



For a  
Québec

# WORTHY OF ITS SENIORS



**Our associations\* represent over 700,000 seniors who have made Québec what it is today and continue to contribute to Québec's society. These days, they are concerned about the present and the future.**

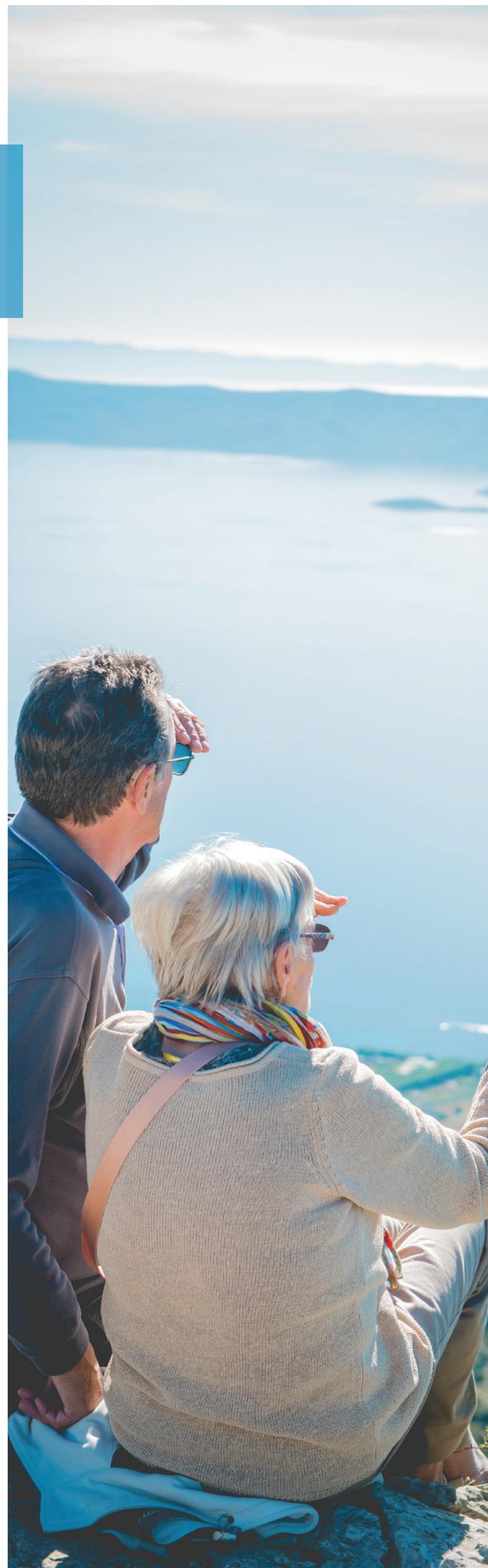
It's been said that a society can be judged by the way it treats its older members. Québec faces real demographic challenges, but not enough is being done to address them. We expect our decision-makers to have a good overall vision of population aging and determine promising and engaging solutions.

In a few months, Québec enters an election period. To the women and men who aspire to govern Québec we bring our demands for concrete actions. We are calling for seniors to be a central priority every day, not just when there is a crisis.

To this end, we unveil, in a joint platform, many observations and demands concerning every aspect of seniors' living conditions and quality of life.

**Here are 16 demands to inspire a Québec that is worthy of its seniors.**

\*Signing associations: the Réseau FADOQ, Association des retraitées et retraités de l'éducation et des autres services publics du Québec (AREQ-CSQ), Association québécoise des retraité(e)s des secteurs public et parapublic (AGRP), Association québécoise de défense des droits des personnes retraitées et préretraitées (AQDR, and the Regroupement interprofessionnel des intervenants retraités des services de santé (RIIRS).



# 2018 ELECTION PRIORITIES

## CARE AND SERVICES AT HOME AND IN LONG-TERM CARE FACILITIES

Demands 1-5

## FAMILY CAREGIVERS

Demands 6-8

## PREVENTION

Demands 9-12

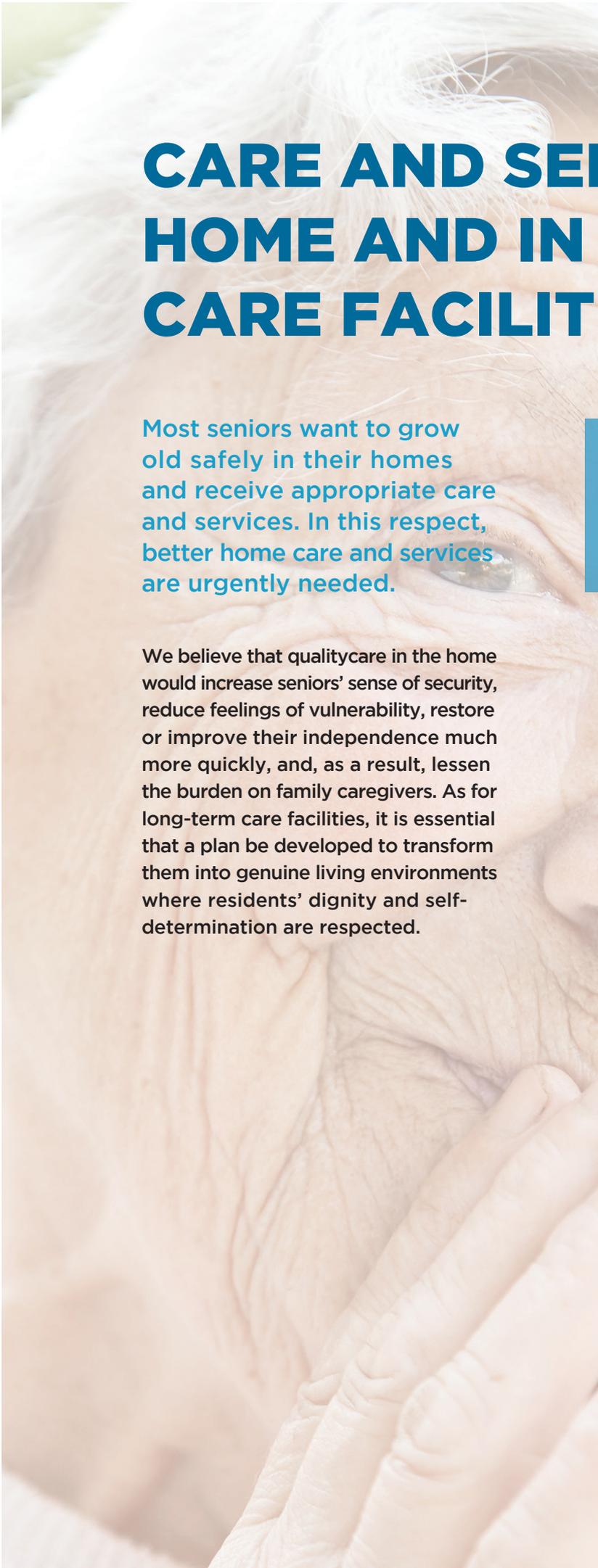
## RETIREMENT INCOME

Demands 13-14

## HOUSING

Demands 15-16





# CARE AND SERVICES AT HOME AND IN LONG-TERM CARE FACILITIES

Most seniors want to grow old safely in their homes and receive appropriate care and services. In this respect, better home care and services are urgently needed.

We believe that quality care in the home would increase seniors' sense of security, reduce feelings of vulnerability, restore or improve their independence much more quickly, and, as a result, lessen the burden on family caregivers. As for long-term care facilities, it is essential that a plan be developed to transform them into genuine living environments where residents' dignity and self-determination are respected.

## WE DEMAND:

1. The creation of a protected fund dedicated to home care, to guarantee that funds are allocated to each patient and that funding goes towards patient services.
2. Standardization of eligibility criteria for the Support Program for the Autonomy of Seniors (SAPA), equitable distribution of the basket of services to all regions of Québec, that SAPA files be left open for 6 months, and a 15% increase in the number of seniors admitted to this program.
3. Standardization of training programs and compulsory qualifications for all practitioners who work with seniors.
4. Free visitors parking at all long-term care facilities to reduce residents' isolation.
5. Addition of voluntary accompaniment to the basket of services covered by the Financial Assistance Program for Domestic Help Services [French acronym, PEFSAD].

# FAMILY CAREGIVERS

Increasingly numerous, caregivers play a crucial role in the health and social services system.

However, despite the value of their work, there continues to be a lack of governmental measures and programs to support them, compensate for lost income, and prevent their social and economic poverty.

## WE DEMAND:

6. A legal definition of caregivers.
7. Raise the caregivers tax credit to a maximum of \$2,500 and abolish criteria on types of housing.
8. Creation of a medical file for caregivers, including proper follow-up.

# PREVENTION

The social safety net must be updated to better reflect the needs of seniors today.

More specifically, coverage of many services needs to be increased, especially regarding prevention, an area where Québec lags behind compared to other provinces, according to it less than 2% of the health budget.

## WE DEMAND:

9. The inclusion of a shingles vaccination under Québec's vaccination program for people aged 65 and over, as is now true of influenza and pneumonia vaccines.
10. Instead of a tax credit, a grant (or RAMQ coverage), renewable every 5 years, for low-income people aged 65, to purchase dentures.
11. A grant (or RAMQ coverage) to low-income people aged 65 and over, to cover the purchase, replacement, and adjustment of eyeglasses every five years, and the eye examination required to renew a driver's licence.
12. A grant (or RAMQ coverage) for the purchase of a second hearing device for people aged 65 and over, and the maintenance of this grant regardless of the type of device selected by the insured person.



# RETIREMENT INCOME

We must address the impoverishment of seniors to diminish their isolation, enable them to participate in their community, and reduce their insecurity.

To age with dignity, seniors need a decent income (more than the low-income cutoff), which, in 2016 was \$24,460 (before tax) for a single person. Further, with increasing life expectancy, the number of years with incapacities is likely to increase, particularly among women, who live longer. These incapacities will lead to impoverishment, with especially severe consequences for the third of Québec seniors who live alone, below the poverty level.

## WE DEMAND:

- 13.** An increase of the medical expense tax credit and a lowering of the eligibility threshold from 3% to 1.5% for people aged 65 and over.
- 14.** Increase the survivors death benefit to a maximum of \$5,000.



# HOUSING

Seniors who wish to grow old in their community face constantly rising rents and housing that is not adapted to seniors.

## WE DEMAND:

- 15.** Increase the maximum shelter allowance to \$150 and index it annually.
- 16.** Lower average wait time from 24 to 12 months to obtain financial assistance under the residential adaptation assistance program, based on the senior's state of health.