



Triennial Plan of Action for the promotion of active aging 2013-2016

Specific goals	Actions	Goals	Partners	
Improve the society's knowledge about old age and aging, favouring intergenerational relationships	Stimulate municipal programs which promote the continuity of meetings between generations, giving continuity to the "Project Beat Time in the 7 Cities", valuing in this way the senior person	Involve 100 seniors and 50 young and 3 secondary schools of the Municipality of Maia until December 2012	Maia City Hall, Secondary Schools, Association for the Education and Prevention of Health – Beat Time and Solidarity Entities	
	Participate in the organization of the II Conference of the "Cities Friends of Seniors"	Present the intergeneration projects that are taking place in the City of Maia	Maia City Hall, Secondary Schools, Association for the Education and Prevention of Health – Beat Time, Solidarity Entities and parish councils	
Facilitate the access of seniors to activities, initiatives and events promoted by the Municipality of Maia	Creation of the Senior Agenda and/or elaboration of informative couplets about services, resources and activities being developed aiming at the senior population aged 60 and plus	Present a set of initiatives carried out by the several entities of the municipality, duly schedule, to the senior population aged 60 and plus	Maia City Hall, Parish Councils and Solidarity Entities	
Improve the accessibilities within the public space and in buildings of public use under the Municipal Plan of Accessibility to All	Progressive adaptation to the standards of accessibility of municipal buildings and equipments with public service; public spaces and gathering areas, transport, communication and infoaccessibility	Implementation of the Plan, see application	Maia City Hall and public and private entities	
Promote the improvement of the seniors' and families' life conditions	Maintenance and stimulation of the Local Integrated Service	Ensure the social service to the population, residing within the 17 parishes, and posterior social attendance of the open processes	Maia City Hall, Parish Councils, Solidarity Entities and Social Security Institute, IP	
	Implementation of the Maia Senior Card	Cover 2% of the seniors residing in the Municipality of Maia	Maia City Hall, Parish Councils, Solidarity Entities	
	Stimulation of the Program Re(Create) – Center of Community Support	Ensure the participation of 20 seniors in the Gathering Center	Develop activities of sociocultural stimulation to pensioners, specially seniors in situation of isolation or solitude	Maia City Hall, Santa Casa da Misericórdia of Maia, Parish Councils, Food Bank of Porto, Community Program of Food Help to Needed, Hypermarkets of the Municipality and other enterprises
		Support the implementation of a Tele Service – Assistance in the city of Maia, specially for aged people living alone and lacking of family support		



Improve the safety environment of the seniors residing in the Municipality	Divulgate information through the organization of awareness actions in articulation with PSP and GNR, regarding acts that could constitute a criminal offense to which elderly people are more vulnerable	Develop information/divulgate actions, once a year	Maia City Hall and Forces of Security
Reinforce the factors of promotion and protection of health and prevention of incapacities	Maintenance of the Program "Maia Health"	Organize free screenings and motivation and information actions for the adoption of healthy life style and food	Maia City Hall, Solidarity Entities and Non-Profit Private Entities and Social Security Institute, IP
	Organize informative sessions about Healthy Eating	Organize 2 sessions a year, ensuring the presence of 25 seniors in each session	Maia City Hall
	Maintenance of the Healthy Eating Project for Senior Population	Organize a session about healthy eating, with the duration a week, per year	Maia City Hall and Faculty of Nutrition Sciences of the University of Oporto
	Early diagnose of sickness situations associated to the aging process	Promote and organize health conditions screenings, namely diabetes, blood pressure, cholesterol, hearing	Maia City Hall
	Maintenance of the initiative "Alternative Gymnastic for Seniors"	Promote and organize gymnastic activities, with the duration of two days, with resource to strategies and objects not usually associated to the practice of gymnastics, where seniors learn relaxation and breathing techniques, basic notions of jugglery, group dynamics destined to stimulate the coordination and attention, and exteriorization of thoughts aiming at a more positive, beneficial and healthy vision of life	Maia City Hall
	Protection against vaccine-preventable diseases: influenza	Ensure the senior population's vaccination against influenza	Grouping of Health Centers of Maia
Define a joint strategy to promote the integrated management of information directed to the area of active aging	Elaboration of a Protocol on cooperation between the Maia City Hall and the Grouping Health Centers of Maia	Maia City Hall and Grouping of Health Centers of Maia	



Encourage social participation of seniors in and for volunteering	Creation of a Local Volunteer Bank	Create a bank of senior volunteers for collaboration on voluntary actions	Maia City Hall, National Commission for the Promotion of Volunteering, Solidarity Entities and Profit Private Sector Entities
	Publicize the benefits of senior volunteering by conducting awareness actions for "Senior Volunteering "	Conduct awareness actions, 1 session per year	Maia City Hall, National Commission for the Promotion of Volunteering, Solidarity Entities and Profit Private Sector Entities
	Support the integration of seniors in the Local Volunteer Bank	Integrate at least 10 people with 65 years or more, per year	Maia City Hall, National Commission for the Promotion of Volunteering, Solidarity Entities and Profit Private Sector Entities
	Arrange forms of public recognition of senior volunteering by giving awards to senior people who perform work in benefit of others	Conduct one recognition action, per year	Maia City Hall, National Commission for the Promotion of Volunteering, Solidarity Entities and Profit Private Sector Entities
Promote the realization of the rights of seniors and the intervention in situations likely to affect their safety, health and welfare	Establish a Commission for the Protection of Senior Citizens of Maia	Ensuring the rights of seniors and create conditions for their autonomy, integration and effective participation in the society	Maia City Hall, Solidarity Entities, Social Security Institute, I.P., Profit Private Sector Entities and Parish Councils
	Create a working group under the Commission for Protection of Senior Citizens of Maia	Integrate in the working group, representatives of various municipal entities with elements representing the senior population	Maia City Hall, Solidarity Entities, Social Security Institute, I.P., Profit Private Sector Entities and Parish Councils
Promote leisure, culture and knowledge bases of the senior population	Maintenance of a program promoting reading in Gathering Centers, Homes and Day Centres of the Solidarity Network "Traditional Tales"	Assegurar a participação de 300 sêniores	Maia City Hall and Solidarity Entities



	Conduct community activities to commemorate the International Day of Senior Persons	Ensure the participation of 300 seniors and involve partners from the public sector, profit or non-profit.	Maia City Hall, Solidarity Entities, Social Security Institute, I.P., Profit Private Sector Entities and Parish Councils
	Support the implementation of training actions aimed at info - inclusion leveraging the Internet Spaces	Cover 1% of the seniors residing in Maia	Maia City Hall, Solidarity Entities and Parish Councils
	Maintenance of the " Maia Senior Club "	Increase by 1% the number of seniors in different sports	Maia City Hall, Solidarity Entities and Parish Councils
	Maintenance of the Maia Senior Club's Initiative: "Senior Sports Vacations"	Cover at least 300 seniors	Maia City Hall, Solidarity Entities and Parish Councils
	Maintenance of the Maia Senior Club's Initiative: "Senior Dance Party"	Cover at least 400 seniors in order to combat sedentary lifestyle and lack of motivation regarding the promotion of sport and dance.	Maia City Hall, Solidarity Entities and Parish Councils
	Develop initiatives to support the Cultural Institute of Maia, supporting the promotion of the Senior University of Maia	Collaborate on initiatives of the Cultural Institute of Maia, through cooperation in the promotion of cultural and recreational activities	Maia City Hall, Solidarity Entities
	Maintenance of the Maia Senior Club's Initiative: "Playful Senior Sports Gathering"	Cover at least 300 institutionalized seniors, with the aim of promoting interaction among seniors of diverse institutions of the municipality.	Maia City Hall, Solidarity Entities and Parish Councils
	Supporting the promotion of the Senior Theatre Workshop	Involve seniors in training and (re) cognition of the constituent elements of theatrical performance in order to build a theatrical show to be present at the Amateur Theatre Shows of Maia	Maia City Hall
Promote leisure, culture and knowledge bases of the senior population (continuation)	Maintenance of the Maia Senior Club's Initiatives: <ul style="list-style-type: none"> • Spring Games • Family Games • Between Generation Games 	Ensure the presence of different generations, at a municipal pavilion, which hosts a series of games designed to raise awareness about the fact that the practice of regular physical exercise improves quality of life and strengthen relations between different members of the same household and institutionalized seniors	Maia City Hall, Solidarity Entities and Parish Councils



	Maintenance of the Maia Senior Club's Initiatives: "Senior Carnival Parade"	Ensure the presence of seniors attending sportive activities of the Maia Senior Club, in a parade of carnival costumes, to promote the Maia Senior Club in the community and maximize interaction and socialization	Maia City Hall
	Support the promotion of the Program "The Garden Center", "Adopt me", "Type from 8 to 80"	Involve in the program partners of the nonprofit public sector	Maia City Hall, Solidarity Entities and Parish Councils
	Maintenance of municipal programs promoting activities and actions valuing senior person: <ul style="list-style-type: none"> • Atelier Interlacing • Pottery Workshop • Recalling the labors of the past • Tea Farm • Meeting with Reading 	Ensuring the presence of 25 seniors, institutionalized and non-institutionalized, per session	Maia City Hall and Solidarity Entities
	Stimulate the "Biological Garden" Program	Ensure the presence of 25 seniors, institutionalized and non-institutionalized, per session, with the aim of acquiring knowledge on methods of plant propagation and planting seasonal vegetables.	Maia City Hall and Solidarity Entities
	Stimulate Senior Walks "Walks to the Avioso Park"	Ensure the presence of seniors, in a walk in the park, to promote a close relationship with nature, boosting municipal equipment in the contribution to improve the quality of life, self - esteem and combat solitude of seniors.	Maia City Hall and Solidarity Entities
Promote leisure, culture and knowledge bases of the senior population (continuation)	Maintenance of the Maiato Senior Turism	Organize touristic and cultural interesting travels for seniors	Maia City Hall
	Maintenance of the Itinerary Library Initiative	Stimulate reading outside the core of the municipality, combating illiteracy, and socially and culturally supporting the senior population, encouraging innovation and cultural education. Its target audience is maiatos, especially those with greatest difficulties in going to the library, namely seniors	Maia City Hall and Solidarity Entities
	Maintenance of the Cycles of Cinema Initiative	Provide institutionalized seniors with an exclusively playful activity, allowing a relaxed time of fun along with the contact with an art form which is the most representative of contemporary society - the cinema.	Maia City Hall and Solidarity Entities



	Maintenance of the Guided Tours of the Museum of History and Ethnology of Maia Initiative and Workshops	Provide seniors with guided tours of the Museum of History and Ethnology of Maia, in order to consolidate the local identity and stimulate taste for the history of Maia, and simultaneously foster intergenerational workshops where huge success occurs with the sharing of knowledge and experience	Maia City Hall and Solidarity Entities
Develop activities that allow profitable resources and support families	Promotion of the Small Repairs Home Service	Increase by 5% the number of seniors supported	Maia City Hall
	Stimulation of the Municipal Bank for Support Products	Free of charge and temporary loan service of orthopedic equipment	Maia City Hall, Solidarity Entities and Social Security Institute, I.P.
	Support the promotion of spaces for the development of activities for seniors, including: Gathering Centers	Implementing at least one senior space per year	Maia City Hall, Solidarity Entities and Social Security Institute, I.P.
Reinforce and expand the social resources to support seniors as part of the solidarity network	Strengthening Social Network Equipment directed to the elderly population in the valences: Homes for the Elderly, Home Support Service and Day Center	Increase the number of vacancies in the valence Home for the Elderly; increase in the number of vacancies in the valence Home Support Service and increase the number of vacancies in the valence Day Centre	Solidarity Entities and Social Security Institute, I.P.
	Support the creation and mobilization of "Host Families For Seniors" recruited locally	Cover seniors lacking of family support	Maia City Hall, Solidarity Entities and Social Security Institute, I.P.