



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.

- Chevery, Tête-à-la-Baleine and Harrington Harbour -

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.

Chevery | March 20, 2019

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

Name	Organization
Susie Green	Résidente
Micheline Lapointe-Monger	Representative of francophone communities
Jennifer Anderson	Chevery seniors club
Karine Monger	MRC Golfe du St-Laurent
Ghislaine Nadeau Monger	LTS Board member Rep of Municipality GStL
Linda Ransom	50+ Club
Sharon Chubbs	Community member
Melody Strickland	Community organizer
Véronique Moïse	-
Charlotte-Ann Ransom-Rowsell	Coop d'aide à domicile
Gilles Monger	-
Darlene Rowsell	Municipalité du Golfe du St-Laurent
Nicole Monger	Coop d'aide à domicile
Stéphanie Fournier	Résidente
Stella Bobbitt	Chevery seniors club
Gloria Bobbitt	Coasters association
Constance Monger	Coordonnatrice de territoire de la Basse Côte-Nord
Rita Joncas	Chief de Service SAPA
Anick Bellavance	Director SAPA

EXERCISE # 1: INNOVATE IN OUR ENVIRONMENTS

« How can we do better together? »

Group #1 (with Darlene)

Answer : Let's start now!

Explanations |

- All necessary groups already exist, we just need to work together (and we can do it!)
- It's urgent, we are in an emergency situation.

Possible solutions |

- To adapt houses
- Work with our actual partners (such as CISSS, Municipality, MRC, etc.)
- Educate the elders toward nutrition
- Abuse on seniors | Programs | Structure in the Coop

Raised issues |

- **Housing** : elders prefer to remain in their (unadapted) houses - as there is no seniors' residences in the villages – than leaving their community and their peers.
- Lack of **homecare services**
- **Food Quality and Accessibility** : More specifically fruits and veggies (very expensive and no diversity). It's impossible to follow the new Canadian Food Guide while living on the Lower North Shore and considering elders live on fix income.
- **Workforce** : Lower North Shore has the highest rate of unemployed people but can't find anyone to work...
- Most of the time, **provincial program's structure** doesn't match LNS reality : mandatory criterias can't be met so we don't have access to the available money.

EXERCISE # 1: INNOVATE IN OUR ENVIRONMENTS

« How can we do better together? »

Group #2 (with Melody)

Answer : It's possible in the short/medium term

Explanations |

- Reality is that it takes time to change things in our communities
- Communication methods have to be in place to work together

Possible solutions |

- Recent video conference installed setups will facilitate further collaboration
- Ensure follow-ups on ongoing initiatives
- Meals on wheels
 - Modified after 14 years in order to keep it alive and adapt to people needs
 - We could add frozen meals and extend the territory to serve other communities
 - We have to create partnerships
- Coop services
 - Need improvement in implementation
 - Training is required : to allow them to make possible things only the CISSS can do right now.
 - Opportunity to have training for all its staff but we need to find a solution to make it happen (ref.: see issue about training below)

Raised issues |

- Lack of **willingness** : there is a momentum when we meet, but as soon as the meeting is over, nobody's doing anything and people got discouraged.
- **Workforce** : hard to find people who wants to work and make a difference
- **Training** : it's a 5-weeks training so it's difficult as when on training, people are not at work!

EXERCISE # 1: INNOVATE IN OUR ENVIRONMENTS

« How can we do better together? »

Group #3 (with Karine and Susie)

Answer : It's possible now or in the short term

Possible solutions |

- Meals on wheels : improve the program to include other communities
 - Nutrition : it's an easy and fun way to get people to interact altogether
- Boite de culture
- Home care services :
 - Auxiliary nurses to support elders
 - Share our successes through visioconferences

Issues raised |

- We need more programs to be implemented in Chevery and Harrington Harbour

Next steps

- Wait for our workshop summary this fall and full report of the TRCACN (which will be completed at the end of 2019) to determine what to do next.

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

« How to promote exchanges and partnerships? »

Group #1 (with Darlene)

- Work on possible actions identified in exercise #1
 - We could create a new role and have a resource to work first on an action plan and then on the delivery of those actions. The resources could be the link between all stakeholders (CISSS, senior groups, Municipality, The Coasters, Coop)
 - Example given : La Romaine | where someone coordinates all activities and services for the seniors
 - Need the support and guidance of the Local Table
- We have to be creative :
 - If not 1 person, then maybe a group of persons OR separate the full-time position in two part time ?! ->
 - Home sharing ?! | To solve issues of people who live alone

Group #2 (with Melody)

- We need :
 - Regular communication updates
 - To know what is happening in each community and what our partners are working on
 - We have to talk more about what we do. People don't ask question but do judge.
 - Means
 - Ex. : visioconference
 - Recognition
 - Support of volunteers
 - More resources available for volunteers (such as training)
 - Partnerships
 - Acknowledgement of the part they play
- Quick Win : Meals on wheels : everyone wants the program to be expanded
- Partnership : Maybe PALairlines ?

Group #3 (with Karine and Susie)

- We need to bring all stakeholders on board (MRC, Coop, Coasters, Municipality, auxiliary nurses, social workers, Rita Joncas, Constance Monger, CISSS and its CEO) so that we're all on the same side

Main finding

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.