Dear partners,

The Public Health and Partnership team would like to take advantage of World Elder Abuse Awareness Day to remind us of this cause, but also, from a more positive perspective, to address the theme of seniors' social participation.

Seniors' social participation is an important determinant of health. Staying active and maintaining social ties, whether through work, family, volunteering, etc., has a protective effect on health, can contribute to a sense of well-being and even prevent certain illnesses.

As members of society, we all have a role to play in creating a caring and inclusive community for seniors.

Happy reading!

The Editorial Team
What is social participation?
(Excerpt from the Santé Montréal Web site)

“Social participation encompasses all activities that involve interaction with other people. It is a key determinant of healthy aging.

The quality of a person's social network and their ability to act as a member of their community have a direct positive effect on their physical and mental health, as well as contributing more broadly to social cohesion.”

The benefits of social participation
(Excerpt from the Santé Montréal website)

“For seniors, social participation helps protect against the major adjustments that come with aging.

Social ties and the feeling of being connected to others promote a sense of general well-being or the adoption of healthy lifestyle habits, maintain physical and cognitive capacities, and even help prevent certain illnesses such as depression and heart disease.”

People active on the job market
1 in 4 people aged 65 to 74 said they were working in person or teleworking during the pandemic, with a higher proportion of men.

Caregivers
1 in 4 people aged 55 and over said they provided care to a loved one on a regular basis (at least a few times a month).

Volunteers in community organizations
2 out of 5 people said they had been members of a community organization in the 12 months preceding the survey, with a higher proportion observed among people aged 75 to 84.

Needs for practical and emotional support
3 out of 5 people aged 55 and over reported having access to little concrete or emotional social support in times of need.

Références :
Feuillet 1 «La participation sociale des personnes aînées»
Feuillet 2 «Isolement social et le réseau de soutien des personnes aînées»
SOCIAL PARTICIPATION FOR SENIORS

By Benoit Henry, APPR
Public Health and Partnership Team

New portrait of seniors

In the Institut de la statistique du Québec’s (ISQ) Portrait of seniors in Québec, released in May 2023, we learn that people aged 65 and over represented more than 20% of the population in 2021; in 1971 it was less than 10%. According to demographic projections, the proportion of seniors will rise to 27% in 2066. Québec is the fastest-aging society in the world, after Japan. This demographic change represents an adaptation challenge not only for the healthcare system, but for society.

We must not draw the conclusion that this means that our society is weakening and inevitably becoming sicker, aging is not an illness. In fact, the Portrait of Seniors reveals that 81% of people aged 65 and over who did not live in an institutional setting perceived themselves as being in good, very good or excellent health.

The general state of health of seniors living in the CIUSSS West-Central Montreal territory is broadly comparable to that of the rest of Québec when we consider criteria such as life expectancy. On the other hand, we do have some particularities that need to be highlighted when it comes to the issue of social participation. For example, there are more people aged 65 and over living alone than in other areas of Montreal. Similarly, there is a higher rate of mental disorders among those aged 65 and over. This is reflected in the statistics, and are also issues that were identified during consultations in 2021 and 2022 for the renewal of the Plan d’action régional intégré de santé publique de Montréal (PARI).

Social participation of seniors: benefits for society

The social participation of seniors contributes to the well-being of society, and to the well-being of seniors themselves.

L’Institut de la statistique du Québec has selected various indicators to measure the social participation of seniors.

- One in 5 seniors is a caregiver.
- 21% of caregivers are seniors who offer help with transportation, housework, organizing care and other activities of daily living.
- 63% of older people are involved in formal or informal volunteering in the fields of culture, social services, the environment, housing, education and others.

This represents the equivalent of 533,100 full-time jobs. Despite having a higher proportion of low-income earners than other age groups, people aged 65 and over are the age group that donates the most to charities, particularly religious organizations and health and social service organizations.

Aging is often associated with declining health and the onset of limitations. This leads to a social devaluation of older people's experience and expertise. Indicators from L’Institut de la statistique du Québec bear witness to the collective enrichment derived from the social participation of seniors.
Social participation of seniors: a health determinant

The social participation of seniors is recognized as an important determinant of their health and well-being. It is part of the new Plan d’action régional intégré de santé publique de Montréal 2022-2025, of which our CIUSS is a stakeholder.

The recent study “La participation sociale des personnes aînées montréalaises”, produced in 2022 by the Montreal Regional Health Department (DRSP) du CIUSSS Centre-Sud-de l’Île-de-Montréal, with the collaboration of CIUSSS West-Central Montreal, shows that participation varies according to age, gender, social background and living conditions.

Opportunities for participation and the factors that encourage it are unevenly distributed across the population. Socio-demographic and personal factors affect the level of participation. Similarly, structural factors such as urban planning and maintenance, access to transport and the digital divide influence social participation.

The study by the DRSP makes eight recommendations for improving the social participation of seniors. One of them concerns community organizations and the importance to recognize that local interventions play a decisive role in the inclusion and social participation of seniors, and to provide them with adequate financial support.

Tools for professionals, community workers and peer helpers

Our CIUSSS is considering a number of initiatives to promote the social participation of seniors in its IRAP 2022-2025 program. A number of initiatives already exist and deserve to be highlighted.

CIUSSS West-Central Montreal’s Centre for Research and Expertise in Social Gerontology (CREGÉS) has developed a program to promote community participation and mental health among seniors at risk of social isolation.

The Count Me In! program takes the form of an animation guide and a participation workbook. A document on the use of videoconferencing with seniors is also available on the CREGÉS website (https://www.creges.ca/en/count-me-in/).

The program, aimed at groups of 5 to 10 people, includes an eight-meeting workshop on themes such as “What does community participation involve?” and “Targeting your strengths”.

CREGÉS plans to enrich the program with two other guides: a Guide d’implantation pour le contexte de HLM and a Guide d’animation pour les centers communautaires de loisirs. When they are launched, webinars may be available. We’ll keep you posted.
Combating maltreatment is a collective responsibility. We must all be vigilant and reactive in identifying signs of potential maltreatment, in order to promptly address the situations and minimize the harmful consequences for vulnerable individuals.

CIUSSS West-Central Montreal is fully committed to protecting its users and promoting a respectful and safe environment, working in close collaboration with all stakeholders involved. Our goal is to create a culture of compassion and support, where each individual can thrive and actively participate in social life with confidence and safety. We implement policies and initiatives aimed at preventing maltreatment, raising awareness and intervening early and appropriately in situations of vulnerability. We are determined to provide quality care that respects the rights and dignity of every person.

CIUSSS West-Central Montreal has implemented a Policy to Combat Maltreatment of Seniors and Vulnerable Adults, which aims to facilitate and encourage the identification, reporting and early intervention of all situations of maltreatment. This policy, adopted by the board of directors on June 15, 2023, has been revised to include the changes introduced by the Act to Combat Maltreatment of Seniors and Other Persons of Full Age in Vulnerable Situations. These modifications include the expansion of the obligation to report cases of maltreatment, clarification of roles and responsibilities of different stakeholders involved in the application of a concerted intervention process, the addition of penal and criminal sanctions, and the procedure for requesting the application of penal sanctions, the inclusion of the concept of well-treatment, the application of the policy by all residential settings, the establishment of an assistance, assessment and referral center for maltreatment, entrusted to the Mistreatment Helpline (LAMAA).

CIUSSS West-Central Montreal is implementing initiatives such as awareness-raising programs, staff training, reporting and fact-checking protocols, collaboration with other organizations to combat maltreatment, promoting a respectful and safe environment, and providing adequate support to victims of maltreatment.

We encourage our community partners to actively engage in the fight against maltreatment of vulnerable individuals. You can contribute by raising awareness within your community, reporting suspected cases and providing support to victims of maltreatment. By disseminating information, organizing information sessions and raising awareness...
among your members, you can play an essential role in preventing maltreatment. Reporting suspected cases contributes to early detection and prompt intervention. Moreover, by offering your support and guiding victims of maltreatment to the appropriate resources, you contribute to their protection and recovery. Together, we can work hand in hand to ensure the safety and well-being of vulnerable individuals.

Ressources

- Act to Combat Maltreatment of Seniors and Other Persons of Full Age in Vulnerable Situations
- Anti-Mistreatment Policy: A policy to Counter the Mistreatment of Adults in Situations of Vulnerability (only available in French)
- Initial reporting of maltreatment
- CIUSSS West-Central Montreal | “Fight against mistreatment”
- Government of Québec | Mistreatment of older adults
- Favoriser la bientraitance envers toute personne aînée, dans tous les milieux et tous les contextes (French only)
TERRITORIAL CONSULTATION WITH COMMUNITY PARTNERS

By Irmine Fleury S. Ayihounton
APPR, Public Health and Partnership Team

Following the initial waves of the COVID-19 pandemic, the CIUSSS West-Central Montreal’s Public Health and Partnership Team initiated a consultation process with community partners within its territory. The goal was to better understand the impact of the pandemic on local organizations and to identify the emerging needs of our population. A secondary purpose was to gather information from our partners as we updated the PARI - SP (plan d’action régional intégré en santé publique). This regional plan addresses the determinants of health and develops targeted interventions aimed at improving the health of the population of Montreal. In collaboration with community partners, the priorities of the regional action plan are tailored by the local public health teams of each CISSS and CIUSSS to address the needs and demographics of their territories.

In a context where community partners were facing work overload, increased demands for services, workforce shortages and burnout, the goals for the consultations were to discuss local priorities, strengthen existing partnerships and co-create interventions that would support our organizations and the population we serve.

In collaboration with local partners, our Public Health and Partnership Team met with community organisations and residents in Côte-des-Neiges, Notre-Dame-de-Grâce, Peter McGill, Parc-Extension and Outremont. During these meetings, we discussed the changes brought about by the pandemic and the emerging needs and priorities in our communities. While prioritizing our most vulnerable citizens, we also identified the assets and strengths of the various neighbourhoods and proposed collective actions that could be implemented locally.

The data that we collected during the consultation process is consistent with the realities portrayed in the media. Most notably, the portrait shows a lack of available resources to meet an increased demand for services as well as an exacerbation of pre-existing challenges. These challenges include mental health problems, lack of access to safe housing, concern for the safety of living environments, a need for increased food security and better access to health care and services.

Surpassing our expectations, these consultations have helped our team identify priorities for our territory for the next few years and to better understand the expectations of the CIUSSS West-Central Montreal’s partners.

This consultation process does not end here. Our team plans to implement a pilot project in collaboration with the other service directions of our CIUSSS to address the feedback and suggestions that we gathered from the consultations. This project will allow us to continue to work with our community partners to develop collaborations directed at improving the health of the population in our territory.
The Réseau Résilience Aîné.es Montréal (RRAM), led by Dr. Paule Lebel that brings together organizations involved in seniors' issues and a citizen's council, is working on a collective impact plan to improve the quality of life of seniors.

RRAM’s approach is based on the following five components:

1. Knowledge sharing
2. Raising awareness of seniors' inclusion
3. Proactive retirement
4. A new approach to care

RRAM is launching a newsletter designed to "stimulate the creation of solidarity and proximity networks capable of acting as drivers of inclusion, social participation and resilience for Montreal's senior population. It informs you of initiatives, events and resources that promote social inclusion and strengthen the resilience of seniors on the territory".

To subscribe to the newsletter, [CLICK HERE](#)
For more information, visit [https://resilienceaineemtl.ca](https://resilienceaineemtl.ca)

Source: Dr. Paule Lebel, Medical Consultant, Équipe Personnes aînées, Équipe Participation citoyenne, Direction régionale de santé publique, and the Résilience Aîné.es Montréal website.
STOP SMOKING AND/OR VAPING - IT'S POSSIBLE WITH THE SMOKING CESSATION CENTERS!

by Mathilde Renaud, RN, MSc, motivational interview trainer MINT - AFDEM

CIUSSS West-Central Montreal is there to help you quit smoking through our Smoking Cessation Centres located in each of our five CLSCs. Whether you are ready or not to quit smoking (it is normal to be hesitant), whatever your age, whatever product you use (tobacco and/or electronic cigarette), take advantage of the support of a specialized nurse and benefit from our individual meetings.

Why contact the Smoking Cessation Centers?

- It's free;
- You will have a personalized follow-up and answers to your concerns;
- You will always be accompanied by the same counsellor;
- The follow-up is done according to your preference: in person, by telephone or videoconference.

And above all, you will double your chances of success!

For more information or to make an appointment, call 514-484-7878, ext. 61420

STOP SMOKING AND/OR VAPING - IT'S POSSIBLE WITH THE SMOKING CESSATION CENTERS!

The Smoking Cessation Centres of CIUSSS West-Central Montreal can be reached at 514-484-7878, ext. 61420

They are located at:

- CLSC de Côte-des-Neiges;
- CLSC Métro;
- CLSC de Parc-Extension;
- CLSC de Benny Farm;
- CLSC René-Cassin.
COMMUNITY ANNOUNCEMENTS

Feeding my baby while stimulating language workshop

The CIUSSS Children, Families and Youth Team invites you to an online workshop on Feeding my baby while stimulating language. This virtual workshop will enable you to learn more about the introduction of food and how to obtain support for language stimulation. Families welcome.

French workshops: June 29, September 14 and November 9, from 1:30 to 3 p.m.
English workshops: August 10, October 12 and December 7, from 1:30 to 3:30 p.m.

To register, please leave a message on our voice mailbox at 514-934-0505, ext. 6975.

Poster

Access to the Institut national de santé publique's provincial Digital Learning Environment (Environnement numérique d’apprentissage, ENA)

It is now possible for community organizations and individuals outside the healthcare network to register for the Provincial Digital Learning Environment (Environnement numérique d’apprentissage, ENA) portal via the link below, and gain access to all our online training courses!


What's on

Tuesday farmers’ market at the Jewish General Hospital

Every Tuesday afternoon, at the Pavilion K entrance (Légaré Street) of the Jewish General Hospital, a small market of organic fruits and vegetables from La Berceuse Farm and local flowers will be held.

The opening date for this season will be announced soon.
Is there control in my relationship?
New self-exploration tool available online

SOS violence conjugale is proud to announce a brand-new tool that’s now available on its website. Developed to accompany the interactive questionnaire for exploring violent behavior (which has already been used more than 300,000 times), this new tool enables us to look at intimate partner violence from the angle of control and deprivation of freedom.

CLICK HERE

Tools to prevent and counter sexual exploitation during the festival and event season

The 2023 festival and event season has arrived here in Quebec. These festive gatherings are also, unfortunately, breeding grounds for different types of aggression.

As you know, sexual exploitation is one of these issues. The Phare des AffranchiEs is making available free tools from its Lueur - Festivals et Événements program to better equip the teams responsible for these gatherings on the ground to know how to act without harm in a situation of sexual exploitation. The program was already used in the hotel industry and has now been adapted to the festivals and events milieu.

To order the tools, click here. Website: https://www.affranchies.ca/lueur

The Cote-a-cote.org platform

The Côte-à-côte platform aims to bridge the gap between the needs of trafficking victims and the services available to them. It brings together trained resources from the private sector and other specialized fields, to offer services tailored to the needs of people affected by trafficking in many areas (physical and psychological care, legal support, etc.). For more information, click on the following links:

- The video Côte-à-Côte en moins de deux (French only)
- Côte-à-Côte in 30 minutes information video (French only)
- Needs, services and gaps analysis report (French only)

Website: https://cote-a-cote.org/a-propos-de-nous

CONTACT US

Write to us at (*new email) guichetsantepublique.ccomtl@ssss.gouv.qc.ca