MESSAGE DE LA MAIRESSE

À titre de mairesse de Bristol, et au nom du conseil municipal, je suis ravie que Bristol ait élaboré son propre plan Municipalité amie des aînés (MADA) dans le cadre de cette démarche.

Notre Comité pour les saines habitudes de vie continuera de travailler en étroite collaboration avec les organismes communautaires locaux, les autres municipalités et la MRC de Pontiac afin de soutenir et de favoriser des activités accessibles et stimulantes pour les aînés de Bristol.

La Municipalité révisera régulièrement son plan d'action et demeurera ouverte à la mise en œuvre de nouvelles idées proposées par notre communauté.

Valerie Twolan-Graham
Mairesse de Bristol

MESSAGE FROM THE MAYOR

As Mayor of Bristol and on behalf of the Bristol Council, I am thrilled that Bristol has developed its own Age Friendly Plan as part of the MADA mandate. Our Healthy Living Committee will continue to work closely with local community associations, other municipalities and the MRC Pontiac to support and foster accessible and engaging activities for older adults in Bristol. Bristol will regularly review its plan and will be open to implementing new ideas generated by our community.

Valerie Twolan-Graham
Mayor of Bristol



MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Communication & Information	Bridge the digital divide and centralize information	Implement a multichannel information strategy : Install public bulletin boards in strategic locations and promote those already there; Designate a staff member responsible for information dissemination ; Promote training sessions on tablets and smartphones; Promote collaboration among local organizations; Raise awareness among organizations to disseminate information; Organize open houses or information sessions to raise awareness and gather ideas from the public; Promote The Equity to organizations that do not yet use it.	Universal access to information, even without the Internet	Connexions, Library, local NPO's	Year 1 Ongoing
Transport & Mobility	Break geographical isolation	Optimize transportation (buses, day centers) and help residents become aware of existing services such as transpoAction; Create a volunteer carpool network or check with Transpoaction to arrange for a local driver from the municipality for our residents Improve pedestrian safety.	Increased outings; Reduced isolation; Greater participation	TransporAction, CISSSO, Connexions, Transcollines, Taxi Loyal , local organizations	Year 3, Ongoing
Health & Social Services	Simplify access to care	Provide support services (concierge services); Develop educational health workshops; Have a volunteer or staff member at the library to assist people with reading documents or making appointments (clic santé); Set up a buddy system with volunteers.	Reducing administrative stress; Prevention	Connexions, CISSSO	Year 2 Ongoing
Social Participation	Strengthening Mutual Support	Promote volunteerism(including recognition programs); Develop an approach “by and for seniors”; Find a local senior volunteer resource to recruit and encourage participation in activities; Explore the possibility of establishing a community garden, explore the way to implent it as an intergenerational activities;	Reduced feelings of loneliness	NPO's, Connexions, seniors clubs	Year 1-2, Ongoing
Recreation	Make cultural and sports activities accessible and inclusive	Expand partnerships; Promote the library, expand activities in it, promote the book club; Organize cultural outings with transportation (in collaboration with the Healthy Living Club) (organize 50/50 draw, bingo events or special show to raise funds to organize one cultural outing per year); Bring back euchre and bridge clubs; promote the trivia night; Promote BCA; Promote Healthy Living comitee and develop new free activities, (Free and food diverse workshop).	Increased participation in local activities	TransporAction, seniors clubs, NPO's, library	Year 3 to 5

MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Respect & Social Inclusion	Honoring Seniors and Promoting Inclusion	Identify resource persons; Continue intergenerational activities; Raise awareness among organizations to offer more varied schedules for activities so they are more accessible to working seniors (such as happy hours or coffee meetups); Promote activities year-round long and not only during summer.	Improved social image of seniors and knowledge transfer	Seniors clubs, NPO's, CISSSO, Municipalities	Year 2, Ongoing
Outdoor Spaces & Buildings	Ensuring a safe and barrier-free environment	Ensure thorough snow removal from sidewalks in winter; Ensure lighting is properly maintained and repaired when needed ; Support businesses and organizations in promoting accessibility; Heritage path to be revitalized and turned into a walking trail with benches for resting; Add more rest areas in strategic places; Install retaining wall/paths (Graham street, Murray Hill, White Hill) on dangerous streets for walkers.	Reduced risk of falls, increased physical activity	MRC, CREDDO, MOBIO, LSO	Year 3, Ongoing
Security	Ensure resilience in the face of outages and emergencies	Safety programs (PAIR, calls, visits); Distribution of emergency numbers; Re-establish an emergency telephone tree (Call for Citizens to Volunteer for Emergency Calls) in the event of flooding, power outages, etc. ; Raise public awareness about the need to slow down—install electronic “Slow Down” signs	Secure emergency calls at all times	CISSSO, Connexions, Mont d’Or, SQ, Fire Department	Year 3, Ongoing
Housing & Living Environment	Diversify the housing supply for local downsizing	Promote home accessibility programs when available; Promote people who could offer their handyman services (for example with a bulletin board at library or community hall); Promote help or connect with highschool to find helpers for elders; Implement a maintenance assistance program.	Keeping the elders in their home villages	CISSSO ; Maison des jeunes, Mont d’Or, NPO, High Schools	Ongoing