



**Bien vivre  
et vieillir  
chez soi  
dans sa  
communauté**



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

# L'Alliance

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



*Portrait of seniors living conditions*

*Côte-Nord-du-Golfe-  
du-Saint-Laurent*



August, 2016

## DESCRIPTION OF THE TERRITORY

*Côte-Nord-du-Golfe-du-Saint-Laurent* is the oldest municipality in the MRC du Golfe-du-Saint-Laurent. It was established in 1963 and used to cover all the territory of the Lower-North-Shore.

A vast restructuring project started in 1990, allowed the creation of a few municipalities within the Lower-North-Shore, since then the *Municipality Côte-Nord-du-Golfe-du-Saint-Laurent (MCNGSL)* only covers the west part of the territory.

MCNGSL includes five localities along the shoreline without ground link between them apart from during the winter thanks to the Route blanche (snowmobile trail). These municipalities are (east to west): Tête-à-la-Baleine, Harrington Harbour, Chevery, La Romaine (white community only) and Kegaska. These localities are counting at the most a couple of hundred people each.

This Municipality is managed by an administrator named by the government in the absence of an elected municipal council.

### OTHER INFORMATIONS

Constitution date: June 22<sup>nd</sup>, 1963

Gentile: Golfien, Golfienne

Total area: 3 109,84 km<sup>2</sup>

Ground area: 2 682,18 km<sup>2</sup>

Estimated population in 2015: 935 residents

Density (2015): 0,3 resident/km<sup>2</sup> (ground)

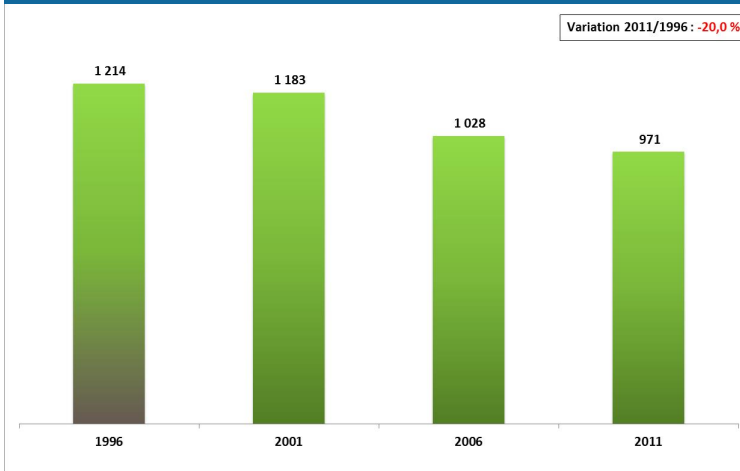
MRC: Le Golfe-du-Saint-Laurent

## GEOGRAPHICAL LOCALISATION

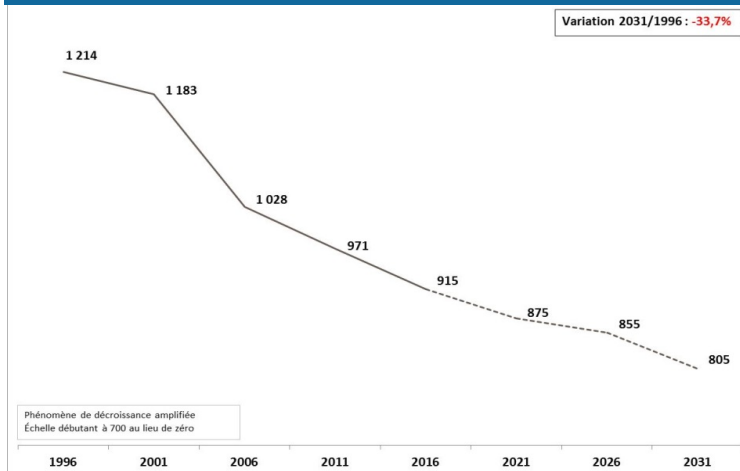


**A FEW STATISTICS...**

### Evolution of the population 1996 to 2011 (15 years)



### Demographic perspectives 2016-2031 (15 years)



### Report on the evolution of the population

Between 1996 and 2011, the population of the MCNGSL decreased gradually. The most important decrease was registered between 2001 and 2006, 155 residents.

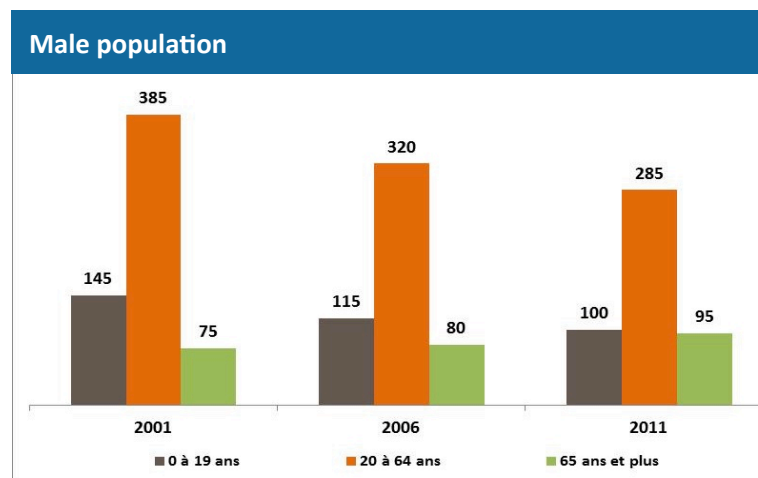
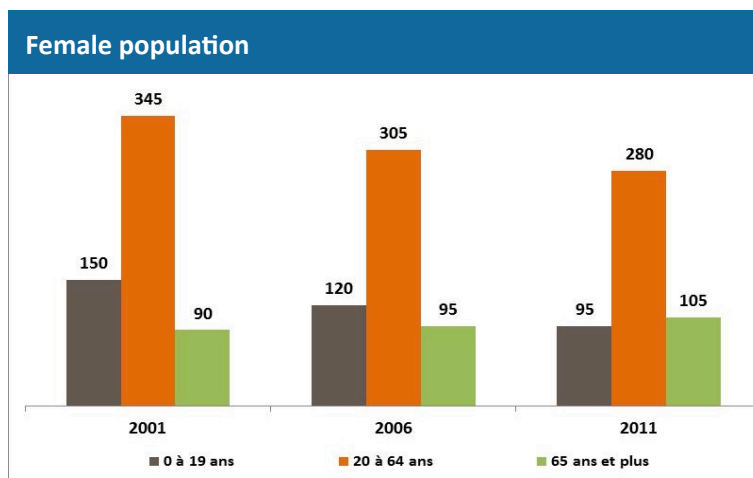
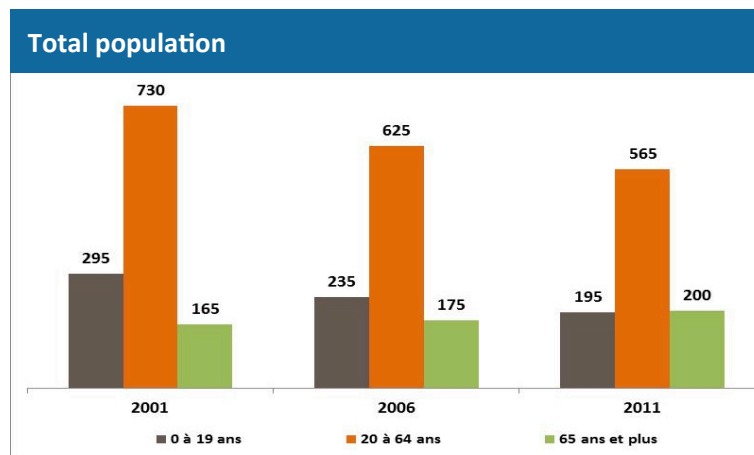
In 15 years, the MCNGSL would have lost 20,0% of its population.

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 935 residents, the Municipality would have lost 36 additional residents between 2011 and 2015, bringing the decreasing rate to -23,0%.

According to the demographic perspective until 2031 (edition 2014), the population of MCNGSL would decrease of 166 additional residents bringing the decreasing rate of the population at -17,1% from 2011 to 2031 (20 years) and to -33,7% for the period between 1991 and 2031 (40 years). This respectively represent an annual average decrease of 0,93% and of -1,17%.

It is possible to notice a downward movement of the population decrease starting in 2006.

# REPARTITION OF THE POPULATION PER AGE GROUP, 2001 TO 2011



## Report on the population distribution per age group

The population of people between « 0 and 19 years » showed an important decrease between 2001 and 2011 : -34%

This decrease mainly happened with the women:

- Women (-37%)
- Men (-31%)

The population of people from « 20 to 64 years » also fluctuated towards a decrease between 2001 and 2011 : -23%

This decrease was mainly registered with the men:

- Women (-19 %)
- Men (-26 %)

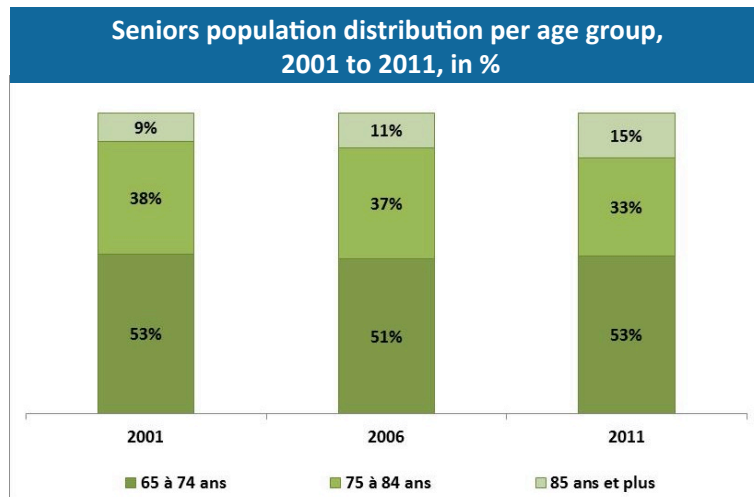
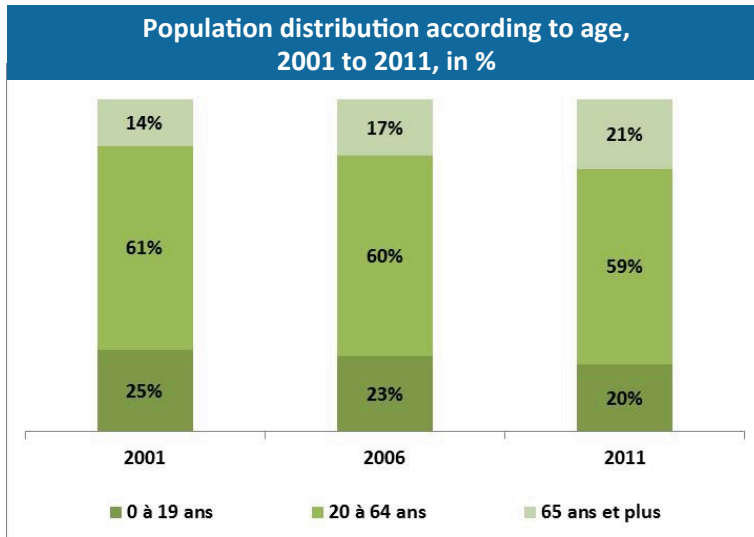
The population of people of « 65 years and more » have known a significant increase between 2001 and 2011 : +21%

This increase is mainly attributable to the men:

- Women (+17%)
- Men (+27%)

**Note :** *Because the population of the MCNGSL is not numerous, any modification seems more evident in terms of proportion.*

- The number of **seniors** went from **165 to 200 people** in the MCNGSL between **2001 and 2011**.
- In 2011, **47,5%** of the seniors are men, while the majority are women with **52,5%**.
- The **median age** of the population went from 36,8 years to **46,3 years** from 2001 to 2011, an increase of 9,5 years over a 10 year period. This increase was mainly registered between 2001 and 2006 (+4,9 years) than 2006 and 2011 (+4,6 years).
- In **2011**, the **median age was of:**
  - Women : 45,7 years
  - Men : 46,7 years.



### Report concerning the aging of the population

The proportion of seniors of 65 years and more went from 14% to 21% of all the population, an increase of 7 points of percentage over 10 years.

During this period the proportion of 85 years and more went from 9% to 15%.

The group from 75 to 84 years decreased by 5 points of percentage.

The proportion of the group from 65 to 74 years stayed the same at 53%.

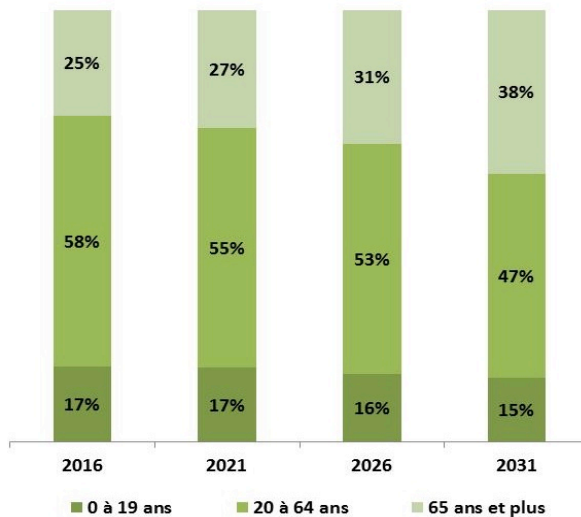
The increase of individuals of 85 years and more was registered with the women. They were 5 in 2001 and 15 in 2011.

The number of men in that age group remained identical, at 10 residents.

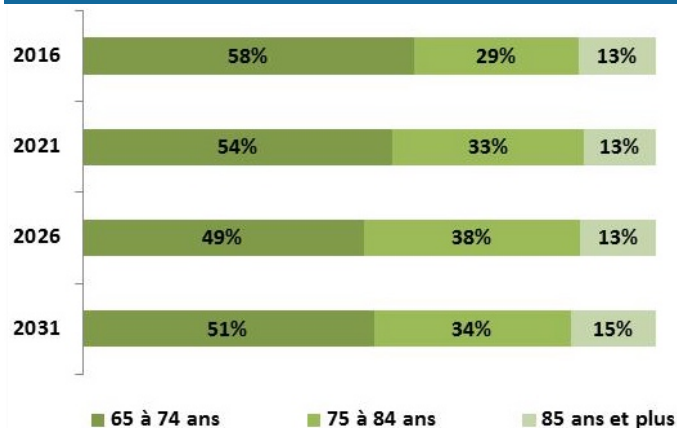
In 2011, the median age of the seniors was at 73,0 years, 73,5 for the women and 72,6 years for the men.



**Demographic perspectives per age group, 2016-2031, in %**



**Seniors demographic perspectives, 2016-2031, in %**



*Côte-Nord-du-Golfe-du-Saint-Laurent*

**Report on the aging of the population, 2016-2031**

The senior population will increase by 13 points of percentage between 2016 and 2031 over a period of 15 years.

In 2031, more than one person out of 3 would be 65 years and more.

More than half (51%) of the seniors would be between 65 and 74 years in 2031, 2 points of percentage more than in 2011.

The relative proportion of seniors from 75 to 84 years old would be about the same in 2031 than in 2011, and this is also the case for the proportion of the group 85 years and more.

In terms of absolute numbers, the number of people from 65 to 74 years went from 85 to 105 from 2001 to 2011. This age group would include 155 people ( $\Delta 2031/2001$ : +82%).

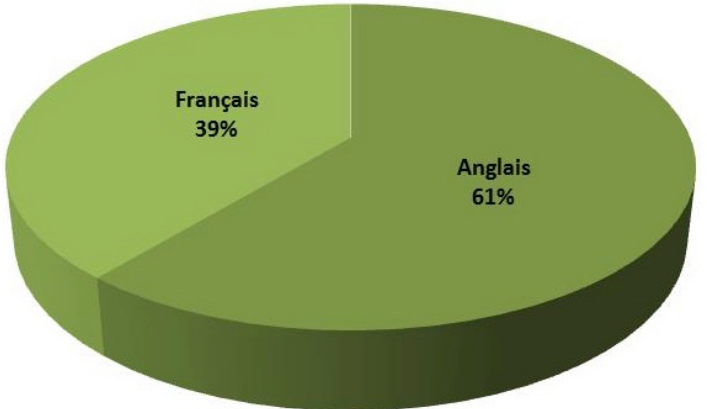
The number of people from 75 to 84 years went from 60 to 65 from 2001 to 2011. In 2031, this age group would include 105 people ( $\Delta 2031/2001$ : +75%).

The number of people of 85 years and more went from 15 to 30 from 2001 to 2011. In 2031, this age group would include 45 residents ( $\Delta 2031/2001$ : +200%).

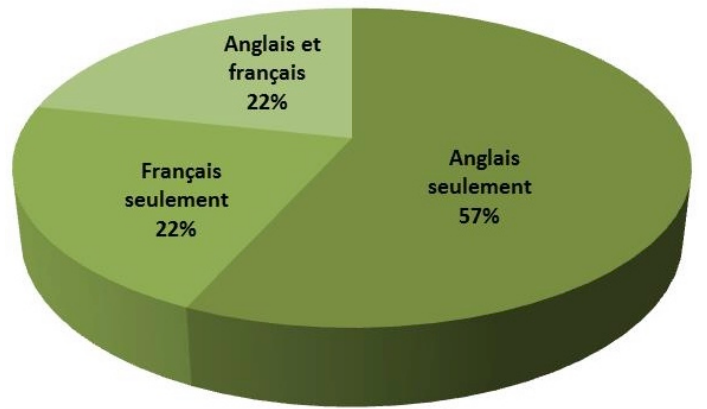
The median age would go from 46,6 years in 2016 to 52,1 years in 2031.

**A FEW SENIORS CHARACTERISTICS...**

**First official language spoken, 2011**



**Knowledge of official languages, 2011**



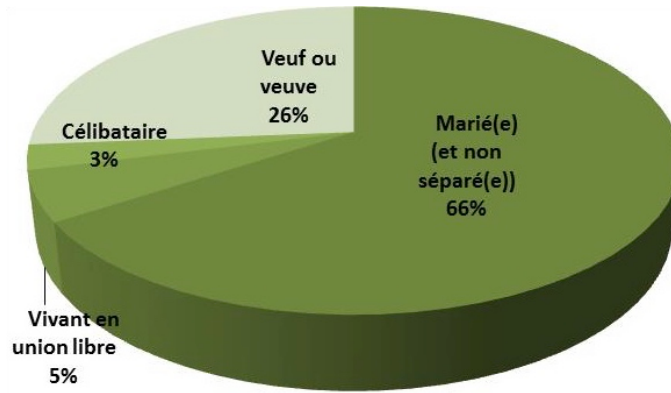
**Report – Knowledge of official languages**

About two third of the seniors from the MCNGSL has English as first official language spoken.

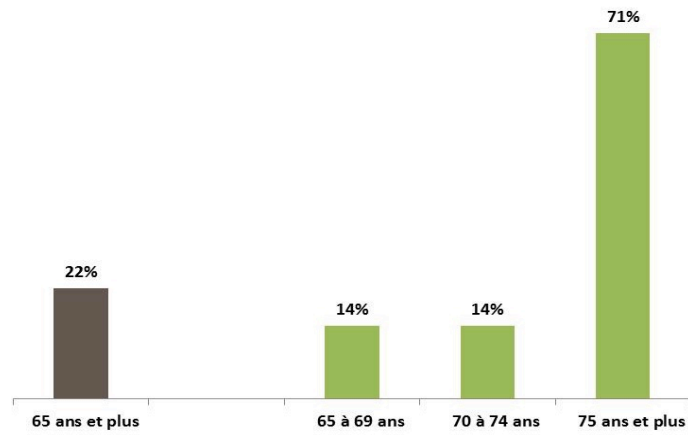
More than half of the seniors only know English comparatively to about 22% that only know French.

In fact, 79% of the seniors know English and 44% know French.

### Marital status, 2011



### Persons living alone, 2011



### Report – Other characteristics

More than two third of the seniors are married.

About one senior out of 4 is widow.

Almost one quarter of the seniors live alone (35 people: 25 women and 10 men). This proportion is higher with the 75 years and more (25 people: 15 women and 10 men).

The seniors mostly live in individual dwellings non-attached (89%).

In 2006, the rate of ownership in the MCNGSL was of 91% (for all age categories).

### Type of residential dwelling, 2011



## 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/>

## 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.

The **characteristics of the seniors** do not include the residents of an institutional facility (institutional collective lodging).

## Definitions

**Median age:** age « x » as it divide a population in two equal effective groups, one is composed of only the individual who'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.

**Marital status:** Indicates if, yes or no, a person of 15 years of age is living common-law, and also the legal marital status of the ones not living in common-law. The legal marital status of the person according to the law, meaning: single, married or widow.

**Ownership rate:** Percentage of private dwellings that are occupied by the owner.

**Individual dwelling non-attached:** Dwelling not attached to another dwelling or building (except for its own garage or hangar). An individual dwelling non attached is surrounded by free spaces and does not have any dwelling above or in under. A mobile dwelling installed permanently on foundations is considered like an individual dwelling non-attached.