



Family and Seniors Policy

OF THE CITY OF SAINT-LAMBERT
2020-2022



Roles OF THE MUNICIPALITY

The Family and Seniors Policy affirms the City of Saint-Lambert's desire to put families and seniors at the forefront of its actions by offering them a stimulating living environment that meets their needs and expectations.

This commitment is the driving force behind a community project that is made all the more meaningful through the contributions and close cooperation of the actors involved, while respecting Saint-Lambert's identity, particularities and budgetary framework. It is also reflected in an openness to the evolving realities faced by families and seniors and in the creation of opportunities that will allow them to live full and fulfilling lives and contribute actively to the community's growth and development.

To make all of this happen, the City of Saint-Lambert will play the following roles:

- **leader**, by establishing coordinated actions and assuming responsibility for these actions;
- **partner**, by working with other local parties to implement actions;
- **facilitator**, by contributing municipal resources to support the efforts of organizations working with families and seniors; and
- **ambassador**, by promoting families' and seniors' interests to other levels of government, the private sector and any other relevant bodies.



Vision AND Values

Our vision

With its Family and Seniors Policy, the City of Saint-Lambert seeks to create a friendly, welcoming community that offers the conditions needed for all its residents to reach their full potential at all stages of their lives.



DEFINITIONS

Family

The notion of family includes all its members – from newborns to seniors – and a variety of models. As the cornerstone of our society, the family is defined by its many and varied emotional bonds between generations, and allows each person to develop in a supportive atmosphere of mutual respect.

Senior

The notion of senior includes anyone aged 65 and over. Recognizing their key place within the family and the community, the City of Saint-Lambert takes into account the specific concerns, interests and aspirations of its seniors.



Our values

Our values foster social cohesion. For the City of Saint-Lambert, it is essential that the entire community share the following three values:

- **pride**, which reflects a strong sense of belonging to our community and identification with its natural and historical heritage;
- **civility**, which attests to the respect we have for both individuals and public property; and the importance we place on them; and
- **mutual assistance**, which places value on residents' generosity, dedication and participation.

Action Plan 2020-2022

Increase accessibility to services for teens, families and seniors

OBJECTIVE

Enhance public spaces, parks and green spaces

ACTIONS

Make parks and the town centre more user-friendly and inclusive	F	S	T	2020-2022
Equip public spaces and parks with restroom facilities (toilets) and make them easily accessible	F	S	T	2021
Develop a play area for children and young people with special needs	F		T	2020
Equip parks with self-serve community boxes of active games	F	S	T	2020
Develop an outdoor exercise circuit adapted for seniors		S		2020-2021
Provide facilitators at the outdoor exercise circuits	F	S	T	2020-2022

OBJECTIVE

Adjust the services offered to the needs of the different clienteles

ACTIONS

Increase the services offered to children aged 0-5 years	F			2020-2022
Increase the specific cultural and recreational activities offered to children aged 6-12 years, teens and seniors	F	S	T	2020-2022
Increase the library's opening hours	F	S	T	2020

F Families

S Seniors

T Teens

2020-2022 Timeframes



Increase the library's activities in connection with its mission as a "third space"	F	S	T	2021
Support closer ties between the two seniors' organizations		S		2020
Provide seniors with an appropriate and suitably adapted space		S		2022
Offer a facilitator-staffed gathering place for teens			a	2021
Provide more collective and community gardens	F	S	T	2022
Form new partnerships with neighbouring towns and cities, educational establishments and private companies in the vicinity of Saint-Lambert to meet recreational needs	F	S	T	2022

OBJECTIVE

Better inform residents about existing services

ACTIONS

Maintain the current print communication tools, particularly those intended for seniors		S		2020-2022
Improve the City's website by tailoring spaces to suit specific user profiles, providing a higher-performance search engine and showcasing free or low-cost activities	F	S	T	2021
Create a digital bulletin board to centralize information on the services offered by organizations	F	S	T	2020

F Families

S Seniors

T Teens

2020-2022 Timeframes



Promote mutual assistance among families and seniors, as well as their social inclusion and active participation in community life and development

OBJECTIVE

Implement inclusive initiatives

ACTIONS				
Organize a fair featuring the community services available to families and seniors	F	S	T	2020-2021
Maintain the annual non-commercial meeting aimed at welcoming new residents	F	S	T	2020-2022
Address the needs of low-income families and seniors by offering them any unfilled places at activities, free of charge or at special rates	F	S	T	2021-2022

OBJECTIVE

Showcase the value of mutual assistance and resident participation

ACTIONS				
Promote, foster and showcase the value of volunteering in general in the context of municipal activities	F	S	T	2020
Enhance the volunteer recognition formula	F	S	T	2020-2021
Form a youth advisory committee			T	2020-2021
Implement the Voisins solidaires program	F	S	T	2020-2021
Provide support to recognized organizations in an equitable manner and in keeping with their needs	F	S	T	2020-2022
Consolidate the Table de concertation des organismes	F	S	T	2020-2022

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Improve mobility for families and seniors

OBJECTIVE

Encourage active modes of transportation

ACTIONS

Draw up a sustainable mobility plan focussed on (1) enhancing the bike path network; (2) improving transportation connectivity and safety; (3) maintaining and ensuring the presence of sidewalks and bicycle racks; and (4) re-examining the speed limits on the road network	F	S	T	2020-2021
Implement the recommendations made in the Sustainable Mobility Plan	F	S	T	2020-2022
Increase and improve the quality of lighting in targeted areas	F	S	T	2020-2021
Increase educational and awareness-raising initiatives concerning the need to respect other road users and share the road (pedestrians, cyclists, motorists, etc.), particularly around schools	F	S	T	2020-2021

OBJECTIVE

Help increase the use of public transportation

ACTIONS

Make representations requesting that transportation services be better adapted to the needs of families and seniors	F	S	T	2020-2022
Improve public awareness of the various transportation services	F	S	T	2020
Implement a support program that encourages seniors to take public transportation		S		2021-2022
Offer free public transportation to low-income families	F			2021-2022
Implement a green-energy shuttle service to improve links within the City	F	S	T	2021-2022

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Promote the retention of families and seniors within the community

OBJECTIVE

Improve access to housing

ACTIONS			
Encourage a broader variety of housing models in order to meet Lambertans' needs: housing cooperatives, intergenerational housing, social housing, etc.	F	S	2020-2021
Create intergenerational housing to encourage age diversity	F	S	2021-2022
Prioritize residential development projects that include affordable rental housing	F	S	2020-2022

OBJECTIVE

Promote staying in the home through building adaptations

ACTIONS			
Document the financial aid and housing support programs available (for renovations, reconversions, adaptations for disabilities, staying in the home, etc.) and publicize them better	F	S	2020-2021

OBJECTIVE

Help increase access to and use of local and in-home support services

ACTIONS			
Promote the in-home services offered by local businesses (grocery stores, drugstores, etc.)	F	S	2020-2021
Facilitate implementation of new spaces in childcare facilities	F		2020-2021

F Families

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OBJECTIVE

Work to maintain a healthy urban environment

ACTIONS

Implement measures to improve air quality	F	S	T	2020-2022
Increase shady areas in parks and public spaces	F	S	T	2020-2022
Continue efforts to limit noise pollution	F	S	T	2020-2022

F Families

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T Teens

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