



**Building Community Capacity – From Evidence to Action (2015-2016)**  
**Profile of English-speaking Seniors – CLSC Manicouagan**

**Prepared by Dr. Joanne Pocock**

**For Seniors Action Quebec and North Shore Community Association**

**September 2015**

## Acknowledgements

*This report was prepared by Dr. Joanne Pocock of JPocock Research Consulting for Seniors Action Quebec (SAQ) and North Shore Community Association.*



*Seniors Action Quebec wishes to acknowledge the Community Health and Social Service Network (CHSSN) for their kind permission to draw from a 2011 National Household Survey dataset which they developed with the assistance of Statistics Canada. Similarly, CHSSN's permission to use material from the 2010 CHSSN CROP Survey on Community Vitality is gratefully acknowledged, as is their permission to present material from their forthcoming analysis of the 2011-2012 Canadian Community Health Survey.*

*Seniors Action Quebec wish to acknowledge the Quebec Community Groups Network for their kind permission to use material developed for the SIRA Seniors project.*



*The financial support of Department of Canadian Heritage is gratefully acknowledged. The views expressed herein do not necessarily represent the official policies of Canadian Heritage.*



Canadian  
Heritage

Patrimoine  
canadien

## Table of Contents

TABLE OF CONTENTS.....	3
LIST OF TABLES.....	5
LIST OF FIGURES .....	6
<b>BUILDING COMMUNITY CAPACITY – FROM EVIDENCE TO ACTION (2015-2016) .....</b>	<b>7</b>
THE PROJECT .....	7
THIS PROFILE .....	7
SENIORS ACTION QUEBEC (SAQ) .....	7
NORTH SHORE COMMUNITY ASSOCIATION .....	7
GENERAL METHODOLOGICAL NOTES .....	8
<i>Sources</i> .....	8
<i>Language Concept</i> .....	9
<b>SECTION 1 - SOCIO-DEMOGRAPHIC CHARACTERISTICS .....</b>	<b>11</b>
SOURCES AND METHODOLOGICAL NOTES .....	11
<i>Tables and Graphs and Missing Values</i> .....	12
<i>Relative Indices</i> .....	12
KEY DEMOGRAPHIC CHARACTERISTICS .....	13
<i>Population Count and Age Structure</i> .....	13
<i>Age Structure</i> .....	14
SOCIO-ECONOMIC.....	15
<i>Education level</i> .....	15
<i>Labour Force Participation</i> .....	16
<i>Income</i> .....	17
<b>SECTION 2 – PRIORITY CHALLENGES FOR ENGLISH-SPEAKING SENIORS .....</b>	<b>19</b>
QCGN-SIRA SENIORS SURVEY .....	19
METHODOLOGICAL NOTES .....	19
<i>Design and Data Collection</i> .....	19
<i>Data preparation and dissemination</i> .....	19
KEY FINDINGS FROM THE QCGN-SIRA SENIORS SURVEY .....	20
<i>Language Barriers to Realization of Full Potential</i> .....	20
<i>Priority Issues for English-speaking Seniors</i> .....	22
<i>Anticipated Mobility</i> .....	23
<i>Greatest Challenge to Social Participation in Region</i> .....	25

<i>Communication with Public Service Providers</i> .....	26
<i>Importance of English Information Regarding Public Services</i> .....	28
<i>Role of Seniors in Community Leadership</i> .....	29
<i>Representation Among Municipal Bodies</i> .....	30
<b>SECTION 3 – HEALTH AND SOCIAL WELL-BEING OF ENGLISH-SPEAKING SENIORS</b> .....	<b>32</b>
METHODOLOGICAL NOTES.....	32
<i>The CHSSN report</i> .....	32
<i>2011-2012 CCHS Sample</i> .....	32
KEY FINDINGS FROM THE CANADIAN COMMUNITY HEALTH SURVEY.....	34
<i>General Health</i> .....	34
<i>General Mental Health</i> .....	36
<i>Happiness</i> .....	38
<i>Life Satisfaction</i> .....	40
<i>Active Volunteerism</i> .....	42
<i>Social Integration and Belonging</i> .....	44
<i>Reliable Alliances</i> .....	46
<i>Reassurance of Worth</i> .....	48
<b>SECTION 4 – SELECTED ISSUES FOR ENGLISH-SPEAKING SENIORS</b> .....	<b>51</b>
METHODOLOGICAL NOTES.....	51
<i>Internet Use</i> .....	52
<i>Information for Health Services</i> .....	53
<i>Services in English</i> .....	54
<i>Source of Support</i> .....	54
<i>Satisfaction with Access to Services in English</i> .....	55
<i>Anticipated Need for Care and Housing</i> .....	56
<i>Social Engagement</i> .....	57
<i>Family Members in Proximity</i> .....	57
<i>Awareness of Activities of Community Organizations</i> .....	58
<i>Geographical Mobility</i> .....	59
<i>Reasons for Anticipated Departure from Quebec</i> .....	59
<i>Supporting Documents</i> .....	60

## List of Tables

Table 1 - Health Status, by Region .....	34
Table 2 - Health Status, by Age and Gender .....	35
Table 3 - Mental Health Self-Assessment, by Region .....	36
Table 4 - Mental Health Self-Assessment, by Age and Gender .....	37
Table 5 - Frequently Happy, by Region .....	38
Table 6 - Frequently Happy, by Age and Gender .....	39
Table 7 - Satisfied with Life, by Region .....	40
Table 8 - Satisfied with Life, by Age and Gender.....	41
Table 9 - Active Volunteers, by Region .....	42
Table 10 - Active Volunteers, by Age and Gender.....	43
Table 11 - Social Integration Score, by Region .....	44
Table 12 - Social Integration Score, by Age and Gender .....	45
Table 13 - Reliable Alliance Score, by Region.....	46
Table 14 - Reliable Alliance Score, by Age and Gender .....	47
Table 15 - Reassurance of Worth Score, by Region .....	48
Table 16 - Reassurance of Worth Score, by Age and Gender.....	49
Table 17 - Source of Support .....	54
Table 18 - Satisfaction with Access to Services in English .....	55
Table 19 - Anticipated Need for Senior Care or Housing Services.....	56
Table 20 - Awareness of Activities of Community Organization .....	58
Table 21 - Reasons for Expected Departure from Quebec.....	59

## List of Figures

Figure 1 - Language barriers to realization of potential, by region .....	20
Figure 2 - Language barriers to realization of potential, by age and gender .....	21
Figure 3- Anticipate relocating within 5 years, by region.....	23
Figure 4 - Anticipate relocating within 5 years, by age and gender .....	24
Figure 5 - Challenges to social participation .....	25
Figure 6 - Assistance required to communicate with public service provider, by region.....	26
Figure 7 - Assistance required to communicate with public service provider, by age and gender .....	27
Figure 8- Importance of information in English regarding public services, by region .....	28
Figure 9 - Fair representation among community leadership, by age and gender .....	29
Figure 10 - Fair representation among municipal bodies, by region.....	30
Figure 11 - Internet Access at Home, by Region .....	52
Figure 12 - Information from Community Organizations.....	53
Figure 13 - Family members near home .....	57

## Building Community Capacity – From Evidence to Action (2015-2016)

### The Project

The Seniors Action Québec (SAQ) project is designed to mobilize English-speaking (ES) seniors (65+) and their communities in four regions of the province (Gaspésie, Greater Quebec City, Outaouais and the North Shore). This will be done by creating a network among English language regional community organizations to amplify the voice of minority language seniors and enhance their contribution to the vitality of their communities. The project will ready the network to identify critical issues affecting English-speaking seniors, establish regional action plans to address seniors' priorities and to generally promote awareness of provincial and regional organizations serving the interests of the 65 years and over age group.

### This Profile

This profile is a tool to be used by the project network to clarify the socio- demographic situation and critical issues affecting Quebec's English-speaking seniors in their particular region and local territory. It provides up-to-date knowledge gathered from several relevant data-sets and in accordance with themes that cut across various sectors. It is an important addition to the evidence-base that the five collaborating regional community organizations rely on to

- identify priorities and develop action plans for their senior group;
- disseminate knowledge concerning their clientele to the larger population and implicated agencies.

### Seniors Action Quebec (SAQ)

Seniors Action Quebec works to maintain and enhance the vitality of English-speaking Quebec seniors. All efforts will identify and address challenges and issues to promote a healthy and active lifestyle for English-speaking seniors.

### North Shore Community Association

The North Shore Community Association is a non-profit regional organization dedicated to serving, representing, and instilling pride in the English-speaking community of Quebec's North Shore. Their aim is to empower residents and to strengthen the community across the region by working to make information and resources available, by facilitating community initiatives, by encouraging and improving communication, by promoting access to services, by developing partnerships and by increasing the visibility of the English-speaking community.

## General Methodological Notes<sup>1</sup>

### Sources

Overview of Data Sources				
Source	Survey	Year	English-speaking Quebecers in the sample	Comments
Community Health and Social Services Network	Survey on Community Vitality	2010	3100	random sampling
Quebec Community Groups Network	QCGN-SIRA Seniors Survey	2013	820	non-random sample of selected regions, covering 96% of ESQ
Statistics Canada	Canadian Community Health Survey	2011-2012	3107	random sampling
Statistics Canada	Census of Canada	2011	1.058M	mandatory sampling, 100%
Statistics Canada	National Household Survey	2011	1.046M	voluntary response, approximately 35%

This profile draws on a number of data sources as illustrated in the accompanying graphic. Each data source and the themes and variables drawn from them have been selected because they contribute to our understanding of the characteristics and lived experience of English-speaking seniors in Quebec.

The Statistics Canada **Census** and **National Household Survey** provide an external portrait of the population, shedding light on age structure, community size and weight, levels of bilingualism, migration patterns and socio-economic characteristics. Given the robust nature of the samples of these surveys, data is presented at the CLSC, CSSS/RLS or CD levels as well as regional and provincial levels.

The **Canadian Community Health Survey** provides information on the physical and mental health as well as social well-being of the Canadian population. For this profile, the responses of seniors (65+) to questions on general and mental health status as well as on happiness and life satisfaction are included. Measures of social engagement, integration and belonging as well as emotional connectedness and self-worth are also presented. Given the sample size, data can only be presented at the provincial and regional levels.

The CHSSN **Survey on Community Vitality** covers a broad range of topics which contribute to our understanding of the experiences and perspectives of the English-speaking minority population. Key findings on access to information, modes of communication, satisfaction with services, social participation and geographical mobility are presented with a focus on the senior age group (55+). Data is presented at the provincial and regional levels.

The QCGN **Survey of Seniors** directly targets English-speaking seniors in 8 regions of Quebec which include 96% of the provincial English-speaking seniors (55+). Key findings on the themes of language barriers, priority issues for English-speaking seniors, relocation and housing, challenges for social participation,

---

<sup>1</sup> More specific methodological notes on each of the datasets appear in the relevant sections below.



communication with public service providers and the role of seniors in community leadership are covered. Data is presented at the provincial and regional levels.

### Language Concept

Unless otherwise stated, the language concept used in this profile is First Official Language Spoken (FOLS), which is a variable derived from three census questions: knowledge of official languages, mother tongue and home language. Multiple responses have been assigned equally among declared languages.



**Section 1**  
**Socio-Demographic Characteristics**

## Section 1 - Socio-Demographic Characteristics

The purpose of this section of the profile is to provide a concise and up-to-date socio-demographic profile of the English-speaking population of the CLSC Manicouagan territory which is served by the North Shore Community Association (NSCA). The section draws primarily on the 2011 Census of Canada and 2011 National Household Survey (NHS) to describe the characteristics that reflect the strengths and challenges faced by the English-speaking communities located in the region. It contains a wealth of statistical information to support the decisions of policy-makers, program managers, service providers and advocates serving both English and French language groups at all levels (public and community organizations) throughout the region.

This section considers the inter-generational aspects of population characteristics, which serves to highlight the particular situation of English-speaking seniors, both in relation to other age cohorts in the English-speaking population as well as in relation to the Francophone senior cohort.

### Sources and Methodological Notes

Data for this section is drawn from the 2011 Census of Canada and the 2011 National Household Survey. The population universe covered by these two Statistics Canada data collection vehicles is slightly different as the 2011 Census includes usual residents in collective dwellings and persons living abroad, whereas the target population for the NHS excludes these two groups.

The Census consists of 10 questions which collect basic demographic data (age, gender, household living arrangements, marital status) and demo-linguistic data (knowledge of English and French, home language and mother tongue).

The National Household Survey contains a much longer list of questions which provides information on the demographic, socio-cultural and socio-economic status of respondents. Unlike the long Census, which it replaced in 2011, the NHS is voluntary for respondents and therefore subject to sampling error and is also subject to potentially higher non-response error than was the mandatory census.

In addition to a standard Statistics Canada data product<sup>2</sup> which presents data for Census Divisions on key demographic, cultural and socio-economic characteristics, the author was granted access to a dataset developed by Statistics Canada on behalf of the Community Health and Social Services Network (CHSSN) which presents an array of socio-demographic data by health territory (RSS, CSSS and CLSC) in Quebec.<sup>3</sup>

---

<sup>2</sup> *Selected Demographic, Cultural, Educational, Labour Force and Income Characteristics (730), First Official Language Spoken (4), Age Groups (8D) and Sex (3) for the Population of Canada, Provinces, Territories, Census Divisions and Census Subdivisions, 2011 National Household Survey, 99-010-X2011044*

<sup>3</sup> *It should be noted that the two datasets differ somewhat as the Statistics Canada dataset has age and gender as independent variables whereas the CHSSN dataset presents age and gender as a single, stacked variable. This means that the CHSSN dataset is less vulnerable to suppression of data for reasons of confidentiality as there are fewer cross-tabulations available and fewer resulting data cells. The risk of suppression of data is particularly important for smaller populations at local geographies for which segmented data (ex. socio-economic status by age cohort for language groups) is unavailable due to confidentiality rules.*

## Tables and Graphs and Missing Values

For the purposes of confidentiality, Statistics Canada applies area suppression rules which holds back data for geographic areas with populations below a specified size. Income distributions and related statistics are suppressed if the population in a given geography is less than 250, or if the number of private households is less than 40.

In cases where the confidentiality rules lead to the suppression of the data, the particular table row (territory or age group) is hidden. In some cases, a zero (0) or dash (-) may be utilized to indicate that there is insufficient data.

## Relative Indices

The indices described below feature a comparison of the percentages for characteristics displayed by a given population.

The **Minority-Majority Index** compares the value for the English-speaking population of a given region with that of the French-speaking population which shares the territory. A value greater than 1.00 means that the characteristic being measured is more likely to be reported by the minority English-speaking population while a value less than 1.00 means that it is less likely to be observed in the minority English-speaking population when compared to its Francophone majority.

The **Generation Index** and **Gender Index** compare the values for main generational and gender groups compared to the total English-speaking population. A generational index higher than 1.00 means that the particular age group is more likely to display the characteristic being studied than is the overall English-speaking population. A gender index higher than 1.00 means that females are more likely to display the characteristic being studied than the males in the English-speaking population. Values less than 1.00 means that the age group or females, as the case may be, are less likely to display the characteristic.

## Key Demographic Characteristics

This part of the socio-demographic section presents data on demographic characteristics (size and weight of the language groups, age structure and place of birth) for age groups and gender where data is available.

The following tables refer to minority-majority, intergenerational and gender indices which are statistical measures designed to compare populations. For a full explanation of these indices, see the methodological notes in the introduction of this document.

### Population Count and Age Structure

- In 2011, there were 450 English speakers in CLSC Manicouagan who comprised 1.4% of the population.
- Within the English-speaking population of CLSC Manicouagan, the 0-14 age cohort represented the lowest proportion of the population (10.0%), while the 45-64 years age cohort represented the highest proportion (32.2%).
- Females formed a larger share (51.1%) of the English-speaking population in CLSC Manicouagan than their male counterparts (48.9%).
- In CLSC Manicouagan, English-speaking seniors (65 years and over) represented a lower proportion of their total population (12.2%) than did French-speaking seniors (15.0%).

Age Structure and Gender, by Language Group, CLSC Manicouagan, 2011					
age cohorts	Total	English speakers		French speakers	
		number	pct.	number	pct.
Total	31,755	450	100.0%	31,150	100.0%
0-14	4,860	45	10.0%	4,695	15.1%
15-24 years	3,820	85	18.9%	3,735	12.0%
25-44 years	7,345	115	25.6%	7,225	23.2%
45-64 years	10,965	145	32.2%	10,810	34.7%
65 years and over	4,765	55	12.2%	4,685	15.0%
Male	15,880	220	48.9%	15,583	50.0%
Female	15,880	230	51.1%	15,575	50.0%
Indices	Minority-Majority Index		Generation and Gender Index (English)		
Total	1.00		1.00		
0-14	0.66		0.10		
15-24 years	1.58		0.19		
25-44 years	1.10		0.26		
45-64 years	0.93		0.32		
65 years and over	0.81		0.12		
Male	0.98		0.49		
Female	1.02		0.51		

*Source: JPocock Research Consulting, based on data from the 2011 Census of Canada, Statistics Canada, 100% sample. Language concept is First Official Language Spoken with multiple responses distributed equally.*

## Age Structure

### Seniors

- When we consider the proportion of seniors (65 and over) in the population, we find the proportion for the English-speaking population (13.5%) is lower than that of the French-speaking population (15.4%) in Quebec.
- For RSS de la Côte-Nord, the proportion for the English-speaking population (14.6%) is higher than that of the French-speaking population (13.8%).
- For CLSC Manicouagan, the proportion of seniors (65 and over) in the population for the English-speaking population (12.4%) is lower than that of the French-speaking population (15.0%).
- For the care-giver generation in CLSC Manicouagan (persons aged 45-64), we find the proportion for English speakers (32.6%) is lower than that of French speakers (34.7%).
- The proportion of English-speaking seniors in CLSC Manicouagan is lower than the Rest of RSS de la Côte-Nord.

Age Structure, by Language Group CLSC Manicouagan, RSS de la Côte-Nord and Quebec, 2011										
Region	Language Group	Total	0-14	15-24	25-44	45-64	65 and over	65-74	75-84	85 and over
Quebec	Total	7,815,955	1,257,560	978,705	2,034,125	2,350,525	1,195,045	685,790	386,120	123,135
	English speakers	1,058,250	160,460	145,555	318,780	290,585	142,870	77,785	47,635	17,450
	French speakers	6,684,123	1,071,025	831,770	1,707,560	2,046,030	1,027,750	598,458	327,913	101,380
RSS de la Côte-Nord	Total	93,835	15,810	11,305	22,970	30,680	13,065	7,965	4,130	970
	English speakers	5,350	815	755	1,320	1,670	780	470	245	65
	French speakers	87,840	14,573	10,535	21,635	28,963	12,133	7,415	3,828	890
CLSC Manicouagan	Total	31,755	4,860	3,820	7,345	10,965	4,765	2,835	1,545	385
	English speakers	450	45	85	115	145	55	30	20	5
	French speakers	31,150	4,695	3,735	7,225	10,810	4,685	2,793	1,518	375
Rest of RSS de la Côte-Nord	Total	62,080	10,950	7,485	15,625	19,715	8,300	5,130	2,585	585
	English speakers	4,900	770	670	1,205	1,525	725	440	225	60
	French speakers	56,690	9,878	6,800	14,410	18,153	7,448	4,622	2,310	515
Quebec	English speakers (%)	100.0%	15.2%	13.8%	30.1%	27.5%	13.5%	7.4%	4.5%	1.6%
	French speakers (%)	100.0%	16.0%	12.4%	25.5%	30.6%	15.4%	9.0%	4.9%	1.5%
RSS de la Côte-Nord	English speakers (%)	100.0%	15.3%	14.1%	24.7%	31.3%	14.6%	8.8%	4.6%	1.2%
	French speakers (%)	100.0%	16.6%	12.0%	24.6%	33.0%	13.8%	8.4%	4.4%	1.0%
CLSC Manicouagan	English speakers (%)	100.0%	10.1%	19.1%	25.8%	32.6%	12.4%	6.7%	4.5%	1.1%
	French speakers (%)	100.0%	15.1%	12.0%	23.2%	34.7%	15.0%	9.0%	4.9%	1.2%
Rest of RSS de la Côte-Nord	English speakers (%)	100.0%	15.7%	13.7%	24.6%	31.2%	14.8%	9.0%	4.6%	1.2%
	French speakers (%)	100.0%	17.4%	12.0%	25.4%	32.0%	13.1%	8.2%	4.1%	0.9%

Source: JPocock Research Consulting, based on data from the 2011 Census of Canada, Statistics Canada, 100% sample. Language concept is First Official Language Spoken with multiple responses distributed equally.

## Socio-economic

This section presents data on socio-economic characteristics (education, labour force status, income and low-income cut-off) by age group and gender where data is available.

### Education level

#### Low Educational Attainment

- When we consider the proportion of those with a high school diploma or less in the population, we find the proportion for the English-speaking population (41.7%) is similar to that of the French-speaking population (43.9%) in Quebec.
- For RSS de la Côte-Nord, the proportion for the English-speaking population (65.7%) is much higher than that of the French-speaking population (51.4%).
- For CLSC Manicouagan, the proportion for the English-speaking population (52.3%) is similar to that of the French-speaking population (49.9%).

#### High Educational Attainment

- When we consider the proportion of those with a university certificate or diploma (below bachelor level) in the population, we find the proportion for the English-speaking population (5.2%) is higher than that of the French-speaking population (4.7%) in Quebec.
- For RSS de la Côte-Nord, the proportion for the English-speaking population (1.7%) is much lower than that of the French-speaking population (3.1%).
- For CLSC Manicouagan, the proportion for the English-speaking population (2.6%) is lower than that of the French-speaking population (3.3%).

**Educational Attainment, by Language Group**  
**CLSC Manicouagan, RSS de la Côte-Nord and Quebec, 2011**

Region	Language Group	Population 15 years and over	High school diploma or less	Apprenticeship or trades certificate or diploma	College, CEGEP or other non-university certificate or diploma	University certificate or diploma below bachelor level	University certificate, diploma or degree at bachelor level or above
Quebec	Total	6,474,590	2,840,775	1,049,475	1,075,855	305,330	1,203,155
	English speakers	887,855	370,475	81,308	146,603	46,055	243,415
	French speakers	5,543,475	2,433,830	966,308	927,823	258,260	957,265
RSS de la Côte-Nord	Total	77,170	40,355	15,115	12,340	2,320	7,045
	English speakers	4,270	2,800	595	448	73	343
	French speakers	72,690	37,340	14,520	11,893	2,243	6,703
CLSC Manicouagan	Total	26,430	13,220	5,215	4,620	860	2,515
	English speakers	305	158	53	48	8	35
	French speakers	26,080	13,018	5,163	4,573	853	2,475
Rest of RSS de la Côte-Nord	Total	50,740	27,135	9,900	7,720	1,460	4,530
	English speakers	3,965	2,642	542	400	65	308
	French speakers	46,610	24,322	9,357	7,320	1,390	4,228
Quebec	English speakers (%)	100.0%	41.7%	9.2%	16.5%	5.2%	27.4%
	French speakers (%)	100.0%	43.9%	17.4%	16.7%	4.7%	17.3%
RSS de la Côte-Nord	English speakers (%)	100.0%	65.7%	14.0%	10.5%	1.7%	8.1%
	French speakers (%)	100.0%	51.4%	20.0%	16.4%	3.1%	9.2%
CLSC Manicouagan	English speakers (%)	100.0%	52.3%	17.5%	15.9%	2.6%	11.6%
	French speakers (%)	100.0%	49.9%	19.8%	17.5%	3.3%	9.5%
Rest of RSS de la Côte-Nord	English speakers (%)	100.0%	66.8%	13.7%	10.1%	1.6%	7.8%
	French speakers (%)	100.0%	52.2%	20.1%	15.7%	3.0%	9.1%

Source: JPocock Research Consulting, based on data from the 2011 National Household Survey, Statistics Canada. Language concept is First Official Language Spoken with multiple responses distributed equally.

## Labour Force Participation

### Unemployed

- When we consider the unemployment rate, we find the rate for the English-speaking population (9.4%) is much higher than that of the French-speaking population (6.9%) in Quebec.
- For RSS de la Côte-Nord, the unemployment rate for the English-speaking population (27.5%) is much higher than that of the French-speaking population (8.3%).
- For CLSC Manicouagan, the unemployment rate for the English-speaking population (20.0%) is much higher than that of the French-speaking population (6.6%).

### Out of the Labour Force<sup>4</sup>

- When we consider the proportion of those out of the labour force in the population, we find the proportion for the English-speaking population (35.6%) is similar to that of the French-speaking population (35.0%) in Quebec.
- For RSS de la Côte-Nord, the proportion for the English-speaking population (37.9%) is similar to that of the French-speaking population (36.8%).
- For CLSC Manicouagan, the proportion for the English-speaking population (51.6%) is much higher than that of the French-speaking population (37.7%).

Labour Force Participation, by Language Group CLSC Manicouagan, RSS de la Côte-Nord and Quebec, 2011						
Region	Language Group	Population 15 years and over	In the labour force	Employed	Unemployed	Not in the labour force
Quebec	Total	6,474,590	4,183,445	3,880,420	303,020	2,291,145
	English speakers	887,855	571,853	518,293	53,558	316,005
	French speakers	5,543,475	3,601,843	3,354,343	247,498	1,941,635
RSS de la Côte-Nord	Total	77,170	48,605	44,085	4,520	28,565
	English speakers	4,270	2,650	1,923	728	1,620
	French speakers	72,690	45,945	42,148	3,798	26,745
CLSC Manicouagan	Total	26,430	16,400	15,305	1,095	10,025
	English speakers	305	153	120	30	163
	French speakers	26,080	16,248	15,185	1,065	9,833
Rest of RSS de la Côte-Nord	Total	50,740	32,205	28,780	3,425	18,540
	English speakers	3,965	2,497	1,803	698	1,457
	French speakers	46,610	29,697	26,963	2,733	16,912
Quebec	English speakers (%)	100.0%	64.4%	90.6%	9.4%	35.6%
	French speakers (%)	100.0%	65.0%	93.1%	6.9%	35.0%
RSS de la Côte-Nord	English speakers (%)	100.0%	62.1%	72.5%	27.5%	37.9%
	French speakers (%)	100.0%	63.2%	91.7%	8.3%	36.8%
CLSC Manicouagan	English speakers (%)	100.0%	48.4%	80.0%	20.0%	51.6%
	French speakers (%)	100.0%	62.3%	93.4%	6.6%	37.7%
Rest of RSS de la Côte- Nord	English speakers (%)	100.0%	63.2%	72.1%	27.9%	36.8%
	French speakers (%)	100.0%	63.7%	90.8%	9.2%	36.3%

Source: JPocock Research Consulting, based on data from the 2011 National Household Survey, Statistics Canada. Language concept is First Official Language Spoken with multiple responses distributed equally.

<sup>4</sup> This category refers to persons who were without work and who had neither actively looked for work in the past four weeks nor had a job to start within four weeks of the reference period.



## Income

### Low Income

- When we consider the proportion of those with low income (less than \$20k) in the population, we find the proportion for the English-speaking population (44.9%) is higher than that of the French-speaking population (39.2%) in Quebec.
- For RSS de la Côte-Nord, the proportion for the English-speaking population (40.8%) is higher than that of the French-speaking population (38.4%).
- For CLSC Manicouagan, the proportion for the English-speaking population (57.0%) is much higher than that of the French-speaking population (38.8%).

### High Income

- When we consider the proportion of those with high income (\$50k and over) in the population, we find the proportion for the English-speaking population (21.3%) is similar to that of the French-speaking population (21.9%) in Quebec.
- For RSS de la Côte-Nord, the proportion for the English-speaking population (19.1%) is much lower than that of the French-speaking population (26.8%).
- For CLSC Manicouagan, the proportion for the English-speaking population (14.6%) is much lower than that of the French-speaking population (27.0%).

Income Level, by Language Group CLSC Manicouagan, RSS de la Côte-Nord and Quebec, 2011					
Region	Language Group	Population 15 years and over	low income (less than \$20k)	middle income (\$20-50k)	high income (\$50k and over)
Quebec	Total	6,474,590	2,606,305	2,461,320	1,406,965
	English speakers	887,855	398,715	300,123	189,020
	French speakers	5,543,475	2,175,220	2,151,578	1,216,675
RSS de la Côte-Nord	Total	77,170	29,825	27,040	20,305
	English speakers	4,270	1,740	1,708	815
	French speakers	72,690	27,885	25,318	19,495
CLSC Manicouagan	Total	26,430	10,335	9,000	7,095
	English speakers	305	176	88	45
	French speakers	26,080	10,121	8,913	7,045
Rest of RSS de la Côte-Nord	Total	50,740	19,490	18,040	13,210
	English speakers	3,965	1,564	1,620	770
	French speakers	46,610	17,764	16,405	12,450
Quebec	English speakers (%)	100.0%	44.9%	33.8%	21.3%
	French speakers (%)	100.0%	39.2%	38.8%	21.9%
RSS de la Côte-Nord	English speakers (%)	100.0%	40.8%	40.1%	19.1%
	French speakers (%)	100.0%	38.4%	34.8%	26.8%
CLSC Manicouagan	English speakers (%)	100.0%	57.0%	28.5%	14.6%
	French speakers (%)	100.0%	38.8%	34.2%	27.0%
Rest of RSS de la Côte-Nord	English speakers (%)	100.0%	39.6%	41.0%	19.5%
	French speakers (%)	100.0%	38.1%	35.2%	26.7%

Source: JPocock Research Consulting, based on data from the 2011 National Household Survey, Statistics Canada. Language concept is First Official Language Spoken with multiple responses distributed equally.



**Section 2**  
**Priority Challenges**  
**for English-speaking Seniors**

## Section 2 – Priority Challenges for English-speaking Seniors

### QCGN-SIRA Seniors Survey

The Survey of Quebec’s English-speaking seniors (2013) was conducted as part of a larger project entitled *Building research capacity related to Quebec’s English-speaking seniors* (2012-2015) led by the Quebec Community Groups Network (QCGN) with the shared expertise of Quebec’s English-speaking Communities Research Network (QUESCREN). For more on the project and the survey itself go to the following link: <http://www.qcgn-seniors.org/surveys.html>.

### Methodological notes

#### Design and Data Collection

In keeping with the Participatory Action Approach (PAR) of the project, the survey was designed by the lead researcher in collaboration with a team of ten English-speaking seniors drawn from the sample population. Prior to distribution the survey was validated by an expert panel. The target population were English-speaking seniors 55 years of age and over residing in 8 administrative regions of Quebec that together include 96% of the English-speaking senior population. The regions included were Capitale –Nationale, Estrie, Montreal, Laval, Outaouais, Gaspé, Laurentides and Montérégie. Surveys were distributed online and in person through August and September of 2013 with a total of 820 surveys completed.

Since the North Shore region was not a participant in the QCGN SIRA project, there is no regional data available for the area. This being said, the survey covers the vast majority of English-speaking seniors (aged 55 and over) in the province and may be seen as a point of reference for English speakers on the North Shore.

For the 55 years and over age category, respondents were divided into three sub-groups for reporting purposes. The 820 respondents were well-distributed among those aged 55-64 (24.1%); those aged 65-74 (37.1%) and the very elderly, aged 75 and over (38.8%).

#### Data preparation and dissemination

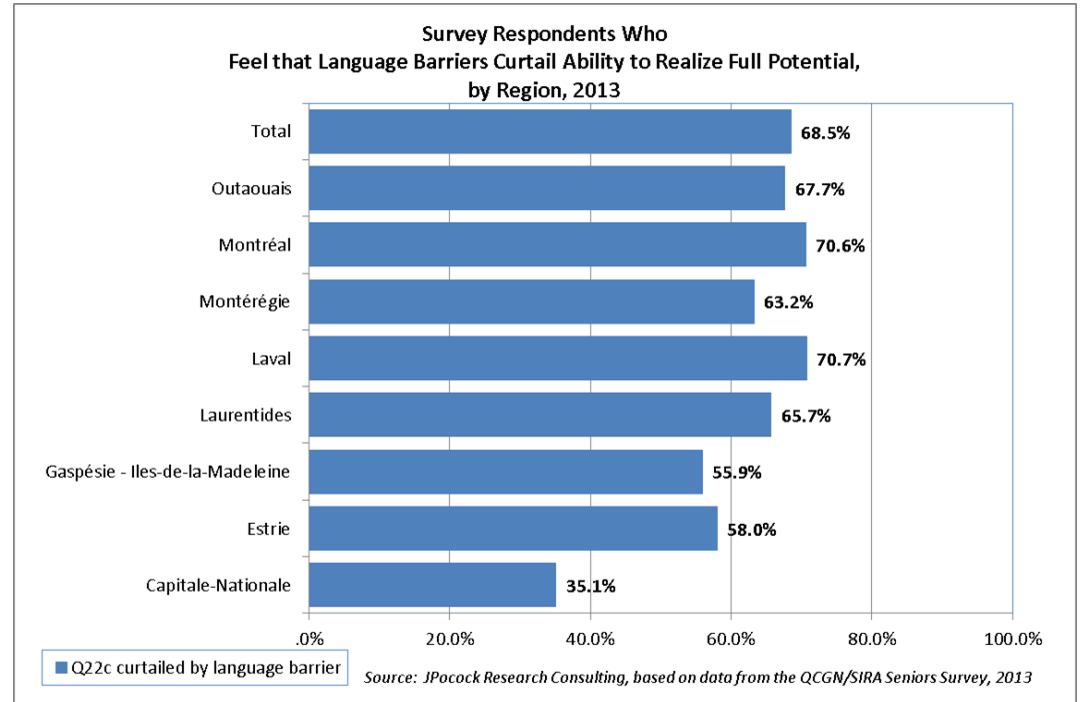
A comparison of the regional distribution of the survey respondents with the regional distribution of the English-speaking population of Quebec was performed in order to derive weights to align the survey with the population. Regional weights were applied to the survey data reported. No other weights were applied.

## Key Findings from the QCGN-SIRA Seniors Survey

### Language Barriers to Realization of Full Potential

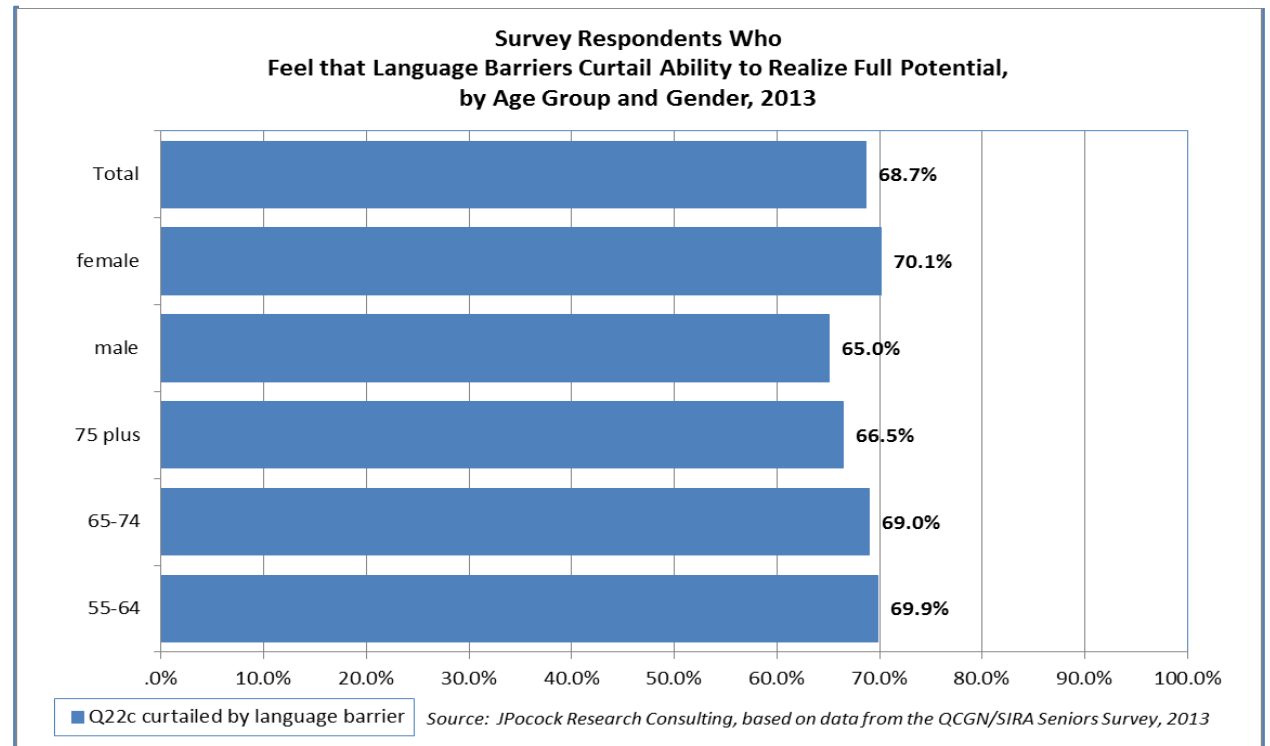
- According to the survey, 68.5% of Quebec's English-speaking seniors feel that their ability to realize their full potential is curtailed by language barriers.
- Seniors living in Laval (70.7%), Montreal (70.6%) and the Outaouais (67.7%) regions were the most likely to feel limited by language barriers.

Figure 1 - Language barriers to realization of potential, by region



- According to the survey, senior women were more likely than senior men to feel language barriers curtail their potential.
- Among age groups, a similar portion of seniors feel that their ability to realize their potential is limited by language barriers.

Figure 2 - Language barriers to realization of potential, by age and gender



## Priority Issues for English-speaking Seniors

Question 49. *In your opinion, what issue(s) should be addressed by those seeking to improve the situation of Quebec's English speakers of your generation?*

1. Improved access to health and social services
2. Improved living arrangements for older adults
3. The situation of vulnerable seniors (low socio-economic status, overburdened caregivers, social isolation)

### Anticipated Mobility

- Within the next five years, 32% of survey respondents expect to relocate.
- When this group was asked where they would likely relocate, 49% said within the same local area and 22.2% said out of the province.
- Respondents in Capitale-Nationale were the most likely to expect relocation (47.4%). Those in Gaspésie region the least likely (10.9%).
- Among the seniors planning to relocate, the main considerations in their decision were,
  - the need for services in English
  - increased need for support
  - downsizing for retirement
  - desire to have family nearby

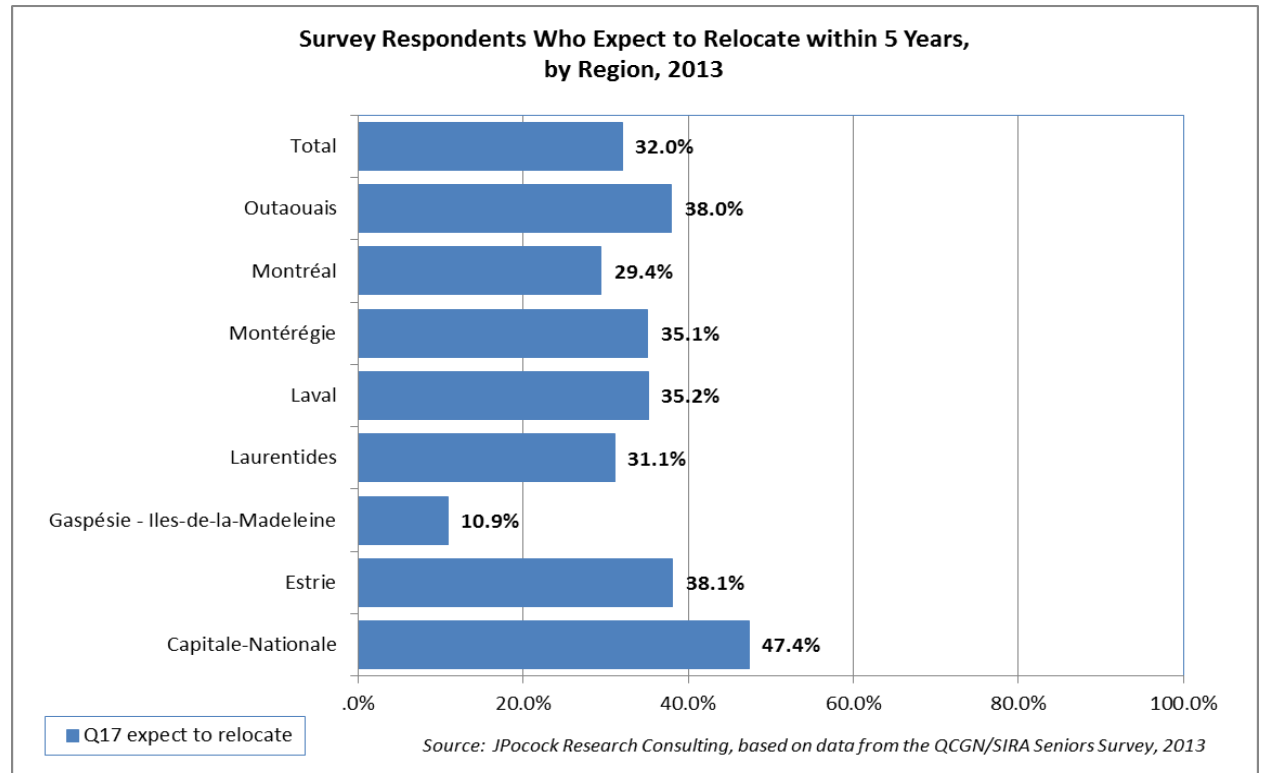
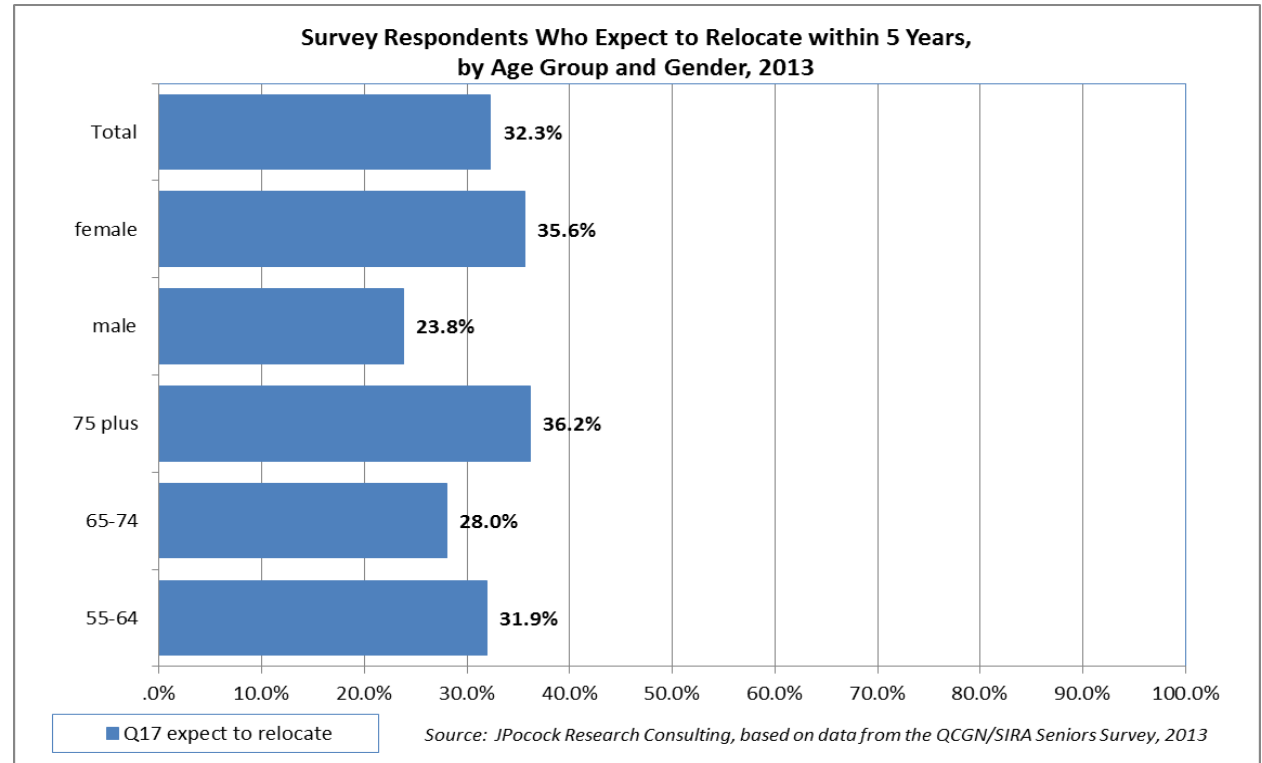


Figure 4 - Anticipate relocating within 5 years, by age and gender

- Female respondents (35.6%) were more likely than males (23.8%) to expect to relocate.
- Among age groups, respondents aged 75 years and over (36.2%) show the strongest tendency to anticipate relocating in the next five years.



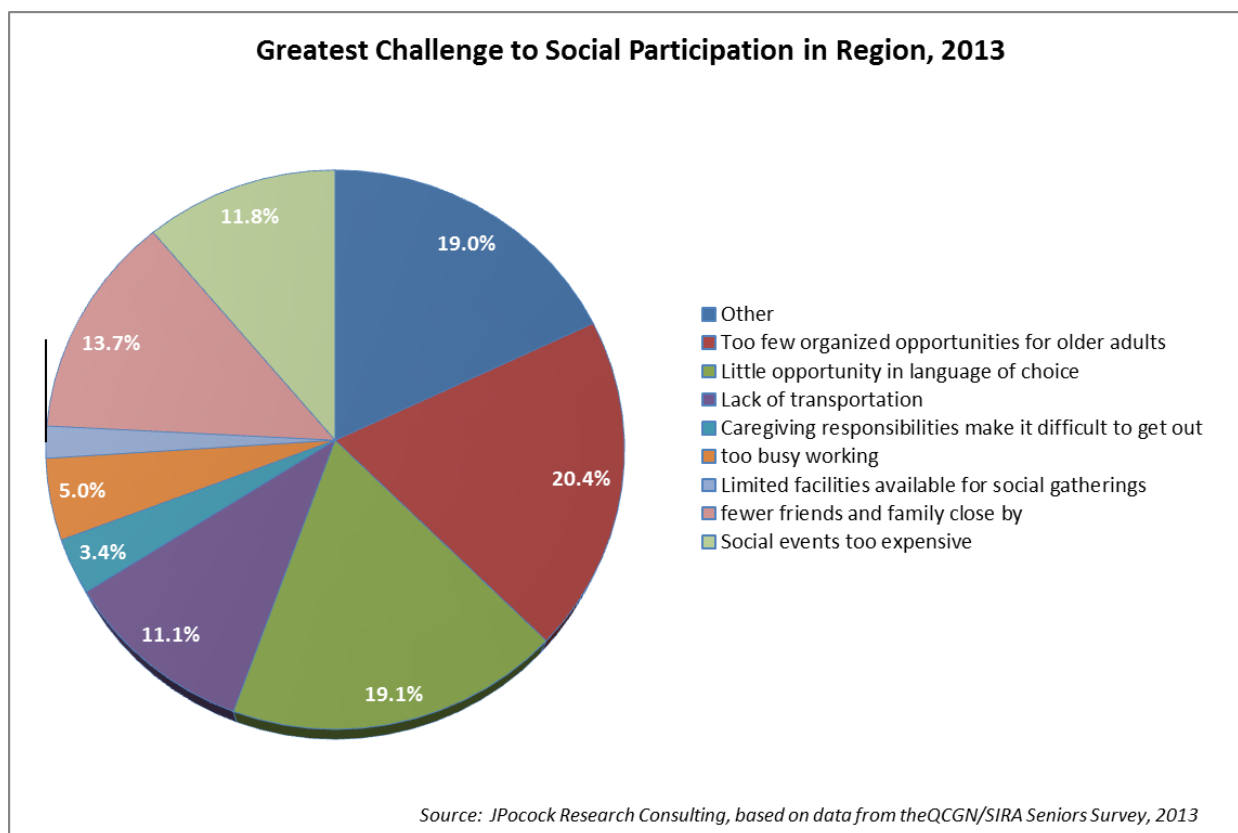


## Greatest Challenge to Social Participation in Region

Figure 5 - Challenges to social participation

According to survey respondents, the greatest challenges to social participation for seniors are:

1. Too few organized opportunities for older adults
2. Little opportunity in language of choice
3. Expense of social events
4. Lack of transportation
5. Care-giving responsibilities make it difficult to get out



## Communication with Public Service Providers

- According to the survey, 27.7% of English-speaking seniors need assistance when it comes to communicating with public service providers.
- Gaspésie-Iles-de-la-Madeleine (44.2%), Laval (39.1%), Montérégie (38.5%) and Estrie (37.9%) show the highest levels of seniors needing assistance.
- The most frequently cited sources of assistance in communication with a public service provider were:
  - Family member
  - Friend
  - Spouse

Figure 6 - Assistance required to communicate with public service provider, by region

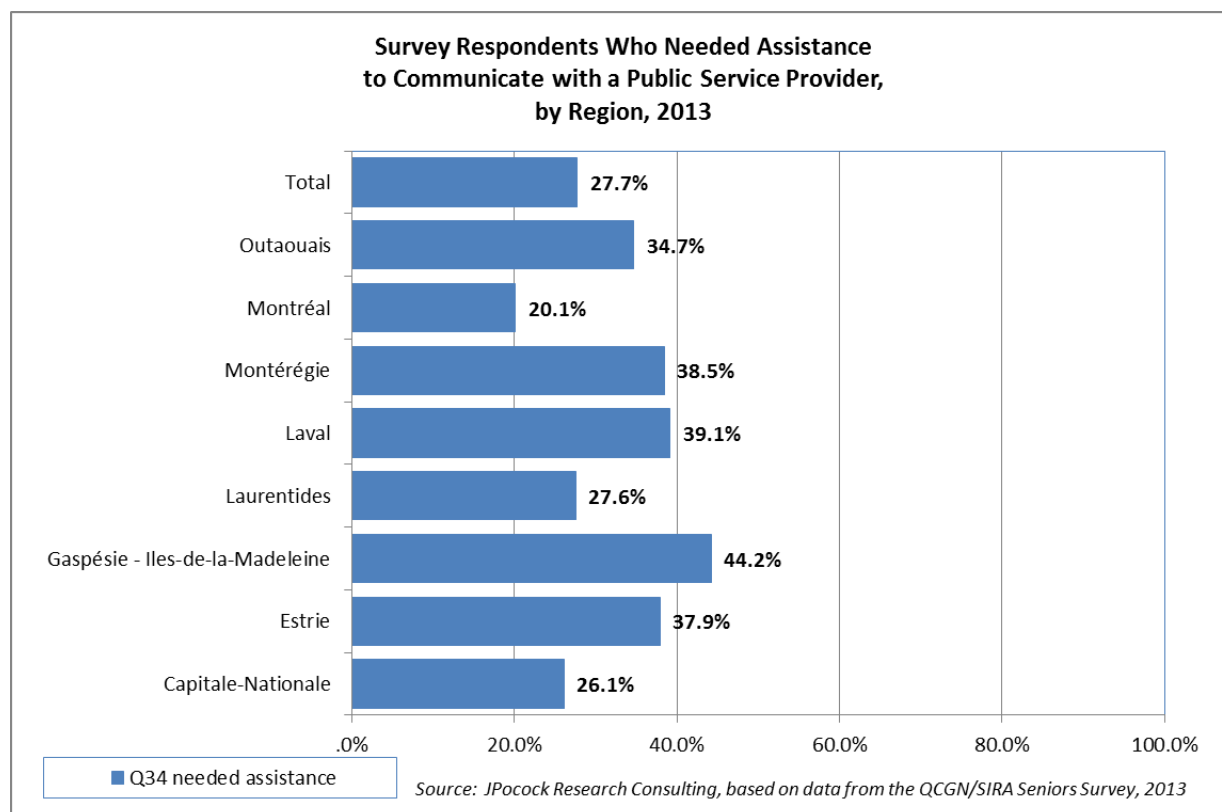
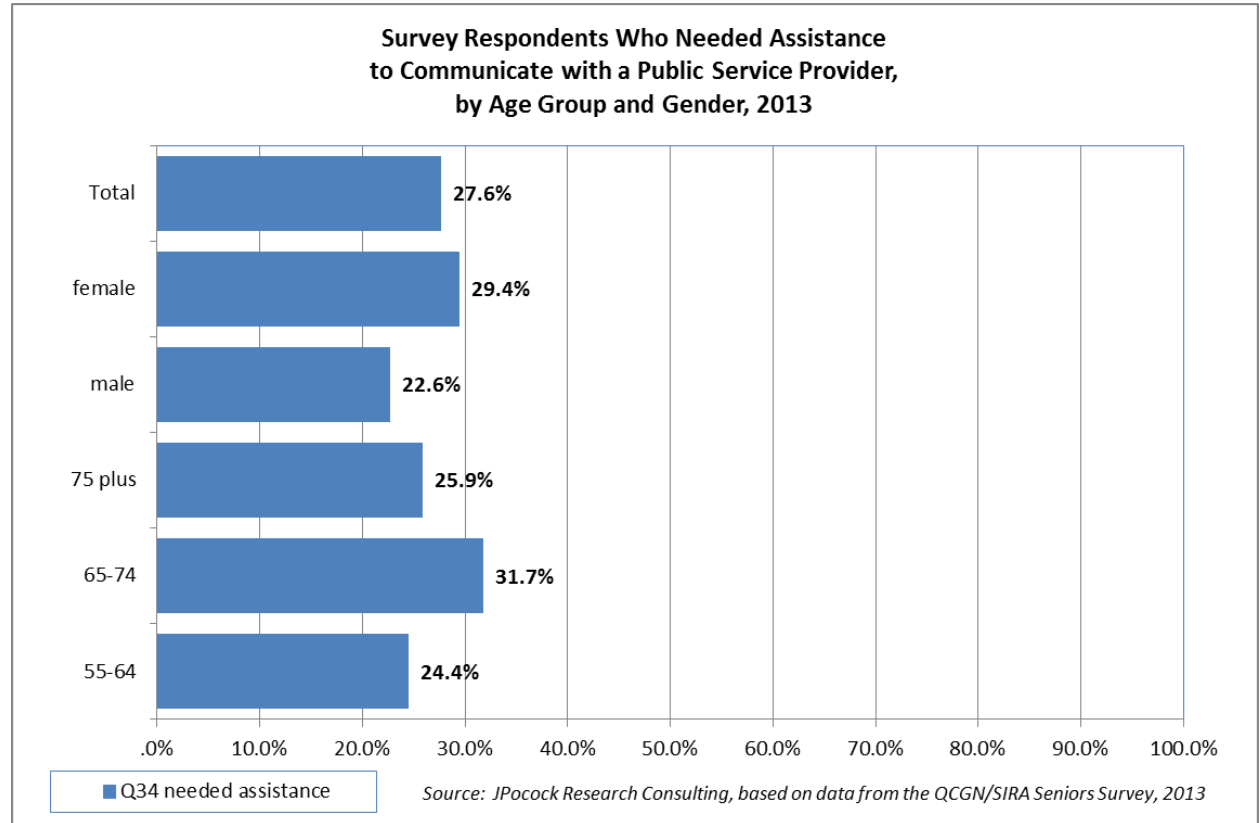


Figure 7 - Assistance required to communicate with public service provider, by age and gender

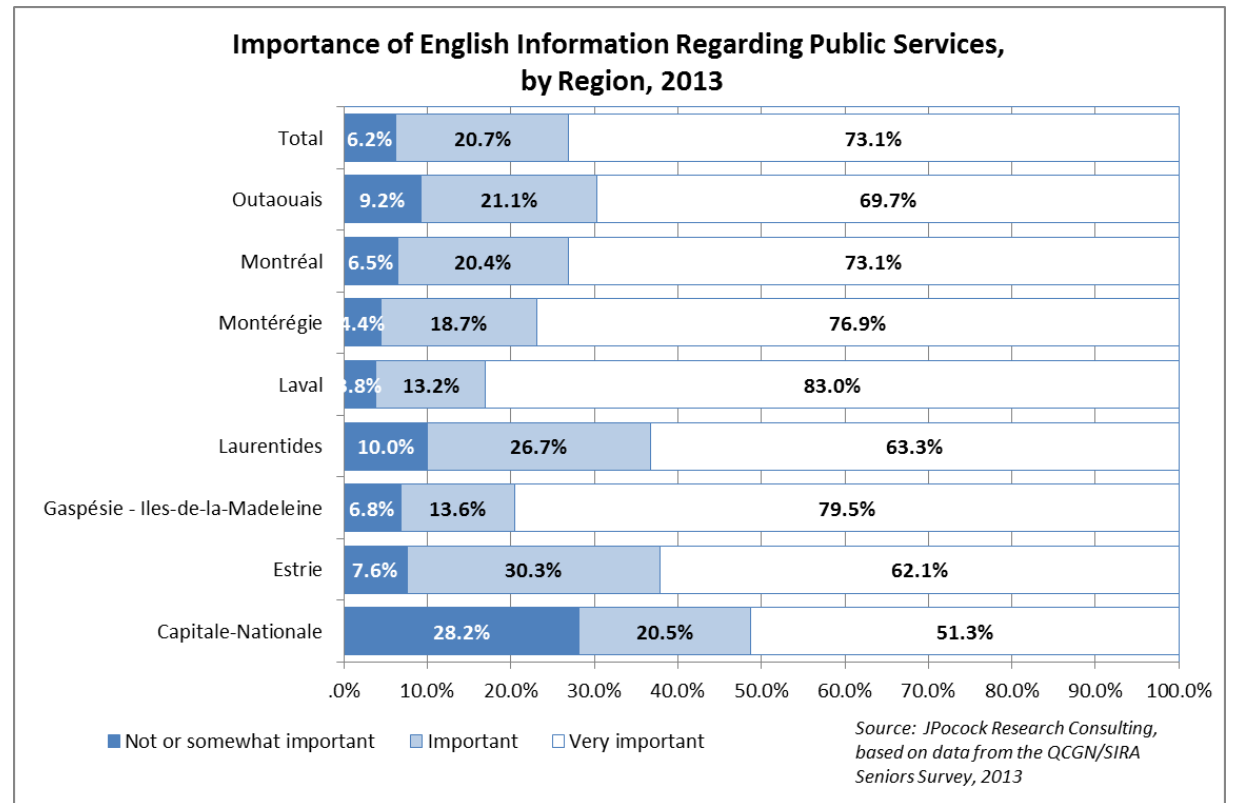
- The greatest need for assistance in communicating with a public service provider is found among senior women (29.4%) compared to men (22.6%).
- The 65-74 age group (31.7%) is more likely to need assistance in communicating than the other age cohorts.



## Importance of English Information Regarding Public Services

- Among survey respondents, 93.8% reported that information in English regarding public services was important (20.7%) and very important (73.1%).

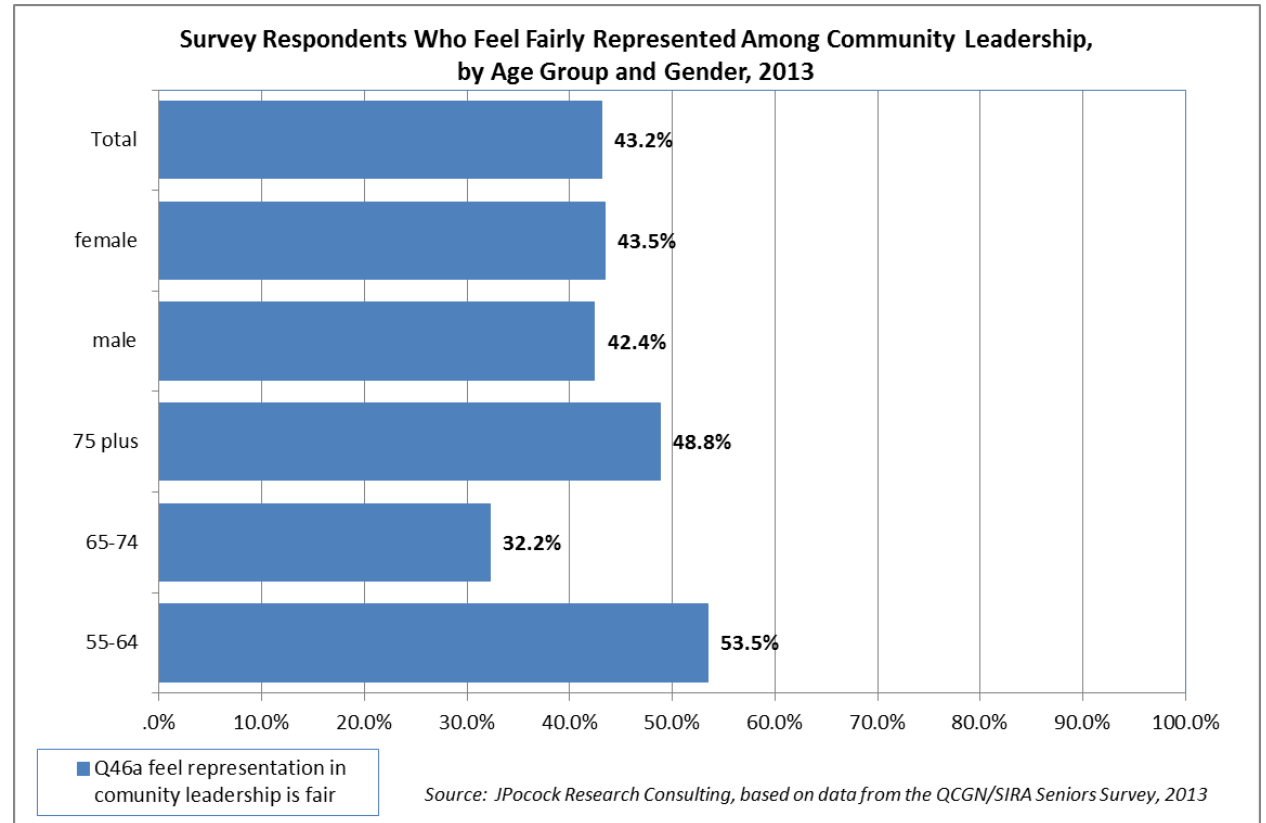
Figure 8- Importance of information in English regarding public services, by region



## Role of Seniors in Community Leadership

- When seniors are considered by age, the 65-74 age group are the least likely to feel fairly represented among community leadership.

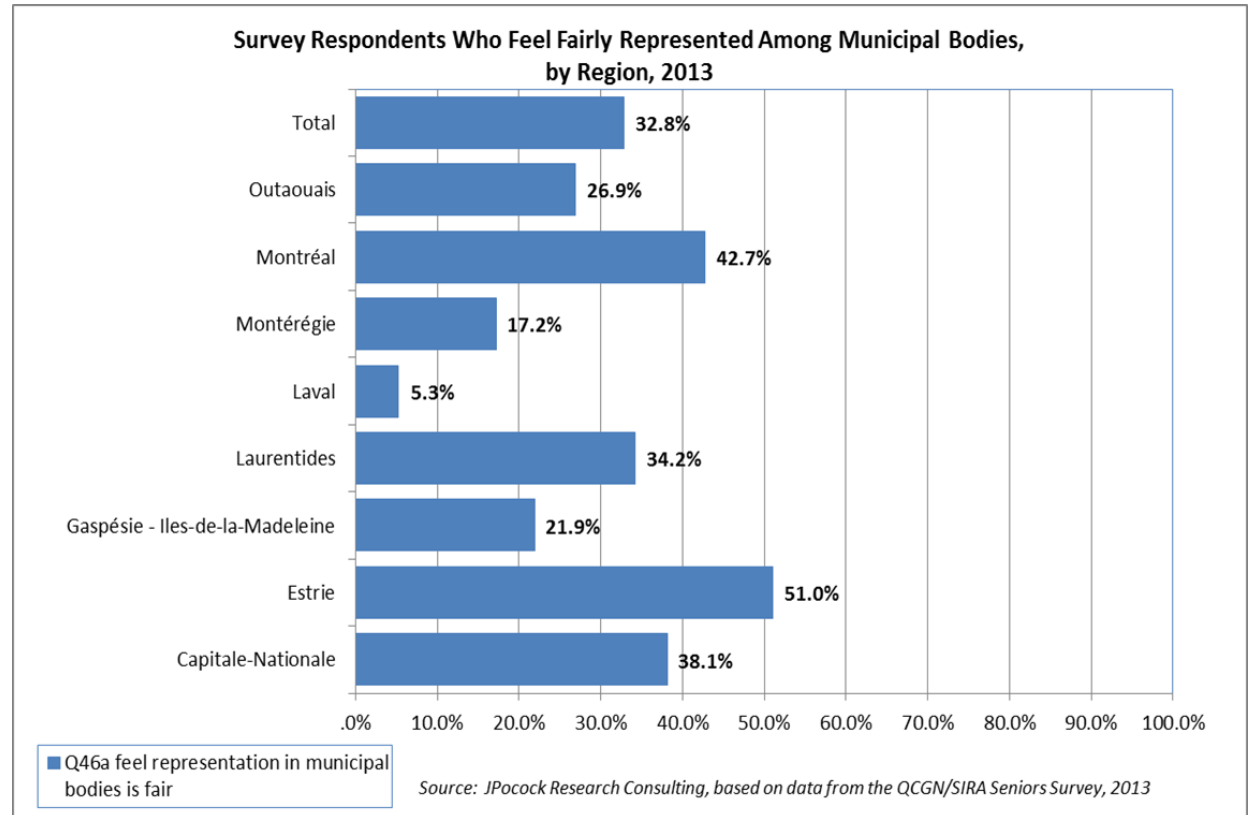
Figure 9 - Fair representation among community leadership, by age and gender

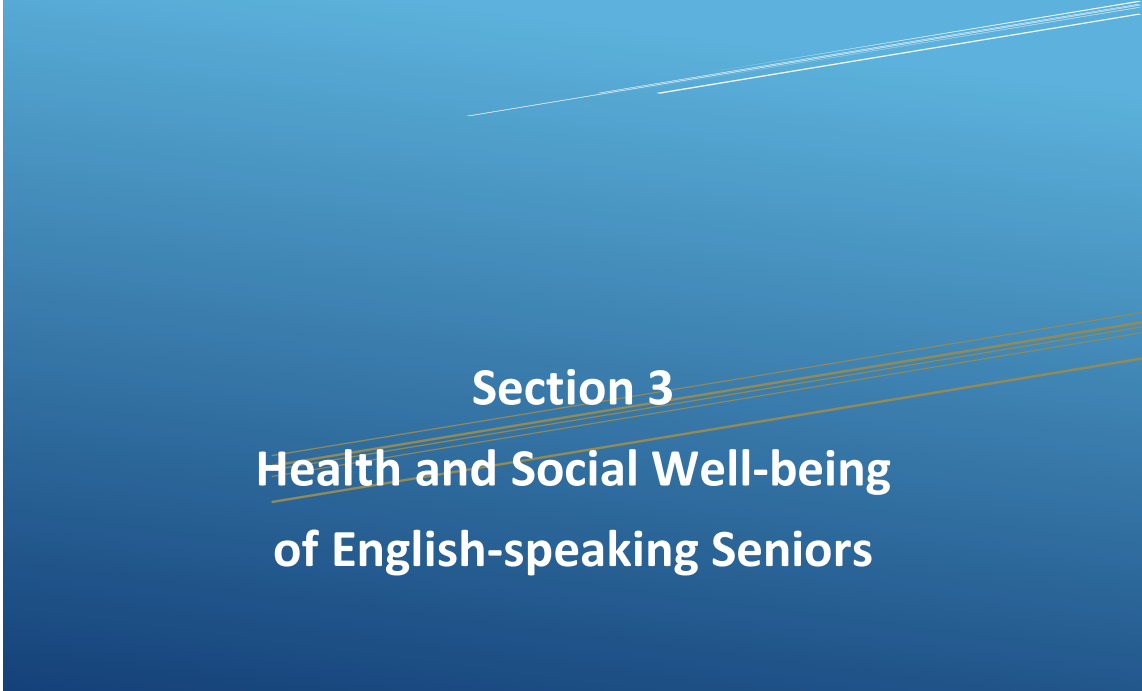


## Representation Among Municipal Bodies

- Among survey respondents, 32.8% reported feeling fairly represented among municipal bodies.
- The percentage of respondents who feel fairly represented in municipal bodies varies widely from a high of 51% in Estrie to a low of 5.3% in Laval.

Figure 10 - Fair representation among municipal bodies, by region





**Section 3**  
**Health and Social Well-being**  
**of English-speaking Seniors**

## Section 3 – Health and Social Well-being of English-speaking Seniors

### Methodological Notes

The Canadian Community Health Survey (CCHS) is a cross-sectional survey that collects information related to a wide array of concerns about physical, mental/emotional and social well-being of the Canadian population. It surveys a large sample of respondents – approximately 98% of the Canadian population – aged 12 and over living in private dwellings in ten provinces and three territories.

Further details on the *Canadian Community Health Survey* may be found at: <http://www23.statcan.gc.ca/imdb/p2SV.pl?Function=getSurvey&SDDS=3226>

### The CHSSN report

The CHSSN report entitled, *Canadian Community Health Survey (2011-2012). Findings related to the Mental and Emotional Health of Quebec's English-speaking Communities* is forthcoming in the fall of 2015. This section of the profile draws on the CHSSN preparation of the CCHS dataset (see below) and presents tabulations for tables selected from their upcoming report. Upon release it will be posted at: <http://chssn.org/document-center/chssn-publications/>.

### 2011-2012 CCHS Sample

Given that the dataset available to CHSSN researchers was based on weighted values, it was not possible to determine precisely the number of English-speaking respondents in the sample of the 2011-2012 survey. To overcome this limitation, an estimate was developed using the following approach.

A table in the CCHS Data Dictionary provided the actual count of respondents by health region which showed 23,260 Quebec respondents distributed across 15 health regions.<sup>5</sup> The next step was the development of a cross-tabulation of respondents by First Official Language Spoken (FOLS) and by region. The dual responses (English and French) were then assigned equally among the English-speaking and French-speaking groups. This provided a percentage for the English-speaking population in each health region. The estimated number of respondents for each health region was then calculated, as shown in the attached table.

From this analysis the researchers conclude that the number of English speakers captured in the CCHS sample is insufficient for the regions of Saguenay Lac-Saint-Jean, Chaudière-Appalaches and Lanaudière. They estimate that all other regions had at least 30 English-speaking respondents. For certain questions, the response rate is sufficiently small as to be unreliable for additional regions and they are excluded from reporting.

Based on these calculations, they estimate that there are 86 English-speaking respondents from the Gaspésie – Îles-de-la-Madeleine region.

---

<sup>5</sup> The RSS Nord-du-Québec region was not included in this list of regions.



**Estimated Count of English-speaking and French-speaking Respondents  
in the Canadian Community Health Survey Sample, 2011-2012**

Region	CCHS respondents	proportion of English-speaking respondents in the sample	estimated English-speaking respondents	proportion of French-speaking respondents in the sample	estimated French-speaking respondents	neither or not stated
RÉGION DU BAS-SAINT-LAURENT	1,184	7.1%	84	90.4%	1,070	29
RÉGION DU SAGUENAY - LAC-SAINT-JEAN	1,291	0.9%	11	96.9%	1,251	29
RÉGION DE LA CAPITALE-NATIONALE	1,809	3.0%	55	93.4%	1,690	64
RÉGION DE LA MAURICIE-CENTRE-DU-QUÉBEC	1,590	2.0%	31	94.2%	1,498	61
RÉGION DE L'ESTRIE	1,262	7.9%	100	87.5%	1,104	58
RÉGION DE MONTRÉAL	3,106	32.8%	1,017	62.1%	1,929	159
RÉGION DE L'OUTAOUAIS	1,217	15.9%	194	80.6%	981	43
RÉGION DE L'ABITIBI-TÉMISCAMINGUE	1,143	4.2%	48	90.2%	1,030	65
RÉGION DE LA CÔTE-NORD	1,184	8.2%	97	85.1%	1,007	79
RÉG. DE LA GASPÉSIE-ÎLES-DE-LA-MADELEINE	1,151	7.4%	86	86.1%	992	74
RÉGION DE LA CHAUDIÈRE-APPALACHES	1,444	0.6%	8	95.9%	1,384	52
RÉGION DE LAVAL	1,330	17.9%	238	78.6%	1,045	46
RÉGION DE LANAUDIÈRE	1,382	1.6%	22	92.1%	1,273	87
RÉGION DES LAURENTIDES	1,547	7.6%	117	87.5%	1,353	77
RÉGION DE LA MONTÉRÉGIE	2,620	10.8%	284	85.9%	2,249	87
Total for Quebec	23,260	13.6%	3,171	82.1%	19,101	989

*Source: JPocock Research Consulting, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Language concept is First Official Language Spoken with dual responses distributed equally.*

*Note: Data for the "CCHS Respondents" column is taken from the CCHS 2011-2012 Data Dictionary, November 2013, Statistics Canada. The proportions for English and French speakers was calculated in a cross-tabulation by region and First Official Language Spoken.*

## Key Findings from the Canadian Community Health Survey

### General Health

Overall physical health is inextricably linked to mental and emotional health. Compromised health status and chronic conditions can lead to anxiety or other negative mood states and reduce access to the supportive relationships and social engagement that are essential to emotional well-being and resiliency. Improving our physical health can lead to an improved psychological status. For example, regular exercise is a powerful antidote to stress, anxiety and depression.

- In 2011-2012, the proportion of persons who rated their health status as "excellent" reported by the English-speaking population of Quebec (21.9%) was similar to that of the French-speaking population (22.3%).
- For Côte-Nord, the level for English speakers (16.3%) was much lower than that of the provincial English-speaking population (21.9%) and was much lower than the level for French speakers in the region (21.3%).

Table 1 - Health Status, by Region

Persons Who Rated Their Health Status as "Excellent" by Language and Region, Quebec, 2011-2012			
Region	Total Survey Respondents	English speakers	French speakers
Bas-Saint-Laurent	24.4%	40.8%	23.4%
Capitale-Nationale	23.2%	19.9%	23.3%
Mauricie-Centre-du-Québec	23.0%	26.8%	22.9%
Estrie	20.2%	10.2%	21.4%
Montréal	22.0%	23.1%	21.9%
Outaouais	22.8%	25.5%	21.8%
Abitibi-Témiscamingue	21.3%	15.4%	21.5%
Côte-Nord	20.2%	16.3%	21.3%
Gaspésie-îles-de-la-Madeleine	17.6%	22.2%	17.5%
Laval	19.5%	14.1%	19.8%
Laurentides	26.2%	18.6%	27.0%
Montérégie	21.9%	18.7%	22.4%
<b>Québec</b>	<b>22.2%</b>	<b>21.9%</b>	<b>22.3%</b>

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q01 In general, how would you say your health is now? Is it...?

Table 2 - Health Status, by Age and Gender

- Among English speakers, the 25-44 age cohort (26.7%) displayed the highest proportion of persons who rated their health status as "excellent" while the 65+ age cohort (16.4%) had the lowest level.
- With respect to gender, English-speaking males (22.6%) were somewhat more likely to have rated their health status as "excellent" compared to their female counterparts (21.2%). They were less likely to report excellent health than Francophone males.

<b>Persons Who Rated Their Health Status as "Excellent" by Language, Age Group and Gender, Province of Quebec, 2011-2012</b>				
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>
<i>Age Groups</i>	15+	22.1%	21.8%	22.2%
	15-24	24.1%	22.6%	23.9%
	25-44	26.5%	26.7%	26.7%
	45-64	21.1%	19.1%	21.4%
	65+	14.3%	16.4%	14.1%
<i>Gender</i>	Total	22.2%	21.9%	22.3%
	Male	23.4%	22.6%	23.6%
	Female	21.0%	21.2%	21.1%

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q01 In general, how would you say your health is now? Is it...?

## General Mental Health

Mental or emotional health refers to our overall psychological well-being. It includes the way we feel about ourselves, the quality of our relationships, our sense of belonging and level of social integration, the sense of meaning and purpose in our activities and our ability to cope with the challenges of life. Access to mental health care information as well as prevention and treatment services is a key determinant of individual well-being and community vitality.

- In 2011-2012, the proportion of persons who felt their mental health was excellent reported by the English-speaking population of Quebec (35.3%) was lower than that of the French-speaking population (38.5%).
- For Côte-Nord, the level for English speakers (26.2%) was much lower than that of the provincial English-speaking population (35.3%) and was much lower than the level for French speakers in the region (41.0%).

Table 3 - Mental Health Self-Assessment, by Region

<b>Persons Who Felt Their Mental Health was "Excellent" by Language and Region, Quebec, 2011-2012</b>			
Region	Total Survey Respondents	English speakers	French speakers
Bas-Saint-Laurent	38.0%	44.3%	38.0%
Capitale-Nationale	41.8%	39.1%	42.4%
Mauricie-Centre-du-Québec	37.5%	32.6%	38.2%
Estrie	34.3%	28.4%	34.9%
Montréal	36.4%	36.1%	37.5%
Outaouais	34.9%	35.7%	35.7%
Abitibi-Témiscamingue	35.8%	28.9%	35.6%
<b>Côte-Nord</b>	<b>39.4%</b>	<b>26.2%</b>	<b>41.0%</b>
Gaspésie-îles-de-la-Madeleine	36.9%	35.1%	37.9%
Laval	40.0%	43.2%	39.2%
Laurentides	40.1%	31.2%	40.5%
Montréal	37.5%	31.2%	38.6%
<b>Québec</b>	<b>37.7%</b>	<b>35.3%</b>	<b>38.5%</b>

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q02C In general, would you say your mental health is ...?

Table 4 - Mental Health Self-Assessment, by Age and Gender

- Among English speakers, the 65+ age cohort (39.9%) displayed the highest proportion of persons who felt their mental health was excellent while the 15-24 age cohort (31.3%) had the lowest level.
- With respect to gender, English-speaking females (36.9%) were more likely to feel their mental health was excellent than their male counterparts (33.7%).

<b>Persons Who Felt Their Mental Health was "Excellent" by Language, Age Group and Gender, Province of Quebec, 2011-2012</b>				
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>
<i>Age Groups</i>	15+	37.6%	35.2%	38.4%
	15-24	41.2%	31.3%	43.5%
	25-44	35.5%	34.3%	36.0%
	45-64	38.5%	35.8%	39.2%
	65+	37.0%	39.9%	37.0%
<i>Gender</i>	Total	37.7%	35.3%	38.5%
	Male	39.3%	33.7%	40.6%
	Female	36.2%	36.9%	36.4%

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: GEN\_Q02C In general, would you say your mental health is ...?

## Happiness

- In 2011-2012, the proportion of persons who frequently felt happy reported by the English-speaking population of Quebec (28.4%) was lower than that of the French-speaking population (32.2%).
- For Côte-Nord, the level for English speakers (30.9%) was higher than that of the provincial English-speaking population (28.4%) and was lower than the level for French speakers in the region (36.8%).

Table 5 - Frequently Happy, by Region

<b>Persons Who Frequently Felt Happy by Language and Region, Quebec, 2011-2012</b>			
Region	Total Survey Respondents	English speakers	French speakers
Bas-Saint-Laurent	33.7%	44.4%	33.3%
Capitale-Nationale	34.7%	19.2%	35.3%
Mauricie-Centre-du-Québec	36.7%	29.7%	36.8%
Estrie	30.2%	31.1%	30.2%
Montréal	26.9%	27.8%	25.8%
Outaouais	30.5%	24.8%	31.0%
Abitibi-Témiscamingue	34.4%	21.0%	34.4%
<b>Côte-Nord</b>	<b>36.4%</b>	<b>30.9%</b>	<b>36.8%</b>
Gaspésie-îles-de-la-Madeleine	40.3%	47.7%	40.2%
Laval	26.7%	25.3%	27.4%
Laurentides	31.3%	25.3%	32.1%
Montréal	33.6%	31.7%	34.0%
<b>Québec</b>	<b>31.7%</b>	<b>28.4%</b>	<b>32.2%</b>

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q01 In the past month, how often did you feel...happy?

Table 6 - Frequently Happy, by Age and Gender

- Among English speakers, the 65+ age cohort (32.8%) displayed the highest proportion of persons who frequently felt happy while the 45-64 age cohort (25.3%) had the lowest level.
- With respect to gender, English-speaking males (29.9%) were more likely to have frequently felt happy than their female counterparts (26.9%).

<b>Persons Who Frequently Felt Happy by Language, Age Group and Gender, Province of Quebec, 2011-2012</b>				
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>
<i>Age Groups</i>	15+	31.7%	28.0%	32.2%
	15-24	28.9%	29.2%	28.9%
	25-44	29.8%	27.9%	30.2%
	45-64	30.9%	25.3%	31.6%
	65+	39.4%	32.8%	40.5%
<i>Gender</i>	Total	31.7%	28.4%	32.2%
	Male	34.2%	29.9%	34.9%
	Female	29.3%	26.9%	29.6%

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q01 In the past month, how often did you feel...happy?

## Life Satisfaction

- In 2011-2012, the proportion of persons who frequently felt satisfied with life reported by the English-speaking population of Quebec (47.1%) was lower than that of the French-speaking population (51.5%).
- For Côte-Nord, the level for English speakers (67.3%) was much higher than that of the provincial English-speaking population (47.1%) and was higher than the level for French speakers in the region (60.6%).

Table 7 - Satisfied with Life, by Region

<b>Persons Who Frequently Felt Satisfied with Life by Language and Region, Quebec, 2011-2012</b>			
Region	Total Survey Respondents	English speakers	French speakers
Bas-Saint-Laurent	49.2%	40.0%	49.9%
Capitale-Nationale	50.9%	34.7%	51.4%
Mauricie-Centre-du-Québec	55.8%	48.3%	55.9%
Estrie	48.2%	52.6%	48.1%
Montréal	44.8%	45.0%	45.0%
Outaouais	52.0%	48.9%	52.9%
Abitibi-Témiscamingue	58.2%	63.9%	57.7%
<b>Côte-Nord</b>	<b>60.6%</b>	<b>67.3%</b>	<b>60.6%</b>
Gaspésie-îles-de-la-Madeleine	62.7%	53.8%	63.4%
Laval	48.2%	40.2%	49.7%
Laurentides	52.6%	60.0%	52.1%
Montérégie	52.8%	52.8%	52.8%
<b>Québec</b>	<b>50.8%</b>	<b>47.1%</b>	<b>51.5%</b>

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q03 In the past month, how often did you feel...satisfied with your life?



Table 8 - Satisfied with Life, by Age and Gender

- Among English speakers, the 65+ age cohort (53.7%) displayed the highest proportion of persons who frequently felt satisfied with life while the 45-64 age cohort (42.8%) had the lowest level.
- With respect to gender, English-speaking males (48.6%) were more likely to have frequently felt satisfied with life than their female counterparts (45.6%).

<b>Persons Who Frequently Felt Satisfied with Life by Language, Age Group and Gender, Province of Quebec, 2011-2012</b>				
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>
<i>Age Groups</i>	15+	50.5%	46.3%	51.2%
	15-24	48.5%	47.8%	48.8%
	25-44	46.9%	45.6%	46.9%
	45-64	51.2%	42.8%	52.7%
	65+	57.8%	53.7%	58.7%
<i>Gender</i>	Total	50.8%	47.1%	51.5%
	Male	53.4%	48.6%	54.2%
	Female	48.3%	45.6%	48.9%

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: PMH\_Q03 In the past month, how often did you feel...satisfied with your life?

## Active Volunteerism

- Among respondents who were members of a voluntary organization or association, the level of active volunteers reported by English-speaking respondents (49.0%) was much higher than that reported among French-speaking respondents (36.6%).
- For Côte-Nord, the level for English speakers (31.7%) was much lower than that of the provincial English-speaking population (49.0%) and was similar to the level for French speakers in the region (31.9%).

Table 9 - Active Volunteers, by Region

<b>Active Volunteers (Those Who Volunteered at Least once a Week) by Language and Region, Quebec, 2011-2012</b>			
Region	Total Survey Respondents	English speakers	French speakers
Bas-Saint-Laurent	28.4%	55.3%	26.5%
Capitale-Nationale	33.8%	10.6%	34.5%
Mauricie-Centre-du-Québec	35.2%	37.0%	36.5%
Estrie	34.3%	64.9%	31.6%
Montréal	48.2%	51.2%	45.7%
Outaouais	35.6%	42.5%	33.2%
Abitibi-Témiscamingue	38.4%	26.3%	39.2%
<b>Côte-Nord</b>	<b>32.6%</b>	<b>31.7%</b>	<b>31.9%</b>
Gaspésie-îles-de-la-Madeleine	31.7%	30.2%	32.3%
Laval	42.0%	45.1%	41.6%
Laurentides	43.1%	35.8%	44.5%
Montérégie	36.3%	54.1%	33.0%
<b>Québec</b>	<b>38.8%</b>	<b>49.0%</b>	<b>36.6%</b>

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: ORG\_Q2 How often did you participate in meetings or activities of these groups in the past 12 months?

Table 10 - Active Volunteers, by Age and Gender

- Among respondents who were members of a voluntary organization or association, the 15-24 age cohort of English speakers displayed the highest level (65.1%) of active volunteers while the 45-64 age cohort (31.5%) had the lowest level.
- With respect to gender, English-speaking females (49.3%) were about equally as likely to be an active volunteer as their male counterparts (48.8%).

<b>Active Volunteers (Those Who Volunteered at Least once a Week) by Language, Age Group and Gender, Province of Quebec, 2011-2012</b>				
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>
<i>Age Groups</i>	15+	37.8%	47.8%	35.6%
	15-24	60.8%	65.1%	58.7%
	25-44	33.4%	48.6%	29.9%
	45-64	30.6%	31.5%	30.9%
	65+	42.3%	61.9%	39.2%
<i>Gender</i>	Total	38.8%	49.0%	36.6%
	Male	37.5%	48.8%	35.2%
	Female	40.1%	49.3%	37.8%

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Question: ORG\_Q2 How often did you participate in meetings or activities of these groups in the past 12 months?

## Social Integration and Belonging

Human beings are social creatures with an emotional need for relationships and positive connections to others. Aside from the mental stimulation and novelty that comes from social interaction, sharing similar enjoyments and beliefs contributes to a sense of belonging to a larger community. This is linked to a sense of meaning and purpose in life and the sense of control that comes from the potential to mobilize with like-minded others to effect social change.

Table 11 and 12 below present information on respondent scores to two statements: “There are people who enjoy the same social activities I do” and “I feel part of a group of people who share my attitudes and beliefs”. Only the highest scores are presented here. A higher score reflects a higher level of perceived "Social Integration".

- In 2011-2012, the proportion of those who had received the highest possible "social integration" score reported by the English-speaking population of Quebec (39.3%) was lower than that of the French-speaking population (41.5%).
- For Côte-Nord, the level for English speakers (45.4%) was higher than that of the provincial English-speaking population (39.3%) and was higher than the level for French speakers in the region (42.3%).

Table 11 - Social Integration Score, by Region

<b>Persons Who Received Highest Possible "Social Integration" Score by Language and Region, Quebec, 2011-2012</b>			
Region	Total Survey Respondents	English speakers	French speakers
Bas-Saint-Laurent	30.1%	15.5%	31.6%
Capitale-Nationale	45.3%	25.3%	47.1%
Mauricie-Centre-du-Québec	37.0%	61.0%	37.3%
Estrie	45.2%	43.4%	46.7%
Montréal	37.7%	38.6%	39.6%
Outaouais	44.7%	39.0%	47.3%
Abitibi-Témiscamingue	27.6%	20.2%	29.0%
<b>Côte-Nord</b>	<b>40.3%</b>	<b>45.4%</b>	<b>42.3%</b>
Gaspésie-îles-de-la-Madeleine	38.9%	40.3%	40.6%
Laval	43.0%	38.4%	46.1%
Laurentides	38.7%	48.9%	39.5%
Montérégie	41.3%	39.0%	42.9%
<b>Québec</b>	<b>39.8%</b>	<b>39.3%</b>	<b>41.5%</b>

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDINT Social Provisions Scale - Social Integration. Based on questions SPS\_02 and SPS\_07.

Table 12 - Social Integration Score, by Age and Gender

- Among English speakers, the 15-24 age cohort (42.6%) displayed the highest proportion of those who had received the highest possible "social integration" score while the 65+ age cohort (31.3%) had the lowest level.
- With respect to gender, English-speaking females (41.6%) were more likely to have received the highest possible "social integration" score than their male counterparts (37.0%).

<b>Persons Who Received Highest Possible "Social Integration" Score by Language, Age Group and Gender, Province of Quebec, 2011-2012</b>				
		<b>Total Respondents</b>	<b>English speakers</b>	<b>French speakers</b>
<i>Age Groups</i>	15+	39.7%	39.4%	41.4%
	15-24	46.6%	42.6%	48.7%
	25-44	45.5%	41.5%	47.5%
	45-64	37.9%	39.8%	39.3%
	65+	27.6%	31.3%	28.9%
<i>Gender</i>	Total	39.8%	39.3%	41.5%
	Male	36.1%	37.0%	37.5%
	Female	43.5%	41.6%	45.4%

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDINT Social Provisions Scale - Social Integration. Based on questions SPS\_02 and SPS\_07.

## Reliable Alliances

Table 13 and 14 below present information on respondent scores to two statements: “There are people I can depend on to help me if I really need it” and “There are people I can count on in an emergency”. Only the highest scores are presented here. A higher score reflects a higher level of perceived "Reliable Alliance" which is defined as assurance that others can be counted on in times of stress.

- In 2011-2012, the proportion of those who received the highest possible "reliable alliance" score reported by the English-speaking population of Quebec (55.2%) was lower than that of the French-speaking population (59.3%).
- For Côte-Nord, the level for English speakers (44.1%) was much lower than that of the provincial English-speaking population (55.2%) and was much lower than the level for French speakers in the region (59.4%).

Table 13 - Reliable Alliance Score, by Region

<b>Persons Who Received Highest Possible "Reliable Alliance" Score by Language and Region, Quebec, 2011-2012</b>			
Region	Total Survey Respondents	English speakers	French speakers
Bas-Saint-Laurent	43.3%	24.0%	45.8%
Capitale-Nationale	63.9%	75.9%	65.8%
Mauricie-Centre-du-Québec	54.2%	65.9%	55.5%
Estrie	61.5%	59.1%	63.9%
Montréal	53.1%	53.2%	56.6%
Outaouais	61.8%	62.9%	63.9%
Abitibi-Témiscamingue	45.5%	39.8%	47.5%
Côte-Nord	55.3%	44.1%	59.4%
Gaspésie-îles-de-la-Madeleine	52.1%	56.1%	54.2%
Laval	60.0%	59.1%	62.9%
Laurentides	56.3%	59.9%	58.5%
Montérégie	60.0%	54.7%	62.5%
Québec	56.6%	55.2%	59.3%

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDALL Social Provisions Scale - Reliable Alliance. Based on questions SPS\_01 and SPS\_10.*

Table 14 - Reliable Alliance Score, by Age and Gender

- Among English speakers, the 15-24 age cohort (61.7%) displayed the highest proportion of those who received the highest possible "reliable alliance" score while the 65+ age cohort (45.4%) had the lowest level.
- With respect to gender, English-speaking females (60.4%) were much more likely to have received the highest possible "reliable alliance" score than their male counterparts (49.8%).

Persons Who Received Highest Possible "Reliable Alliance" Score by Language, Age Group and Gender, Province of Quebec, 2011-2012				
		Total Respondents	English speakers	French speakers
Age Groups	15+	56.5%	55.2%	59.2%
	15-24	68.4%	61.7%	71.2%
	25-44	65.2%	57.3%	68.9%
	45-64	52.3%	54.6%	54.6%
	65+	39.7%	45.4%	41.6%
Gender	Total	56.6%	55.2%	59.3%
	Male	52.2%	49.8%	55.0%
	Female	60.9%	60.4%	63.4%

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDALL Social Provisions Scale - Reliable Alliance. Based on questions SPS\_01 and SPS\_10.

## Reassurance of Worth

Table 15 and 16 below present information on respondent scores to two statements: “I have relationships where my competence and skill are recognized” and “There are people who admire my talents and abilities”. Only the highest scores are presented here. A higher score reflects a higher level of perceived "Reassurance of Worth" which is defined as recognition of one’s competence.

- In 2011-2012, the proportion of those who received the highest possible "reassurance of worth" score reported by the English-speaking population of Quebec (40.7%) was lower than that of the French-speaking population (43.4%).
- For Côte-Nord, the level for English speakers (50.1%) was much higher than that of the provincial English-speaking population (40.7%) and was similar to the level for French speakers in the region (50.2%).

Table 15 - Reassurance of Worth Score, by Region

<b>Persons Who Received Highest Possible "Reassurance of Worth" Score by Language and Region, Quebec, 2011-2012</b>			
Region	Total Survey Respondents	English speakers	French speakers
Bas-Saint-Laurent	31.6%	21.3%	32.3%
Capitale-Nationale	46.8%	39.0%	46.9%
Mauricie-Centre-du-Québec	38.3%	62.6%	37.3%
Estrie	43.4%	39.3%	44.1%
Montréal	39.9%	39.2%	40.8%
Outaouais	48.2%	45.7%	48.5%
Abitibi-Témiscamingue	32.8%	15.8%	33.3%
Côte-Nord	50.0%	50.1%	50.2%
Gaspésie-îles-de-la-Madeleine	42.7%	35.9%	42.9%
Laval	46.8%	41.6%	47.6%
Laurentides	43.4%	52.3%	42.6%
Montérégie	46.7%	39.6%	47.7%
Québec	42.9%	40.7%	43.4%

*Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSPDWOR Social Provisions Scale - Reassurance of Worth. Based on questions SPS\_05 and SPS\_09.*



Table 16 - Reassurance of Worth Score, by Age and Gender

- Among English speakers, the 45-64 age cohort (45.4%) displayed the highest proportion of those who received the highest possible "reassurance of worth" score while the 65+ age cohort (34.6%) had the lowest level.
- With respect to gender, English-speaking females (41.7%) were more likely to have received the highest possible "reassurance of worth" score than their male counterparts (39.7%).

Persons Who Received Highest Possible "Reassurance of Worth" Score by Language, Age Group and Gender, Province of Quebec, 2011-2012				
		Total Respondents	English speakers	French speakers
Age Groups	15+	43.0%	40.6%	43.5%
	15-24	41.5%	40.1%	42.0%
	25-44	47.0%	38.9%	48.5%
	45-64	44.7%	45.4%	44.7%
	65+	32.7%	34.6%	32.5%
Gender	Total	42.9%	40.7%	43.4%
	Male	42.4%	39.7%	42.9%
	Female	43.3%	41.7%	43.8%

Source: JPocock Research Consulting, 2015, based on data from the 2011-2012 Canadian Community Health Survey, Statistics Canada. Variable: SPSDWOR Social Provisions Scale - Reassurance of Worth. Based on questions SPS\_05 and SPS\_09.



## Section 4

### Selected Issues of English-speaking Seniors

## Section 4 – Selected Issues for English-speaking Seniors

### Methodological Notes

For the 2010 English *Survey on Community Vitality*, a total of 3,195 English-speaking Quebecers aged 18 and over were interviewed over the telephone between February 9th, 2010 and March 31st, 2010. For the French study, a total of 1,001 French-speaking Quebecers aged 18 and over were interviewed over the telephone between March 15th and 31st, 2010. Data was weighted according to region, age and gender using data from the 2006 census. The study of the English-speaking community was divided into a) a panel study which was comprised of 1,001 respondents who had also participated in the 2005 study, and b) the main study of 2,194 randomly selected respondents from across Quebec. The panel study was used to validate the trends which emerged from the comparison of 2005 and 2010 findings.

For this profile, key findings are presented for age groups and gender and for the Census Metropolitan Area of Montreal (CMA) and for the rest of Quebec.

For the CHSSN report on English-language Health and Social Services Access in Quebec based on the 2010 *Survey on Community Vitality* go to <http://chssn.org/pdf/En/2010-2011.pdf>

A 2015 CHSSN *Survey of Community Vitality* has been conducted and CHSSN reporting on the findings is forthcoming in the fall of 2015.

## Internet Use

- Overall, survey respondents living in the Montreal CMA were more likely to report having internet access at home (87%) when compared to those living outside this urban area (82.1%).
- Among English-speaking respondents aged 55+, respondents living in the urban Montreal CMA were about equally likely to have internet access at home as those living outside Montreal.

Figure 11 - Internet Access at Home, by Region

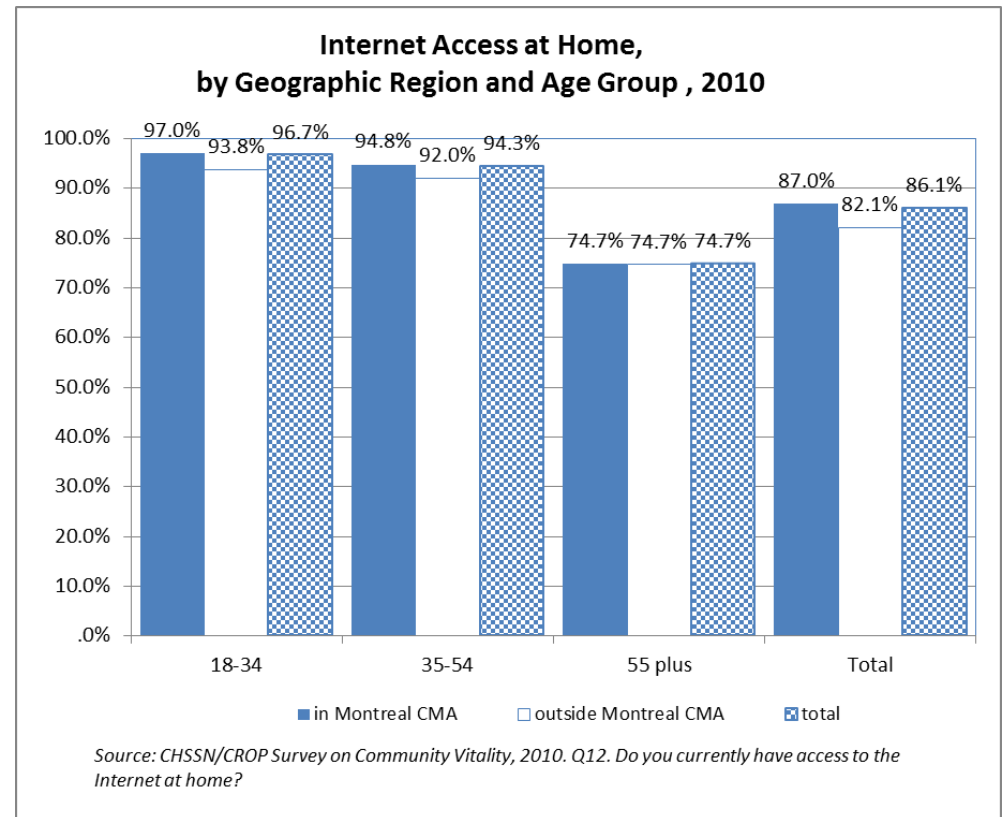
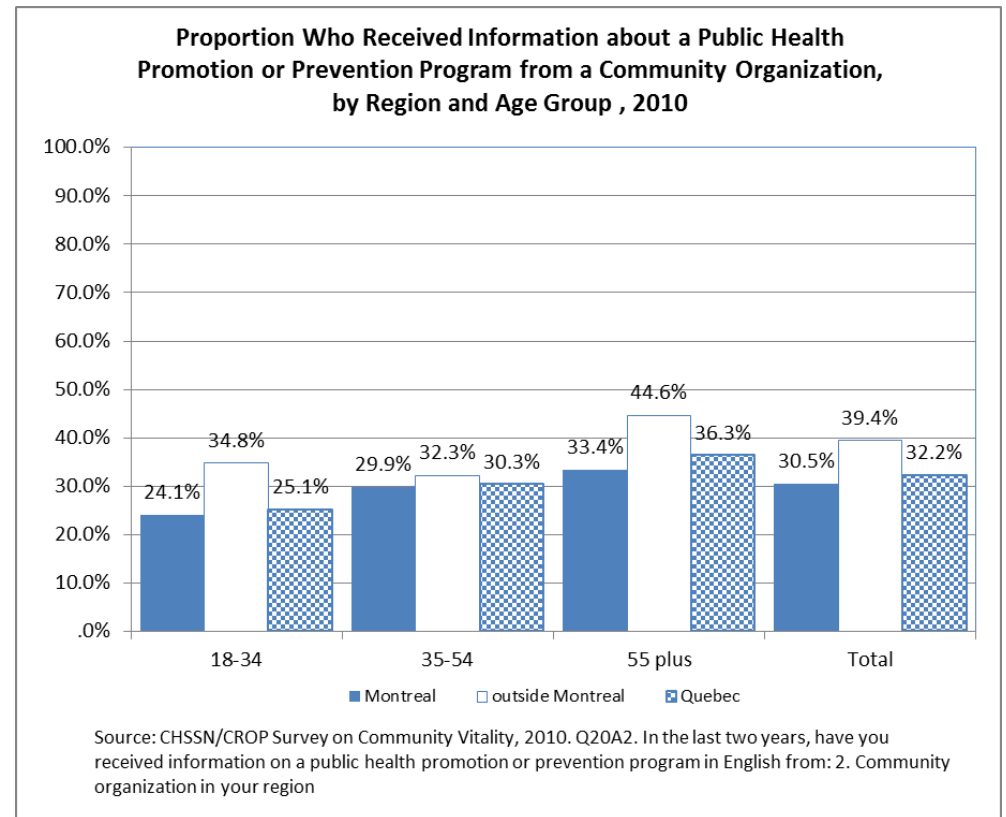


Figure 12 - Information from Community Organizations

- Generally, survey respondents living outside the Montreal CMA territory were more likely to report having received information about a public health promotion or prevention program in English from a community organization in their region (39.4%) when compared to those living in the greater Montreal area (30.5%).
- The 55+ age group living outside Montreal was much more likely (44.6%) to have received information from a community organization in their region compared to other age groups and compared to 55+ living in the Montreal CMA (33.4%).



## Services in English

Access to public services is a key determinant of the quality of life of Quebec's seniors. The structure of service provision, cost, geographic distribution and the language of service are some of the factors that give rise to inequalities in access to public institutions and agencies. Seniors living in remote and rural areas, seniors who cannot afford the price tag increasingly attached to specialized and privatized services, and seniors with low levels of English-French bilingualism are vulnerable to barriers in access to government funded support.

The *Survey on Community Vitality* (2010) explores the situation of English speakers with respect to their source of support in the event of illness, satisfaction with access to public services, anticipated need for senior care and supported living in the future and the importance of service provision in English.

## Source of Support

Table 17 - Source of Support

Source of Support in Case of Illness, by Region and Age Group, 2010												
region	inside Montreal CMA				outside Montreal CMA				Total			
age group	18-34	35-54	55 plus	Total	18-34	35-54	55 plus	Total	18-34	35-54	55 plus	Total
friends	54.8%	51.2%	29.4%	39.9%	62.0%	34.3%	32.0%	33.9%	55.7%	48.1%	29.9%	38.8%
community resource, volunteer or religious organization	4.9%	7.5%	11.5%	9.5%	1.7%	8.3%	10.8%	9.5%	4.5%	7.7%	11.4%	9.5%
public social service institutions (hospitals, CLSC)	34.4%	27.2%	46.2%	37.5%	34.2%	47.6%	51.7%	49.4%	34.4%	30.8%	47.2%	39.7%
nobody	5.8%	10.9%	8.6%	9.4%	2.1%	8.6%	4.5%	6.1%	5.4%	10.5%	7.8%	8.8%
other	0.0%	3.3%	4.2%	3.6%	0.0%	1.1%	1.0%	1.0%	0.0%	2.9%	3.6%	3.1%

*Source: CHSSN/CROP Survey on Community Vitality, 2010. Q40. If you became ill, who other than your spouse would you likely turn to for support?*

- When all age groups are combined, English-speaking respondents residing outside of the Montreal CMA show a greater tendency to turn to public institutions (49.4%) in their region compared to those living in the more urban setting (37.5%).
- According to the survey, the English-speaking 55+ age group is more likely than other age groups to rely on public institutions for support in the event of illness (46.2% inside Montreal CMA and 51.7% outside Montreal CMA). The difference between age groups is most notable among respondents living in the Montreal area.
- The English-speaking 55+ age group demonstrate a greater tendency to turn to a community resource for support in the event of illness than other age groups (11.5% inside Montreal CMA and 10.8% outside Montreal CMA). Within the 55+ group, those aged 55-64(12%) and 65-74 (13.3%) reported the highest tendency to turn to a community resource.
- Among all the age groups, English-speaking survey respondents in the 16-34 age groups show the greatest tendency to turn to friends (55.7%) when in need of support in the case of illness.

## Satisfaction with Access to Services in English

Table 18 - Satisfaction with Access to Services in English

Satisfaction with Access to Various Services in the Region in English by Region and Age Group, 2010												
region	inside Montreal CMA				outside Montreal CMA				Total			
age group	18-34	35-54	55 plus	Total	18-34	35-54	55 plus	Total	18-34	35-54	55 plus	Total
sports and leisure programs	48.7%	57.5%	61.3%	57.7%	33.3%	35.2%	54.8%	45.7%	47.3%	53.9%	59.7%	55.5%
health and social services	46.2%	42.2%	59.1%	49.6%	29.9%	35.5%	57.8%	48.0%	44.7%	41.2%	58.7%	49.3%
legal services	46.3%	51.2%	62.3%	55.1%	44.8%	44.1%	64.3%	55.9%	46.1%	49.9%	62.9%	55.3%
judicial services	32.1%	32.0%	47.5%	37.6%	34.7%	32.0%	34.1%	33.2%	32.3%	32.0%	44.4%	36.8%
legal aid	36.3%	35.4%	48.0%	39.7%	49.5%	29.6%	42.6%	37.1%	37.4%	34.3%	46.6%	39.2%
continuing education	76.3%	70.5%	76.3%	73.5%	43.5%	40.8%	32.2%	36.2%	73.7%	65.9%	65.5%	66.8%
employment services	38.3%	35.3%	51.9%	39.1%	39.0%	29.6%	65.1%	45.6%	38.3%	34.4%	56.5%	40.3%
economic development programs	27.2%	25.3%	33.7%	27.4%	28.5%	18.5%	58.9%	37.3%	27.4%	24.1%	43.0%	29.5%

Source: CHSSN/CROP Survey on Community Vitality, 2010. Q15 l-r. How satisfied are you with the following services offered in your region in English?

- Among survey respondents who answered “satisfied” and “very satisfied” with respect to access to various services in English, the highest ranking was accorded to continuing education services (66.8%) and the lowest to economic development programs (29.5%).
- The findings for those living outside of Montreal vary notably from those living within the greater Montreal area and from the overall sample average. For example, outside of Montreal, survey respondents ranked continuing education services very low with respect to services in English (36.2%) while within Montreal CMA 73.5% of respondents indicated satisfaction.
- Among the 55+ age group, the highest levels of satisfaction for those living in the Montreal CMA are for services in continuing education (76.3%), legal services (62.3%) and sports and leisure (61.3%). The lowest level of satisfaction is with services in the area of economic development (33.7%)
- Among the 55+ group living outside the greater Montreal area, the highest levels of satisfaction are for access to services in English in employment (65.1%), economic development (58.9%) and health and social services (57.8%). The lowest level of satisfaction is with services in continuing education (32.2%).

## Anticipated Need for Care and Housing

Table 19 - Anticipated Need for Senior Care or Housing Services

Anticipated Need for Senior Care or Housing Services by Region and Age Group, 2010													
region	inside Montreal CMA				outside Montreal CMA				Total				
sector	age group	18-34	35-54	55 plus	Total	18-34	35-54	55 plus	Total	18-34	35-54	55 plus	Total
public long term care institution		22.0%	33.7%	37.8%	33.7%	17.1%	19.7%	49.4%	36.2%	21.6%	31.4%	40.8%	34.2%
public homecare program (CLSC nurse or other professional)		22.3%	35.7%	39.7%	35.4%	16.6%	22.7%	51.9%	38.7%	21.8%	33.6%	42.8%	36.0%
private residence or private nursing home for seniors		23.0%	33.4%	30.9%	31.0%	19.4%	23.1%	45.0%	35.1%	22.6%	31.8%	34.4%	31.7%
private nursing services at home or private homecare services		19.4%	30.4%	32.4%	29.6%	16.6%	19.8%	45.2%	33.9%	19.1%	28.7%	35.7%	30.4%

Source: CHSSN/CROP Survey on Community Vitality, 2010. Q18. Do you expect that within the next five years, you or a person you know or care for will require one or another of the following services?

These observations are limited to survey respondents who reported that “yes” they anticipated requiring the above services for “myself or someone else”.

- Among 55+ survey respondents, public long term care institutions and public homecare programs are more likely to be anticipated as a future need for themselves or someone else (83.6%) when compared with private homes or homecare services (70.1%).
- Among survey respondents living with in the Montreal CMA, 37.8% of the 55+ group anticipate requiring a public long term care institution and 49.4% of the 55+ group living outside the greater Montreal area do so.
- Among respondents living within the Montreal CMA, 39.7% of the 55+ group anticipate requiring a public homecare program in the near future compared to 45% living outside the greater Montreal area.
- Among respondents living within the Montreal CMA, 30.9% of those 55+ anticipate requiring a private residence/nursing home and 45% of this age group living outside the greater Montreal area do so.
- Among respondents living within Montreal CMA, 32.4% of the 55+ group anticipate requiring private nursing services/homecare in the next five years compared to 45.2% of the 55+ group living outside the greater Montreal area.
- Importantly, among survey respondents, 88% of English-speaking women 55+ felt it would be very important to receive these services in English and 62.5% of men.



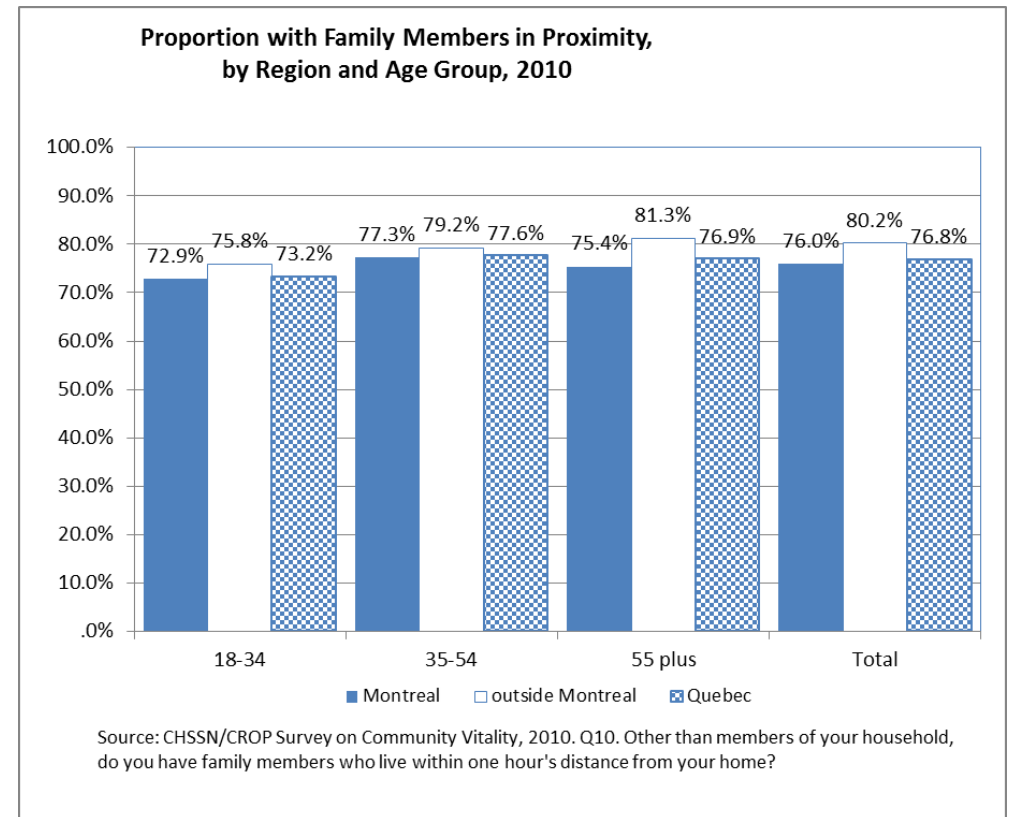
## Social Engagement

The opportunity for social engagement through informal ties with family and friends, participation in social clubs, volunteering and participation in the activities of local community organizations is a crucial factor in the capacity of English speakers to enjoy an autonomous, active and rewarding lifestyle in their later years. The absence of the social contact associated with the workplace coupled with the increased geographical mobility of the younger generations and low levels of bilingualism suggests English-speaking seniors are vulnerable to isolation along with the physical and cognitive health risks associated with this condition.

## Family Members in Proximity

- According to the survey, English speakers living in the Montreal area (76%) are somewhat less likely than those living outside Montreal (80.2%) to have family, other than the members of their household, who live within one hour's distance of their place of residence.
- Among English-speakers seniors 55+, 75.4% of those living in the Montreal area have family living within one hour's distance and 81.3% of those outside of Montreal have family living in proximity.

Figure 13 - Family members near home



## Awareness of Activities of Community Organizations

Table 20 - Awareness of Activities of Community Organization

Awareness of the Activities of Sectoral Community Organizations in the Region by Region and Age Group, 2010													
region		inside Montreal CMA				outside Montreal CMA				Total			
sector	age group	18-34	35-54	55 plus	Total	18-34	35-54	55 plus	Total	18-34	35-54	55 plus	Total
health and social services		8.9%	11.3%	23.6%	15.9%	12.4%	31.9%	29.5%	29.3%	9.2%	14.5%	25.0%	18.4%
arts and culture		23.9%	24.4%	34.3%	28.3%	17.6%	39.4%	47.0%	42.4%	23.3%	26.8%	37.4%	30.9%
economic development		10.0%	9.4%	14.0%	11.3%	16.5%	25.9%	39.0%	32.7%	10.6%	11.9%	20.3%	15.3%
education		29.6%	32.7%	36.8%	33.9%	36.2%	50.2%	55.5%	52.3%	30.3%	35.5%	41.4%	37.4%

*Source: CHSSN/CROP Survey on Community Vitality, 2010. Q38a-d. Do you know about the activities of a community organization in your region promoting the interests of the English-speaking community in areas such ...*

- According to the survey, English-speaking 55+ adults are generally more likely than other age groups to know about the activities of a community organization in their region promoting the interests of English-speakers.
- Those residing outside of the Montreal area are more likely to be aware of the activities of community organizations compared to those living within this urban territory.
- Respondents were most aware of the activities of community organizations promoting the interests of the English-speaking communities in the area of education (37.4%) followed by arts and culture (30.9%), health and social services (18.4%) and economic development (15.3%).

## Geographical Mobility

There is an interest in understanding not only where English-speaking seniors are located across the province but also the nature of their attachment to their communities and their future expectations with respect to their living arrangements. How do the pathways of the current generation of English-speaking seniors differ from other generations? How do they differ from French-speaking seniors?

### Reasons for Anticipated Departure from Quebec

Table 21 - Reasons for Expected Departure from Quebec

Reasons for Expected Departure from Quebec over the Next Five Years, by Detailed and Aggregate Age Group, 2010													
age group	18-34	35-54	55 plus	Total	18-24	25-34	35-44	45-54	55-64	65-74	75-84	85 plus	Total
education or economics	72.9%	33.7%	13.7%	38.3%	85.5%	67.8%	38.2%	31.2%	20.5%	.0%	.0%	.0%	38.3%
politics, language, or discrimination	24.1%	43.9%	30.5%	34.6%	14.5%	28.0%	59.6%	35.0%	27.3%	36.0%	41.1%	.0%	34.6%
family, health, retirement	3.0%	22.3%	51.7%	25.9%	.0%	4.2%	2.2%	33.7%	46.1%	64.0%	58.9%	.0%	25.9%

Source: CHSSN/CROP Survey on Community Vitality, 2010. Q09f. Among the following reasons, which one, if any, is most important in your probable decision to move to another province? Note: question was asked of only those who expected to live outside Quebec in five years.

- Among survey respondents who expect to live outside Quebec in five years, education or economic opportunity was the most cited reason for relocation (38.3%) followed by politics, language or discrimination (34.6%) and family, health or retirement (25.9%).
- When considered by age, the reasons for expected departure vary widely and generally reflect the life stage of respondents. The primary reason for departure among those in the 18-34 age group is education or economics (72.9%), politics, language or discrimination is the most frequently cited reason for the 35-54 age group (43.9%) and family, health and retirement is the primary reason among those 55+(51.7%).

## Supporting Documents

- Community Health and Social Services Network (CHSSN) (2006). *Social Support Networks in Quebec's English-speaking Communities: Building Community Vitality through Social Capital Strategies*, [www.chssn.org](http://www.chssn.org) p.41
- Floch, William and Joanne Pocock. (1999) "Aging and Rural Minority Communities: The Case of Hatley Township", *Journal of Eastern Townships Studies*, No. 15, Fall: 17-42.
- Levinson, Daniel J. (1997). *The Seasons of a Woman's Life* New York: Ballantine.
- Ministère de la Famille et des Aînés (2008) *Preparing the Future with our Seniors*. Public Consultation Report on Living Conditions of Québec Seniors.
- Ministère de la Famille et des Aînés and Ministère de la Santé et Services Sociaux (2012) *Aging and Living Together, at Home, in One's Community, in Quebec/ Vieillir et Vivre Ensemble, chez soi, dans sa communauté, au Québec*.
- Public Health Agency of Canada (2012) *Age –friendly Communities in Canada: Community Implementation Guide and Toolbox*. [www.phac-aspc.gc.ca/seniors-aines/publication](http://www.phac-aspc.gc.ca/seniors-aines/publication).
- Putnam, Robert D. (2000). *Bowling Alone: The Collapse and Revival of American Community*. New York: Simon & Schuster. [ISBN 0-7432-0304-6](https://www.amazon.com/Bowling-Alone-Collapse-Revival-American-Community/dp/0743203046).
- Quebec Community Groups Network (2010) *Blazing a Trail for Active and Healthy Aging. An Action Plan for Quebec's English-speaking Seniors*.
- World Health Organization (2007). *Checklist of Essential Features of Age-friendly Cities*. WHO/FCH/ALC/2007.1