



Seniors

NEEDS AND CONCERNS

PRESENTATION AT THE SENIORS'
TABLE, SEPTEMBER 2015

BASED ON THE STUDY ON
VULNERABLE POPULATIONS IN
SOUTHERN WEST ISLAND



Table of Contents

1. Who We Are
2. What We Do
3. Our Roles
4. Vulnerability Defined
5. Facts About Seniors in Southern West Island
6. A Discussion of Seniors' Needs
7. Suggested Solutions
8. Questions & Answers

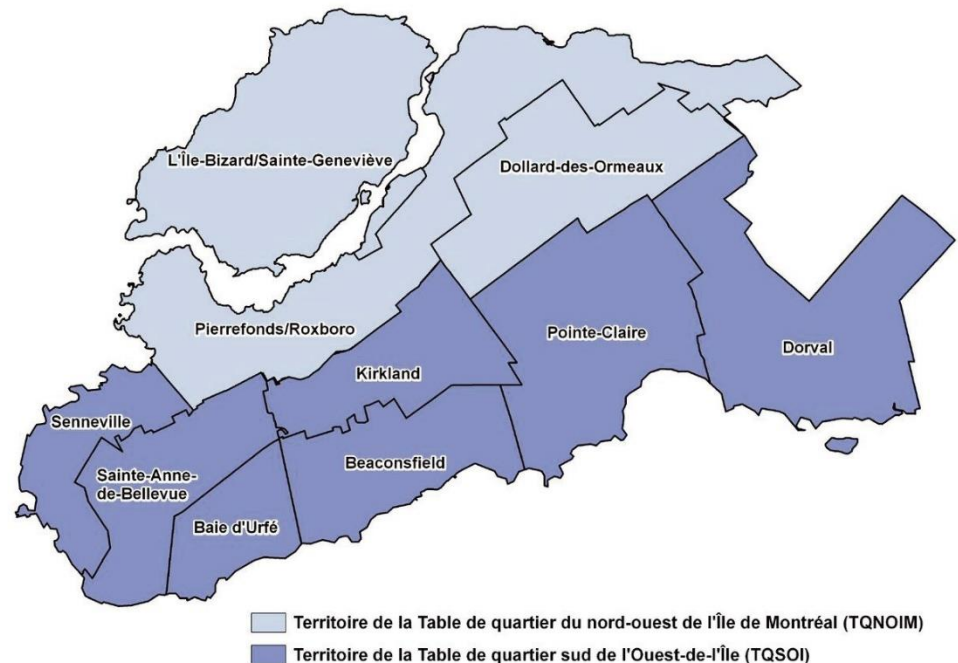
Who We Are

CREATING
NEIGHBOURHOODS
THAT REFLECT AND
UNITE US!

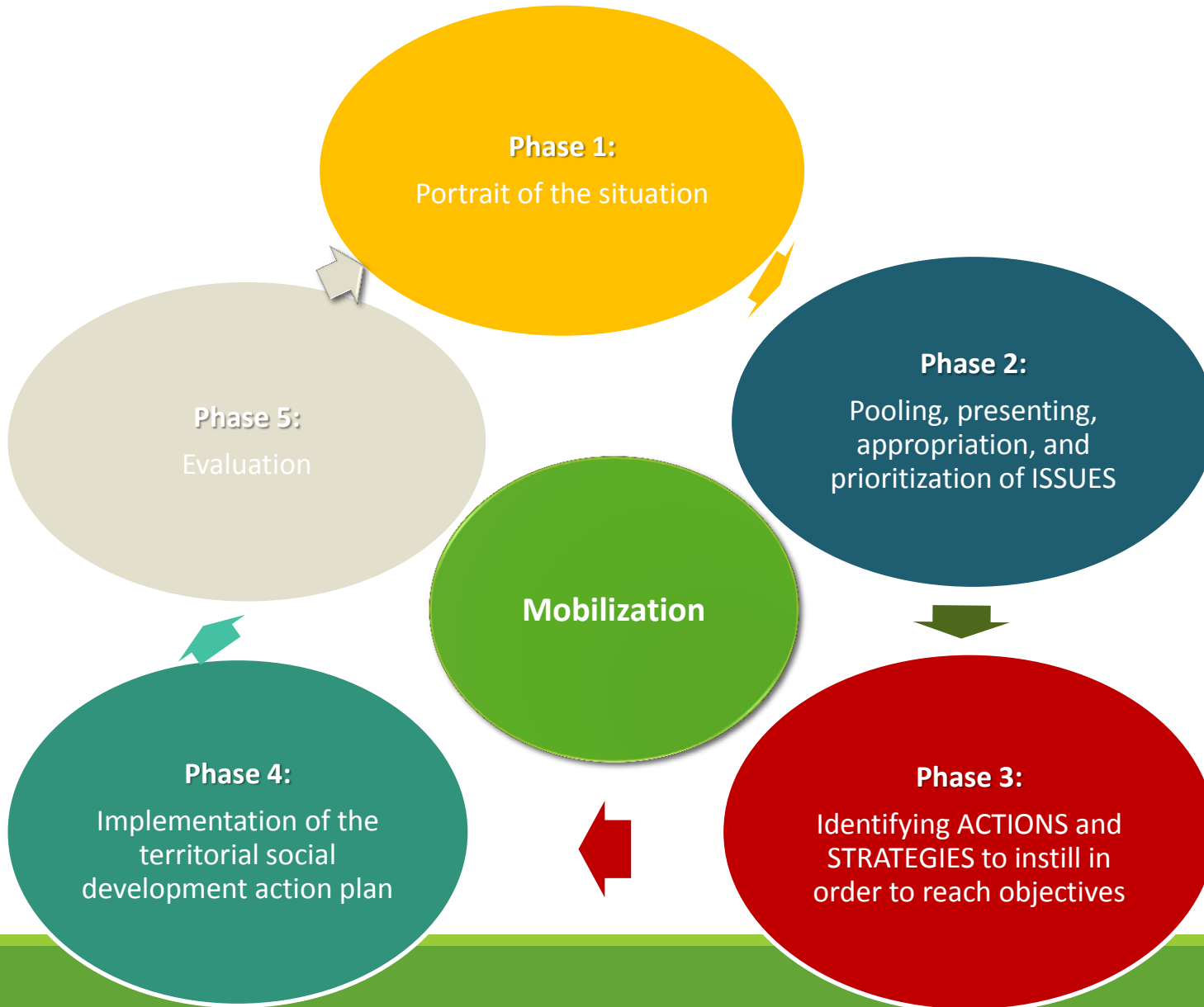
- community council, community-driven organization
- uniting both citizens of the territory and local community organizations, institutions, businesses and local government
- aim to improve quality of life & favor social development in the south of the West Island

Our territory:

- Senneville
- Sainte-Anne-de-Bellevue
- Baie d'Urfé
- Beaconsfield
- Kirkland
- Pointe-Claire
- Dorval

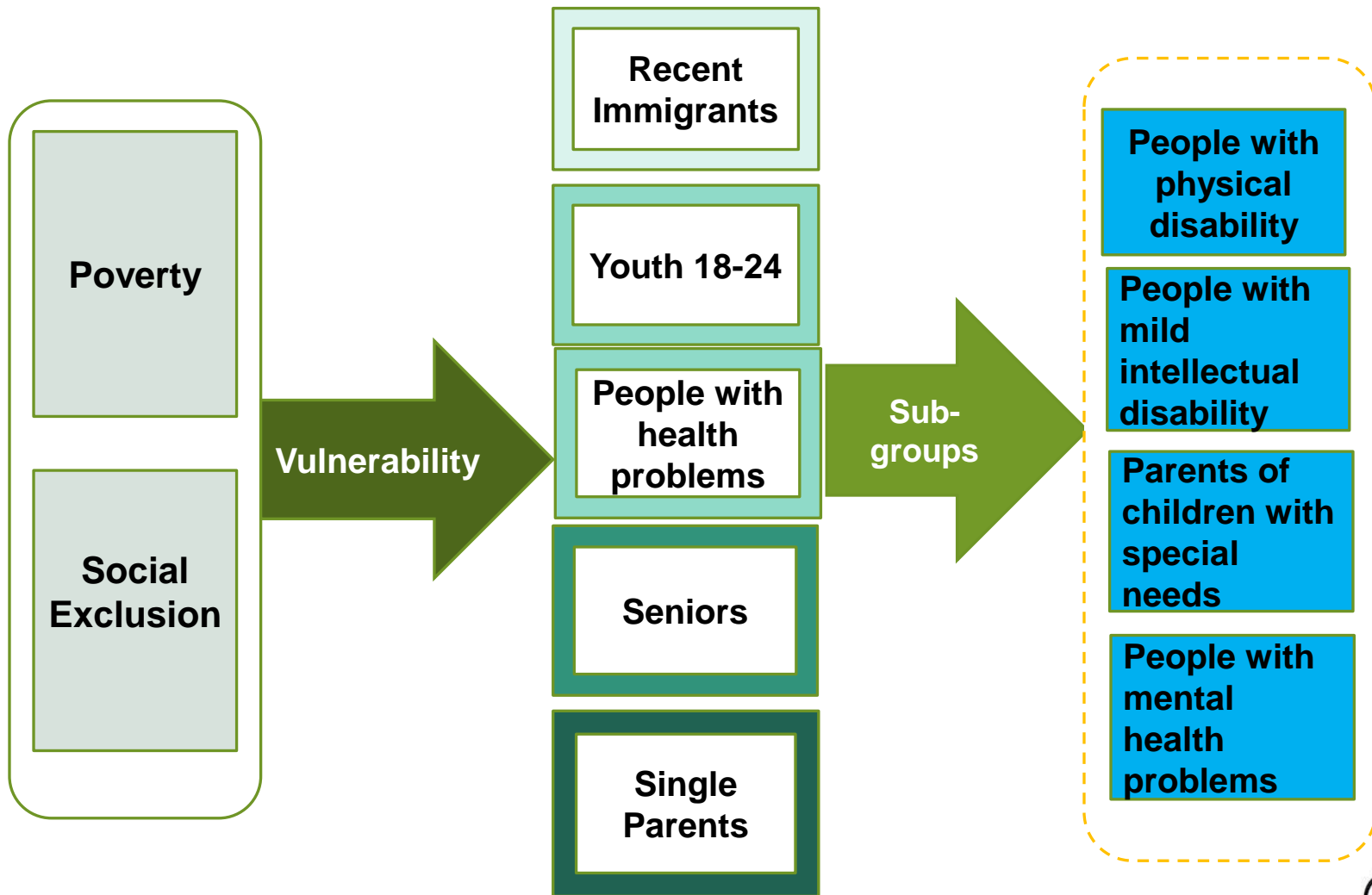


What we do



- ✓ Facilitate
- ✓ Unite
- ✓ Express
- ✓ Identify
- ✓ Prioritize
- ✓ Promote

Vulnerability defined



Facts about Seniors in southern West Island

- ✓ Seniors represent 17.6% of entire population of the Southern West Island.
- ✓ Above Montreal average of 16%
- ✓ 27.3% seniors live alone
- ✓ 1 in 5 seniors living alone in Senneville, Kirkland, Beaconsfield, Baie d'Urfé
- ✓ More than 1 in 3 seniors living alone in Pointe-Claire, Sainte Anne-de-Bellevue, Dorval
- ✓ Increase in number of seniors living alone between 2006 – 2011 in Dorval and Baie d'Urfé

Living in Poverty & Social Exclusion

- ✓ Inability to pay to have Meals on Wheels
- ✓ Poverty of older LGBT
- ✓ Cost of recreational activity limits access
- ✓ Unpredictable costs (medical evaluations etc.)
- ✓ Isolation of older LGBT
- ✓ Lack of Seniors Residences for LGBT
- ✓ Judgement against older widows in Pointe Claire who receive small pensions

Food Insecurity

- ✓ Difficulty for some senior women to go out to buy good food and to eat well
- ✓ Food insecurity translating into fallback on food banks & calls for Meals on Wheels to deliver more food



Transportation

- ✓ Difficulty for some seniors without a car to go to various activities & break isolation
- ✓ Difficult to go shopping: length of journey, articles to be carried
- ✓ Fear of driving, fear of falls in public transport
- ✓ Hard to gain eligibility for adapted transport or accompaniment to health visits
- ✓ Travel time with adapted transport is too long, debt linked to the frequent use of taxis
- ✓ Feeling that some people who register for adapted transport don't really need it
- ✓ Carpooling opportunities lost after loss of licence, other seniors maintain it too long
- ✓ Vicious circle: lack of public transport service = families buying multiple cars = little development of public transport
- ✓ Navette Or Service does not cross municipalities, not accessible to seniors living in residences

Housing

- ✓ Maintenance difficulty of some houses in the West Island, because of lack of money
- ✓ Plumbing problems or water damage are slow to resolve or repeated in some older-styled apartment buildings
- ✓ Frequent injuries following the relocation of residences in hospital
- ✓ Adapted, non-isolated housing needed for seniors
- ✓ Residences for older LGBT



Access to Health & Social Services

- ✓ Lack of services for seniors who identify as lesbians, gays, bisexuals or transgender (LGBT)
- ✓ Reluctance of many senior women to express their needs and seek help (for pride, shyness, etc.) CLSCs, clinics, hospitals
- ✓ Reduction of hospital care for people when identified LGBT
- ✓ Difficulty having access to a family doctor (long waiting times, need to make frequent and repeated attempts)
- ✓ Fear of some newly established seniors in the West Island to give up former Montreal family physician given the difficulty of finding a doctor locally
- ✓ Difficulty of people living with a chronic condition to get care from a family doctor
- ✓ Dissatisfaction vis-à-vis hasty services provided by some doctors

Suggested Solutions

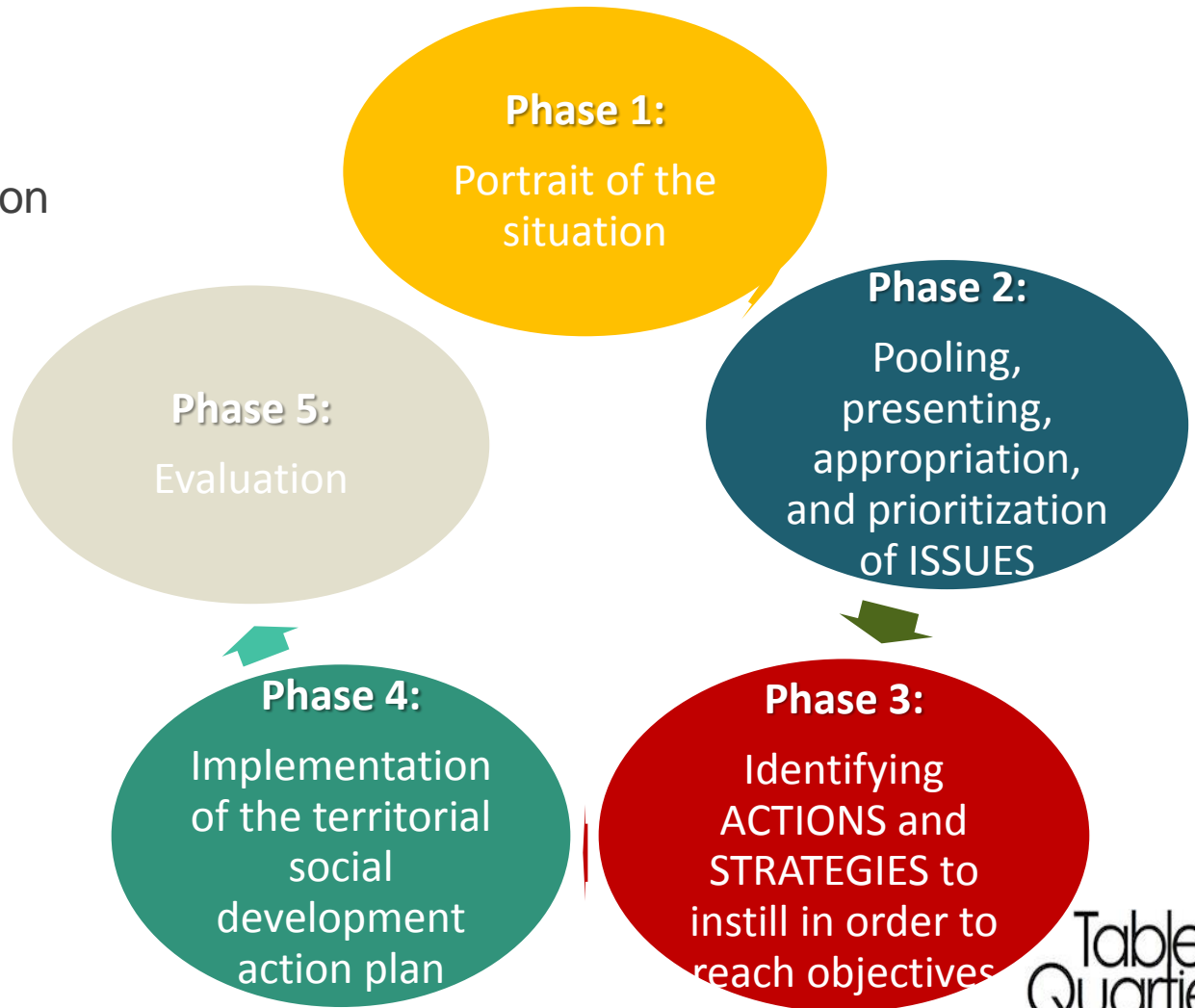
CITIZENS AT THE HEART
OF IT ALL!

NEIGHBOURHOODS
THAT INSPIRE CITIZEN
PARTICIPATION!

- ❖ Bring food to churches and grocery stores at events such as Easter, Christmas, etc
- ❖ Support groups for LGBT people in retirement homes
- ❖ Develop an advertising campaign: "no one has ever died of shame "
- ❖ Encourage people to use the services they need and overcome their shyness
- ❖ Information Campaign for seniors on services they are offered: radio, municipal newsletters, local paper, at pharmacies and medical clinics. (Internet or the telephone would not work)
- ❖ Promote greater exchange of information and posters between organizations
- ❖ Encourage greater mutual support and compassion

The next step

- Collaboration
- Exchange information
- Give a voice
- Decide on priorities



Questions & Answers

Thank you!

For more information visit our website at: www.tqsoi.org

Like us on Facebook to get daily updates:

<https://www.facebook.com/TQSOCI.community.council>

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