Bien vivre et vieillir chez soi dans sa communauté

L'Alliance

en faveur de l'amélioration des conditions de vie des aînés

Table régionale de concertation des aînés de la Côte-Nord

Les Tables locales de concertation des aînés de la Côte-Nord

Québec

AQDR

Forum jeunesse Côte-Nord

IVPSA
Institut sur le vieillissement et la participation sociale des aînés de l'Université Laval

AQRP
Association québécoise des retraité(e)s des secteurs public et parapublic

L'APPUI POUR LES PROCHES AIDANTS CÔTE-NORD

Portrait of seniors living conditions

MRC du
Golfe-du-Saint-Laurent

ASSEMBLÉE NATIONALE QUÉBEC
Lorraine Richard Députée de Duplessis
Martin Ouellet Député de René-Lévesque

Août 2016

DESCRIPTION OF THE TERRITORY

The *Municipalité régionale de comté (MRC) du* **Golfe-du-Saint-Laurent** is the last MRC that obtained this designation on the North Shore. In fact, the constitution of this MRC only happened in 2010. Before, the part that was municipalized in this region was designated as being the equivalent territory (ET) of the Lower North Shore.

The MRC du Golfe-du-Saint-Laurent includes 5 municipalities : Blanc-Sablon, Bonne-Esperance, Côte-Nord-du-Golfe-du-Saint-Laurent, Gros-Mécatina and Saint-Augustin. The MRC also include a non-organized territory (TNO) by the name of Petit-Mécatina occupying about 87% of the area of the whole territory.

Even if they are officially not a part of the MRC, the Innu communities of Pakuashipi (Saint-Augustin) and of Unamen Shipu (La Romaine) also occupy this territory.

The characteristics of this MRC is the absence of road links between the localities that are spread on about 400 kilometers of coastline. Except for Blanc-Sablon, Bonne-Esperance and Kegaska, these communities are only accessible by waterway or by air or by the *Route blanche* (Snowmobile trail) during winter.

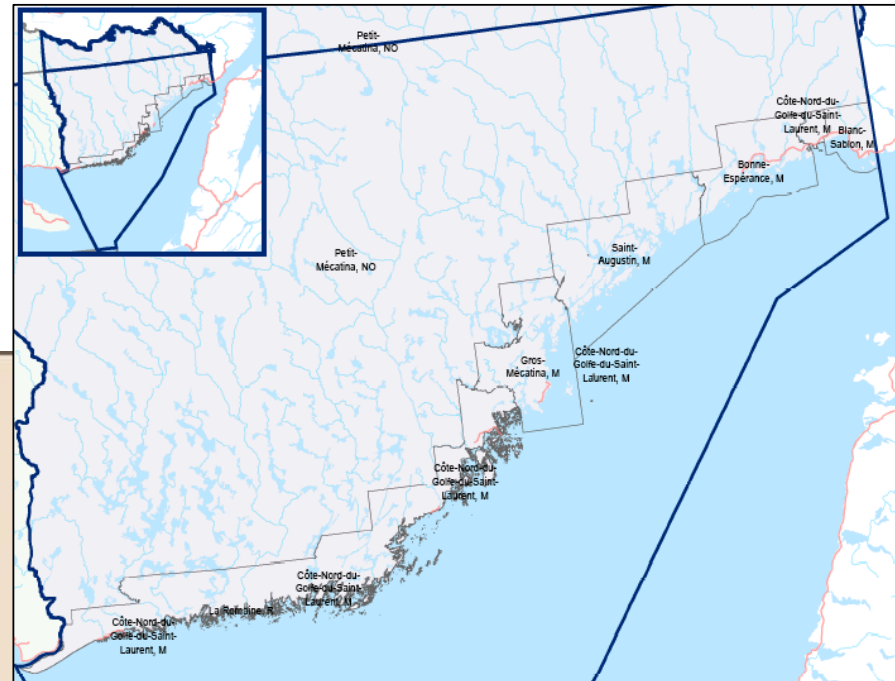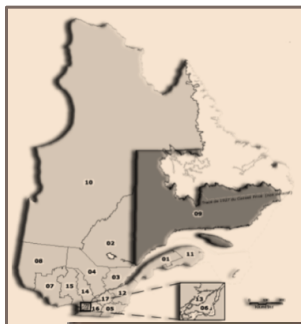## OTHER INFORMATION

Constitution date: July 7, 2010

Total area: 81 028,00 km²

Ground area: 40 819,00 km²
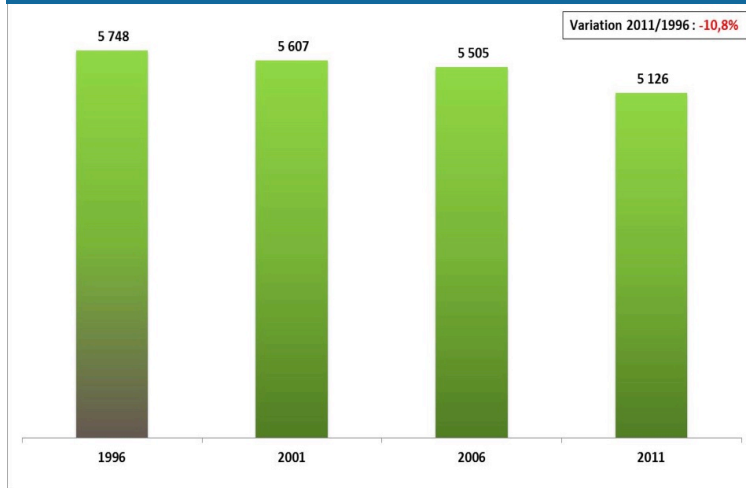
Estimation population in 2015: 3 957 residents

Density (2015): 0,1 resident/km² (ground)
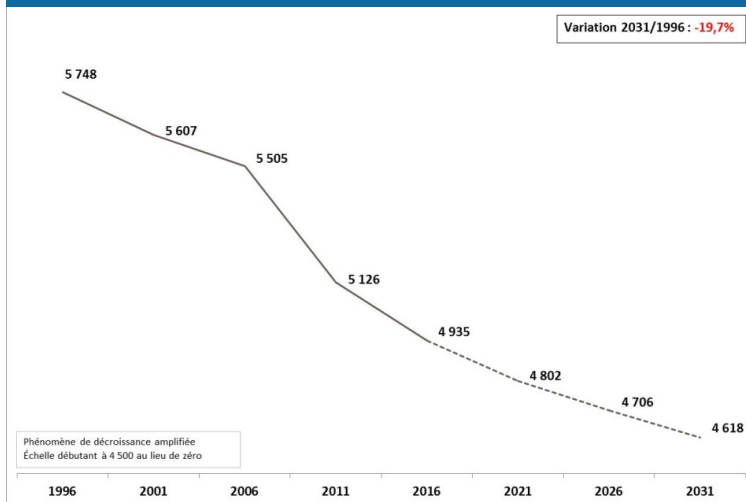
GEOGRAPHICAL LOCALIZATION

A FEW STATISTICS...

Evolution of the population 1996 to 2011 (15 years)

Variation 2011/1996 : -10,8%

5 748 (1996)
5 607 (2001)
5 505 (2006)
5 126 (2011)

Demographic perspectives 2016-2031 (15 years)

Variation 2031/1996 : -19,7%

5 748
5 607
5 505
5 126
4 935
4 802
4 706
4 618

Phénomène de décroissance amplifiée
Échelle débutant à 4 500 au lieu de zéro

1996 2001 2006 2011 2016 2021 2026 2031

MRC du Golfe-du-Saint-Laurent

Report on population evolution

Between 1991 and 2011, the population of the *MRC du Golfe-du-Saint-Laurent* (including the Innu communities) gradually decreased, almost 11% over 15 years. The largest variation was registered between 2006 and 2011.

If we rely upon the estimation of the population for 2015 from the *ministère des Affaires municipales et de l'Occupation du territoire (MAMOT)*, say 4 491 residents (including the Innu communities), the population would have decreased of 170 additional residents, bringing the decrease rate at -13,2% from 1996 to 2015.

According to the demographic perspectives until 2031 (2014 edition), the population of the *MRC du Golfe-du-Saint-Laurent* should decrease of an additional 508 residents, say 9,9% between 2011 and 2031 (20 years) and of 1130 residents, say 19,7%, between 1996 to 2031 (35 years). This respectively represent an annual median decreasing rate of -0,52% and of -0,62%.

After 2016, the decreasing rate slightly diminish to about 100 residents per 5 years.

Demographic burden of the population on the territory in 2011

MRC du Golfe-du-Saint-Laurent	Nombre	%
Blanc-Sablon	1 118	21,8
Bonne-Espérance	732	14,3
Côte-Nord-du-Golfe-du-Saint-Laurent	971	18,9
Gros-Mécatina	499	9,7
Saint-Augustin	478	9,3
Hors MRC		
Pakuashipi	312	6,1
Unamen Shipu	1 016	19,8
TOTAL	**5 126**	**100,0**

Population variation 1996-2011 (15 years)

MRC du Golfe-du-Saint-Laurent	Nombre	%
Blanc-Sablon	(130)	-10,4
Bonne-Espérance	(174)	-19,2
Côte-Nord-du-Golfe-du-Saint-Laurent	(243)	-20,0
Gros-Mécatina	(123)	-19,8
Saint-Augustin	(205)	-30,0
Hors MRC		
Pakuashipi	70	28,9
Unamen Shipu	183	22,0
TOTAL	**(622)**	**-10,8**

Report on the population evolution

The most populated municipality in 2011 is Blanc-Sablon that counts for one fifth of the total population on the territory.
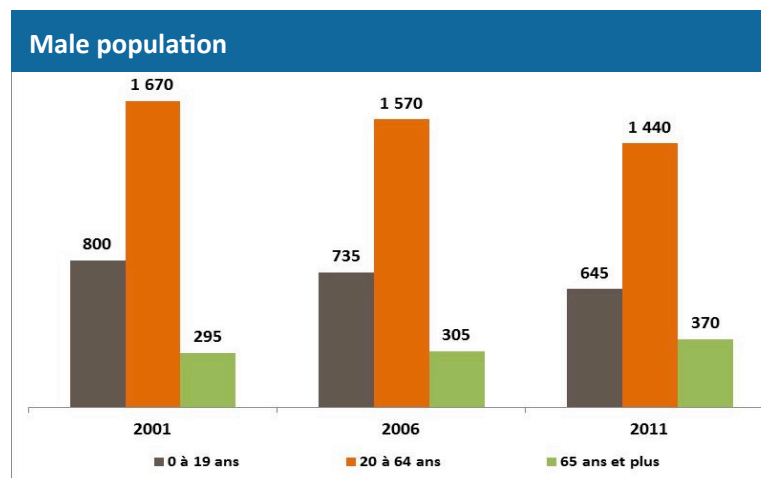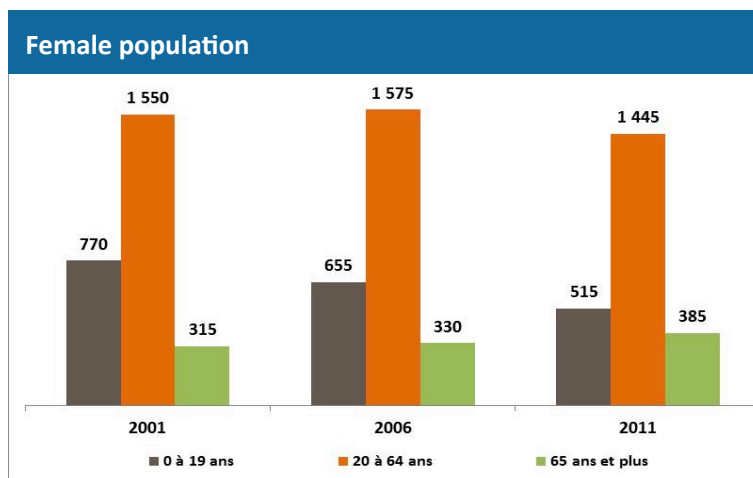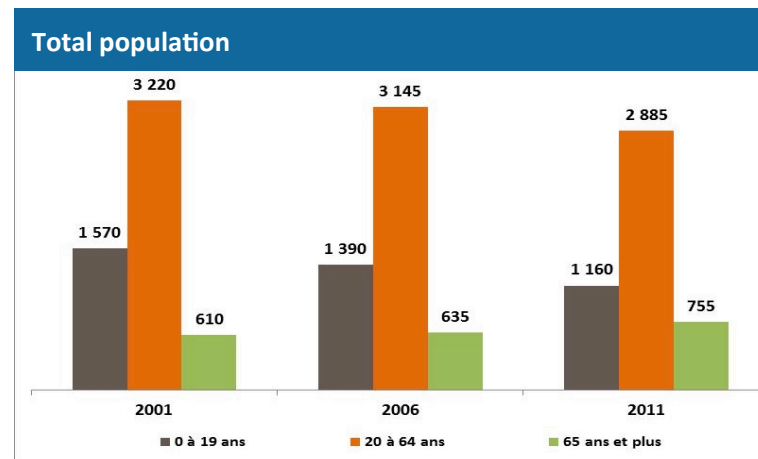
The two Innu communities represent 25% of the total population on the territory.

The two smallest municipalities are St-Augustin and Gros-Mécatina.

The evolution of the population from 1996 to 2011 demonstrate that there is a decrease in all the municipalities of the MRC du GSL whereas it is increasing in the Innu communities.

The most noticeable decrease in population was registered in St-Augustin whereas the highest increase was in the neighboring community of Pakuashipi.

MRC du Golfe-du-Saint-Laurent

POPULATION DISTRIBUTION
PER AGE GROUP, 2001 TO 2011

Total population

	0 à 19 ans	20 à 64 ans	65 ans et plus
2001	1 570	3 220	610
2006	1 390	3 145	635
2011	1 160	2 885	755

Female population

	0 à 19 ans	20 à 64 ans	65 ans et plus
2001	770	1 550	315
2006	655	1 575	330
2011	515	1 445	385

Male population

	0 à 19 ans	20 à 64 ans	65 ans et plus
2001	800	1 670	295
2006	735	1 570	305
2011	645	1 440	370

MRC du Golfe-du-Saint-Laurent

Report on the population distribution per age group

Note : The data on the graphic does not include Pakuashipi because the population distribution per age category is not available for that community in 2011. The data for that community was not taken in consideration for the other years as well so it would not lead to bias interpretation.

The population of people from « 0 to 19 years » decreased of 26% between 2001 and 2011
This decrease mainly happened with the women:
- Women (-33 %)
- Men (-19 %)

The population of people from « 20 to 64 years » fluctuated towards a decrease between 2001 and 2011, say -10%
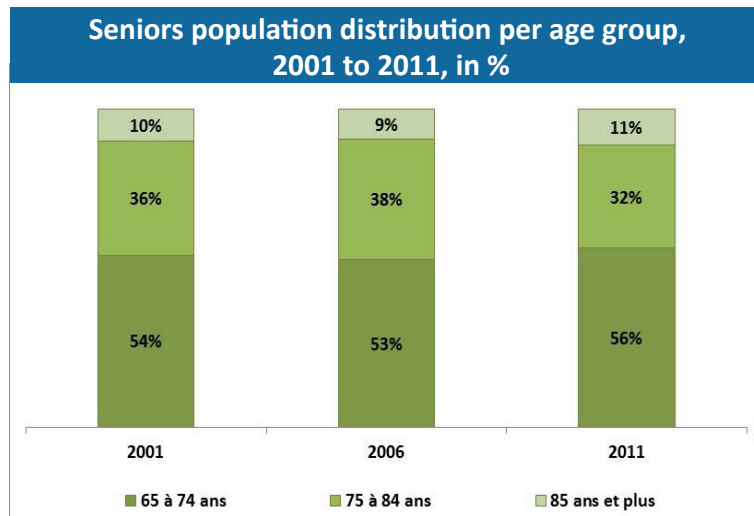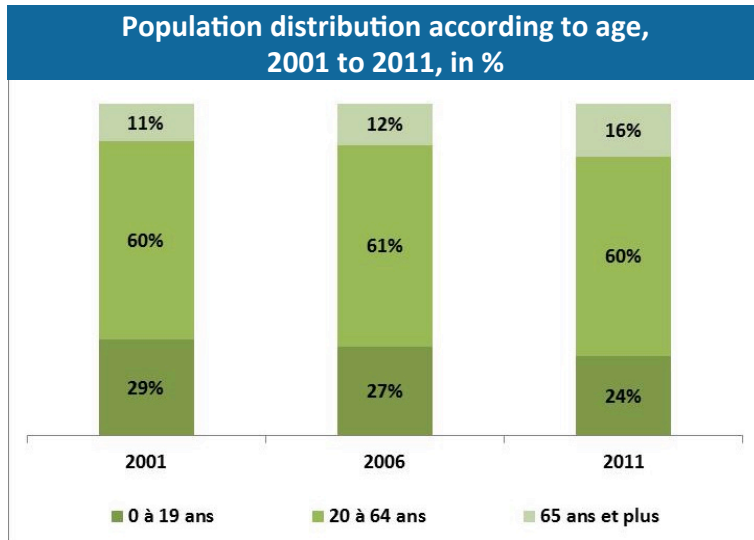This decrease was registered as much with the women and the men:
- Women (-7 %)
- Men (-14 %)

The population of people of « 65 years and more » have known a significant increase between 2001 and 2011: + 24%
This increase was registered as much with the men and the women:
- Women (+24 %)
- Men (+25 %)

> The number of seniors went from **610 to 755 residents** on the territory of the GSL between 2001 and 2011.

> In 2011, **49%** of the seniors are **men**, whereas the **women** make up the majority with **51%**.

> **The median age** of the population went from 34,4 years to **40,9 years**, an increase of 6,5 years over a 10 year period.

> In **2011**, the **median age** was:
> - Women: 40,9 years
> - Men: 41,0 years

Population distribution according to age, 2001 to 2011, in %

	2001	2006	2011
65 ans et plus	11%	12%	16%
20 à 64 ans	60%	61%	60%
0 à 19 ans	29%	27%	24%

Seniors population distribution per age group, 2001 to 2011, in %

	2001	2006	2011
85 ans et plus	10%	9%	11%
75 à 84 ans	36%	38%	32%
65 à 74 ans	54%	53%	56%

Report concerning the aging population

Note : The data on the graphic does not include Pakuashipi because the population distribution per age category is not available for that community in 2011. The data for that community was not taken in consideration for the other years as well so it would not lead to bias interpretation.
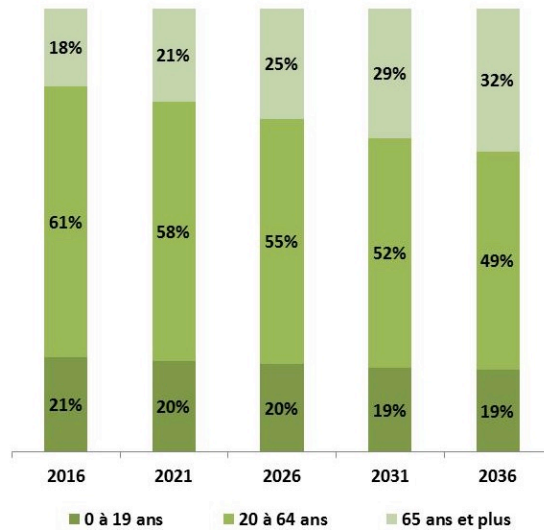
The proportion of seniors of 65 years and more went from 11% to 16% of the total population, increase of 5 points of percentage over 10 years.

During that period, the relative proportions of seniors according to the age groups increased lightly by 2 points of percentage for the group from 65 to 74 years old, and decreased of 4% in the group from 75 to 84 years old and increased of 1% in the group of 85 years old and more.
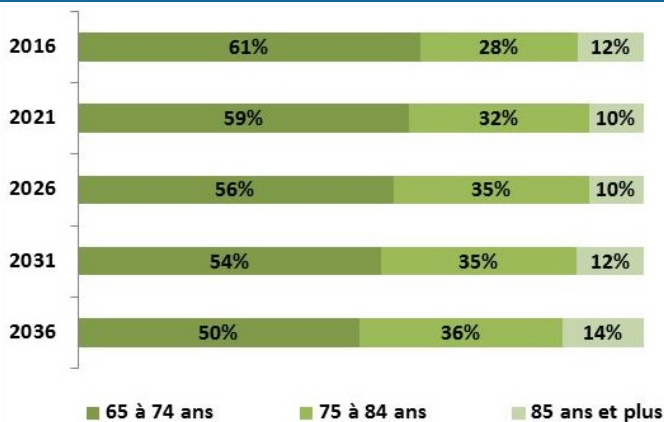
An increase of seniors of 85 years old and more was registered with the women that were 30 residents in 2001 and 60 residents in 2011 (+100%).

The number of men in that age group went from 30 residents in 2001 to 25 in 2011 (-17%)

MRC du Golfe-du-Saint-Laurent

Demographic perspectives per age group, 2016-2036, in %

■ 0 à 19 ans   ■ 20 à 64 ans   ■ 65 ans et plus

Seniors demographic perspectives, 2016-2036, in %

■ 65 à 74 ans   ■ 75 à 84 ans   ■ 85 ans et plus

MRC du Golfe-du-Saint-Laurent

Report on the aging of the population, 2016-2036

The senior population would increase by 14% between 2016 and 2036.

In 2036, close to one senior out of 3 would be 65 years old and more

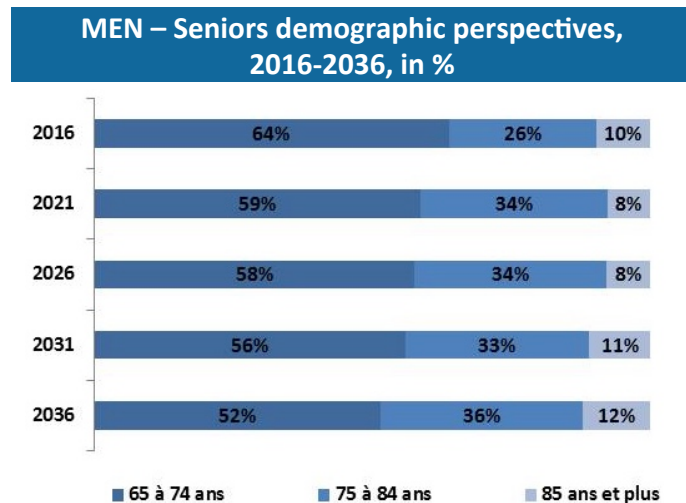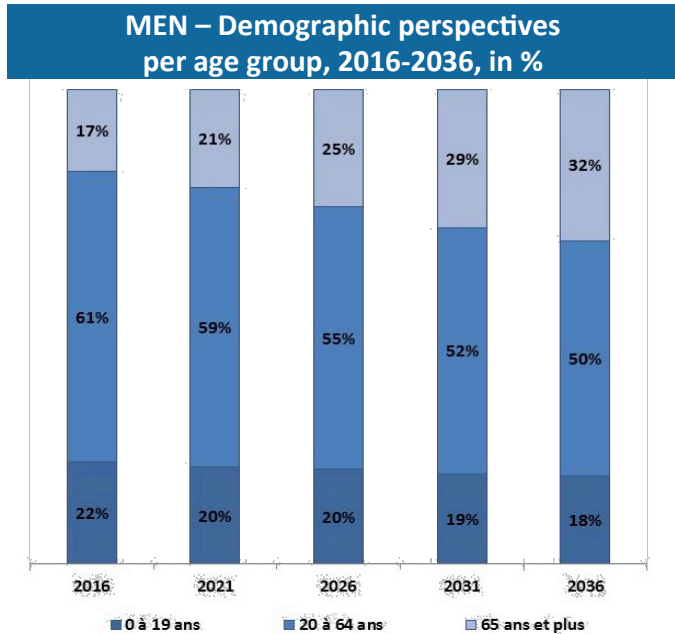Half (50%) of the seniors would be between 65 and 74 years old in 2036.

The relative proportion of seniors from 75 to 84 years old would increase of 8 points of percentage at 36% between 2011 and 2036, while the proportion of the 85 years old and more would also be higher (+2%).

In terms of absolute numbers, the number of residents from 65 to 74 years old would go from 527 to 727 residents from 2016 to 2036 (Δ2036/2016 : +38%).

The number of people from 75 to 84 years old would go from 243 to 526 from 2016 to 2036 (Δ2036/2016 : +116%). It is important to outline that the number of residents of 80 years old and more would be 200 in 2016 and would make up for 23% of the seniors. In 2036, the number of seniors of 80+ years old would be at 433 residents, which would represent 30 % of the seniors.

The number of people from 85 years old and more would go from 101 to 208 from 2016 to 2036 (Δ2036/2016 : +106%).

The median age would increase from 42,3 years in 2016 to 48,2 years in 2036.

MEN – Demographic perspectives per age group, 2016-2036, in %

	2016	2021	2026	2031	2036
65 ans et plus	17%	21%	25%	29%	32%
20 à 64 ans	61%	59%	55%	52%	50%
0 à 19 ans	22%	20%	20%	19%	18%

■ 0 à 19 ans   ■ 20 à 64 ans   ■ 65 ans et plus

MEN – Seniors demographic perspectives, 2016-2036, in %

	65 à 74 ans	75 à 84 ans	85 ans et plus
2016	64%	26%	10%
2021	59%	34%	8%
2026	58%	34%	8%
2031	56%	33%	11%
2036	52%	36%	12%

■ 65 à 74 ans   ■ 75 à 84 ans   ■ 85 ans et plus

MRC du Golfe-du-Saint-Laurent

Report on the aging male population, 2016-2036

The senior **male population** would increase of 15% between 2016 and 2036.
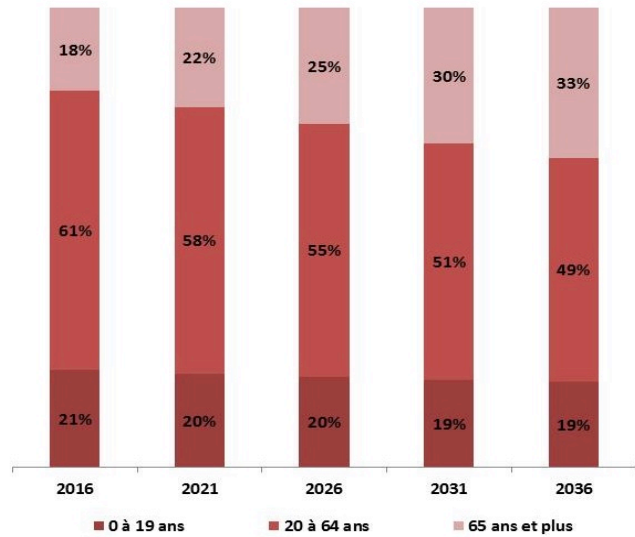
In 2036, close to one men out of 3 would be 65 years old and more.

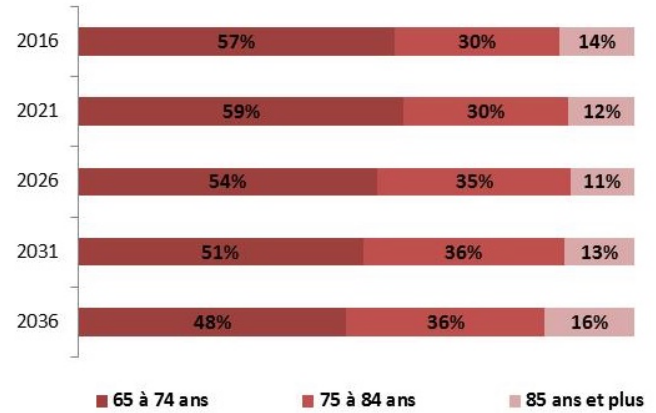Half (50%) of the senior males would be between 65 and 74 years old in 2036.

The relative proportion of seniors of 80 years old and more would increase from 85 to 196 residents from 2016 to 2036, representing respectively 20% and 27% of the senior male population for these periods.

The median age would increase from 42,0 years in 2016 to 48,0 years in 2036.

WOMEN – Demographic perspectives per age group, 2016-2036, in %

Legend: ■ 0 à 19 ans ■ 20 à 64 ans ■ 65 ans et plus

WOMEN – Seniors demographic perspectives, 2016-2036, in %

Legend: ■ 65 à 74 ans ■ 75 à 84 ans ■ 85 ans et plus

MRC du Golfe-du-Saint-Laurent

Report on aging female population, 2016-2036

The senior **female population** would increase of 15% between 2016 and 2036.

In 2036, one women out of 3 would be of 65 years old and more.
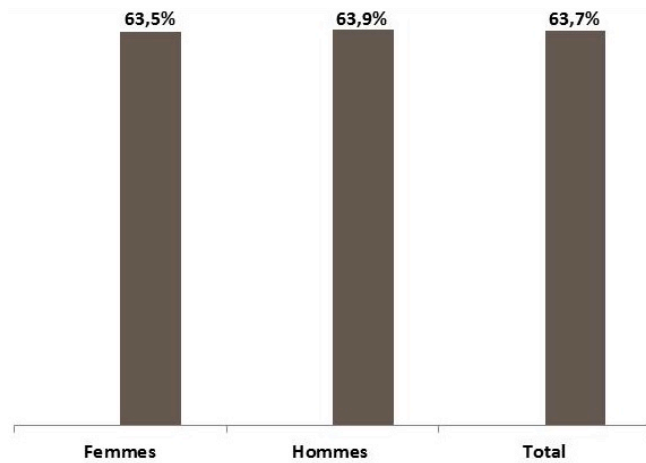
Approximately half (50%) of the senior female would be between 65 and 74 years old in 2036.

The relative proportion of seniors 80 years old and more would increase from 115 to 237 residents between 2016 and 2036, respectively representing 26% and 32% of the senior female population for these periods.

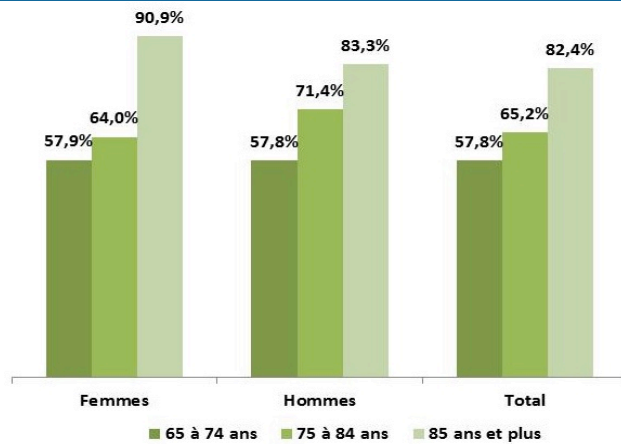The median age would increase from 42,5 years in 2016 to 48,3 years in 2036.

SENIORS WITH A DISABILITY

Proportion of seniors with disabilities in 2011

Source : Office des personnes handicapées du Québec, 2015.

Proportion of seniors with disabilities in 2011 according to age

- 65 à 74 ans
- 75 à 84 ans
- 85 ans et plus

Source : Office des personnes handicapées du Québec, 2015.

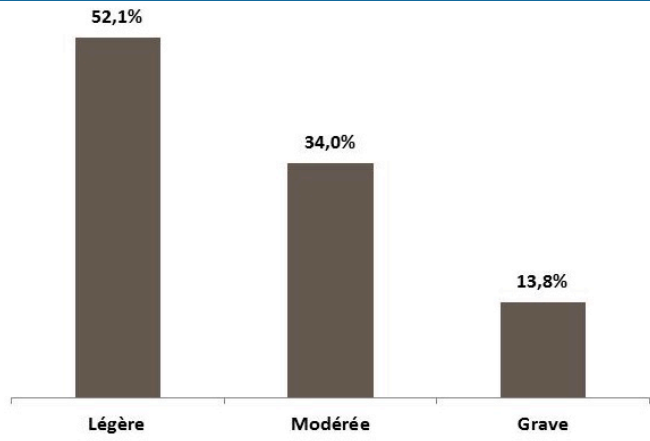*MRC du Golfe-du-Saint-Laurent*

Report – seniors with disabilities

Close to two third of the seniors of the MRC GSL has a disability, whatever the sex. It is a number estimated of about 465 residents.

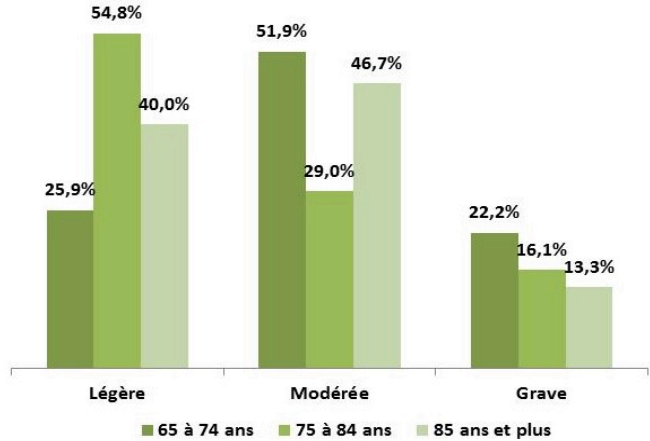More than 90% of women 85 years old and more has a disability comparatively to 83% of the men in this age group.

However, the proportion of men of 75 to 84 years old with a disability is higher than the proportion of women in this age group, respectively 71% and 64%.

14

Proportion of seniors with a disability in 2011 according to the severity

52,1% — Légère
34,0% — Modérée
13,8% — Grave

Source : Office des personnes handicapées du Québec, 2015.

Proportion of seniors with a disability in 2011 according to age and severity

Légère: 25,9% (65 à 74 ans), 54,8% (75 à 84 ans), 40,0% (85 ans et plus)
Modérée: 51,9% (65 à 74 ans), 29,0% (75 à 84 ans), 46,7% (85 ans et plus)
Grave: 22,2% (65 à 74 ans), 16,1% (75 à 84 ans), 13,3% (85 ans et plus)

■ 65 à 74 ans   ■ 75 à 84 ans   ■ 85 ans et plus

Source : Office des personnes handicapées du Québec, 2015.

Report – Seniors with a disability according to the severity

More than half of the seniors disabilities are considered as being light.

Among the seniors from 65 to 74 years old with a disability, half of them are considered as having a moderate condition, while more than one person out of 5 in this age group has a state considered severe.

The disabilities of the seniors of 85 years old and more is more often considered as moderate or light.

MRC du Golfe-du-Saint-Laurent

References

Ministère des Affaires municipales et de l'Occupation du territoire, http://www.mamrot.gouv.qc.ca/

Institut de la statistique du Québec, http://www.stat.gouv.qc.ca/

Statistique Canada, Recensements : http://www.statcan.gc.ca/

Office des personnes handicapées du Québec (2015). Estimations de population avec incapacité en 2011 : région sociosanitaire de la Côte-Nord, Direction de l'évaluation, de la recherche et des communications, L'Office, 83 p.

Notes

Census data : For the purpose of confidentiality, Statistique Canada publishes the data that have been round up randomly. Random sampling of the data suppress the possibility to associate numbers to a person or to a small group of people in particular. Consequently, all the numbers, including the totals, are round up randomly (upwards or downwards) as far as a multiple of 5, sometimes of 10. You must expect that the totals and the numbers corresponding can have small differences. In the same way, the total of the percentages calculated using the round up numbers will not necessarily correspond to 100.

Estimations de population avec incapacité en 2011 : Les personnes vivant dans un logement collectif institutionnel (CHSLD, prison, centre jeunesse, centre de réadaptation, etc.) ainsi que celles résidant dans les réserves indiennes ne font pas partie de la population visée par cette enquête.

Les données brutes proviennent des références indiquées alors que les proportions (%) ont, pour la plupart, été calculées dans le cadre de cette étude.

Definitions

Median age : Age « x » as it divide a population in two equal effective groups, one is composed of only the individual whom's age is superior to « x », the other is composed of the individuals who's age is below « x ».

Density of population : It represents the number of people by square kilometer for the population of all ages.