



Table régionale
de concertation
des aînés de la
Côte-Nord

Résumé d'atelier territorial

Démarche de mobilisation visant à ce que la Côte-Nord devienne une région amie des aînés

Ayant pour mission d'assurer la concertation régionale, la TRCACN a, au cours des dernières années, réalisé diverses études, colligé un grand nombre de données au sujet des aînés ainsi que travaillé en étroite collaboration avec plus d'une soixantaine d'organisations afin d'identifier des priorités régionales visant à améliorer les conditions de vie des aînés.

Cet atelier de travail, s'inscrivant dans le cadre de la démarche de mobilisation pour l'amélioration des conditions de vie des aînés, visait à :

- transférer les connaissances acquises par la Table au cours des dernières années
- favoriser les échanges entre les acteurs d'un même territoire¹ afin que les communautés aient par la suite l'opportunité d'agir en tenant compte de leur propre réalité.

Les ateliers ont été animés par Boite à clés - une firme de communication – qui a agi à titre de consultant dans la démarche de mobilisation.

- Kégaska et La Romaine –

¹ Pour le bien-fondé de l'exercice, la TRCACN a choisi de scinder la région de la Côte-Nord en 13 territoires afin de pouvoir cibler tous les acteurs interagissant déjà ensemble ou ayant la possibilité d'interagir ensemble considérant leur proximité.

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 area² 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.

- Kegaska and La Romaine –

² 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.

Kégaska | 17 juin 2019 Kegaska | June 17th, 2019

Liste des gens conviés à cette rencontre. Les personnes présentes apparaissent en **vert**.

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

Nom Name	Organisation Organization
Evelyn Mansbridge	-
Rose Butt	-
Terrylin Ingram	Animator/cashier at Cjs/coasters
Vandale Buckell	-
Lauren Capagn	-
Charlene Jones	-
Ghislaine Nadeau	President Table
Dale Dahl	50+ Club President
Kayla Kippen	Coasters association
Harold King	-
Danielle Collard	-

EXERCISE # 1 & 2 ALTOGETHER

« How can we do better together? » | « How to promote exchanges and partnerships? »

Group #1 (one group only)

Answer : Working together is possible -> We're doing it already

Possible solutions |

- Increase salary -> Making it more attractive to avoid people leaving after a few years
- COOP :
 - to guaranty hours within the municipality could be a leverage
 - There is a need for at least a full time job for 1 person
 - If we want changes, we have to do things differently!
 - Eg.: Develop training adapt to reality (½ day training, ½ day working offering services | Duration : 10 weeks) instead of 5-weeks training full time.
- We have to continue to push and push
- Upgrade communication and exchange between villages

Raised Issues |

- We're far from each other and don't have much opportunities to be together (To consider: Municipality recently implemented a videoconference system to solve this issue)
- Transportation :
 - Bella-Desgagné is expensive (bottom bunk: 53\$ - top bunk: 27\$)
 - Plane, boat, road and taxi services (in village)
 - MRC is actively working on the file and have regular meetings with Relais Nordique but participants feel like they should bring the topic to the Municipality | Lack of communication between the stakeholders
- Money:
 - Difficult to find funds to encourage social participation
 - No recurrent funds
 - Funding programs do not match LNS reality and require time as well as a lot of work
- Lack of specialists (ergo therapist, physio therapist, etc) to have houses adapted
- Lack of workers/volunteers for maintenance & small work around houses (eg.: yard maintenance)
 - Issue related to the fact that people don't want to work full-time
- Respite services:
 - The Coasters and Alzheimer Society collaborates to offer the services but funding options are restricted.

- Provincial program consider LNS has a similar program so they refuse additional program requests. But our actual program doesn't answer the needs.
- CISSS communications are not enough
- Critical housing services -> Lack of home care services (Priority #1)
 - COOP has tried a lot to offer the service but it failed
 - We're doing the same thing over & over again and situation doesn't change (we recruit the same way and people leave LNS after a few years)
 - COOP workers need training to be able to work

General Findings |

- Basics health services are good
- People feel more secure since the road connects Kegaska to Natashquan
- There are a lot of exchanges between the 50+ Clubs all over the LNS.
- Working on all 6 priorities isn't possible for Kegaska alone. But if working with both the Municipality Côte-Nord du Golfe du St-Laurent and the Provincial Government, then it might become possible.

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.