



Building Capacity and Community to Improve the Quality of Life of Seniors: In Defiance of Aging

Majella Simard, Marco Alberio, Gérard-François Dumont

► To cite this version:

Majella Simard, Marco Alberio, Gérard-François Dumont. Building Capacity and Community to Improve the Quality of Life of Seniors: In Defiance of Aging. *Enfances, Familles, Générations*, 2021, Famille, vieillissement, territoire et innovation sociale, 36. halshs-03250186

HAL Id: halshs-03250186

<https://shs.hal.science/halshs-03250186>

Submitted on 4 Jun 2021

HAL is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

Enfances Familles Générations

Revue interdisciplinaire sur la famille contemporaine

36 | 2020

Famille, vieillissement, territoire et innovation sociale

Articles thématiques

Building Capacity and Community to Improve the Quality of Life of Seniors: In Defiance of Aging

MAJELLA SIMARD, MARCO ALBERIO ET GÉRARD-FRANÇOIS DUMONT

Traduction de Valentina Baslyk

Cet article est une traduction de :

La contribution du renforcement des capacités et du territoire à l'amélioration de la qualité de vie des aînés: un défi au vieillissement [fr]

Résumés

English Français

Research Framework: The aging of the population, unprecedented in human history, is a complex reality of the 21st century. This complexity is rooted not only in social and biological, but also in quantitative phenomena. Population aging is in the strict sense a structural effect, an increase in the proportion of the elderly in a given population, while the increase in aged persons is an effect of flux, which quantifies the increase in the number of seniors, those 65 years of age or older (Dumont, 2018a). Although its four main causes (increased life expectancy, decreased number of births, migration, demographic changes) are unanimously accepted by researchers; the manifestations, consequences and responses to aging are far from homogeneous (Breton et Temporal, 2019; Blanchet, 2013; Dumont, 2006; Simard, 2010). Indeed, the consequences of aging differ from one region to another, forcing us to understand population issues in targeted and specific ways, socially, economically and geopolitically (Dumont, 2016a, 2018b; Saillant, 2016; Gucher, 2012; Hodge, 2008). All of society's institutions are affected by the challenges of an aging population: policies, employment, work, health, family, social security, regional management and development, and even democratic functioning. These diverse issues influence both seniors' quality of life (Rican et al., 2013) and collaborative and regional governance.

Objectives: To identify the main issues and challenges associated with population aging in improving the social inclusion and quality of life of seniors. These issues and challenges relate to seniors' income, accessibility of and proximity to local services, equipment and infrastructure, elder care and workforce planning.

Methodology: This article draws on the different contributions in this thematic issue and on the expertise of the three authors. In addition, based on a literature review, we advocate a content analysis, which will be combined with empirical data found mainly, but not exclusively, in various Statistics Canada documents.

Results: Most of these issues and challenges originate at the grassroots level, local or regional. However, their implementation requires energetic top-down action, as local and regional leaders, despite their good intentions, do not have all of the required tools and means to address them.

Conclusions: A regional policy on aging must be implemented that considers the local and regional characteristics of the environment concerned and the needs expressed by seniors and their families. Thus, environments must be created that are conducive to improving the quality of life and vitality of both the elderly and those around them. In addition, cross-functional gerontological actions must be initiated that involve partnering with both endogenous and exogenous stakeholders, and that consider the regional diversity of aging. The objective is to ensure that people remain active in society as they age – a prerequisite for preserving their health.

Contribution: From an academic viewpoint, our presentation, like that of other authors in this issue, is based on three closely interrelated endogenous models. These are capacity building and empowerment of stakeholders, collaborative governance, and progressive local development. Although these different models are effective channels for stimulating local initiatives, and in particular social innovations that bring about social change, they do not address the multiple challenges associated with active and healthy aging, which require cross-functional interventions rolled out at the regional level.

Cadre de la recherche : Phénomène inédit dans l'histoire démographique de l'humanité, le vieillissement de la population est, au XXI^e siècle, une réalité complexe. Cette dernière découle des aspects sociaux, biologiques, mais aussi quantitatifs de ce phénomène. Le vieillissement *stricto sensu*, tient à un effet de structure, c'est-à-dire la hausse de la proportion des personnes âgées dans une population considérée, et la gérontocroissance, un effet de flux, qui quantifie la hausse du nombre de personnes âgées, c'est-à-dire celles de 65 ans ou plus (Dumont, 2018a). Bien que ses quatre principales causes (augmentation de l'espérance de vie, diminution du nombre de naissances, mouvements migratoires, prise en compte des évolutions démographiques passées) fassent l'unanimité chez les différents chercheurs, les manifestations, les conséquences et les réponses au vieillissement sont loin d'être homogènes (Breton et Temporal, 2019 ; Blanchet, 2013 ; Dumont, 2006 ; Simard, 2010). En effet, ses conséquences diffèrent d'un territoire à l'autre, obligeant à appréhender les enjeux de population de manières ciblées et spécifiques que ce soit sur le plan social, économique ou géopolitique (Dumont, 2016a, 2018b ; Saillant, 2016 ; Gucher, 2012 ; Hodge, 2008). Ainsi, la société voit l'ensemble de ses institutions affectées par les défis liés au vieillissement de sa population, que ce soit: les politiques, l'emploi, le travail, la santé, la famille, la protection sociale, l'aménagement et le développement territorial ou encore le fonctionnement démocratique. Ces divers enjeux influencent autant la qualité de vie des aînés (Rican et al., 2013) que la gouvernance collaborative et territoriale.

Objectifs : Cet article a pour objectif d'identifier les principaux enjeux et les défis associés au vieillissement démographique en regard de l'amélioration de l'inclusion sociale et de la qualité de vie des aînés. Ces enjeux et ces défis concernent, de manière plus spécifique, le revenu des personnes âgées, l'accessibilité et la proximité par rapport aux services, aux équipements et aux infrastructures locales, les soins prodigués aux aînés et la relève.

Méthodologie : Cet article s'appuie sur les différentes contributions de ce numéro thématique ainsi que sur l'expertise des trois auteurs. En outre, nous préconisons, à partir d'une revue de la littérature, une analyse de contenu, laquelle sera couplée à l'utilisation de données empiriques issues principalement, mais non exclusivement, de différents travaux de Statistique Canada.

Résultats : Bien que la plupart de ces enjeux et défis relèvent de la base, c'est-à-dire de l'échelon local, voire régional, leur mise en œuvre nécessite des actions énergiques impulsées par le haut, les acteurs locaux et régionaux ne disposant pas de tous outils et moyens nécessaires pour les relever, et ce, en dépit de leur bonne volonté.

Conclusions : Il est nécessaire de déployer une politique territoriale du vieillissement pour prendre en compte les particularités locales et régionales des milieux concernés ainsi que les besoins exprimés par les aînés et leur famille. Il s'agit donc, d'une part, de créer des environnements propices à l'amélioration de la qualité de vie et à l'épanouissement tant des personnes âgées que des individus qui gravitent autour de celles-ci et, d'autre part, de déployer des actions gérontologiques transversales, lesquelles supposent d'allier à la fois les intervenants endogènes et exogènes, en tenant compte des diversités territoriales du vieillissement. L'objectif est que l'avancée en âge des personnes s'effectue en leur permettant de demeurer actives dans la société, ce qui indubitablement lié à la préservation de leur santé.

Contribution: Sur le plan scientifique, notre démonstration, à l’instar de celle effectuée par les différents auteurs de ce numéro, s’appuie sur trois modèles endogènes fortement imbriqués les uns par rapport aux autres. Il s’agit du renforcement des capacités et des capacités des acteurs, de la gouvernance collaborative et du développement local progressiste. Même si ces différents modèles constituent des vecteurs efficaces afin de stimuler les initiatives locales, et en particulier les innovations sociales porteuses de transformation sociale, ils s’avèrent insuffisants pour relever tous les multiples défis associés au vieillissement actif et en santé, lesquels nécessitent des interventions transversales déployées à l’échelon territorial.

Entrées d’index

Mots-clés : vieillissement, aînés, capacités, acteurs, qualité de vie
Keywords: aging, seniors, capacity, stakeholders, quality of life

Texte intégral

Issues and challenges related to the quality of life of seniors

If we must reject the rhetoric proposing that people 65 years of age or more and their needs are one of the main challenges facing Western societies, it is then also essential to identify the conditions and solutions that can mitigate the social and regional effects of an aging population (Alberio, 2020, Simard, 2015). The growing proportion of seniors and the need for younger people to reconcile the triptych of "paid work," "elder care" and "family responsibilities and personal life" are a major challenge for contemporary societies. This is the case in Canada, and in provinces such as Newfoundland and Labrador, New Brunswick and Quebec, where the rate of aging, according to the World Health Organization, is one of the highest in the world. In this context, family caregivers of the elderly (i.e. individuals who provide unpaid support to aging loved ones) play a critical role both inside and outside the family of the person being cared for (Isaacson et al., 2020; Simard, 2020; Alberio, 2018a). In the rest of this introduction, we will present certain "critical" elements that must be underscored along with population aging. These are all issues and challenges related to improving the quality of life of seniors and are consequently related to the possibilities of promoting better intergenerational interactions.

One of the main determinants discussed in this issue as having a major impact on the quality of life of seniors is income. Income is likely to influence the dynamic nature of housing, relationships, behaviours and social status (Dugas, 1996). It is also an important indicator of an individual’s purchasing power. In countries with a system that provides pension income for the elderly, we have seen a substantial increase in the income level of seniors over the last few decades, a phenomenon that has improved their quality of life as well as reduced the risk of poverty (OCDE, 2008; Simard, 2006). As the OECD points out, "the risk of poverty for those aged 75 or older fell from almost twice the population average in the mid-1980s to 1.5 times in the mid-2000s. For people aged 66 to 75, this risk is now lower than for children and young adults" (OCDE, 2008: 143). Turning our attention now to Canada, we can say that the median after-tax income of seniors increased steadily between 1976 and 2014. In fact, it surged from \$32,700 to \$54,500 (in 2014 dollars), helping to close the gap with other age cohorts, particularly the young (Statistique Canada, 2018). Some observers even project that, due to the increase in the employment rate of seniors or to the combination of pension and work income, the employment income of seniors should rise significantly in the next few years (Clavet et al., 2012).

But disparities in seniors' incomes continue to exist across Canada, among provinces, locations (rural, urban, etc.) and linguistic communities, and also among individuals (Simard et Bouchard, 2020; Averill, 2005; Koff, 1992). While the purchasing power of individuals differs significantly from province to province and city to city, inequalities in purchasing power remain striking across Canada. For example, in Alberta, the average income for seniors was \$44,100 in 2018, compared to \$32,000 in Newfoundland and Labrador (Statistique Canada, 2020a). In 2018, the total income of people aged 65 years and older living in Calgary was \$31,411 compared to \$21,282 for those in Campbellton (Statistique Canada, 2020b). Across Canada in 2016, the average income for Francophone seniors was \$35,148 compared to \$44,444 for Anglophones, a difference of \$9,296. The disparity in Quebec totalled \$11,830, with Francophone seniors having an average income of \$34,794 compared to \$46,624 for their Anglophone counterparts (Fédération des aînées et aînés francophones du Canada, 2019). For a variety of reasons, including geography, language, gender and education, the elderly are affected by social inequality and, despite substantial improvements in this area, also poverty (Statistique Canada, 2019; Fréchet, 2012). The work of Bouchard et al. (2015) is revealing about persisting income inequality based on language. While retirees have more time to spend with family and friends and on hobbies and volunteering, they must also, in many cases, deal with a decrease in their income level, which is likely to negatively affect their well-being and even their health. In North America and also in Europe, this is particularly the case for workers, especially female workers aged 60 years and older, who too often have insecure or temporary jobs, which keep them in poverty (Fong, 2018; Tremblay, 2017). Family often helps to compensate for their economic instability, especially in rural areas where family continues to play a leading role in the lives of the elderly, demonstrating solidarity, socio-regional capital and, more broadly, rural capacity building (Pagès, 2013; Jean, 2012; 2003).

Second, **accessibility and proximity to services, facilities and local infrastructure** are vital issues for the elderly and those close to them (Alberio, 2018b). These issues, combined with housing (Blanchet, 2020), leisure, health and home care have particularly interested specialists in land-use and town planning since the 2000s (Séguin, 2012). As Gucher (2014) states, "the preservation and revitalization of local life are indeed at the heart of the concerns of the elderly, who see this as prerequisite condition for remaining in their homes" (Gucher, 2014: 120). From this perspective various regions and their stakeholders are taking up the challenge of aging, using a variety of tools and approaches. For example, the Age-Friendly Cities initiative in Quebec (Municipalité amie des aînés au Québec) (Caradec et al., 2017; Petitot et al., 2010) and the Departmental Homes of Autonomy (Maisons Départementales de l'Autonomie) in France play a key role in welcoming, informing, advising, guiding and, if applicable, examining requests, assessing needs and developing assistance plans for the elderly and disabled. In France, there are also numerous regional and municipal initiatives in a range of areas, including meal delivery, improved home care, and in the cultural domain, conference series, often called "inter-age." In reality, these latter initiatives bring together mostly seniors, since the schedules of the working population are restricted by their professional obligations.

The World Health Organization defines age-friendly cities as places whose "policies, services, spaces and structures ... support and enable older people to age actively" (Organisation mondiale de la santé, 2007: 5). The "Age-Friendly Cities" approach – an initiative that is also the subject of two articles in this issue – is part of a regional approach that aims to identify the resources available in a city so that it can meet the needs expressed by seniors (Keating et al., 2013). This occurs through a participatory process that involves various societal stakeholders who interact with seniors (municipal elected officials, associations, community members, public and private sector stakeholders, etc.), as well as involving the seniors themselves. This process reviews the physical, built and social environments with a view to "optimizing opportunities for good health, participation and security in order to enhance quality of life in old age" (Organisation mondiale de la santé, 2002: 12). Land-use planning plays an important role in this process, and one of its goals is to adapt public facilities and infrastructure (streets, buildings, businesses, rest areas, parks, etc.) to facilitate their accessibility and promote the mobility and autonomy of seniors (Lord et al., 2017; Lord, 2011).

Even if solidarity is not necessarily exclusive to rural areas, social contacts and relationships are less intense in the urban milieu than in the countryside, due in part to the "lonely crowd" phenomenon (Riesman, 1964). In France social ties are weaker in large cities, because cities – with their greater financial resources – manage many services or organize various activities themselves. The consequences are that the elderly often play a passive role, and intergenerational solidarity is weakened. In rural France, the communes, which receive lower per capita financial allocations from the state, do not have the means to deploy a range of services that are as developed as those in urban areas. As a result, civil society must organize services or activities that contribute to the quality of life of seniors, who inevitably play a role in society (Ennuyer, 2014). This has two consequences. The first concerns rural-to-urban migration accelerating aging, both upwards and downwards¹, in rural areas and pronounced aging of the population in urban areas (Dumont, 2016b). Second, these migrations highlight the problem of accessibility to services, where there is a decline in or even an erosion of infrastructure in remote rural areas, and logistical and organizational challenges in urban neighbourhoods (Mallon, 2013; Haven et al., 2004; Simard, 2005; Butler et Lenard, 2003). Consequently, for some authors, accessibility to services in cities would play an even more decisive role in implementing good regional

- governance. Given that urban society requires more mobility, proximity to infrastructures is essential to counteract phenomena such as loneliness and social isolation, to promote active and healthy aging and to advocate for home care for the elderly (Alberio, 2018b; Gould et al., 2015; Hall, 2004). The balancing act for urban planners is to consider these social and demographic changes "while attempting to meet a range of needs from young family members to seniors" (Séguin, 2012: 216). Such changes represent a real challenge for government bodies; the public policies they implement for the elderly must be modulated to take into account local realities (Dumont, 2016b, 2010, 2008).
- 7 **Home care** is the third issue involved in the challenges of aging, particularly because of its effects on both families and the availability of regional services. The status of family caregivers is raising concern in several countries. Family caregivers are generally 45 years of age or older and assist one or more family members, neighbours, friends or colleagues with a long-term health problem or a physical limitation (Sinha, 2013, cited in Alberio, 2018a). These caregivers provide a variety of services that can include transportation, grocery shopping, housekeeping, exterior maintenance, personal care, medical treatment, care planning and emotional or moral support (Sinha, 2013, cited Alberio, 2018a). The Institut de la Statistique du Québec (ISQ) notes:
- ... in 2012, among Quebecers aged 45 years or older, the number of people providing informal care reached 843,000 in a total population of 8.2 million. One in four individuals in this age group provided informal care (ISQ, 2013). Family caregivers are primarily – but not exclusively – women. More and more men are finding themselves in this situation and seem to face specific challenges, especially regarding social recognition of this role (Alberio, 2020: 94)².
- 8 Although families and individuals most often become caregivers so seniors can live in their own environment for as long as possible, these seniors must also have access to professional services and **appropriate care** – the fourth challenge. Home care, which is affected by major inequalities from one region to another, involves many actors, starting with families who, especially when they live near their aging relatives, make up for the deficiencies of a system still too focused on a medico-institutional approach (Alberio, 2020; Pagès, 2013; Argoud, 2007). Although home care creates plenty of jobs, many are underpaid and undervalued, causing workforce planning problems. Moreover, in a gradually aging population, informal networks have their limits (Ménard et LeBoudais, 2012); hence the need to implement appropriate support programs that promote development based on grassroots local initiatives while being supported by the state. Above all, it is vital to ensure greater socio-spatial equity among regions (Lord et Piché, 2018; Dufaux et Philifert, 2013).
- 9 However, home care is not the only issue subject to considerable challenges: **workforce planning** is the fifth challenge. The ratio of elderly dependents to the working population is increasing ever more broadly in our world (Dumont, 2020). In France, various reforms of the retirement systems (including postponing the legal retirement age from 60 to 62 for those born from 1955 onwards) have led to an increase in the average retirement age, which was 60.7 in 2004, rose to 61.38 in 2016 and has exceeded 62 years since 2018. However, due in part to the aging population, the dependency ratio has continued to increase. In 1962, there were three people between the ages of 20 and 59 in metropolitan France for every person 60 or older. By 2008, the figure had fallen below two and by January 1, 2021, it was 1.8. Looking at the 65-year marker, the evolution is similar: in 1962, 4.5 people aged 20 to 64 for every person aged 65 or older. In 2008, the ratio was 3.5, while it reached 2.6 by January 1, 2021. Current projections predict a continued decline in the ratio of the population aged 15 to 64 to the dependent elderly.
- 10 In Canada, the average retirement age changed relatively little between 1976 (64.9 years) and 2019 (64.3 years), but the ratio of younger to older workers continues to widen (Statistique Canada, 2020c). For example, in 1996 there were 2.7 workers aged 25 to 34 for every worker aged 55 or older; in 2018 the ratio was one (Statistique Canada, 2020d). Many other activities, both economic and non-economic, are subject to the same workforce planning constraints. Virtually all sectors of economic activity are affected by this situation: teaching, finance, real estate and rental services, business management, resource development, etc. (Duhamel, 2014) Yet, jobs that do not require a university education or that are in the health care field appear to be more affected. For example, in Canada, the ratio of workers aged 55 years or older who provide health care to the elderly, such as registered or psychiatric nurses, was one in five in 2016, compared to one in 10 in 1996 (Ouellet-Léveillé et Milan, 2019). Although the labour force participation rate of people aged 65 or older is trending upward, from 8.5 percent in 1976 to 15 percent in 2019, it would be surprising if this growth could offset the negative effects generated by the decline of young workers in the labour force (Statistique Canada, 2020c; Fields et al., 2017). The lack of planning – a source of concern for some – has serious consequences. These include deregulation of the labour market, deregulation of wages, and weakening of workplace security, which ultimately leads to heavier workloads and longer working lives (Ouellet et al., 2003; David, 1997). International migration partly offsets the decline in the labour force, particularly in Europe (Dumont, 2019). But this implies finding effective answers to integration issues, where Southern countries sometimes feel deprived of the essential human resources they would require to foster more global development. Furthermore, immigrants who settle permanently also age, which in the end does little to change the age distribution (Dumont, 2018a; Dubreuil et Marois, 2011).
- 11 The automation of certain activities, combined with difficulties in attracting young workers, also helps to accelerate the aging of the labour force. These issues are more specific to the agricultural sector, where the aging of the workforce is also attributable to the decrease in family farms, the increase in their size and a lack of interest in pursuing this profession. This results in rising farmer debt, as well as various psychological and social consequences (Handfield, 2011; Ouellet et al., 2003) and, particularly in France, a high suicide rate. The problem of workforce planning concerns not only employment and paid work, but also volunteer involvement. This has a decisive effect on the structuring and maintenance of regional social initiatives, including those concerned with aging. In both rural and urban areas, volunteer activities, despite their many benefits for the psychological and physical health of seniors (Prouteau et Wolff, 2007; Van Willigen, 2000), are also affected by the lack of planning. Aging and the resulting deterioration in health can have repercussions on community vitality or can lead to lost interest in volunteering, which was previously done mostly by seniors (Simard, 2020; Castonguay et al., 2015). The steady departure of some of the most active volunteers contributes to weakening of the social fabric, increasing the workload of individuals who invest their time and energy and, sometimes, calls into question the sustainability of relationships, especially those in rural areas. In many areas, disengagement, discouragement, exhaustion and fatigue are serious social handicaps that negatively affect the community fabric and local development (Simard, 2020; Batellier et Sauvé, 2011; Savard et al., 2003; Dugas, 1996). In compensation for the emergence of "the same people always get involved" syndrome, organizational initiatives and strategies often emerge from the communities concerned, reflecting the resilience of societal stakeholders and the strengthening of their capacities (Ploton et Cyrulnik, 2014). They take the form of recognition programs for senior volunteers, mentoring or sponsorship of new volunteers, initiatives and even policies to promote volunteerism and stimulate the solidarity economy (Blanchet, 2018; Attias-Donfut, 2013; Malet et Bazin, 2011; De Sario, 2008; Laville, 2001; Greengross, 1995).

Collaborative governance and progressive local development

- 12 In most Western countries, the monopoly of "national borders" is weak today compared to the past. Faced with the lack of capacity of national welfare states, a response from regions and local social defence systems seems to be a popular solution for many leaders to address emerging challenges, including those related to aging as described above. Therefore, as Alberio writes (2020: 95):
- Most of these social problems have a clear regional dimension and a strong local impact. Traditional arrangements are often inadequate and sometimes involve administrative and bureaucratic obstacles, rigid structures and private interest systems – elements that act as barriers to social change (Ranci, 2005). At the same time, we should not depend too much on the "local" or assume that local and regional policies can deal with any social problem. A multi-level articulation of national, regional and local interventions is therefore needed (Kazepov, 2010)³.

- 13 From a theoretical perspective, the topics addressed in this thematic issue are discussed in terms of strengthening the capacity for training, for collaborative governance and gradual local development (Simard, 2020). Capacity building refers to the "process by which individuals, organizations and societies acquire, enhance and maintain the skills required to set and achieve their own development goals" (Davis, 2008: 3). The model can be understood on two levels. At the individual level, it allows seniors, either by identifying their needs or their involvement in the community, to develop their abilities and thus become stakeholders in the development process. At the regional level, it calls on the ability of leaders to implement a strategic plan designed to improve the quality of life of the individuals who live there so as to ensure a more harmonious environment (Jean, 2012; Séguin, 2011; Leloup et al., 2005). By stimulating regional societal capital,

collective action, linked to individual capacities, contributes to regional dynamics that promote development (Dissart et al., 2013; Ndiaye, 2010). Social innovation, mutual aid, networking, resilience, consultation, partnership and social participation are all components of capacity building for stakeholders. As for collaborative governance, Ansell and Gash (2008: 544) define it as "a governance arrangement in which one or more public agencies directly engage(s) non-state stakeholders in a formal, consensus-oriented and deliberative collective decision-making process aimed at developing or implementing public policy or managing public programs or assets." Citizen participation – the cornerstone of its implementation – enables, within the framework of such a form of governance, improved decision-making, whose guiding principles are based on transparency of information, interaction, social justice, equal opportunities, mutual trust, commitment and understanding of the societal issues. The aim is to facilitate the achievement of a common goal between the parties involved within a project. (Cain et al., 2020; Ferreira et al., 2020; Provan et al., 2007). Lastly, the contributions in this issue also emphasize the role of progressive local development in improving the quality of life of seniors (Rochman et Tremblay, 2010). This type of development advocates a bottom-up approach based on solidarity, mutual aid and the autonomy of social agents who take innovative actions or put into effect new practices designed to enhance the social, economic and environmental resources of their environment (Tremblay et al., 2016). The unprecedented nature of these actions and practices means they can, in many cases, be considered social innovations, i.e. an "intervention initiated by social agents (an individual or a group of individuals) to respond to a need (social, cultural, regional) or an aspiration, to provide a solution, to take advantage of an opportunity for action in order to change social relations, to transform a framework of action, to propose new directions and to improve the quality and living conditions of a community" (Bouchard, 2011: 7)⁴. From this perspective "the concept of transformative social innovation can be understood as a process that leads to changes in institutions, among actors and their agency, and that profoundly influence routines, beliefs, power relations and/or resources" (Castro-Arce and Vanclay, 2020: 46, free translation) seem to us to be useful. As Fontan (2008) points out, "innovation cannot be viewed solely in terms of its usefulness or its purpose. It must also be viewed as constructing a use in which cooperation, negotiation, compromise and power relations come into play: thus, the social and political" (Fontan, 2008: 15)⁵. Indeed, there is no social innovation without collaboration between diverse stakeholders from diverse environments (Klein et al., 2019). Such collaboration helps to develop a better understanding of the issues and challenges facing seniors, to apply solutions and invest expertise and resources for successful change – a necessary step in social transformation and even regional development (Garon et al., 2014; Lévesque, 2005). Finally, three categories of social agents are favoured by the authors of the articles in this issue: the elderly, the regional stakeholders and the family.

Presenting this issue

All six articles revolve around the main issues we have just raised. Their common thread is to redefine the framework, conditions and standard of living (Alberio 2018b) that are related to quality of life (Simard, 2018). These articles also call attention to the restructured social ties between the elderly, the region, their families and society. They illustrate the essential role played by social relationships, and in particular the contribution of children and family caregivers, in preserving social contacts among the elderly, because it is well known that "the break-up of families and the estrangement of children and relatives contribute to the loss of social and intergenerational ties, contribute to the loss of autonomy and accelerate the effects of aging" (Chapon, 2013: 50)⁶.

The first two articles focus on the experiences and "resistance" strategies of aging people, while the other four take a more macrosocial view of the interventions of different protagonists and at different scales. In Quebec, as elsewhere in the Western world, the handover of the family farm raises a number issues due to factors related to demographics (declining birth rate, reduction in family size, emigration of young people, etc.), the high capital value of the business and young people’s waning interest in the farming profession. Lyson Marcoux and Maxime Hébert show that farmers remain involved in their businesses, although now withdrawn from them and despite the fact that these have been transferred or sold to their children or to third-parties. While such a practice conflicts with traditional retirement models, on one hand it demonstrates that resilience and entrepreneurial culture are strong values among the respondents to their surveys, and on the other hand that both of these phenomena contribute to building the capacity of rural people.

Using data from the 2011 General Social Survey conducted by Statistics Canada, Maude Pugliese, Anne-Marie Séguin and Paul Fortier examine strategies adopted by seniors to mitigate the effects of their economic difficulties. For example, seniors prefer to cut back their budget and use their savings rather than appealing to their families, negatively affecting their quality of life. And contrary to what we might have thought, turning to their families for help is less common among rural than urban seniors. These results reveal two seemingly opposite situations regarding the quality of life of seniors. Certainly, if it is empowerment, solidarity and mutual aid that reinforce the stability of relationships, while maintaining a social fabric sought for its beneficial organizational effects on the well-being of seniors, these three components remain ineffective in reducing the disparities. Therefore, real equality of opportunity, or at least successful local justice, requires much stronger interventions for the most disadvantaged in society, of which the larger proportion of older people remains a part.

In reviewing the initiatives put into place by third-level leaders and rigorously analyzing public policies in support of family caregivers deployed in France since the 1970s, Dominique Argoud shows how state intervention manifests through the "institutionalization of local actions." Despite changes advocated by the state in its medico-social approach to caregivers, this approach does not support grassroots initiatives; hence the need, according to the author, to devise a bottom-up and cross-functional strategy that is more focused on prevention and that would benefit from appropriate, but above all, sustainable funding. Such a multi-sectoral and collaborative form of governance plays a vital role in promoting active aging.

Sébastien Lord, Athanasios Boutas, Chiara Benetti and Paula Negron-Poblete analyze the impacts of aging from the perspective of land use planning. They reflect on three neighbourhoods in the city of Montreal. Although these neighbourhoods are all an integral part of the same city, they have very different characteristics in terms of mixed-use development, residential density and regional accessibility, which are the main parameters of their analysis. The socio-historical context, immigration and morphology of these neighbourhoods would explain the disparities observed there and that are likely to influence the methods of aging-in-place. A focus group of seniors living in these neighbourhoods corroborated the analysis data, confirming that proximity and accessibility to facilities and services are essential conditions for facilitating the home care of seniors. The authors argue that a minimum of services must be maintained at the local level and that transportation must be adapted to the realities and needs of seniors, in order for them to live within an environment that promotes active and healthy aging.

With nearly 1,000 municipalities participating in the Age-Friendly Cities initiative, Quebec is a global example for implementing this process. Two articles address the impacts of this initiative to promote aging-in-place. The first article by François Racicot-Lanoue, Nicolas Goudreault, Fanny Larocque-Tourangeau and Suzanne Garon deals with Local Exchange Trading Systems in age-friendly cities. The authors contend that coupling a Local Exchange Trading System (LETS) with the Age-Friendly Cities program can maximize its benefits. LETS – a veritable wellspring of social innovation – mitigates the effects of seniors’ social isolation; it also fosters citizen participation through the many initiatives it is expected to generate. It is therefore essential that the steering committees of the Age-Friendly Cities network and the coordinators of LETS work together to promote successful aging-in-place. The work of these four authors highlights the contribution of the solidarity economy as an area of intervention for improving the quality of life of seniors. They also emphasize the need for the various government bodies to not only adequately support the solidarity economy, but to also develop tools and mechanisms that will establish new partnerships between the various stakeholders working to improve the quality of life of seniors, thus maximizing the impacts of social innovations introduced by local leaders.

In a second article devoted to the roll-out of the Age-Friendly Cities program, Nicolas Goudrault, Suzanne Garon, Anne Veil and Nancy Lévesque show how consultation and partnership among various societal stakeholders are crucial to the success of this undertaking. Their analysis is based on the collaborative governance model. According to this model, the balance of power and resources, incentives for participation and past experiences of collaboration are all factors to consider in implementing a collaborative process. Based on a review of the literature, evidence and interviews with local stakeholders, the authors look at two key partners: elected municipal officials and the health and social services network. Responding to the needs of seniors requires cross-sectoral partnerships at all stages of the process. This article sheds new light on the contribution of networking, an essential ingredient in deploying collaborative governance and in building the capacities of various societal leaders. Such forms of partnership are also likely to create a synergy, favourable to the emergence of social innovations that are themselves conducive to more inclusive regional development.

21 What lessons can be learned from this issue? First, readers will benefit from articles rife with information about improving the quality of life of seniors: contributing to the capacity building of seniors, collaborative governance, progressive local development, social innovation, and so on. Second, readers can better gauge empowerment, partnership, consultation, participation and citizen mobilization, whose effects on capacity building "exceed the sum of their parts" (Schiffino et al., 2013: 130)⁷. Third, readers can also better understand the immeasurable role that family and community members play, particularly in relation to the social innovations they deploy to promote the well-being of seniors.

22 In an increasingly unequal society and given the many issues raised by an aging population, it is essential that the role of the government bodies not be limited to supporting local leaders in their efforts to improve the quality of life of seniors, but that they also be full-fledged partners in achieving this objective. As Defilippis (2007) points out, "only by transforming these relationships in ways that empower people and organizations within communities can community capacity building truly occur" (Defilippis, 2007: 259)⁸.

Bibliographie

Alberio, M. 2020. « Aider les aidants : quel espace pour l’innovation sociale dans le soutien aux proches aidants en région ? », *Organisations et Territoires*, vol. 29, no 2, p. 93-103.
DOI : 10.1522/revueot.v29n2.1153

Alberio, M. 2018a. « Supporting Carers in a Remote Region of Quebec, Canada: How Much Space for Social Innovation? », dans *International Journal of care and caring*, vol. 2, no 2, p. 197-214.

Alberio, M. 2018b. « *La conciliation emploi-famille-soins : quel soutien des entreprises et de la communauté pour les travailleurs proches aidants d’âinés au Bas-Saint-Laurent ?*, Chicoutimi, Éditions du GRIR.

Ansell, C., et A Gash. 2008. « Collaborative Governance in Theory and Practice », *Journal of Public Administration Research and Theory*, vol. 18, no 4, p. 543 – 71.
DOI : 10.1093/jopart/mum032

Argoud, D. 2007. « La décentralisation de la politique vieillesse. Vers une accentuation des inégalités ? », *Gérontologie et société*, no 123, p. 201-212.

Attias-Donfut, C. 2013. « Actions intergénérationnelles et développement durable en milieu rural », *Gérontologie et société*, no 146, p. 117-129.
DOI : 10.3917/gs.146.0117

Averill, J. B. 2005. « Studies of Rural Elderly Individuals: Merging Critical Ethnography with Community-Based Action Research », *Journal of Gerontological Nursing*, vol. 31, no 12, p. 11-18.
DOI : 10.3928/0098-9134-20051201-05

Batellier, P., et Sauvé, L. 2011. « La mobilisation des citoyens autour du gaz de schiste au Québec : les leçons à tirer », *Gestion*, vol. 36, no 2, p. 49-58.
DOI : 10.3917/riges.362.0049

Blanchet, M. 2018. « Gérontocroissance et territoires. Quel potentiel pour la silver économie ? », *Population & Avenir*, no 739, p. 4-7.
DOI : 10.3917/popav.739.0004

Blanchet, M. 2020. « Les personnes âgées en France : où et dans quel logement vivent-elles ? », *Population & Avenir*, no 747, p. 4-7.
DOI : 10.3917/popav.747.0004

Blanchet, M. 2013. « Le vieillissement des campagnes : éléments d’introduction démographique et géographique », *Gérontologie et société*, no 146, p. 21-38.
DOI : 10.3917/gs.146.0021

Bouchard, M. J. (dir.). 2011. *L’économie sociale : vecteur d’innovation. L’expérience du Québec*. Coll. « Innovation sociale ». Québec, Presses de l’Université du Québec.
DOI : 10.2307/j.ctv18pgn2c

Bouchard, L., M. Batal, P. Imbeault, G. Sedigh, E. Silva, et E. Sucha. 2015. « Précarité des populations francophones âgées en situation minoritaire linguistique », *Minorités linguistiques et société*, no 6, p. 66-81.

Breton, D., et F. Temporal. 2019. « Décroissance démographique et vieillissement : une exception des Antilles françaises dans l’espace Caraïbes ? », *Études caribéennes*, no 43-44, 22 p.
DOI : 10.4000/etudescaribeennes.16864

Butler, S. et L. W. Kaye. 2003. « Rurality, Aging and Social Work: Setting the Context », *Journal of Gerontological Social Work*, vol. 41, no 1-2, p. 3-18.

Cain, B.E., E.R. Gerber, et I. Hui. 2020. « Public Perceptions of Collaborative Governance in Transportation Policy », *Political Research Quarterly*, p. 1-14.
DOI : 10.1177/1065912920943954

Caradec, V., A. Chamahian, P. Marier, et A.-M. Séguin. 2017. « Introduction : les territoires du vieillissement », *Lien social et Politiques*, no 79, p. 4-16.

Castonguay, J., M. Beaulieu, et A. Sévigny. 2015. « Bébé-boumeurs bénévoles ? Les freins et les leviers de leur engagement », *Retraite et société*, no 71, p. 127-146.

Castro-Arce, K, et F. Vanclay. 2020. « Transformative Social Innovation for Sustainable Rural Development: An Analytical Framework to Assist Community-Based Initiatives », *Journal of Rural Studies*, no 74, p. 45-54.
DOI : 10.1016/j.jrurstud.2019.11.010

Chapon, P-M. 2013. *Bâtir une ville pour tous les âges*, Paris, La Documentation française.

Clavet, N-J., J.-Y. Duclos, B. Fortin, et S. Marchand. 2012. « Les enjeux des changements démographiques au Québec, 2004-2030 : une analyse de microsimulation », dans *Le vieillissement démographique : de nombreux enjeux à déchiffrer*, sous la dir. de S. Rheault et J. Poirier, Québec, Institut de la statistique du Québec, p. 15-29.

David, H. 1997. « Le vieillissement au travail et en emplî : bilan synthèse des travaux récents », *Lien social et Politiques*, no 38, p. 51-61.

Davis, C. A. 2008. *Le renforcement des capacités : l’habilitation des gens et des institutions. Rapport annuel*, New York, Programme des Nations unies sur le développement.

Defilippis, J. 2007. « Les dilemmes du renforcement des capacités communautaires : à la recherche d’un pouvoir communautaire dans une économie mondialisée », *Revue internationale des sciences sociales*, no 192, p. 249-261.
DOI : 10.3917/riss.192.0249

De Sario, B. 2008. « The Elderly as a Resource: Community Associations and Civic Participation of Older People in Italy », *L’âge et le pouvoir en question. Vieillir et décider dans la cité. Actes du 2^e colloque international du REIACTIS*, Rouen, Université de Rouen, p. 368-378.

Dissart, J.-C., B. Lallau, et F. Loubet. 2013. « Développer les capacités territoriales », dans *Vers l’égalité des territoires. Dynamiques, mesures, politiques*, sous la dir. de É. Laurent, Coll. des rapports officiels, Paris, La Documentation française, p. 339-351.

Dubreuil, B. et G. Marois. 2011. *Le remède imaginaire : pourquoi l’immigration ne sauvera pas le Québec ?*, Montréal, Éditions du Boréal.

Dufaux, F. et P. Philifert (dir.). 2013. *Justice spatiale et politiques territoriales*, Paris, Presses universitaires de Paris Ouest.

Dugas, C. 1996. *L’espace rural canadien*, Sainte-Foy, Presses de l’Université du Québec.

Duhamel, Pierre. 2014. « Faut-il s’inquiéter du manque de relève entrepreneuriale », dans *L’Actualité*. DIO : <https://lactualite.com/lactualite-affaires/faut-il-sinquieter-du-manque-de-releve-entrepreneuriale/> (consulté le 21 décembre 2020)

Dumont, G.-F. 2020. « Les retraites en Europe : quelles perspectives ? », *Les analyses de Population & Avenir*, no 25, p. 1-12.

Dumont, G.-F. 2019. « L’immigration en Europe. Quelle évolution démographique ? Quelles dynamiques géographiques ? Quels facteurs géopolitiques ? », *Les analyses de Population & Avenir*, no 5, p. 1-21.

Dumont, G.-F. 2018a. *Géographie des populations. Concepts, dynamiques, prospectives*, Paris, Armand Colin.

Dumont, G.-F. 2018b. « Le vieillissement dans le monde : conséquences géopolitiques », *Vengerardia Dossiers*, no 69, p. 123-127.

Dumont, G.-F. 2016b. « Vieillissement de la population : quatre types de dynamique territoriale », *Revue politique et parlementaire*, no 81, p. 51-59.

Dumont, G.-F. 2010. « La géographie des territoires gérontologiques », *Gérontologie et société*, no 132, p. 47-62.
DOI : 10.3917/gs.132.0047

Dumont, G.-F. 2016a. « Vieillissement de la population et géopolitique », *Politique étrangère (IFRI)*, no 2, p. 157-170.
DOI : 10.3917/pe.162.0157

Dumont, G.-F. 2008. *Populations et territoires de France en 2030. Le scénario d’un futur choisi*, Paris, L’Harmattan.

Dumont-G.-F (dir.). 2006. *Les territoires face au vieillissement en France et en Europe. Géographie, Politique, Prospective*, Coll. « Carrefours Les Dossiers », Paris, Ellipse.

Ennuyer, B. 2014. *Repenser le maintien à domicile. Enjeux, acteurs, organisation*, Paris, Dunod.

Fields, A, S. Uppal, et S. Larochelle-Côté. 2017. « L'incidence du vieillissement de la population sur les taux d'activité du marché du travail », *Regards sur la population canadienne*. Ottawa, Statistique Canada.

Fédération des aînées et aînés francophones du Canada. 2019. *Profil statistique 2016 des personnes âgées francophones au Canada*. https://savoir-sante.ca/fr/content_page/download/359/555/21?method=view

Ferreira, A. J. Igreja, et A. Miranda. 2020. « Collaborative Governance in Portugal ? A Critical Perspective Based on an Empirical Survey », *Revista Portuguesa de Estudos Regionais*, no 55, p. 1-19.

Fong, F. 2018. *Le travail précaire au Canada : qui sont les personnes réellement à risque ?* Toronto, Comptables professionnels agréés du Canada

Fontan, J-M. 2008. « Développement territorial et innovation sociale : l'apport polanyien », *Revue Interventions économiques*, no 38, s.p.

Fréchet, G. 2012. « Un portrait équivoque : la pauvreté chez les personnes âgées au Québec », dans *Le vieillissement démographique : de nombreux enjeux à déchiffrer*, sous la dir. de S. Rheault et J. Poirier, Québec, Institut de la statistique du Québec, p. 114-127.

Gould, O ; Dupuis-Blanchard, S., Villalon, L, S. Éthier, et M. Simard. 2015. « Hoping for the Best or Planning for the Future: Decision-Making and Future Care Needs », *Journal of Applied Gerontology*, vol. 34, no 5, p. 1-18.

DOI : 10.1177/0733464815591213

Garon, S., M. Paris, M. Beaulieu, et A. Laliberté. 2014. « Collaborative Partnership in Age-Friendly Cities: Two Case Studies from Quebec, Canada », *Journal of Aging & Social Policy*, vol. 26, no 1-2, p. 73-87.

DOI : 10.1080/08959420.2014.854583

Greengross, S. 1995. « Conclusion of the Working Group on the Empowerment of Older Persons », dans *Empowering Older People. An International Approach*, sous la dir. de D. Thursz; C. Nusberg, et J. Prather, Westport, Praeger, p. 203-207.

Gucher, C. 2014. « Vieillissement dans les espaces ruraux en France et « effets milieu : enjeux humains et territoriaux des mutations démographiques », *Cahiers québécois de démographie*, vol. 43, no 1, p. 103-132.

Gucher, C (dir.). 2012. *La gérontologie sociale. Héritages et réflexions contemporaines*. Coll. « La gérontologie en actes ». Paris, L'Harmattan.

Hall, M. 2004. « Workshop on Social Isolation and Seniors », Report on the FPT Expert Consultation. Winnipeg, Department of Community Health Sciences, University of Manitoba.

Handfield, M. 2011. *Étude des facteurs culturels et sociaux dans l'abandon du processus de succession au sein des entreprises agricoles familiales : analyse des logiques et des stratégies des partenaires à partir de la perspective des prédécesseurs familiaux*, Thèse de doctorat, Université du Québec à Rimouski.

Havens, B., M. Hall, G. Sylvestre, et T. Jivan. 2004. « Social Isolation and loneliness: Differences between Older Rural and Urban Manitobans », *Canadian Journal on Aging*, vol. 23, no 2, p. 129-140.

DOI : 10.1353/cja.2004.0022

Hodge, G. 2008. *The Geography of Aging ; Preparing Communities for the Surge in Seniors*, Montreal, McGill-Queen's University Press.

Isaacson, M., A. Tripathi, T. Samanta, L. D'ambrosio, et J. Coughlin. 2020. « Giving Voice to the Environment as the Silent Partner in Aging: Examining the Moderating Roles of Gender and Family Structure in Older Adult Wellbeing », *International Journal of Environmental Research and Public Health*, vol. 17, no 12, 18 p.

DOI : 10.3390/ijerph17124373

Jean, B. 2012. « Les territoires ruraux au Québec : vers un modèle de développement territorial durable », *Revue d'économie régionale et urbaine*, no 4, p. 649-671.

DOI : 10.3917/reru.124.0649

Jean, B. 2003. « Réussir le développement des communautés rurales : dix conditions gagnantes », *Revue Organisations et Territoires*, vol. 12, no 2, p. 19-30.

DOI : 10.1522/revueot.v12n2.738

Keating, N., J. Eales, et J.E. Phillips. 2013. « Age-Friendly Rural Communities. Conceptualizing "best-fit", *Revue canadienne du vieillissement*, vol. 32, no 4, p. 319-332.

DOI : 10.1017/S0714980813000408

Klein, J-L, J. L. Boucher, A. Camus, C. Champagne, et Y. Noiseux (dir.). 2019. *Trajectoires d'innovation. Des émergences à la reconnaissance*, Québec, Presses de l'Université du Québec, Coll. « Innovation sociale » 387 p.

Koff, T. H. 1992. « Aging in Place : Rural Issues », *Generations*, vol. 16, no 2, p. 53-55.

Laville, J.-L. 2001. « Vers une économie sociale et solidaire ? », *Revue internationale de l'économie sociale - RECMA*, vol. 80, no 281, p. 39-53.

DOI : 10.7202/1024020ar

Leloup, F, L. Moyart, et B. Pecqueur. 2005. « La gouvernance territoriale comme nouveau mode de coordination territoriale ? », *Géographie, économie, société*, vol. 7, no 4, p. 321-332.

DOI : 10.3166/ges.7.321-331

Lévesque, B. 2005. *Innovations et transformations sociales dans le développement économique et le développement social : aspects théoriques et politiques publiques.*, Coll. « Les Cahiers du CRISES », Montréal, Université du Québec à Montréal.

Lord, S. 2011. « Le choix de vieillir à domicile : l'inévitable adaptation des modes de vie », *Retraite et Société*, no 60, p. 197-213.

Lord, S., P. Negron-Poblète, et M. Després. 2017. « Vieillir chez soi dans la diversité des formes urbaines et rurales du Québec, Canada », *Retraite et société*, no 76, p. 43-66.

DOI : 10.3917/rs1.076.0043

Lord, S. et D. Piché. 2018. « Un enjeu structurant pour nos milieux de vie », dans *Vieillissement et aménagement. Perspectives plurielles*, sous la dir. de S. Lord, et D. Piché, Montréal, Presses de l'Université de Montréal, Coll. « Paramètres », p. 9-22.

Malet, J., et C. Bazin. 2011. « Donner du temps pour les autres, mais aussi pour soi ? », *Gérontologie et société*, no 138, p. 165-180.

DOI : 10.3917/gs.138.0165

Mallon, Isabelle. 2013. « Vieillir en milieu rural isolé : une analyse à prisme des sociabilités », *Gérontologie et société*, no 146, p. 73-88.

DOI : 10.3917/gs.146.0073

Ménard, F.-P., et C. Le Bourdais. 2012. « Impact de la diversification des trajectoires familiales sur les échanges intergénérationnels », dans *Le vieillissement démographique : de nombreux enjeux à déchiffrer*, sous la dir. de S. Rheault et J. Poirier, Québec, Institut de la statistique du Québec, p. 131-145.

Ndiaye, A. 2010. « Économie solidaire et démocratie participative locale », dans *Économie sociale et solidaire. Nouvelles trajectoires d'innovations*, sous la dir. de S. Boutiller et S. Allemand, Paris, L'Harmattan, Coll. « Marché et Organisations », p. 73-92.

DOI : 10.3917/maorg.011.0073

Organisation de Coopération et de Développement Économiques. 2008. *Croissance et inégalités. Distribution des revenus et pauvreté dans les pays de l'OCDE*. Paris, Éditions de l'OCDE, 341 p.

Organisation Mondiale de la Santé. 2007. *Guide mondial des villes-amies des aînés. Vieillissement et qualité de vie, santé familiale et communautaire*. https://www.who.int/ageing/publications/Guide_mondial_des_villes_amies_des_aines.pdf

Organisation Mondiale de la Santé. 2002. *Vieillir en restant actif : centre d'orientation*. https://apps.who.int/iris/bitstream/handle/10665/67758/WHO_NMH_NPH_02.8_fre.pdf?sequence=1

Ouellet, É., J. Tondreau, D. Parent, et J.-P. Perrier. 2003. « La transmission de la ferme québécoise d'une génération à l'autre : au-delà des considérations économiques, une question d'échanges, d'intégration aux tâches et de délégation de personnes », *Recherches sociographiques*, vol. 44, no 1, p. 141-164.

Ouellet-Léveillé, B. et A. Milan. 2019. « Résultats du Recensement de 2016. Les professions comptant des travailleurs âgés », *Regards sur la société canadienne, juillet*, Statistique Canada. <https://www150.statcan.gc.ca/n1/pub/75-006-x/2019001/article/00011/citation-fra.htm>

Pagès, A. 2013. « Des figures de pauvreté aux formes d'accompagnement de vieillir en milieu agricole et rural », *Gérontologie et société*, no 146, p. 57-72.

DOI : 10.3917/gs.146.0057

Petitot, C., J. Beard, A. Kalache, L. Plouffe, J. Cox, S. Powell, et A.-M. Tahrat. 2010. « Vers des environnements-amis des aînés », *Gérontologie et Société*, no 132, p. 229-242.

DOI : 10.3917/gs.132.0229

Ploton, L. et B. Cyrulnik. 2014. *Résilience et personnes âgées*, Paris, Odile Jacob, Coll. « Psychologie ».

Prouteau, L. et F.-C. Wolff. 2007. « La participation associative et le bénévolat des seniors », *Retraite et Société*, no 50, p. 157-189.

Provan, K. G., A. Fish, et J. Sydow. 2007. « Interorganizational Networks at the Network Level: A Review of the Empirical Literature on Whole Networks », *Journal of Management*, vol. 33 no 3, p. 479-516.

DOI : 10.1177/0149206307302554

Rican, S. É. Jougla, Z. Vaillant, et G. Salem. 2013. « Les inégalités territoriales de santé », dans *Vers l'égalité des territoires. Dynamiques, mesures, politiques*, sous la dir. de É. Laurent, Paris, La Documentation française, Coll. « des rapports officiels », p. 113-129.

Riesman, D. 1964. *La foule solitaire. Anatomie de la société moderne*, Paris, Arthaud.

Rochman, J. et D.-G. Tremblay. 2010. *Le soutien à la participation sociale des aînés et le programme « ville amie des aînés » au Québec*, Note de recherches no 2010-5, Montréal, Université de Montréal.

Saillant, R. 2016. *Deux pays. Le Canada à l'ère du grand déséquilibre démographique*. Halifax, Nimbus Publishing.

Savard, S. G. Chiasson, et T. Lachapelle. 2003. *Exclusion et citoyenneté des jeunes en milieu rural. Quelle place pour les jeunes de la ruralité québécoise ?*, Gatineau, Centre d'étude et de recherche en intervention sociale, Série « Recherches »

Séguin, A.-M. 2012. « Le réaménagement des villes pour nos aînés. Une opportunité à saisir », dans *Vieillessement et enjeux d'aménagement. Regards à différentes échelles*, sous la dir. de P. Negron-Poblète et A.-M. Séguin, Québec, Presses de l'Université du Québec, p. 213-218.

Séguin, A.-M. 2011. « Le rôle des municipalités dans le soutien à une population vieillissante : vers une reconfiguration du système de soutien aux aînés », *Diversité urbaine*, vol. 11, no 1, p. 39-58. DOI : 10.7202/1007743ar

Schiffino, N. F.Garon, et F. Cantelli. 2013. « Visages de la participation et capacités critiques des citoyens », *Politique et Sociétés*, vol. 32, no 1, p. 129-142. DOI : 10.7202/1018724ar

Simard, M. 2020. *La contribution du modèle de renforcement des capacités et de la gérontologie environnementale à l'amélioration de la qualité de vie des aînés en situation minoritaire francophone : études de cas en milieu rural fragile*, Moncton, Université de Moncton.

Simard, M. 2010. « La géographie du vieillissement au Canada », *Population & Avenir*, no 699, p. 14-16. DOI : 10.3917/popav.699.0014

Simard, M. 2018. *Le JAL : un demi-siècle de luttes et de débats. Bilan et perspectives nouvelles d'une expérience de développement communautaire en milieu rural fragile*, Rimouski, Éditions du GRIDEQ.

Simard, M. 2006. *Le vieillissement de la population au Québec : synthèse des connaissances. Enjeux et défis pour l'espace rural québécois*, Rapport no 4, Rimouski, Chaire de recherche du Canada en développement rural. Étude commanditée par le Fonds de recherche sur la société et la culture, 117 p.

Simard, M. 2005. *Les services de proximité en milieu rural québécois : synthèse des connaissances*. Rapport no 1. Rimouski, Chaire de recherche du Canada en développement rural.

Simard, M. 2015. « Quelques jalons en vue de l'élaboration d'une politique territoriale du vieillissement au Nouveau-Brunswick », *Vie et vieillissement*, vol. 12, no 3, p. 33-41.

Simard, M et L. Bouchard. 2020. « Inégalités sociales et enjeux liés à la santé des aînés francophones en situation minoritaire : le cas de l'Atlantique et de l'Acadie des Maritimes », *Revue Organisations et territoires*, vol. 29, no 3 p. 101-115.

Statistique Canada. 2019. « Enquête canadienne sur le revenu 2017 », *Le Quotidien* DIO. https://www150.statcan.gc.ca/n1/daily-quotidien/190226/dq190226b-fra.htm

Statistique Canada. 2020a. *Tableau 11-10-0239-01. Revenu des particuliers selon le groupe d'âge, le sexe et la source de revenu, Canada, provinces et certaines régions métropolitaines de recensement*. https://doi.org/10.25318/1110023901-fra DOI : 10.25318/1110023901-fra

Statistique Canada. 2020b. *Recensement de la population de 2016*. https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/dt-td/Rp-fra.cfm?TABID=2&LANG=F&APATH=3&DETAIL=0&DIM=0&FL=A&FREE=0&GC=0&GID=1235656&GK=0&GRP=1&PID=110245&PRID=10&PTYPE=109445&S=0&SHOWALL=0&SUB=999&Temp

Statistique Canada. 2020c. *Caractéristiques de la population active selon le sexe et le groupe d'âge détaillé, données non mensuelles, non désaisonnalisées*, tableau 14-10-0017-01. https://www150.statcan.gc.ca/t1/tbl1/fr/tv.action?pid=1410001701&pickMembers%5B0%5D=1.1&pickMembers%5B1%5D=2.9&cubeTimeFrame.startMonth=12&cubeTimeFrame.startYear=1976&cubeTimeFrame.endMonth=12&cubeTimeFrame

Statistique Canada. 2020d. Tableau 14-10-0060-01. Âge de la retraite selon la catégorie de travailleur, données annuelles. https://doi.org/10.25318/1410006001-fra DOI : 10.25318/1410006001-fra

Statistique Canada. 2018. *Le revenu des personnes âgées de 1976 à 2014 : quatre décennies, deux tendances*, https://www150.statcan.gc.ca/n1/pub/11-630-x/11-630-x2016008-fra.htm

Tremblay, D.-G. 2017. *L'éclatement de l'emploi*, 2^e édition, Québec, Presses de l'Université du Québec.

Tremblay, D-G. J.-L. Klein, et J.-M. Fontan. 2016. *Initiatives locales et développement socioterritorial*, 2e édition. Québec, Presses de l'Université du Québec.

Van Willigen, M. 2000. « Differential Benefits of Volunteering Across the Life Course », *The Journals of Gerontology*, Series B, Psychological Sciences and social Sciences, vol. 55, no 5, p. S308-S318. DOI : 10.1093/geronb/55.5.S308

Notes

1 Aging up refers to the increase in the proportion of the total population aged 65 or older over a given time interval, while aging down refers to the decrease in the proportion of the total population aged 0-14 over a given time interval.

2 Quotation translated by Valentina Baslyk

3 Quotation translated by Valentina Baslyk

4 Quotation translated by Valentina Baslyk

5 Quotation translated by Valentina Baslyk

6 Quotation translated by Valentina Baslyk

7 Quotation translated by Valentina Baslyk

8 Quotation translated by Valentina Baslyk

Pour citer cet article

Référence électronique

Majella Simard, Marco Alberio et Gérard-François Dumont, « Building Capacity and Community to Improve the Quality of Life of Seniors: In Defiance of Aging », *Enfances Familles Générations* [En ligne], 36 | 2020, mis en ligne le 18 décembre 2020, consulté le 18 mai 2021. URL : http://journals.openedition.org/efg/11008

Auteurs

Majella Simard

Professor of Geography, Université de Moncton, majella.simard@umoncton.ca

Marco Alberio

Professor of Social and Territorial Development, Université du Québec à Rimouski (Lévis), Canada Research Chair in Social Innovation and Territorial Development, Professor of Sociology at Alma Mater, University of Bologna, marco_alberio@uqar.ca

Gérard-François Dumont

Professor of Geography and Demography, Université Paris-Sorbonne, gerard-francois.dumont@wanadoo.fr

Valentina Baslyk

Droits d’auteur



Enfances Familles Générations est mise à disposition selon les termes de la Licence Creative Commons Attribution - Pas d'Utilisation Commerciale - Pas de Modification 4.0 International.