



Table régionale
de concertation
des aînés de la
Côte-Nord

Individual territorial workshop summary

Regional mobilization steps to improve the seniors living conditions

Having for mission to ensure regional concertation, the TRCACN has completed (through the last few years) a variety of studies, gathered lots of data concerning the seniors and also worked in close collaboration with more than sixty organisations in order to identify regional priorities aiming at improving the senior's life conditions.

The aim of this workshop which is part of the mobilization steps to have the «North Shore to become a senior friendly region» was to:

- transfer the acquired knowledge;
- facilitate the exchanges between the actors from the area¹ so that each community has the opportunity to intervene while taking into account its own reality. This meeting.

The workshops were led by Boite à clés – a communication firm – acting as a consultant in the mobilization steps.

- **Bonne-Espérance** (Old Fort, St-Paul's River, Middle Bay) & **Blanc-Sablon** (Bradour, Lourdes-de-Blanc-Sablon and Blanc-Sablon) –

This document is a brief summary of the main findings, issues and solutions raised by the participants during the workshop involving the above mentioned municipalities.

¹ TRCACN splitted the North Shore into 13 areas in order to target all stakeholders who possibly already interact altogether (or could interact altogether) considering their proximity.

Blanc-Sablon | March 22, 2019

List of people invited to this meeting. Those present appear in **green**.

Nom	Organization
Wanda Beaudoin	Mun. of Blanc Sablon
Carmelle Jones	Seniors Club Blanc-Sablon
Marie-Claire Beaudoin	Seniors Club Blanc Sablon
Carole Lavallée	CISSS
Jean Blais	SQ
Priscilla Griffin Fequet	Support members Coasters
Constance Monger	Coord. de territoire BCN
Ashley Gallichon	Coop d'aide à dominicle
Edward Griffin	Senior Club St-Paul's river
Johanne Beaudoin	LTS Board
Roderick Fequet	LTS Board Rep. of Bonne-Esp.
Janet Etheridge	Seniors Club
Elaine Letemplier	President 50+
Gladys Beaudoin	Senoir Club
Jen Burns	-
Judy Monger	Seniors Club
Ana Osborne	CS du Littoral adult educ.
Cornella Carolyn Simm	Senior Club St-Paul's river
Eileen Schofield	Coasters
Wanda Fequet	Local church group
Marie Spingle	Local church group
Francie Keats	Minister
Donna Blanche	Community member Middle Bay
Dale Keats	-

EXERCISE # 1: INNOVATE IN OUR ENVIRONMENTS

« How can we do better together? »

Group #1

Answer : Let's start now! (with Constance)

Explanations |

- We already started (there ain't many resources here so we have to work together to make things happen).
- We have all we need to make it works (Coasters, CISSS, Coop, etc.)

Possible solutions |

- Improve partnership to increase the results
 - Share our knowledge and our resources
 - Share our knowledge of services and local activities
- Determine a space and/or specific time to share our information in order to get a common vision to better answer the need of our clientele
- Make sure to diversify lodging options; so that a choice for the elders become possible

Raised issues |

- Knowledge of the services
- Local activities
- Isolated – lack of resources (ex: coop)
- Small number of people to support development (ex: adapted lodging)
- Communication (2 languages)
- Programs not adapted for LNS | We have to convince government all the time
- Lodging/Housing : Elders want to be able to choose between staying in their own houses with home care services OR going in adapted residence.

EXERCISE # 1: INNOVATE IN OUR ENVIRONMENTS

« How can we do better together? »

Group #2

Answer : Let's start now! (with Melody)

Explanation |

Because programs and services already exist.

Raised Issues |

- Difficulty to find employees (COOP workers/seniors). How to attract workers?
- Communication and education
 - With seniors (who are not aware of all existing services)
 - Roles
 - Of organization that provide services (eg.: CISSS, Municipalities, Coop)
 - Having employees or resources to communicate and educate
- Money / It's hard to find funds to create jobs
- Training and evaluation
- Cultural changes / values of seniors

EXERCISE # 1: INNOVATE IN OUR ENVIRONMENTS

« How can we do better together? »

Group #3 (with Roderick)

Answer : Let's start now!

Explanation |

- It's easy as we are close (proximity) to each other and we know each existing organization.
- It's always the same people who get involved and volunteered → It's both a challenge and a benefit...

Possible solutions |

- Isolation preventing connections to the most vulnerable -> Identify where the most vulnerable are and develop a strategy to reach out to this group
- Holding a municipal/regional sharing forum
- Having 2 meetings per year all together (could be called by Table Concertation for seniors)
- Lobbying to make government knows that we can't "fit in the box"
- Resources guide : implement an Internet resource easy to update as well as other communication tools that won't become obsolete.

Issues raised |

- Communication = significant challenge to reach out to people and for people to reach out to services | We need tools!!!
 - Eg.: Resources guide : become obsolete as soon as printed
- Although we are close to each other, we are isolated.
- Seniors without immediate families in the region | Many are alone.
- Individual reach out to determine specific needs and services

EXERCISE # 2: AREA PORTRAIT ACCORDING TO DATA AND COMMUNITIES REALITY

« How to promote exchanges and partnerships? »

Group #1 (with Johanne)

Possible solutions |

- Identify all organizations working with the elders
- Make sure not to double the efforts / We must work with organizations already in place and not against
- Promotion | Lobbying and publicity → Mobilization
- Target: vulnerable clientele

Findings |

- MADA's not know within the municipality and through the organizations
- Weak points : We don't measure what we do. → We have to evaluate our impact to build on from one project to the other.

Group #2 (with Constance)

Possible solutions |

- Get involved → reach out to
- 50+ Club
- Day centers
 - Programs exist but there are difficulties (space, getting people out, etc.)
 - Need to be revisited (ex.: new adapted transportation in place)
 - Money is being given to CISSS/Coasters but it's hard for them to find resources to have things done
- Organizations could come together to share resources and regroup them

Group #3

Possible solutions |

- Commitments in regards with the COOP :
 - Recall list established of trained employees within month/year
 - Possible salary increase
 - Have training offered to employees so they can better meet the needs of the clientele
 - Goal : bring more security to the jobs and create more value for employees

- Municipality commitments :
 - Organize combined meeting with the other municipalities & all partners
 - Regional meeting upon reception of the TRCACN report and afterward, 2/year
 - Identify services that are available and needed
 - Identify services that does not match our reality | Analyze programs that can't fit with LNS reality
 - Lobby all levels of government to make them know that LNS don't fit in the box

- Involve younger people to take care of the seniors (we have to find ways to involve them... How do we reach 25-50 years old ?)

MAIN FINDINGS |

- Before, community took care of their own (people). Not the case anymore.
- It seems like everyone want to work together to improve the living conditions of seniors. It's not possible right now but at short term (or middle term for some issues) it could be.