

*Does health have a price in
agriculture?*

by

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Au Cœur des Farm families

Why 'Au Cœur des Familles Agricoles'?

- Concerns of farm families
- Concerns about their future
- Concerns about their indebtedness
- Concerns about their work which is becoming more demanding
- Concerns about the survivability of their business

ACFA is a free service

- Personalized psychosocial support:
 - Individual, family meetings
 - Telephone line
 - Mediation, mourning, emotional problems
 - Simply to chat
- Conferences
- Group leadership
- Training in helping relations
- Help and resources

What prevents farmers
from sleeping?

Generational conflicts:

- ◆ The father:
 - ◆ Principal associate
 - ◆ Traditional values (between those of his father and of the next generation)
 - ◆ Everything for the business

Generational conflicts:

- ◆ The mother:
 - ◆ Must take on a multifunctional role
 - ◆ Spends an enormous amount of energy balancing work and family
 - ◆ Has generally 20% of the shares
 - ◆ Great at managing emotions

Generational conflicts:

- ◆ The children:
 - ◆ Age difference (brothers and sisters)
 - ◆ Different aspirations for the future
 - ◆ Mandatory tasks from a young age

◆ Sources of conflict:

- ◆ Control
- ◆ Conflict between the knowledge of the next generation and the practical experience of the father
- ◆ Obligation to work as a volunteer or at a lower rate of pay
- ◆ Negative perception of tasks related to the farm, from childhood
- ◆ Cohabitation and/or promiscuity of extended families
- ◆ Farm transfer

In the field:

- ◆ Difficulty combining family life and business management
- ◆ Farm transferred between generations (with history)
- ◆ Seasons, uncertain weather
- ◆ Scarcity of labour
- ◆ Precarious financial situation
- ◆ Generational relationships
- ◆ Verbal, mental, and physical abuse
- ◆ Lack of communication

In the field:

- ◆ Performance and efficiency
- ◆ Climatic conditions (open-air plant), animal diseases, broken machinery, input costs...
- ◆ Environmental pressures
- ◆ Lack of social recognition and value

There is no greater frustration for a producer, to admit his own inability to face the tasks that must be performed.

Argent

Partage

Sharing

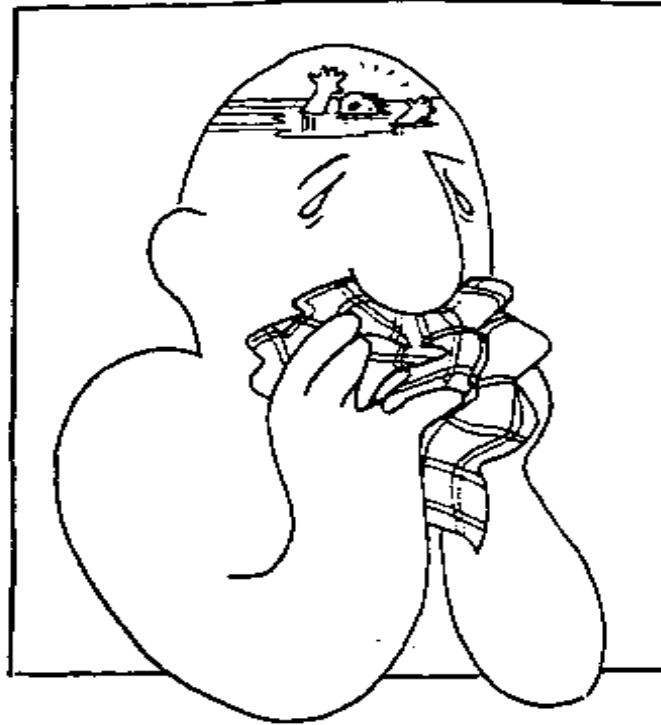
Money

Transfer

Transfert

Retraite

Retirement



Confidence

Confiance

"If I listened to my sinusitis or my sore throat, I would hear...my fears and especially all the silence surrounding my fears."

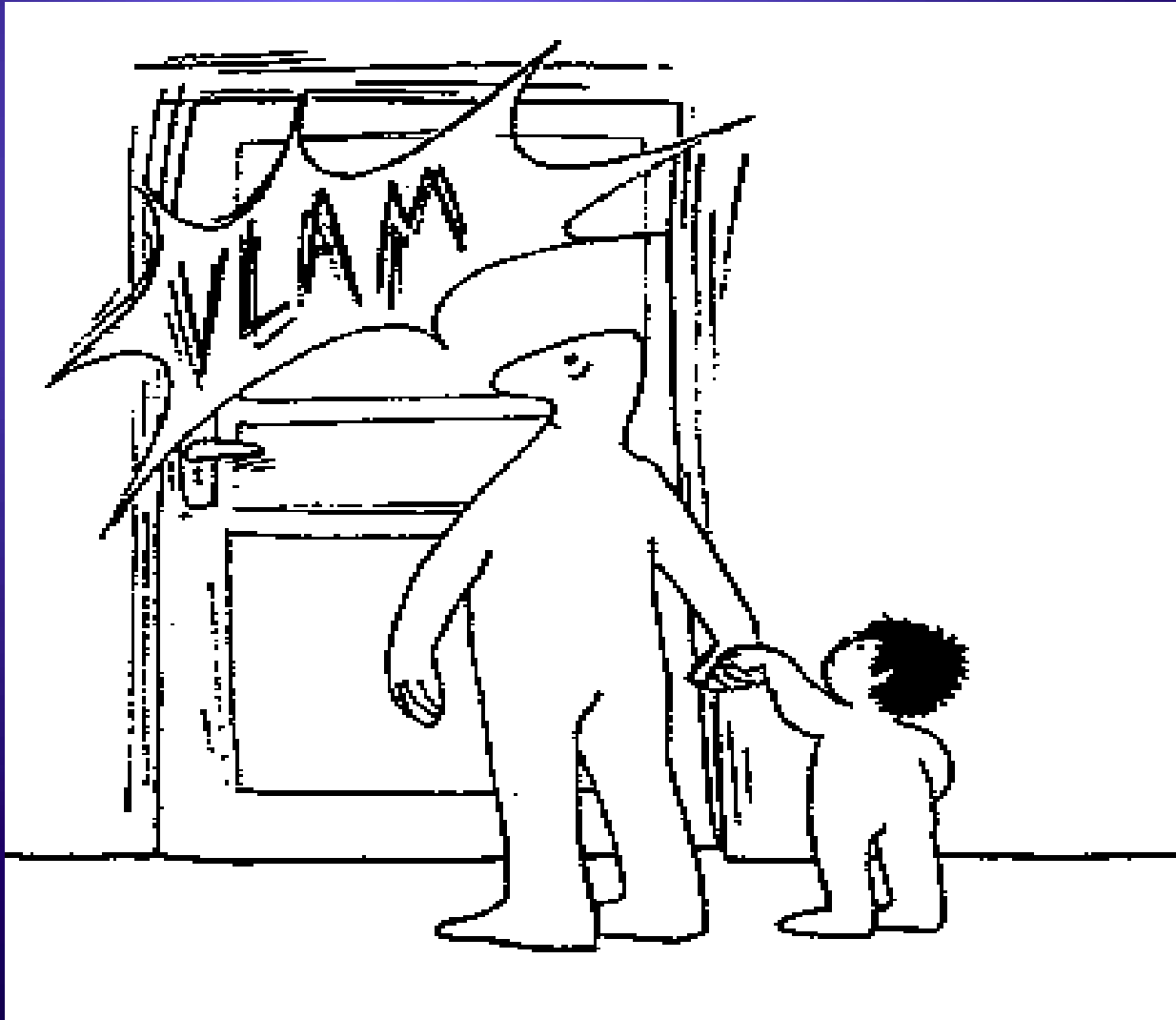
Power

Pouvoir



Is stress on the rise?

What are we cultivating?



* For a male farmer...

- ❖ Looks for a quick and effective relieving of the problem
- ❖ The farming people around him are important
- ❖ Proud of his business
- ❖ His reading time is agricultural
- ❖ Day surgery = one day
- ❖ Taking medication is useless

* For a female farmer...

- ❖ Consults more easily
- ❖ Does the books and wears several hats
- ❖ Children follow the mother's pace
- ❖ Work is assimilated with difficulty depending on its origin
- ❖ Her work on the farm is rarely accounted for
- ❖ Owns a small share or no share at all of the business
- ❖ Great manager of emotions

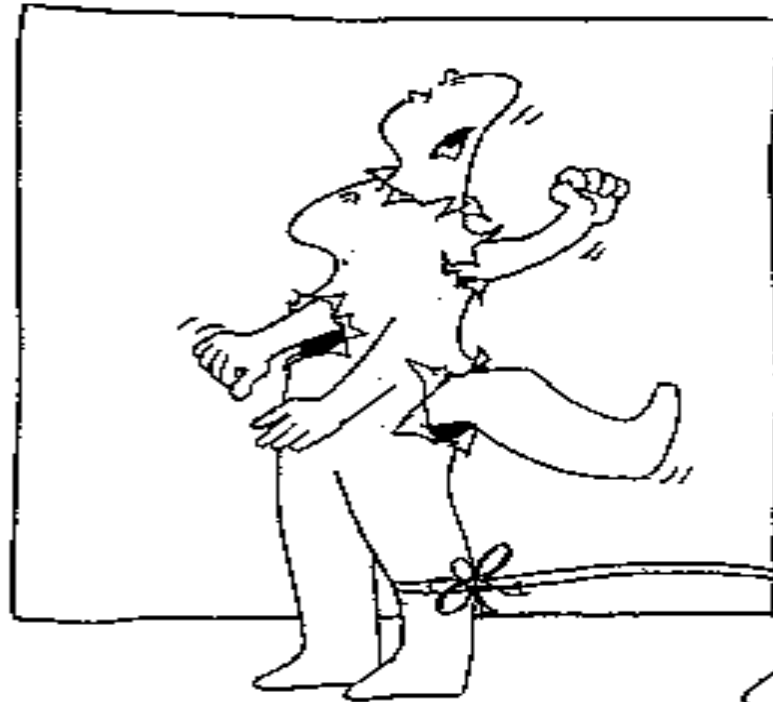
* For a female farmer...

- ❖ Does not divorce much (establishes her children on the farm)
- ❖ Difficult to adjust her needs to those of child care services
- ❖ Does not participate much in agricultural outings
- ❖ It is not a rarity to have 4 or more children
- ❖ She shares her life with her in-laws
- ❖ She is a great mediator

★ For the next generation...

- ❖ Difficulty in getting established
- ❖ Difficulty in finding a soul mate
- ❖ Difficulty in working in co-management
- ❖ Low salary
- ❖ Not valued in its work
- ❖ Is looking for an acceptable quality of life
- ❖ Stress management difficult with respect to authority, responsibilities, the length of time it takes to get established

Who is guilty?



"All this really upsets me!"

Fears,
Anxiety,
Stress!

Six Needs of a Human Being

- 1.- Certainty
- 2.- Uncertainty
- 3.- Feeling useful
- 4.- Continuing to learn
- 5.- Feeling important and respected
- 6.- Feeling loved

Strategies

The best strategy to help someone is to understand them without wanting to change them

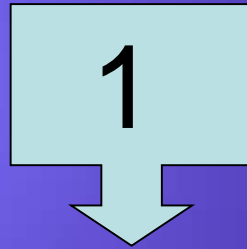
- Knowing how to listen
- Knowing how to look
- Knowing how to adapt to changes
- Knowing how to be proactive

***** A simple gesture is enough *****

Strategies

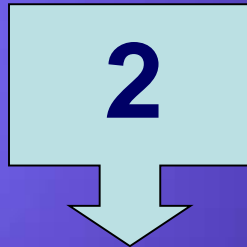
The “Rank-and-file” worker

Strategies



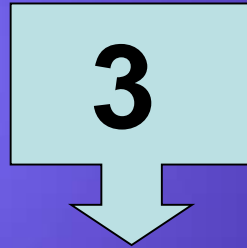
**Identify and support farm people
and their families according to
the identified needs**

Strategies



**Strengthen the mutual aid and
social support networks in
agriculture**

Strategies



**Make projects come to the fore
that unify WITH the agricultural
community**

5 STRATEGIES

- 1. Improve access to services and the detection of problems**
- 2. Ensure a continual and individualized follow-up**
- 3. Change certain behaviours and encourage the acquisition of new skills**
- 4. Make individuals and communities responsible**
- 5. Mobilize local resources**

Important!!!

- Do not let the problems overcome you
- Be encouraging to change someone's outlook
- Do not try to change the person
- Walking his land is understanding his life
- Value what he has and not what he doesn't
- Make a list of what is working well
- Make comparison in the space of time
- Consult...a resource

+ support + solidarity + harmony

+ sense of initiative + creativity

+ feeling great

=

Less departures - Less isolation

Less insecurity - Less uncertainty

Less distress - Less suicides

Better quality of life



Guide to good-neighbourliness



Agricultural respite house

**WE MUST TAKE ACTION
NOW!**

Thank you



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