MESSAGE DU MAIRE

Au nom du conseil municipal, je suis fier d'appuyer la Politique et le Plan d'action MADA de la MRC de Pontiac ainsi que son engagement à créer des communautés où les personnes de tous les âges se sentent accueillies, valorisées et soutenues.

Nos aînés occupent une place essentielle au sein de notre communauté. Par leur dévouement, leur expérience et leur contribution au fil des années, ils ont participé à façonner la région que nous habitons aujourd'hui. Leur bien-être et leur participation à la vie communautaire sont importants pour la vitalité de nos milieux de vie.

La démarche MADA nous offre l'occasion de mieux comprendre les besoins de notre population vieillissante et de déterminer des moyens concrets d'améliorer sa qualité de vie. En travaillant ensemble avec les municipalités, les organismes communautaires et les citoyens, nous pouvons favoriser des milieux de vie qui encouragent l'autonomie, les liens sociaux, un mode de vie actif et l'inclusion.

Je tiens à remercier toutes les personnes qui ont consacré leur temps, leurs connaissances et leurs idées à cette démarche importante. Grâce à la collaboration et à un engagement collectif, nous pouvons continuer à faire du Pontiac une région où chacun peut s'épanouir et se sentir soutenu à toutes les étapes de sa vie.

Donald Gagnon
Maire de Bryson

MESSAGE FROM THE MAYOR

On behalf of the Municipal Council, I am proud to support the MRC Pontiac's MADA Policy and Action Plan and its commitment to building communities where people of all ages feel welcome, valued and supported.

Our seniors are an essential part of our community. Through their dedication, life experience and contributions over the years, they have helped shape the region we call home. Their continued participation and well-being are important to the strength and vitality of our communities.

The MADA initiative provides an opportunity to reflect on the needs of our aging population and identify practical ways to improve their quality of life. By working together with municipalities, community organizations and residents, we can help create environments that encourage independence, social connection, active living and inclusion.

I would like to thank everyone who contributed their time, knowledge and ideas to this important process. Through collaboration and a shared commitment, we can continue to make the Pontiac a place where residents can thrive and feel supported at every stage of life.



Donald Gagnon
Mayor of Bryson

MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Communication & Information	Bridge the digital divide and centralize information	*Develop a multichannel communication strategy using a local directory, municipal websites, public bulletin boards, electronic signs and telephone services. *Designate a community information advisor to gather, coordinate and share information. *Create and regularly update a local directory of services, organizations and community resources. *Install digital bulletin boards in strategic locations and promote the year-round use of existing boards. *Encourage event organizers to submit their activities for publication on community bulletin boards and electronic signs, including the MRC's sign. *Encourage organizations to share information and collaborate more closely with one another. *Promote the use of The Equity newspaper among organizations that do not currently use it to advertise their services and activities. *Offer training sessions to help older adults use tablets, smartphones and online services. *Establish a support resource, such as a community assistance team or concierge service, to help residents access information and services.	Universal access to information, even without the Internet	MRC, WQLC, Centre Ressources Connexions, Library, Non Profit Organizations, West Pontiac Connects, Mont d'Or, Résidence Meilleur, event organizer / recreational organization, Patrimoine Sheenboro.	Year 1
Transport & Mobility	Breaking Down Geographic Isolation	*Raise awareness of existing transportation services, including TransporAction. *Explore the creation of a volunteer carpool network or work with TransporAction to secure a local driver for municipal residents. *Improve access to transportation for essential services, community activities and day centres. *Continue to maximize the use of the day centre bus to better meet residents' transportation needs. *Improve pedestrian safety throughout the municipality.	Increased outings; Reduced isolation; Greater participation	TransporAction, CISSSO, Centre Ressources Connexions ; Transcollines, Taxi Loyal ; CREDDO, MOBI-O, West Pontiac Connects, Senior Groups, Chapeau Young at Heart	Ongoing
Health & Social Services	Simplifying Access to Healthcare	*Explore the implementation of the PAIR Program to provide regular safety check-ins for older adults. *Establish a buddy system involving volunteers and engaged community members. *Advocate for expanded CLSC services and more regular staff availability at the local service point. *Develop home support and concierge-type services to help older adults remain in their homes. *Offer educational workshops on health, wellness and available community resources. *Provide a volunteer or staff member at the library to assist residents with reading documents, completing forms and booking appointments through platforms such as Clic Santé. *Recruit volunteers and establish a community telephone tree to contact vulnerable residents during emergencies, such as floods and power outages. *Support West Pontiac Connects in maintaining and expanding its assistance services, including help with forms and medical or other appointments. *Identify sustainable funding to maintain and improve existing community support services.	Reducing administrative stress; Prevention; Support for family caregivers	West Pontiac Connects, CISSSO	Ongoing

MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Social Participation	Strengthening Mutual Support	*Create a welcoming committee and designate community members to introduce newcomers to the community during activities and events to welcome newcomers, introduce them to other participants and help them feel included. *Establish recognition initiatives to celebrate the contributions of local volunteers. *Identify and support who can serve as community resource persons, volunteer ambassadors or activity leaders. *Encourage seniors to share their experience, knowledge and skills with younger generations. *Explore the development of accessible community gardens as intergenerational spaces for learning, cooperation and knowledge sharing. *Build partnerships with schools and community organizations to support volunteering and intergenerational initiatives. *Increase the use of the intergenerational park by organizing and promoting more activities. *Hire or assign a summer student to show residents how to safely use the park's exercise equipment.	Reduced feelings of loneliness	OBNL, Centre Ressources Connexions, senior citizens' committee, senior citizens' clubs, Autonhomme, Jardin éducatif, West Pontiac Connects, L'Isle-aux-Allumettes and Sheenboro library, schools (Notre-Dame du Sacré-Cœur et Dr. Wilbert Keon School), CPE 123 Picabou	Year 1-2; Ongoing
Recreation	Making Activities Accessible and Inclusive	*Expand partnerships with local organizations *Promote local libraries, book clubs and library-based activities. *Reintroduce card clubs and promote trivia nights. *Support groups in developing new free activities and a variety of workshops. *Organize cultural and tourism outings, including transportation or ride-sharing options. *Hold community fundraising activities throughout the summer to support at least one cultural outing per year. *Organize special fundraising events featuring entertainment. *Offer regular coffee gatherings at the farmers' market. *Organize a joint Heritage Day involving the three municipalities, including local history presentations and heritage information*	Increased Participation	MRC, MCC, TransporAction, seniors clubs, patrimoine sheenboro, Pontiac Geneology Society, Chapeau Regional Gallerie, Musée de la Culbute, Allumette Island Tourism Committee, West Pontiac Connects, Chapeau Agricultural Society, Community Non-Profit Organizations, L'Isle-aux-Allumettes et Sheenboro library.	Year 3-5
Respect & Social Inclusion	Honoring Seniors and Promoting Inclusion	*Encourage organizations to offer activities at varied times to accommodate working older adults, such as social gatherings and coffee meetups. *Identify community resource persons. *Create a welcome kit for older adults and new residents. *Continue and expand intergenerational activities. *Promote a positive image of older adults. *Encourage intergenerational knowledge sharing. *Organize open houses and information sessions to raise awareness and gather ideas from residents. *Promote and offer activities throughout the year, rather than only during the summer.	Improved public image; Knowledge transfer	Seniors clubs, CISSSO, Municipalies, Chapeau Young at Heart, Community, Non Profit Organizations, Résidence Meilleur du Haut-Pontiac	Year 2 ; Ongoing

MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Outdoor Spaces & Buildings	Ensure a safe environment	*Regularly inspect, maintain and repair public lighting. *Improve lighting in strategic areas to increase pedestrian safety. *Revitalize the Heritage Trail and develop a walking tour with benches and rest areas. *Add benches and accessible rest areas in strategic locations. *Improve pedestrian safety by installing appropriate retaining walls, guardrails or handrails. *Ensure thorough and timely snow removal from sidewalks during winter. *Find solutions for residents who have difficulty bringing their garbage bins to the roadside. *Improve the accessibility of sidewalks, pathways and public spaces through paving and other appropriate upgrades. *Assist businesses and community organizations in identifying and applying for grants to improve building accessibility. *Promote accessibility standards and provide information sessions, potentially through the MRC, to ensure accessibility projects are completed properly.	Fewer falls; Increased physical activity	Municipality, MRC, CREDDO, MOBI-O, LSO, Chapeau RA, Chapeau Agricultural Society, Upper-Pontiac Sports Complex. Harrington Community Center, St-Joseph Community Center, Sheenboro Community Hall, Non-Profit organizations	Year 3 ; Ongoing
Security	Ensuring Resilience to Emergencies	*Establish a community emergency call chain.(Call for Citizens to Volunteer for Emergency Calls) *Explore the implementation of the PAIR Program, including automated calls and safety check-ins for older adults. *Raise public awareness about speeding and install electronic speed-awareness signs in strategic locations. *Improve access to reliable communication services and connectivity during emergencies. *Distribute a clear list of emergency telephone numbers. *Inform residents that, when calling police or emergency services near the Quebec–Ontario border, they should immediately specify that they are calling from Quebec.	*Raise awareness among residents and visitors about the importance of immediately specifying that they are calling from Quebec when contacting 911. *Distribute magnets displaying emergency contact numbers and a space to record the exact address of the residence or accommodation, particularly for tourists.	CISSSO, West Pontiac Connects, seniors groups, MRC Warden, Elected Officials ,Fire Protection Service, SQ, schools (Notre-Dame su Sacré-Cœur et Dr. Wilbert Keon School)	Year 3 ; Ongoing
Housing & Living Environmente	Diversify the housing supply	*Promote available home accessibility and adaptation programs. *Create and share a directory of individuals and businesses offering home maintenance services, such as minor repairs, window cleaning, lawn care and snow removal. *Partner with local high schools and community organizations to recruit youth who can assist older adults. *Support the development of small, accessible housing units and housing cooperatives for people aged 55 and over. *Establish a home maintenance assistance service to help older adults remain in their homes. *Partner with West Pontiac Connects to coordinate volunteers who can assist older adults with yard work and basic outdoor home maintenance.	*Home Care for Seniors *Information on making their homes accessible (handrails, etc.) with a list of companies that offer this service	OH de l'Outaouais, CISSSO, Maison des jeunes, Mont d'Or, West Pontiac Connects, Dr Wilbert Keon School, Non- Profit organisations, Résidence Meilleur du Haut-Pontiac	Ongoing