



**SENIORS  
ACTION  
QUEBEC**

***Building Community Capacity  
From Evidence to Action (2015-2016)***

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March 22, 2016

# Introducing SAQ

## **Vision:**

- Quebec English-speaking seniors thrive in and contribute to supportive, inclusive communities.

## **Mission:**

- SAQ promotes strategies that impact on Quebec English-speaking seniors' priorities.

## **SAQ Guiding Principles:**

Our actions are:

- Evidence-based
  - Focused on broad impact
  - Partnership-oriented
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## Who are we?

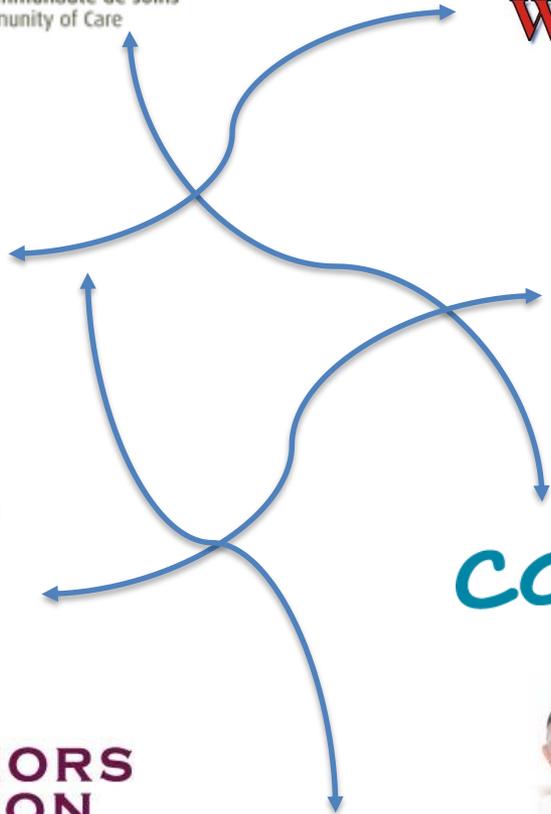
- SAQ is an **all-volunteer, non-profit group** that takes action on collective issues
- We are an **organization of organizations**, supporting our regional partners who in turn, provide local leadership on the issues facing their seniors.
- We take action on **collective issues** and on inequalities that exist for seniors between regions. We work through our partners and we speak publicly when they cannot.

# The “Evidence to Action” Project

## Project Background

- 2013, **Office of the Commissioner of Official Languages (OCOL)**: *Enjoying Your Senior Years in Your own Language, Culture and Community: Federal Support from Key Institutions and a Portrait of English-speaking Seniors in Quebec*
- 2012-2015, **Quebec Community Group Network (QCGN)**: *Moving Forward: Building Research Capacity related to Quebec's English-speaking Seniors*
- 2015-2016, **Seniors Action Quebec (SAQ) and Regional Partners**: *Building Community Capacity: From Evidence to Action*

# SAQ and Regional Project Partners



## Project Objectives

- To identify and establish priorities among critical needs and issues affecting the quality of life of English-speaking seniors,
- contribute to the development of action plans designed to mobilize communities and organizations working on behalf of seniors, both locally and provincially, to address these priorities and
- increase the awareness of English-speaking seniors of organizations presently working to serve their diverse needs.

# Who are Quebec's English-speaking Seniors?

## Size and Proportion

- There are 1,058,250 English-speaking individuals living in Quebec (2011 Census of Canada).
- Of these, 268,696 are 55 years of age and over. They represent 25.4% of Quebec's minority language group.
- Provincially, the proportion of English speaking elders 85+ tend to outweigh Francophones of the same age – and more women than men.
- The 55-64 and 65-74 age groups (caregiving generation) are proportionally smaller when compared to French-speakers of the same age and territory.

## Language and Income

- There are lower levels of bilingualism among seniors compared to younger generation and more notable among senior women compared to men.
- Among English speakers aged 65 and over, 57,285 have low levels of income (less than \$20k). They represent a substantial 41.5% of the English-speaking senior group.

## Project Process

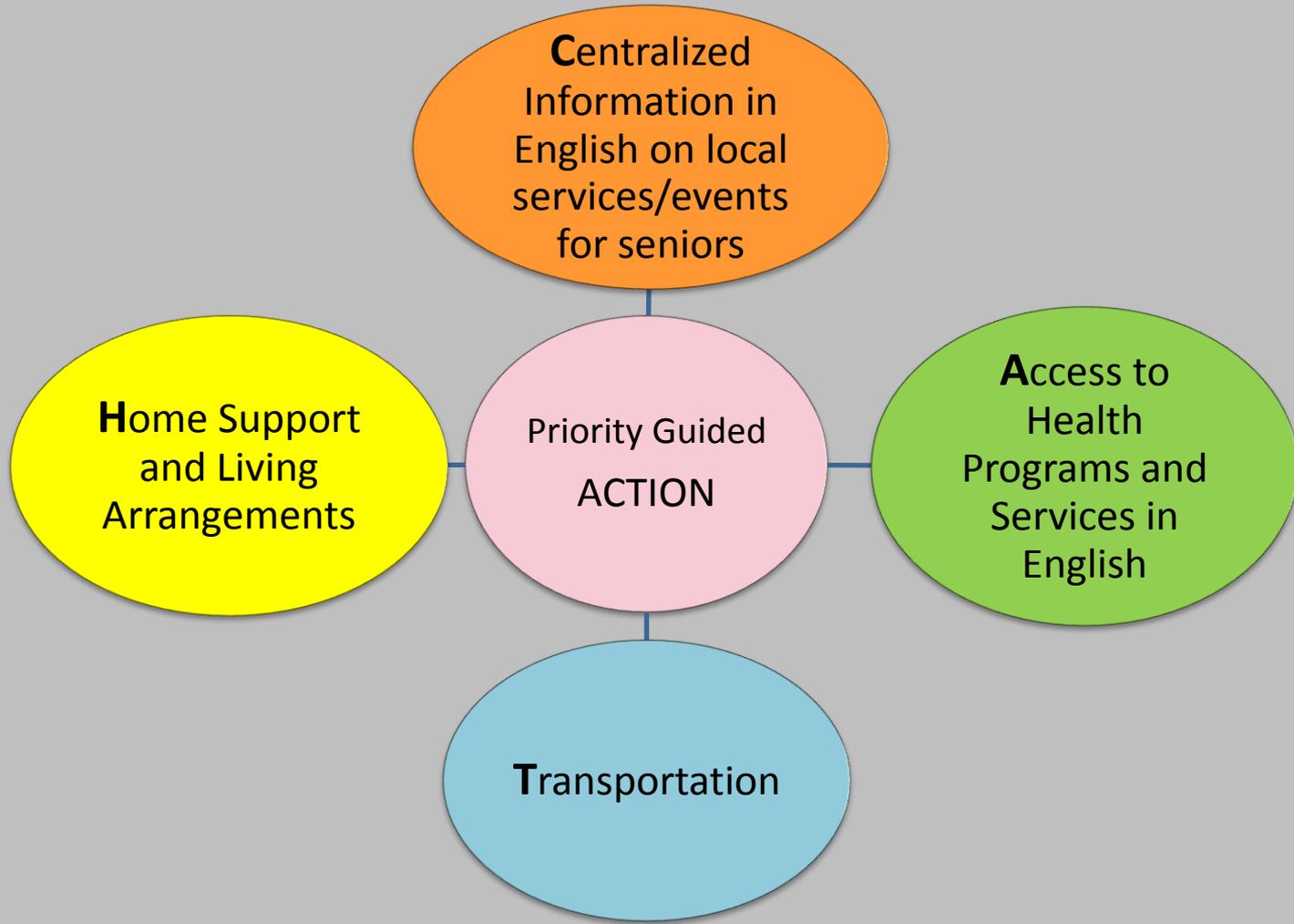
- Profiles of the communities distributed across 4 project regions.
- Data for profiles was drawn from:
  - 2011 Census and National Household Survey
  - 2010 CHSSN/CROP Survey\*
  - 2011/12 Canadian Community Health Survey \*
  - 2013 QCGN Survey of English-speaking Seniors 55+ \*

*\*SAQ gratefully acknowledges the generosity of CHSSN and QCGN who gave permission for the use of their datasets in developing the community profiles.*

## Project Process

- 17 focus groups were held as the vehicle for consultation and priority setting with 270 senior participants between October 2015 until March 2016.
- Focus group guidelines were followed for all 17 groups.
- They were moderated by SAQ researcher with assistance from the partnering organization in each region.
- All sessions were recorded, notes were taken and every senior attending participated in the priority setting exercise.
- Currently, priorities and preliminary plans for action are undergoing validation by the seniors in their communities.

# Top Four Priorities: C.H.A.T.



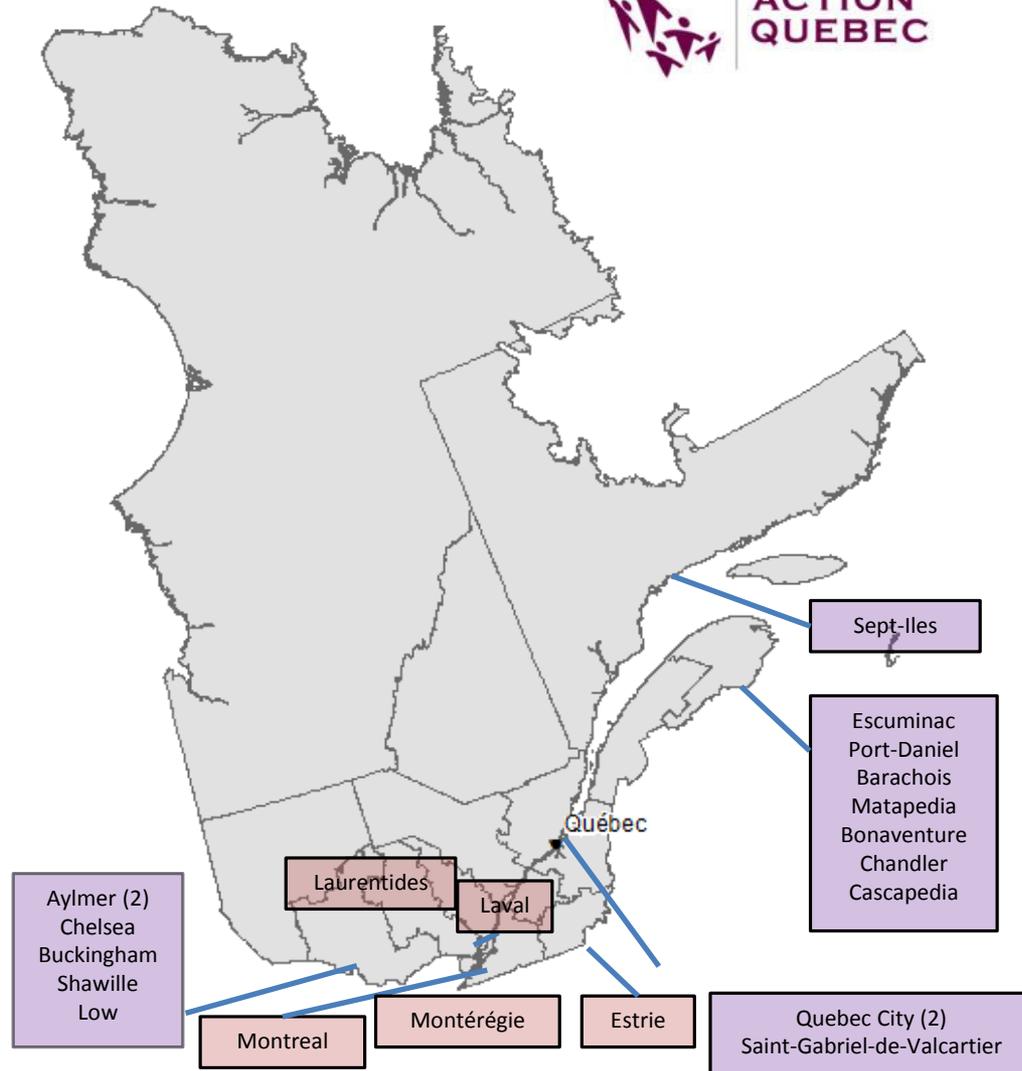


**2013-2014 SIRA-  
QCGN Survey**

Outaouais  
Montreal  
Montérégie  
Laval  
Laurentides  
Estrie  
Capitale-Nationale  
Gaspésie – Îles-de-la-Madeleine

**2014-2015 QCGN  
“Lunch and Learn”**

**Sessions**  
Montreal  
Capitale-Nationale  
Laurentides  
Gaspé



**2015-2016 SAQ  
Focus Groups**

Aylmer (2)
Barachois
Buckingham
Cascapedia
Chandler
Chelsea
Escuminac
Low
Matapedia
New Carlisle
Port Daniel
Quebec City (2)
Sept-Iles
Shawville
Valcartier

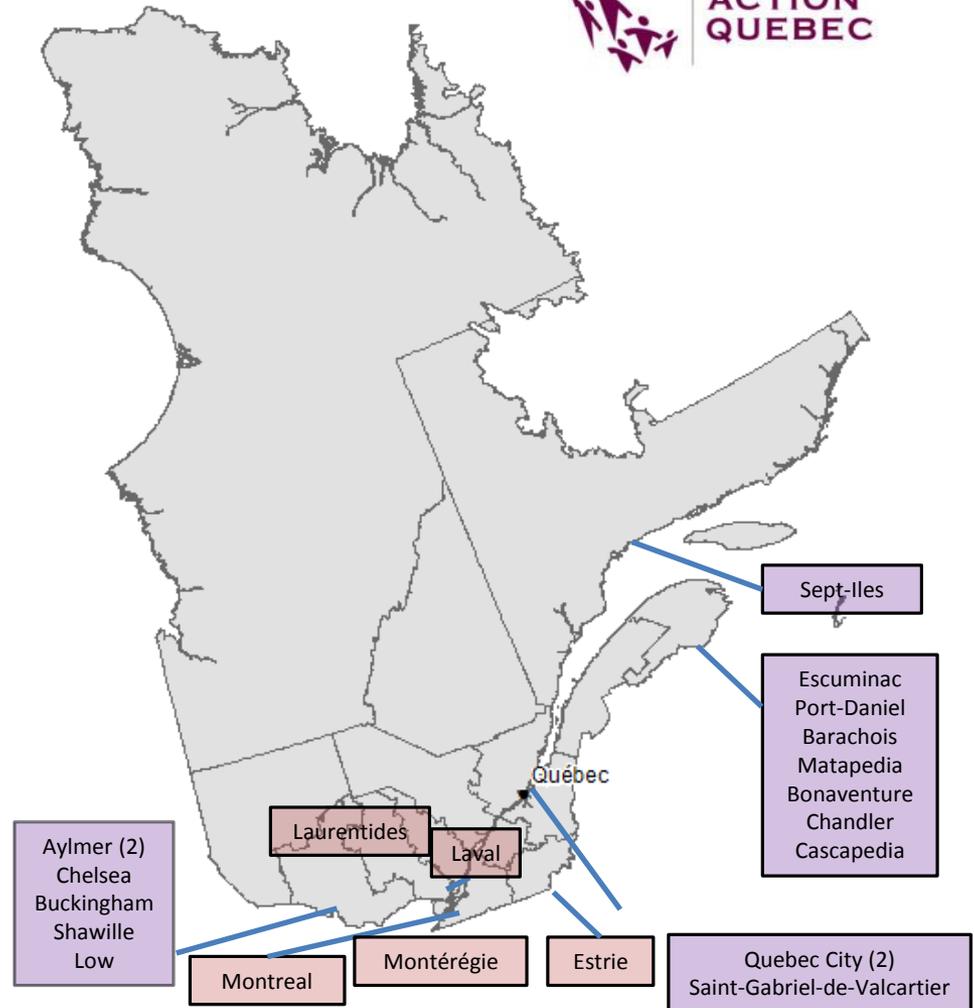
## Centralized Information

*English-speaking seniors do not have access to information and this creates isolation. We need a centralized source of information for services and events in English. Not all seniors have access to internet... many can't afford to own or maintain one.*

*Aylmer*

*There is no information in English anymore. Actually reaching someone in English when you press "9" for English does not exist. Government websites, signs around the hospital – no English.*

*Bonaventure*



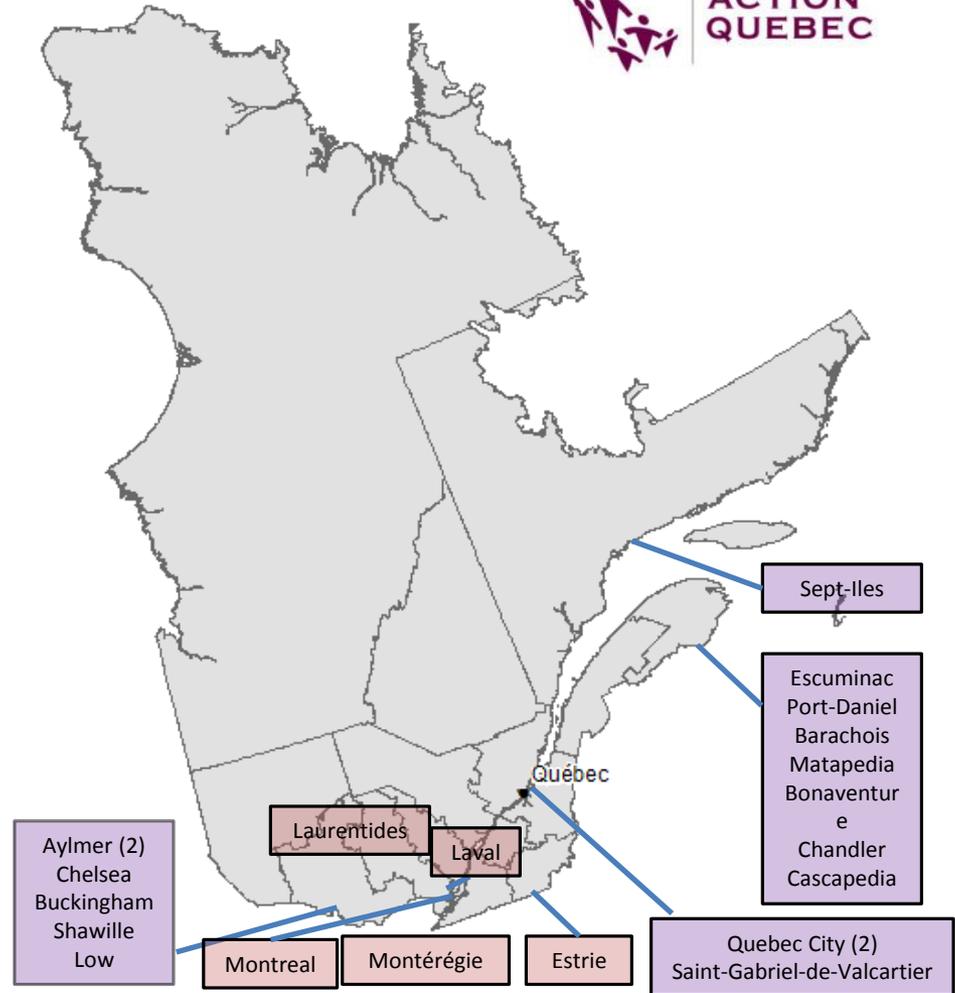
# Home Support and Living Arrangements

*There is a need among English-speaking seniors living alone and without family for help to get around, to buy groceries, for medical appointments and just to come out of isolation. Each of us needs some friends to talk to – somewhere to turn.*

*Sept-Îles*

*I am a woman, living alone, I don't drive and I don't know where to turn when I need help. I can't afford the cost of a professional electrician whenever I need to change a light bulb in the ceiling. What if there is an emergency? It is frightening.*

*Valcartier*



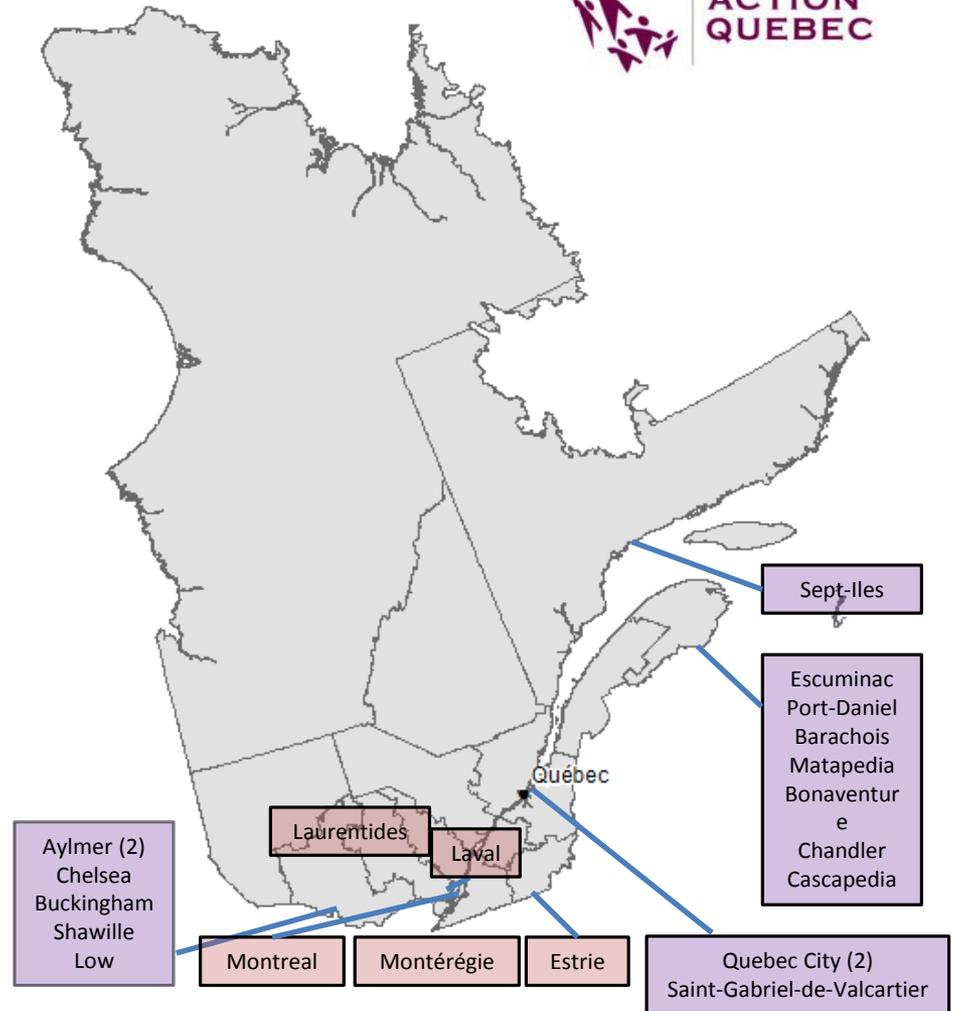
## Access to Health and Social Services in English

*When I'm sick, I am sick in English. Even if you are bilingual, when you are ill you want to be cared for in English. You feel helpless and anxious when you're not sure if the health professional can understand you. If you push enough they might find someone who can speak English but do you want to be dealing with that when you're sick?*

*Buckingham*

*They don't listen to you...they keep passing you to different people trying to get you to someone who can speak English.*

*Matapedia*



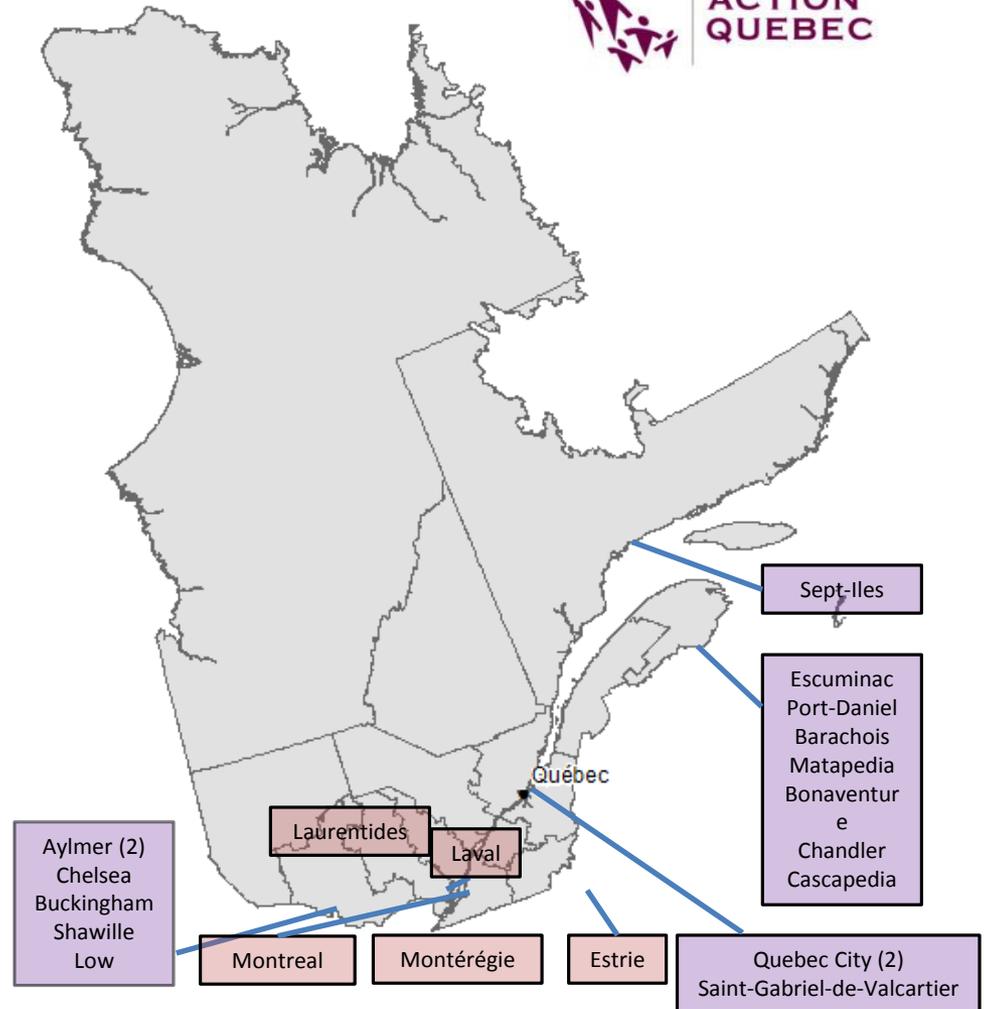
## Transportation

*When you can't drive your car you depend on everyone. You need a car to get anywhere but it is a cost and not as easy or safe when you're older. It is easy to become isolated.*

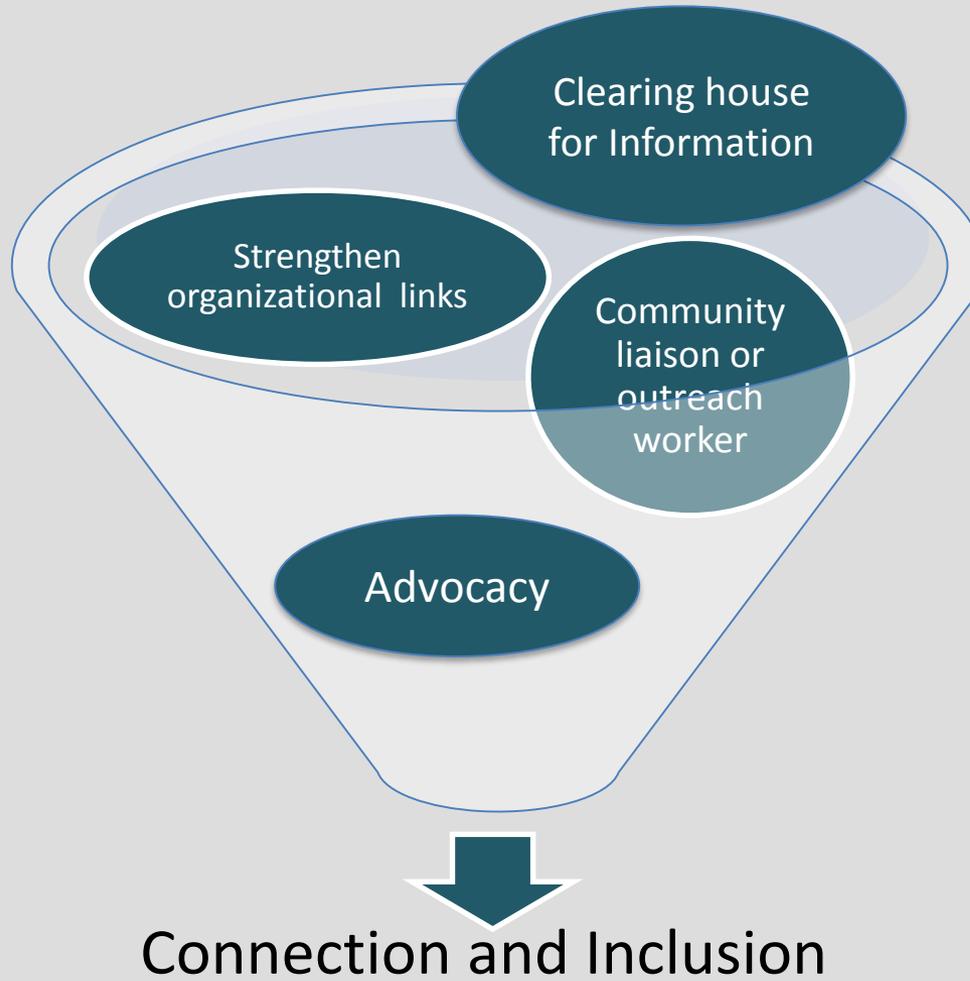
*Port-Daniel*

*We need a network or central "hub" to organize volunteers. I offer free transportation to seniors on a regular basis but I can't fill the demand alone.*

*Low*



# Validation and Plans for Action



**Thank-you!**

**SAQ gratefully acknowledges the funding of**





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