MESSAGE DU MAIRE

C'est vraiment avec plaisir et fierté que la municipalité du Village de Fort- Coulonge supporte l'initiative MADA afin d'assurer les meilleurs services possibles ainsi que des milieux de vie communautaire positif, adapté et accessible pour tous les aînés de la région.

Pierre Cyr
Maire de Fort-Colounge

MESSAGE FROM THE MAYOR

It is with pleasure and pride that the municipality of the Village of Fort-Coulonge supports the MADA initiative in order to ensure the best possible services as well as a positive, adapted and accessible community living environments for all seniors in the region.

Pierre Cyr
Mayor of Fort-Coulonge



MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Communication & Information	Bridge the digital divide and centralize information	Implement a municipal multi-channel information strategy: local directory, municipal website, public bulletin boards, and telephone service. Ensure equitable access to municipal information, particularly for people who do not use the Internet. Appoint a person responsible for collecting, coordinating, and disseminating municipal and community information. Create and update a local directory of community services, organizations, and resources. Install accessible public bulletin boards in strategic locations throughout the municipality. Encourage local organizations to regularly submit their information to the municipality. Foster collaboration and information sharing between the municipality and local organizations. Promote training on the use of tablets and smartphones. Establish a municipal support service to help residents access municipal information and services.	Universal access to information, even without the Internet	MRC ; WQLC, Connexions, library ; community organizations	Year 1
Transport & Mobility	Break geographical isolation	Optimize transportation services to essential services, community activities, and day centers. Establish a local volunteer carpool network. Collaborate with the Sûreté du Québec to raise awareness among drivers about the importance of obeying speed limits. Improve pedestrian safety in priority areas of the municipality.	Increased outings; Reduced isolation; Greater participation	TransporAction, CISSSO, Connexions ; Transcollines, Taxi Loyal ; CREDDO, MOBIO	Ongoing
Health & Social Services	Simplify access to care	Explore the possibility of implementing the PAIR program to provide automated safety check-in calls to seniors. Establish a concierge-style support service to assist seniors with their daily tasks. Develop educational workshops on health, well-being, and available resources. Expand the range of respite services available to family caregivers. Recruit volunteers to reach out to vulnerable individuals during emergencies, such as floods and power outages.	Reducing administrative stress; Prevention; Support for family caregivers	Connexions, CISSSO	Ongoing
Social Participation	Strengthening Mutual Support	Promote volunteerism and continue recognition programs to highlight volunteers' commitment. Identify a senior volunteer who can serve as a local resource, recruit other volunteers, and encourage participation in activities. Explore the possibility of creating or improving a community garden near the Housing Authority, the Golden Age Club, or the Family Center. Establish partnerships with schools to promote intergenerational participation in the garden. Make the most of the garden's harvest in collaboration with the Golden Age Club, particularly by preparing affordable meals for the community.	Reduced feelings of loneliness	OBNL, Connexions, Seniors committee ; Municipalities, Seniors Clubs ; Autonhomme, Jardin éducatif/maison de la famille	Year 1-2; Ongoing
Recreation	Make activities accessible and inclusive	Strengthen partnerships with local organizations, particularly the Golden Age Club. Promote the library and enhance the activities offered there. Organize movie days or evenings for seniors. Organize cultural outings that include transportation, in collaboration with the Golden Age Club. Further promote the exercise equipment at the intergenerational park. Offer informational sessions to show seniors how to use the park's equipment safely. Set aside specific times for seniors to use the equipment. Raise awareness of pickleball as an activity accessible to everyone. Schedule court times based on the needs of different user groups, particularly seniors.	Increasing participation / promoting an existing activities	Municipalities, MRC ; MCC, TransporAction, Seniors Clubs	Year 3-5

MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	TIMELINE
Respect & Social Inclusion	Honoring Seniors and Promoting Inclusion	Identify key contacts to welcome, inform, and support older adults. Create a welcome kit highlighting the services, resources, and activities available in the municipality. Continue and enhance intergenerational activities that promote interaction and knowledge sharing. Encourage organizations to offer more varied schedules to facilitate participation by working seniors, particularly through coffee meetups and late-afternoon activities. Organize open houses and public consultations to raise awareness of available resources and gather ideas from the community.	Improved social image; Knowledge transfer/ promoting mechanisms to foster the integration of multigenerational families (a practical way to receive information)	Seniors Clubs, Non-Profit organizations ; CISSSO ; Municipalities	Year 2 ; Ongoing
Outdoor Spaces & Buildings	Ensuring a safe and barrier-free environment	Regularly inspect streetlights and promptly repair defective fixtures. Improve lighting in priority areas to enhance pedestrian safety. Collaborate with the Sûreté du Québec to raise awareness among drivers about the importance of obeying speed limits. Install accessible benches and rest areas in strategic locations. Ensure thorough and prompt snow removal from sidewalks during the winter. Support businesses and organizations in improving the accessibility of their facilities. Promote the availability of the air-conditioned municipal hall as a cooling center accessible to the public during heat waves.	Reduced risk of falls, increased physical activity	Municipalities ; MRC ; CREDDO, MOBIO, LSO	Year 3 ; Ongoing
Security	Ensuring Resilience in Emergencies	Establish an emergency call chain to communicate with vulnerable individuals during exceptional situations. Recruit citizen volunteers to participate in safety and emergency calls. Explore the possibility of implementing the PAIR program to provide automated safety calls to seniors. Promote personal emergency call devices, such as the Lifeline service. Distribute a clear and up-to-date list of emergency numbers and available resources. Ensure that sidewalks planned for upcoming municipal projects are safe, accessible, and suitable for people with limited mobility.	Secure emergency calls at all times	CISSSO, Connexions, Mont d'Or ; Warden & elected ; SQ, Fire Department; Schools	Year 3 ; Ongoing
Housing & Living Environment	Diversify the housing supply	Explore collaboration with relevant partners to promote the creation of affordable housing, particularly through the renovation of vacant homes. Promote home adaptation and accessibility programs and simplify the process for accessing them. Set up a bulletin board at the library or the municipal office to publicize individuals offering maintenance and minor repair services. Develop partnerships with educational institutions, particularly the adult education center, to encourage student involvement in the community (snow removal/volunteer work).	Keeping the elders in their home villages	OH ; CISSSO ; Maison des jeunes, Mont d'Or	Ongoing