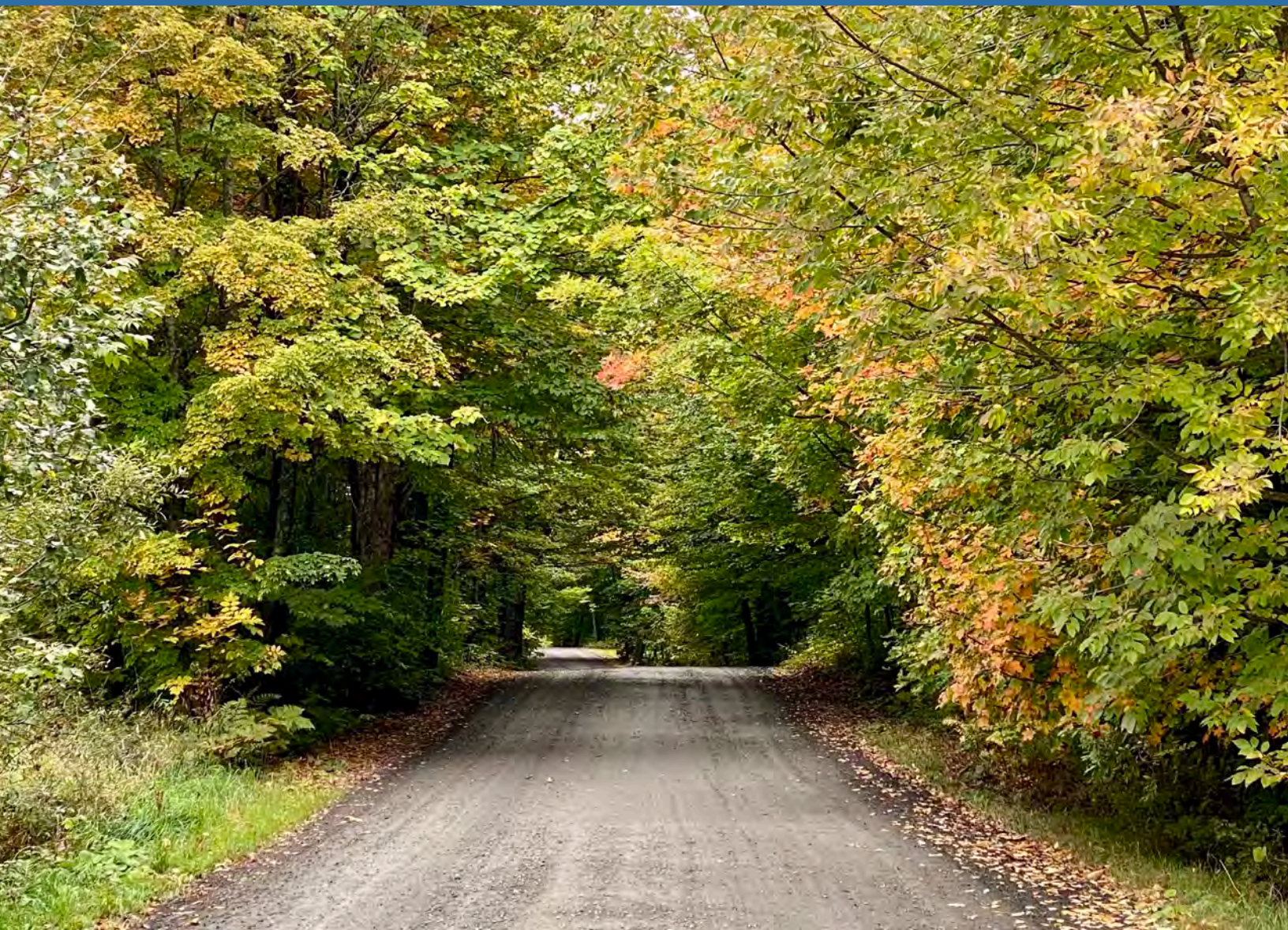




FAMILY AND SENIORS POLICY ACTION PLAN 2023-2027

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A WORD FROM THE MAYOR

"The statistics speak for themselves: 38.9% of our population is 65 years of age and older. On the other hand, there are more and more young families with children. The numbers that gathered for the National Holiday and Halloween are clear proof of this.

It was therefore high time to reflect on these two realities, on the needs of families as well as seniors, and on what the Town could commit to realising. Thank you to the dozens of volunteers who spent many hours on better understanding these realities and formulating a concrete action plan. As Mayor, I am committed to following up on these actions to ensure that they are carried out as quickly as possible.

Families, their children and our youth are our future. In Sutton, we are also fortunate to have a community of seniors who are proud to share their energy, experience, and expertise.

We are lucky to live in Sutton, recognized in 2022 as the most active community in Quebec. This is a strong aspect of our identity that sets us apart marvellously."

A handwritten signature in blue ink that reads "Robert Benoit". The signature is fluid and cursive.

Robert Benoit, Mayor of Sutton

STEERING COMMITTEE

"The steering committee, made up of people from various sectors, worked together towards a common goal: to help seniors and families live to their full potential in good health. The committee is a place for discussion, collaboration, and decision-making among community stakeholders. Their mission was to agree on shared goals as a result of the analysis and consensus regarding the action plan. As a municipal councillor of the Town of Sutton and chair of the steering committee, I would like to thank all the members of the committee as well as the resource personnel for their hard work. I would especially like to thank Gwen Badham, Daphnée Poirier, Luce Goerlach and Marie-Hélène Cloutier for their contribution to the drafting of the action plan."



Lynda Graham, Town Councillor responsible for Family and Seniors' Issues



MEMBERS OF THE STEERING COMMITTEE

Lynda Graham, Town Councillor responsible for Family and Seniors' Issues

Pascal Smith, Director General

Élizabeth Deit, Director of Recreation, Community Life and Culture

Charlotte Jacques, Recreation and Community Life Officer

Gwen Badham, representative of the Maison des jeunes de Sutton

Louise Comtois, citizen representing seniors

Luce Goerlach, citizen representing seniors

Donald Kerr, Principal of Sutton Elementary School, representative of the Centre de services scolaire du Val-des-Cerfs

Doris Mondor, representative of the FADOQ Les Deux Monts

Daphnée Poirier, representative of the Centre d'action bénévole (CAB) Sutton

Jacob Rivest and Marie-Hélène Cloutier, representatives of CIUSSS de l'Estrée - CHUS

Tania Szymanski, representative of the MRC Brome-Missisquoi

Geneviève Boisvert, Project manager, Espace Muni

VISION

Every citizen of Sutton, regardless of age, identity or hopes, should be able to grow up and grow old in health and safety, with the ability to participate fully in community life.

DEFINITIONS

FAMILY

A family is a group of related multigenerational individuals, with children at its core. The family builds its members' identity by passing on knowledge, values and traditions throughout the various stages of life.

SENIORS

Seniors are made up of a diverse group of people 65 years of age and older whose physical, psychological, intellectual, and social needs change as they move through life transitions.

VALUES

The following three values are at the heart of this policy and its action plan:

CARING

Demonstrating generosity, dedication and concern for others.

INCLUSIVENESS

Demonstrating openness and acceptance of our differences to bring about positive interactions.

BOLDNESS

Being creative and original, thinking outside the box.



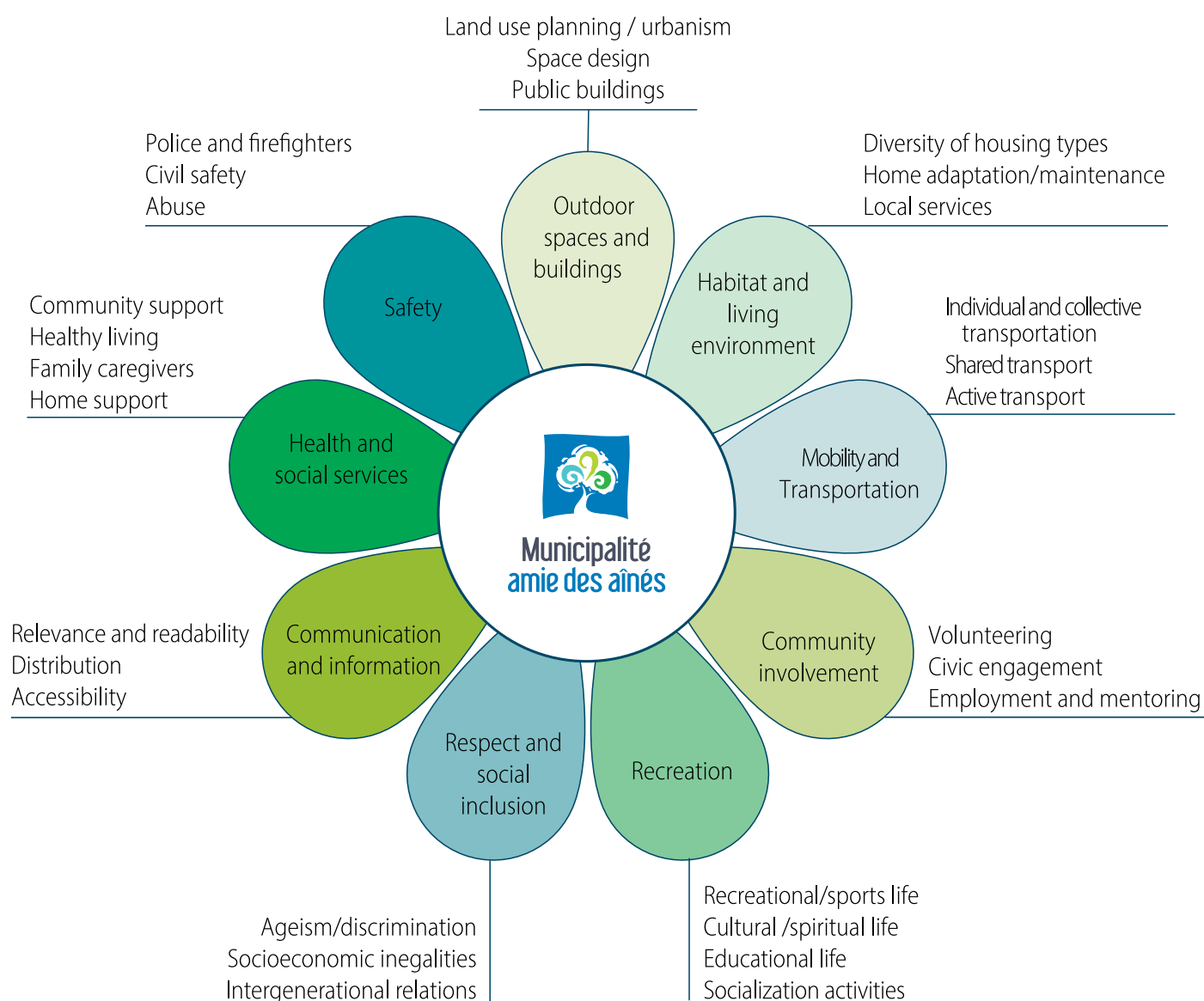
APPROACH

The approach is centred around the resourcefulness of our community. This approach is based on bottom-up participation, where consultation with community members, seniors and families is essential. It is based on the experience of seniors and families: they know what works for them and what does not, and they are able to identify which improvements must be made to create a more positive living environment.



To help in the thinking, the following nine action areas were used to identify the realities that the Town of Sutton faces. These nine areas form the foundations of the action plan.

THE CONCEPT OF “ACTIVE AGING” AS APPLIED TO A MUNICIPALITÉ AMIE DES ÂÎNÉS (ELDERLY-FRIENDLY COMMUNITY)



STEPS

FEBRUARY 2021

Obtained a grant from the Secrétariat aux aînés to support the process.

MARCH 2022

Needs identification (survey):

- Launched the bilingual survey, which was available online for 20 days. Hard copies were distributed, and some were completed in person by residents of the Office Municipal d'Habitation (OMH) and Villas des Monts. There were 248 responses to the survey.

JANUARY 2022

- Created a steering committee from various sectors of the community which worked towards a common goal: that of the interests of families and seniors.
- The committee met a total of eight times between January and November 2022. The meetings covered all nine action areas. These discussions and interventions helped to guide the development of the latest version of the development of the latest Family and Seniors Policy and action plan.
- Carried out an analysis of the community, including a statistical portrait and a review of the services and resources of the community.

MAY 2022

Needs identification
(Focus groups):

- Families surveyed during Family Day.
- Six focus groups held to identify the issues and strengths that position our municipality as an inclusive environment for seniors: 26 people participated in the seniors' focus groups, six people participated in the family focus groups and nine teens were consulted.

FEBRUARY 2023

Validation and adoption of the Town of Sutton's Family and Seniors Policy by the Municipal Council and its 2023-2027 Action Plan.

ROLES OF THE MUNICIPALITY

There are four roles that the municipality can play within the community to bring about the changes necessary to improve the quality of life for families and seniors:

- Leader: responsible for carrying out an action
- Partner: contributes to the realization of an action
- Facilitator: supports the realization of an action
- Ambassador: represents the interests of families and seniors

In addition, the Town recognizes the value of its community's strengths and the importance of the involvement of partners who are essential to the realization of its action plan.



PORTRAIT OF THE MUNICIPALITY

To better understand the challenges and needs of our families and seniors, the steering committee produced a statistical portrait of our community as well as a census of available services and resources. It also organized public consultations with Sutton seniors, families, and teenagers.

OUR TERRITORY

The town of Sutton covers a vast territory of 247.67 square kilometers of varied landscapes:

Agricultural zones



Mountainous area



Valleys and rivers



The village core, at the heart of the territory, is more urban and contains most available services (grocery store, pharmacy, shops, restaurants, etc.). There are also two hamlets: Sutton Junction to the north, and Glen Sutton to the south, in the Missisquoi River valley.

OUR COMMUNITY, SPORTS AND CULTURAL LIFE

+ than 40 community organizations work within the territory of Sutton offering services to families, teenagers and seniors.

Whether they provide food, social or recreational services, these organizations are actively involved in community life.

The mountain offers many recreational activities including skiing, biking and hiking. Municipal infrastructures include 7 parks and 9 sports fields, including an outdoor skating rink in winter and an outdoor pool in summer.

In addition to hosting several festivals, Sutton has art galleries, a cultural park, libraries, a performance hall, a museum and a historical society.

OUR CLIMATE

The effects of climate change, caused mainly by human activities, are already being felt, such as:

Heat waves



Extreme weather events



Pregnant people, children, and the elderly are among the most vulnerable groups when it comes to the adverse effects of climate change.

These effects will continue to be felt over the next few decades, and in some cases will increase. The negative consequences of climate change on the population can be made less severe by implementing the measures in the action plan.

OUR MOBILITY

89.5 %

OF THE POPULATION
USE A VEHICLE TO
GET TO WORK

18.4 km

OF BICYCLE NETWORK

83

BICYCLE
PARKING SPACES

56 %

OF SURVEY RESPONDENTS WALK DAILY

OUR POPULATION

**13.4 %**

POPULATION INCREASE
FROM 2016 TO 2021 TO 4 548
RESIDENTS
QUEBEC: 4.1 %

60.4

MEDIAN AGE OF THE POPULATION: HALF OF THE
POPULATION BEING YOUNGER THAN 60.4 YEARS
AND THE OTHER HALF BEING OLDER
QUEBEC: 43.2

41.9 %

ONE-PERSON
HOUSEHOLDS
QUEBEC: 35.1 %

23.6 %

ENGLISH AS MOTHER
TONGUE

OUR INCOMES



MEDIAN HOUSEHOLD INCOME
AFTER TAXES IN 2020
QUEBEC: \$63,200

OUR HOUSING



NEARLY 1 OUT OF 4
TENANT HOUSEHOLDS
SPENDS MORE THAN 30%
OF THEIR TOTAL INCOME
ON SHELTER COSTS

AVERAGE MONTHLY SHELTER
COSTS FOR TENANT HOUSEHOLDS
BETWEEN 2016 AND 2021
INCREASED BY

24 %

QUEBEC: 14.3 % | MRC: 18 %

OUR FAMILIES

455

NUMBER OF FAMILIES WITH
CHILDREN AT HOME LIVING IN
SUTTON

125 

NUMBER OF CHILDREN,
0 TO 4 YEARS OLD, IN 2021

OUR SENIORS

38.9 %

POPULATION, 65 YEARS AND OLDER IN 2021
QUEBEC: 20.6 %

32 %

INCREASE IN THE NUMBER
OF PEOPLE AGED 65 AND
OVER SINCE 2016
QUEBEC: 17.2 %

680

NUMBER OF PEOPLE
AGED 75 AND OVER
LIVING IN SUTTON

IMPLEMENTATION OF THE ACTION PLAN

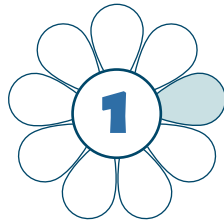
- General management, with the help of municipal services and in consultation with involved partners, will ensure the implementation of the action plan.
- A follow-up committee will be appointed by the Town Council and its composition will reflect the diversity of the population and involved partners. Its mandate will be to monitor the progress of the application of the action plan and to propose solutions for its implementation.
- The Council member responsible for family and seniors' issues chairs the follow-up committee and communicates with the Town Council on the progress of the objectives.



SUMMARY OF THE ACTION PLAN

A more detailed version of the action plan is available on the website:

<https://sutton.ca/en/municipal-council/town-policies/#PFA>



TRANSPORT – MOBILITY

Finding: 85 % of survey respondents walk regularly, but half report little or no satisfaction with traffic areas.

Objective: Make active transportation safer

Actions:

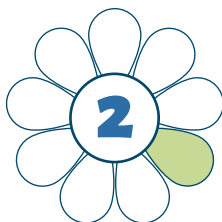
- Add traffic calming measures
- Add crosswalks and other facilities in areas most used by seniors and children
- Include best planning practices for active transportation in infrastructure improvements
- Continue to present proposals to the MTQ on integrating safety features on provincial roads

Objective: Encourage walking among seniors

Actions:

- Enhance active circuits with new, shorter and safer routes
- Add adapted street furniture on the most frequently used routes





SECURITY

Finding: The majority of citizens feel safe, but there is a lack of knowledge about existing services.

Objective: Increase awareness of public safety services and personal safety measures

Actions:

- Publicize existing services
- Make citizens aware of the measures to take to ensure their own safety

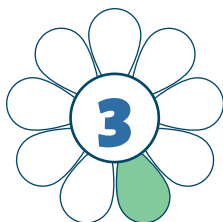
Finding: Since 2020, the number of reported fraud cases in Sutton has been increasing, and more than 50 % of them targeted people aged 50 and over.

Objective: Help fight elder abuse, neglect and bullying

Actions:

- Implement prevention measures for seniors
- Conduct an awareness campaign on elder fraud with local merchants





HABITAT - LIVING ENVIRONMENT

Finding: Nearly 1 out of 4 tenant households spends more than 30 % of their total income on shelter costs.

Objective: Create conditions to increase the number of affordable housing units

Actions:

- Regulate short-term rentals
- Encourage the creation of innovative housing initiatives, such as solidarity cooperatives or housing NPOs
- Facilitate the addition or conversion of housing units within existing infrastructure

Finding: Many seniors and families are experiencing food insecurity.

Objective: Support and promote community-based affordable food initiatives

Action:

- Support collaborative food security initiatives

Finding: There is a significant lack of child care spaces especially for 0 to 2 year olds..

Objective: Increase the number of child care spaces

Action:

- Support projects that add child care spaces





COMMUNITY INVOLVEMENT

Finding: Community, cultural, recreational and sports organizations offer a range of services that are not sufficiently known or promoted to families and seniors.

Objective: Recognize the importance of community organizations

Action:

- Enhance support for organizations

Finding: Although volunteering is a strength within the community, new volunteers are needed.

Objective: Increase volunteer recruitment in organizations

Actions:

- Promote volunteer opportunities
- Publicize volunteer achievements

Finding: Families and seniors want their voices to be heard at the municipal level.

Objective: Increase citizen participation

Action:

- Facilitate citizen participation by taking into account the realities of the target audience when planning public consultations



RESPECT AND SOCIAL INCLUSION

Finding: Teenagers are underappreciated in the community.

Objective: Increase recognition of the place and voice of teenagers in community life

Actions:

- Increase teen representation in community life
- Value the contributions of teens within community life

Finding: Few intergenerational activities exist.

Objective: Increase the number of activities that bring people together and celebrate individuals of all ages

Action:

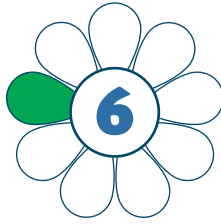
- Support collaborative intergenerational activity projects

Finding: Few activities are organized to socialize and promote neighborliness.

Objective: Encourage the socialization of residents and promote neighborliness

Action:

- Implement and improve projects and programs



RECREATION

Finding: The activities program could better reflect the reality and interests of the population.

Objective: Enhance activity programming and improve access

Actions:

- Maintain a focus on affordability for municipal activities
- Support and enhance the number of activities dedicated to families, especially for teenagers and children ages 0 to 5
- Improve accessibility to activities and events for people with reduced mobility



OUTDOOR AREAS AND BUILDINGS

Finding: Many municipal buildings are poorly adapted to the current needs of seniors and people with reduced mobility.

Objective: Ensure that municipal infrastructure is adapted and accessible to the needs of users

Actions:

- Integrate universal accessibility concepts in municipal buildings and facilities
- Encourage compliance with usage of reduced mobility parking spaces

Finding: Some municipal buildings used for community services have been neglected and are outdated.

Objective: Ensure that community facilities are improved and meet identified needs

Action:

- Identify needs and implement solutions

Finding: Parks could provide more inclusive, climate-resilient sports infrastructure.

Objective: Identify and implement the necessary infrastructure to meet the needs

Action:

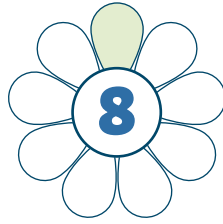
- Make some modifications and additions to public spaces

Objective: Implement climate change resilience measures

Action:

- Limit the effects of heat waves on young children and the elderly





COMMUNICATION AND INFORMATION

Finding: Municipal communications are not always adapted to the needs and abilities of all citizens.

Objective: Make Town information widely accessible to the public

Actions:

- Diversify communication channels and use communication tools adapted to different target groups
- Provide access to computer stations and assistance during online registration or consultation periods



HEALTH AND SOCIAL SERVICES

Finding: Many seniors still live at home and want to stay there as long as possible.

Objective: Maintain independence at home for seniors

Action:

- Support home care services

Finding: 43 % of survey respondents felt that their access to health and social services was poor or difficult.

Objective: Increase access to local health and social services

Actions:

- Continue engagement with partners
- Establish and promote local services





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