MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	POTENTIAL PARTNERS	LEAD ORGANIZATION	TIMELINE
Communication & Information	Eliminate the digital divide and centralize information; Raise awareness among organizations about information sharing; Create intermunicipal connections.	Implement a centralized multichannel information strategy (printed directory, web platform, bulletin boards, and call center).	Universal access to information, even without the Internet; Information Promotion	The Equity - Pontiac Journal - CHIP	MRC	Year 1
		Promote tailored courses on how to use tablets and smartphones.		WQLC, Connexions, Libraries	Municipalities	Year 1
		Deploy a support team (squad/concierge service) to help seniors navigate services (health care, forms, legal matters).		connexion - west pontiac connect - Maison des jeunes - Patro Fort-Coulonge - Autonhomme - Maisons de la famille. Mont d'Or	Municipalities & MRC	Year 1
Transport & Mobility	Breaking Down Geographic Isolation	Optimize and provide transportation (e.g., school buses/daycare centers) for errands and free activities.	Increased outings; Reduced isolation; Greater participation	TransporAction, CISSSO, Connexions, CJEP	TDSP/Senior committee	Year 1-3
		Create a structured network of volunteer carpooling throughout the MRC.		Transcollines (Taxi Loyal), Autobus LaSalle, TransporAction, CJEP	MRC	Ongoing
		Improve pedestrian safety by widening sidewalks, adapting ramps, and leveling surfaces for tricycles and walkers, as well as improving universal accessibility to buildings and public spaces for everyone.		CREDDO (for parks and green spaces) MOBIO	Municipalities & MRC	Ongoing
Health & Social Services	Simplifying Access to Healthcare; Increase and support prevention activities	Provide support (concierge services)	Reducing administrative stress; Prevention; Support for family caregivers	Connexions, CISSSO, Non-Profit organizations	MRC	Ongoing
		Develop educational workshops on physical and mental health that promote healthy lifestyles.				
		Diversifying the range of respite care options				
Social Participation	Strengthening Mutual Support	Promote volunteerism; offer a recognition program.	Reduced feelings of loneliness	OBNL - Municipalities, Connexions et Senior committee, FADOQ	MRC	Ongoing
		Develop a communication and engagement strategy "by and for seniors" by building on existing committees.		Golden Age Clubs, Seniors' Committee, Knights of Columbus, Daughters of Isabella, Lions Club	Municipalities	Ongoing
		Create community gardens and support the implementation of activities that promote social participation among older adults		Autonhomme - Le jardin éducatif du Pontiac, OH	Municipalities	Year 1-2
Recreation	Making Activities Accessible and Inclusive	Strengthen intermunicipal partnerships and better promote local library services.	Increased Participation	Libraries	Municipalities & MRC	Year 3-5
		Organize and promote cultural outings and a variety of activities, including recreational and physical activities, with transportation provided.		transporAction - Golden Age Clubs - CJEP -Aventure Outaouais FADOQ	Municipalities & MRC	Year 3-5

MADA FIELDS	OBJECTIVES	PRIORITY ACTION	EXPECTED RESULTS	FADOQ	LEAD ORGANIZATION	TIMELINE
Respect & Social Inclusion	Honoring Seniors and Promoting Inclusion	Identify key contacts to introduce and integrate newcomers into activities and organizations.	Improved public image; Increased sense of inclusion	Golden Age Clubs - Non-Profit organizations	Municipalities	Year 2
		Create a welcome kit and promote a culture of openness to help new residents and people from diverse backgrounds integrate.		MRC, Non-Profit organizations	Municipalities & MRC	Year 2
		Promote the implementation of intergenerational and mentoring activities			Municipalities	Ongoing
Outdoor Spaces & Buildings	Ensure a safe environment	Ensure that sidewalks are thoroughly cleared of snow in the winter.	Fewer falls; Increased physical activity; Enhanced security; Facilitating mobility		Municipalités	Ongoing
		Improving Street Lighting			Municipalities & MRC	Ongoing
		Install benches, shaded rest areas, and landscaping; install lightweight infrastructure along streets, trails, and parks.		CREDDO; MOBIO; LSO	Municipalities & MRC	Year 3
Security	Ensuring Resilience to Emergencies	Implement or support safety and isolation-breaking programs (such as automated calls like PAIR, telephone chains, and courtesy visits).	Securing emergency calls Increasing the sense of security	CISSSO - Connexion - Mont d'or	MRC	Year 3
		Advocate for reliable cellular (5G) and electrical service.			Municipalities & MRC	Ongoing
		Distribute refrigerator magnets with alternative emergency numbers.		CISSSO - Sûreté du Québec - First Responders - Fire Department	MRC	Ongoing
		Install "Senior Community" traffic signs to slow down traffic.			Municipalities & MRC	Year 3
Housing & Living Environmente	Diversify the housing supply	Support projects for small, independent, and affordable apartments (downsizing).	Helping older adults remain in their hometowns.	OH	Municipalities & MRC	Ongoing
		Support the creation of a housing cooperative for people aged 55 and older.		OH - CISSSO	Municipalities & MRC	Ongoing
		Set up a assistance program or a mutual aid cooperative for maintenance and small repair jobs.		Maison des jeunes, Mont d'or, CDC	Non-Profit organizations - Municipalities	Ongoing