

Consultation for elders/families

THIS SURVEY IS ADRESSED TO THE PEOPLE IN THE VALLÉE-DE-LA-GATINEAU MRC

The information collected will be used to develop the action plan for the Age-Friendly Municipality and Municipal Family Policy (MADA-PFM)

As part of its Age-Friendly Municipalities (MADA) initiative, your MRC wishes **to consult people aged 65 and over** as well as those in the age group above them.

THANKS!

Demographic informations

- a. What is the name of your municipality? _____
- b. What is your age group?
- 6-17 years old
 - 18-49 years old
 - 50-64 years old
 - 65-74 years old
 - 75-84 years old
 - 85 years and older
- c. What is your gender?
- Woman Man

Once completed, please return this survey to the following address:
30 rue Principale, Gracefield, J0X1W0 (Gatineau Valley Social Development
Table office upstairs)

What suggestions would you make for infrastructure improvements (buildings/developments/renovations/constructions adapted for people with reduced mobility, etc.) to meet the needs of seniors and families in your municipality? Briefly describe.

1. _____

2. _____

3. _____

4. _____

5. _____

(This section is optional. Only complete it if you wish to participate in the drawing of lot)

1. Full Name:

2. Phone Number:

3. Email Address:

1. We would like to know how seniors are treated in your municipality and if, in your opinion, it is easy for them to participate in activities and events.

To what extent do you agree or disagree with the following statements?

Respect and social inclusion						
In my municipality...		Completely agree	Rather agree	Rather disagree	Totally disagree	I don't know
1.1	...activities, popular festivals and events meet the needs and preferences of seniors					
1.2	...there are activities that allow young and old generations to mix and chat					
1.3	...there are elderly people who live in loneliness and isolation					
1.4	...I find it easy to find information on the internet about the activities and resources of my municipality					
1.5	...there are resources to answer seniors' questions related to the use of computer devices (cell phone, tablet, computer).					

Spare-time activities

2.1 In order to better meet the needs of seniors, we would like to know your experience with the activities available to people aged 50 and over in the municipality. To what extent do you agree or disagree with the following statements?

Note: The leisure activities listed here are those organized by the municipality as well as those organized by organizations, associations and senior citizens' clubs.

Hobbies						
In my municipality...		Complete ly agree	Rather agree	Rather disagree	Totally disagree	I don't know
a	...I have opportunities to participate in artistic activities (e.g., dancing, singing, museums, shows)					
b	...sports activities suitable for seniors are diverse and numerous (e.g.: pétanque, bowling, yoga, walking, etc.)					
c	...the books and activities offered at the municipal library meet my needs and tastes well					
d	...generally speaking, the costs of participating in activities and courses for the over 50s are affordable					

e	...there are activities aimed at seniors with health or mobility problems					
f	...the premises where conferences, workshops or various courses for seniors can be held are accessible and adequate					
g	...In your opinion, what are the two activities for seniors that should be developed as a priority in your municipality?					
Priority #1. _____ Priority #2. _____						

2.2 In order to better meet your needs, we would like to know the **types of activities that interest you, but which are not sufficiently available** in our municipality.

spare-time activity sectors	
a	<input type="checkbox"/> Cultural activities (examples: greater access to shows, exhibitions, museums, cinema, etc.)
b	<input type="checkbox"/> Group of artistic activities (examples: dance, singing, music, theater, drawing, painting or sculpture workshops, writing, knitting or crochet workshops, etc.)
c	<input type="checkbox"/> Educational activities (examples: courses on cell phones and digital tablets, astronomy, cooking classes, learning languages and cultures, courses on history, spirituality, etc.)
d	<input type="checkbox"/> Group of sport activities (examples: games like pétanque, horseshoes, bowling, curling, ping-pong, badminton, tennis, golf, gymnastics, team sports like hockey, etc.)
e	<input type="checkbox"/> Individual activities (examples: free swimming, free skating in the arena, cycling on the cycle path, individual walking on trails, etc.)
f	<input type="checkbox"/> Relaxations activities (examples: tai chi, yoga, Pilates, meditation, etc.)

Priority #1. _____ Priority #2. _____

Social participation

3. Volunteering and mentoring activities are important for the municipality, for local organizations, as well as for the people who practice them and benefit from them. We would like to know more about your experience in this regard .

Social participation						
In my municipality...		Completely agree	Rather agree	Rather disagree	Totally disagree	I don't know
3.1	...volunteers are well supported (e.g. training, expense reimbursement, schedules, etc.)					
3.2	...there are opportunities for people to get socially involved					
3.3	...we note a difficulty in ensuring the succession of volunteers in activities that benefit seniors					
3.4	...we note a difficulty in ensuring the succession of volunteers in activities that benefit young people					
Priority #1. _____ Priority #2. _____						

Habitat and living environment

4. We would like to know more about the experience of seniors on the issue of housing and local businesses .

Habitat and living environment						
In my municipality...		Completely agree	Rather agree	Rather disagree	Totally disagree	I don't know
4.1	...there is sufficient affordable housing adapted to the needs of seniors and families					
4.2	...I have easy access to information on financial assistance programs to adapt housing and homes					
4.3	...I have easy access to healthy food at municipal events					
Priority #1. _____ Priority #2. _____						

OUTDOOR SPACES AND BUILDINGS

5.1 Please indicate your assessment of the public spaces and buildings in your municipality, by checking (✓) whether they appear to you **to be well-equipped or insufficiently equipped** .

* Meaning of the expression “**well-appointed**”: presence of suitable furniture, benches, changing rooms, rest areas; cleanliness of the premises, comfortable layout, aesthetics.

Outdoor spaces Public buildings		Well-appointed*	Insufficiently equipped	I don't know	SO
has	City Hall, Library and Municipal Administrative Offices				
b	Arena				
c	Outdoor swimming pool, ice rink and tennis, pickleball				
d	Indoor gyms and sports halls				
e	Parks and hiking trails				
f	Interpretation Center				
g	Community centers, association premises and clubs for seniors				
h	Streets, sidewalks, pedestrian crossings, cycle paths, benches, streetlights				

Priority # 1. _____ Priority #2. _____

Security aspects

6. To help your municipality identify areas for improvement regarding security services for seniors and families in the area, please indicate your assessment of security-related **services** .

In my municipality...		Completely agree	Rather agree	Rather disagree	Totally disagree	I don't know
6.1	I have confidence in the interventions of the police service in my municipality					
6.2	I feel safe in my neighborhood or neighborhood					
6.3	Emergency services (floods, fires, drinking water) meet my needs well					
6.4	I would know where to go to report a situation of abuse or mistreatment of the elderly					
6.5	The streets and sidewalks are well maintained, well lit and safe					
6.6	In your opinion, what would be the two priorities? to better ensure the safety of citizens in your municipality?					

Priority # 1. _____ Priority #2. _____

Transport and mobility

7. Mobility is at the heart of an active life. It can be achieved through various means of transportation.

In my municipality...		Completely agree	Rather agree	Rather disagree	Totally disagree	I don't know
has	I can easily get to local activities					
b	I can easily get to local services like the grocery store					
c	I have easy access to local transportation to participate in leisure activities					

7.3 Walking

The walk	Yes	No	If not, for what reason(s)?
Do you ever use walking as a way to get to appointments, shops, or for leisure activities?			

7.4 In your opinion, what would be the **two priorities?** to better ensure the movement of citizens in your territory?

Priority #1. _____

Priority #2. _____

Information and communication

8. To what extent do you agree or disagree with the following statements?

In my municipality...		Completely agree	Rather agree	Rather disagree	Totally disagree	I don't know
8.1	...it is easy for me to get the information I am looking for about a municipal service					
8.2	...it is easy for me to obtain information on public ¹ and community services ² for seniors					
8.3	...I am adequately informed about the activities and events that are organized locally					

¹ **Public services:** Old Age Security Pension, drug insurance, services of the Société d'assurance automobile du Québec, public swimming pool, municipal library, etc.

² **Community services :** Meals on Wheels, transportation, community center for seniors, domestic help services, etc.

8.4	...seniors have access to tailored courses on using the internet, smartphones, tablets and computers					
8.5	What are the means you use most often to find the information you need (check all that apply):					
	<input type="checkbox"/> the newspaper	<input type="checkbox"/> the television	<input type="checkbox"/> the radio			
	<input type="checkbox"/> numbers like 811, 311 or 211,	<input type="checkbox"/> a close caregiver	<input type="checkbox"/> Internet			
	<input type="checkbox"/> municipal website	<input type="checkbox"/> social networks	<input type="checkbox"/> newsletters			

Priority #1. _____

Priority #2. _____

Health and social services

9. To what extent do you agree or disagree with the following statements?

In my MRC		Completely agree	Rather agree	Rather disagree	Totally disagree	I don't know
9.1	...I have easy access to health professionals (doctors, dentists, nurses, etc.)					
9.2	...seniors have quick access to the home support services they need (e.g.,					

	meals on wheels, housekeeping, bathing assistance, etc.)					
9.3	...seniors have easy access to small-scale work services (exterior maintenance), e.g.: assistance from solidarity cooperatives					
9.4	...different activities are offered to encourage healthy lifestyle habits (e.g.: exercise, nutrition, etc.)					
9.5	... family caregivers (or natural caregivers) have access to respite services					

Priority #1. _____

Priority #2. _____

Suggestions

10. In order to To better serve seniors and families in your municipality, we would like to have your opinion on the main priorities that should be taken into consideration by the municipality.

Of all the topics covered in this survey, what would be your two main suggestions for improvement to meet the needs of seniors and families in your municipality? Briefly describe.

1. _____

2. _____
