

**TRIENNIAL PLAN OF SOCIAL, HEALTH AND ACTIVE AGEING ACTIONS FOR THE SENIORS CITIZENS OF VILA NOVA DE FOZ CÔA**

<b>Main Goals</b>	<b>Projects</b>	<b>Description</b>	<b>Partnerships</b>
<i>Life Conditions: support and promote measures to support families, particularly to seniors</i>	<i>Maintenance of the Municipal Senior Card</i>	<i>The senior residents in the county benefit from several discounts on many cultural activities, use of sports facilities, shopping in traditional shops, ...</i>	<i>V. N. Foz Côa City Hall, Parish Councils, Solidarity Entities Private Entities</i>
	<i>Maintenance of the Social Support Centre</i>	<i>This project gives response to the immediate needs of all families, mainly seniors, by providing food, nonperishable goods, textiles and clothing donations, free of charge.</i>	<i>V.N. Foz Côa City Hall, Parish Councils, Solidarity Entities, Social Security Institute, I.P, Homes and Day Centres of the Solidarity Network</i>
	<i>Implementation of a Tele-Assistance Service</i>	<i>Implementation of a Tele - Assistance in Foz Côa county, mainly for aged people living alone and lacking of family support</i>	<i>V.N. Foz Côa City Hall Parish Councils Portuguese Red Cross</i>
	<i>Implementation of the Small Repairs Home Service</i>	<i>Support seniors in repairing minor domestic damage, free of charge.</i>	<i>V.N. Foz Côa City Hall</i>
<i>Safety: Ensure the maintenance of a safer city for seniors</i>	<i>Security National Forces</i>	<i>Awareness raising, so that seniors adopt safety measures in their area of residence and his own personal defense, in articulation with Republican National Guard</i>	<i>V.N. Foz Côa City Hall National Security Forces</i>
	<i>Support 65 - Elderly Safety</i>	<i>Project of the Republican National Guard that aims to do a Senior Census of all the elderly who live alone or isolated.</i>	<i>Republican National Guard V.N. Foz Côa City Hall</i>
<i>Health: Promoting prevention and protection of the health of senior citizens</i>	<i>Saúde sobre rodas - Mobile Health Unit</i>	<i>Project which aims to support the community health service, free of charge, including: nursing care, home care, regular screenings for blood glucose, blood pressure, cholesterol, uric acid, body mass index, INR, clinical analysis, assessment of cardiovascular problems ,</i>	<i>V.N. Foz Côa City Hall Portuguese Red Cross</i>

		<i>monitoring the health status of the elderly, social and psychological counseling. The team travels weekly to all villages, free of charge.</i>	
	<i>Move Up +</i>	<i>Program for promoting physical activity directed at private institutions of social solidarity and all persons over the age of 55 years. The activities are also about to promote a close relationship with nature and to improve a healthy life style.</i>	<i>V.N. Foz Côa City Hall Solidarity Entities Parish Councils Homes and Day Centres of the Solidarity Network</i>
	<i>Psychology for All</i>	<i>Free psychological counseling to seniors of all villages in the county. Psychologist travels weekly to the parish.</i>	<i>V.N. Foz Côa City Hall Homes and Day Centres of the Solidarity Network Parish Councils Grouping schools</i>
	<i>Automated External Defibrillator (AED)</i>	<i>Only municipality in Portugal with automated external defibrillators implemented in all villages. There are personal officially trained in basic life support (BLS) and CPR classes, in every parishes, to assist victims of cardiac arrest, mostly elderly. This portable electronic device that automatically diagnoses the potentially life threatening cardiac arrhythmias of ventricular fibrillation and ventricular tachycardia in a patient, and is able to treat them through defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm.</i>	<i>V.N. Foz Côa City Hall National Institute of Medical Emergency (INEM) Portuguese Red Cross Parish Councils Solidarity Entities Homes and Day Centres of the Solidarity Network</i>
	<i>AJUDART – Technical</i>	<i>Technical aids and</i>	<i>V. N. Foz Côa City Hall,</i>

	<i>Aids and orthopedic equipment Bank</i>	<i>orthopedic equipment are given to the elderly people with temporary or permanent motor deficits, free of charge, definitive or temporary loan service.</i>	<i>Solidarity Entities Homes and Day Centres of the Solidarity Network Social Security Institute, I.P.</i>
<i>Civic and Social Participation: Encourage social participation of seniors for volunteering</i>	<i>Volunteering in health</i>	<i>Non-profit organization that aims to promote health and provide, free of charge, primary care to natural and / or residents associates of the parish of Touça as well as their first-degree relatives. The volunteers are doctors, nurses, physiotherapists, pharmacists, caregivers, teachers retired and students, who have made themselves available for this noble cause.</i>	<i>Voluntary Health Association of Touça V. N. Foz Côa City Hall</i>
	<i>Creation of a Local Volunteer Bank</i>	<i>Creation of a Local Volunteer Bank</i>	<i>V. N. Foz Côa City Hall National Commission for the Promotion of Volunteering, Solidarity Entities and Profit Private Sector Entities</i>
<i>Accessibilities: Create and improve accessibility outside environment and public buildings.</i>	<i>Urban Regeneration and Establishment and Improvement of Leisure Spaces to Seniors</i>	<i>Progressive elimination of physical barriers in buildings and public spaces, allowing greater mobility of senior citizens in their city, creation of leisure spaces, including maintaining and creating more green areas, creation of geriatric sports equipment, creation of walking trails, facilitating access to transport and accessible technology.</i>	<i>V. N. Foz Côa City Hall Public and private entities</i>
<i>Knowledge and pleasure: promotion of cultural, recreational and leisure activities in order to increase the range of knowledge of senior</i>	<i>ANIMA</i>	<i>Providing sociocultural animator on all Private Institutions of Social Solidarity for seniors to occupy their free time.</i>	<i>V. N. Foz Côa City Hall Solidarity Entities Homes and Day Centres of the Solidarity Network</i>
	<i>International Day of Senior Persons</i>	<i>Participation of about 1000 elderly residents in the county in organized</i>	<i>V. N. Foz Côa City Hall Parish Councils Solidarity Entities</i>

		<i>touristic and cultural travels for seniors, in order to better understand the traditions and characteristics of the various cities and monuments in the country</i>	<i>Homes and Day Centres of the Solidarity Network</i>
	<i>Carnival Party</i>	<i>Promote interaction and socialization of institutionalized seniors</i>	<i>V. N. Foz Côa City Hall Solidarity Entities Homes and Day Centres of the Solidarity Network</i>
	<i>Archeology workshops</i>	<i>Intergenerational workshops in order to achieve knowledge of Rock Art World Heritage</i>	<i>V. N. Foz Côa City Hall Côa Park Foundation</i>
	<i>Exhibition of handicrafts made by senior</i>	<i>Encourage seniors to exhibit his handicrafts, sharing with the community his works, experiences and knowledge.</i>	<i>V. N. Foz Côa City Hall Solidarity Entities Homes and Day Centres of the Solidarity Network</i>
	<i>Christmas for the elderly</i>	<i>Promote interaction and socialization of institutionalized and non-institutionalized seniors in this particular season.</i>	<i>V. N. Foz Côa City Hall Solidarity Entities Homes and Day Centres of the Solidarity Network Parish Councils</i>
	<i>Convivial between solidarity entities</i>	<i>Ensuring the presence of all institutionalized seniors.</i>	<i>V. N. Foz Côa City Hall Solidarity Entities Homes and Day Centres of the Solidarity Network</i>
	<i>Implementation of the Senior University of Vila Nova de Foz Côa</i>	<i>Offer to persons over 55 years of age a varied program of classes, lectures, travel activities, and other learning opportunities designed to provide intellectual stimulation, cultural experiences and personal enjoyment.</i>	<i>V. N. Foz Côa City Hall</i>
	<i>Maintenance of the Cycles of Cinema Initiative – CINECOA INTERNACIONAL FILM FESTIVAL</i>	<i>Provide institutionalized and non- institutionalized seniors to participate in Cinecoa Internacional Film Festival</i>	<i>V. N. Foz Côa City Hall Homes and Day Centres of the Solidarity Network</i>
	<i>Maintenance of the Guided Tours of the Côa Museum and other</i>	<i>Guided tours of the Côa Museum and other region museums in order</i>	<i>V. N. Foz Côa City Hall Homes and Day Centres of the Solidarity Network</i>

	<i>region museum.</i>	<i>to consolidate the local identity.</i>	<i>Parish Councils</i>
<i>Strength of social resources</i>	<i>Creating a Day Centre in the Historic Centre of Foz Côa</i>	<i>Supporting senior residents in the historic center</i>	<i>V. N. Foz Côa City Hall Santa Casa da Misericórdia of Vila Nova de Foz Côa</i>
<i>Intergenerational relationships</i>	<i>Maintain the “Project Beat Time in the 7 Cities”.</i>	<i>Promote the intergenerational relationships, involving seniors and young, stimulating an active ageing.</i>	<i>V. N. Foz Côa City Hall Secondary Schools, Association for the Education and Prevention of Health – Beat Time and Solidarity Entities DG Health</i>
	<i>Participate in the organization of the I Conference of the “Cities Friends of Seniors”</i>	<i>Present the several initiatives of Foz Côa Municipality and other counties about intergenerational relationships and active ageing.</i>	<i>V. N. Foz Côa City Hall Secondary Schools, Association for the Education and Prevention of Health – Beat Time Solidarity Entities Parish councils DG Health</i>
	<i>Participate in the Family Day</i>	<i>Promote the intergenerational relationships, involving seniors and young.</i>	<i>V. N. Foz Côa City Hall Secondary Schools, Association for the Education and Prevention of Health – Beat Time Solidarity Entities Parish councils DG Health</i>
	<i>Côa Valley Memory Archive</i>	<i>Aims to promote social cohesion and reduce the isolation of older people, through the strengthening of relations between the different age groups. Through the articulation between schools, homes and day centers, Memory Archive provides meetings between young and old, record life stories, scans and saves small family archives. Using new technologies and from collections that are being performed, it creates a file that should contribute to the promotion of knowledge and research in the region, creating emotional ties between community and identity.</i>	<i>Friends Association of Côa Valley Secondary School V. N. Foz Côa City Hall Parish Councils Côa Museum, Côa Valley Archaeological Park (PAVC), Côa Park Foundation, UNESCO (National Commission), Torre do Tombo National Archive, Solidarity Entities</i>

		<i>It is also a way of preserving the cultural heritage and ethnographic identity of the county and the region.</i>	
	<i>100'nios D'Ouro – Gold Seniors</i>	<i>Aims to honor all the elderly residents in the municipality to celebrate 100 years of life.</i>	<i>V. N. Foz Côa City Hall Parish Councils Solidarity Entities Homes and Day Centres of the Solidarity Network</i>