Pêche seniors to be more included in their community.	<ul style="list-style-type: none"> Train volunteer firefighters to be able to identify seniors who are isolated or vulnerable and refer them to existing services. 	<p>The municipality's executive management.</p> <p>Partners: volunteer firefighters, the municipality's community organizations.</p>	<ul style="list-style-type: none"> All employees in contact with the community are trained. 30 seniors are referred to existing services. 	Year 2	\$\$ ☺

	<ul style="list-style-type: none"> Continue providing financial, material and technical support to the community organizations that provide services and activities for the municipality's seniors. 	<p>The municipality's executive management.</p> <p>Partners: the municipality's community organizations.</p>	<ul style="list-style-type: none"> The level of support to community organizations is maintained. 	Ongoing	<p>\$\$</p> <p>😊</p>
--	--	--	--	---------	----------------------

Acronyms:

AFM: Age-friendly municipality

CBAL: Comité pour le bien-être des aînés de La Pêche (committee for the well-being of La Pêche seniors)

CISSSO: Centre intégré de santé et services sociaux de l'Outaouais (Outaouais integrated centre for health and social services)

CLSC: Centre local de services communautaires (local community service centre)

FADOQ: Fédération de l'âge d'or du Québec (Quebec federation of senior citizens)

FMG: Family Medicine Group

MTQ: Ministère des transports du Québec (Quebec ministry of transport)

NCC: National Capital Commission

OMH: Office Municipal d'Habitation (municipal housing bureau)

RCM: Regional county municipality

SHQ: Société d'habitation du Québec (Quebec housing corporation)

Note: This action plan will be implemented based on available budgets and resources.