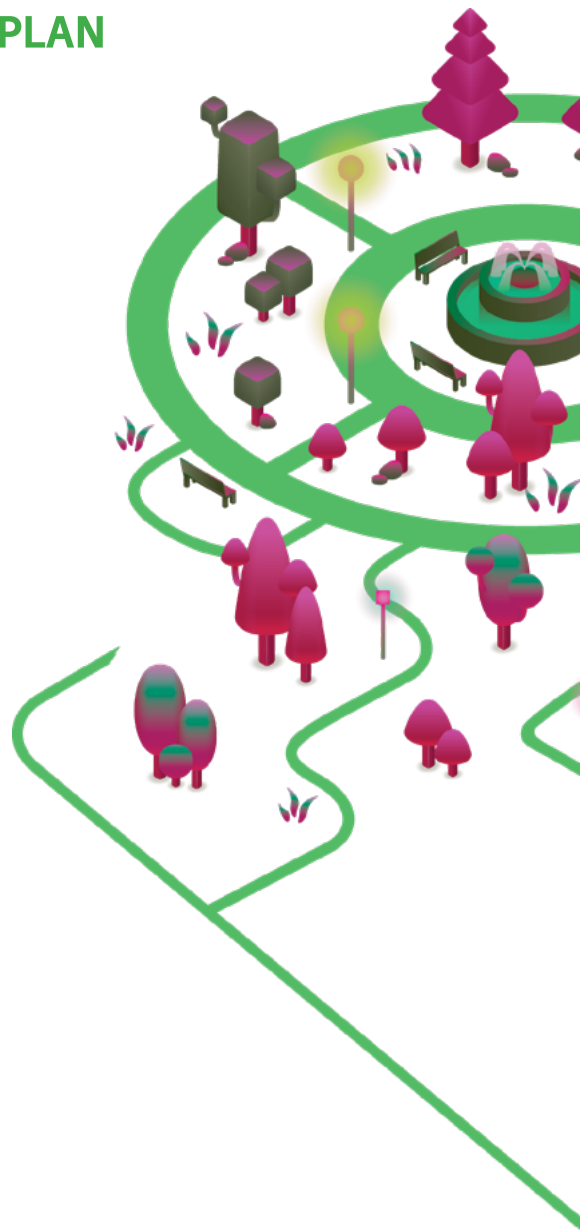


# PORTO AGE-FRIENDLY CITY 2023 - 2025 ACTION PLAN



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**Rui Moreira**

Mayor of the Porto City Council

## **Porto is a city of everyone and for everyone.**

Porto is made up of those who were born here, but also those who feel a sense of belonging to a city that they consider their own.

On October 1st, 2010, Porto joined the Age-friendly Cities Framework, a project developed by the World Health Organization, the Municipality of Porto made a commitment to (re)think the city in new ways of living the longest lifespan, preserving the principles of quality, dignity and autonomy for its elderly.

But it didn't do this alone. It called on its greatest asset: the restlessness of its people. And this restlessness was expressed by the multiple parties involved in its society: third sector organisations, public entities, local authorities, academia, entrepreneurs, anonymous citizens and, of course, older adults.

As a result of this collective ambition, the Action Plan "Porto Age-Friendly City" 2023-2025, a document that brings together the various wishes to make Porto a city of everyone and for everyone.

As Agustina Bessa-Luís once wrote, "Porto is not a place to me, it's a feeling."



**Fernando Paulo**

Councillor for Education and Social Cohesion of the Porto City Council

## **Porto, Age-Friendly City: the celebration of ageing.**

According to United Nations' data, it is estimated that by 2050 around 30% of Europe's population will be aged 65 or over and, by that year, it is expected that approximately 68% of the world's population will live in urban areas. These predictions indicate a significant increase in the ageing of the population in Europe and a continuing trend towards urban concentration at a global level until the middle of the century.

The city of Porto is no exception and the ageing of its population is taking place at a rapid pace, in line with the global trend. As a response to this reality, the Municipality of Porto joined the Age-friendly Cities Framework in 2010 and has, in recent years, developed pioneering and widely recognized policies, including the following programs "Aconchego", "Estamos Juntos", "Porto é Lindo Roteiros Turísticos +65", exceptionally good examples.

The growing ageing of the population poses increasingly complex challenges, to which the city must be able to respond. The Action Plan "Porto Age-Friendly City" 2023-2025 will serve as a guide of the necessary responses, placing the quality of life and well-being of people with greater longevity at the centre of concerns, especially those who face isolation and the intrinsic challenges of advancing age.

This Plan - developed on the basis of the main conclusions of the report of the Second World Health Organization Global Forum on Innovation for Ageing Populations - had the collaboration of dozens of organisations in the city dedicated to working with older people, as well as several units of the Municipality of Porto. The objective is to develop projects to combat isolation and promote social protection, as well as empowering the elderly to lead active lives and healthy ageing.

Porto has also been a pioneer in the area of social innovation. Through the creation of CIS - Social Innovation Centre of Porto, it has mobilised various sectors of society to tackle the challenges of ageing in a collaborative and systemic way.

This is a path that the Municipality of Porto is not taking alone. It is being travelled together with the community and the Social Network, namely with public and private institutions, the IPSS-Private Institutions of Social Solidarity, entrepreneurs, academic research centres, companies and, of course, the recipients of these measures, the elderly. The aim is to create a city for all ages, an environment where ageing is synonymous with celebrating a full and happy life.

## Context

The ageing of the population is a fortunate end goal in human development. Living longer is the result of medical, technological and social achievements. But the existence of an ever-increasing number of healthy and active older people is also a challenge for communities. As they get older, people need to live in environments that provide them with the support they need to compensate for the changes associated with ageing, some of which are synonymous with a reduction or loss of capability.

Creating and maintaining supportive environments is an indispensable task for promoting the well-being of older people and enabling them to remain autonomous and socially participative for as long as possible.

The increase in both life expectancy and the expectation of a life with increasingly better health, makes it possible for elderly people to prolong their social usefulness for longer - alongside their family and friends, within their network of proximity/neighbourhood or in the institutional spaces they attend.

This “new old age” clearly enhances the positive effects of the concept of ageing in place<sup>1</sup>, which translates the preferred goal of being able to live and grow old at home and in the community, safely, comfortably and independently, for as long as possible. Today, ageing in place is a main principle of the active and healthy ageing paradigm advocated by the World Health Organization. But in a city that wants to be “age-friendly”, it is important that the creation of responses aimed at the elderly also includes those who are housed in institutional solutions, which are now an important component of the community and need to be increasingly rooted in the collective functioning of the city.

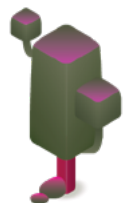
<sup>1</sup> Fonseca, A.M. (2021). *Ageing in Place. Envelhecimento em casa e na comunidade. Modelos e estratégias centrados na autonomia, participação social e promoção do bem-estar das pessoas idosas*. Lisboa: Fundação Calouste Gulbenkian.

An “Age-Friendly City” excludes no one, and must take into account the valorization and implementation of the various spaces and places where people live.

The citizenship rights of older people should apply both to those who continue to live in their own homes, as well as to those who are the target of some kind of institutional response. In either case, particular attention should be paid to those who are particularly vulnerable and their caregivers (formal and informal).

Older people are not a homogeneous population. There is a lot of diversity among them and this means that there are no “universal responses”, but rather “appropriate responses”. While in some cases they may be more encompassing in terms of their recipients, in other cases they will have to be adjusted according to particular characteristics (level of functionality, schooling, residence, disposable income, etc).

Policies, programmes, services and solutions that promote “age-friendly cities and communities” need to have an integrated vision that addresses the needs of people as they age. Beyond immediate needs of a basic or instrumental nature, any effort to help people age in an “age-friendly city” must focus on empowering them to develop meaningful social relationships. Older people are less likely to experience social isolation if they feel included in their communities, where they can live a “lifestyle” according to their preferences and values. Older women and men have the same rights as anyone else, regardless of where they live and/or their functional status, and they need to be given the conditions to feel that the city is truly their friend, respecting their needs and responding to their interests and expectations.



## Development of an Action Plan for the Older People of the City of Porto

The Municipality of Porto, through its Department for Social Cohesion, is prioritising the implementation of initiatives to promote active and healthy ageing. To this end, the Municipality of Porto has joined the Age-friendly Cities Framework, committing itself to establishing partnerships with civil society and developing a three-year Action Plan for the whole city (until the end of 2025).

This Action Plan aims to respond to the rapid ageing of the resident population by developing an urban environment (physical and relational) that allows older people to participate effectively in the city life, using the potential that Porto offers to promote the quality of life of its inhabitants, regardless of their chronological age.

The city of Porto is now an area where the relative importance of the older age group is clearly increasing, as is characteristic of the ageing societies in which Portugal and most European countries find themselves.

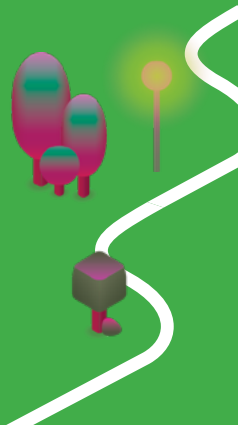
Older people (aged 65 and over) now account for 26% of the Municipality's resident population and the ageing index (number of older people per 100 young people) is 220,4. In both cases, the figures are higher than the national average and have been increasing steadily over the last few decades. The Union of Parishes of the Historic Centre and the parish of Bonfim are the two most aged neighbourhoods in the city (both with an ageing index of over 300), while Ramalde (with an ageing index of 180.8) is the neighbourhood where the ratio between older and younger people is more balanced and closer to the national average. Although the elderly population in the city of Porto is very diverse from a social, economic and educational point of view, one aspect stands out when characterising the elderly population resident in the city of Porto: the number of people over 65 living alone. There are around 33000 elderly people living alone in Porto, more than half of the 60000 elderly people in the city<sup>2</sup>.

<sup>2</sup>Censos 2021/PORDATA

The Action Plan “Porto Age-Friendly City” is based on a broad concern for the well-being and quality of life of older people, especially those who live in isolation and/or have special needs due to the vicissitudes of ageing. This means conciliating two sets of knowledge: on the one hand, what has been produced from a theoretical point of view on the intervention with older people and, on the other hand, local knowledge of the reality and way of life of the older population living in Porto. The aim of this plan is to provide an aggregate response, based on reference models and diagnostic sources about the city, described below, which together form a solid framework for action.

As this is an intervention-oriented document, its monitoring will be carried out by the Municipality in partnership with all the organisations involved, and the evaluation of its implementation will be made available to all interested parties.

In order to draw up this Action Plan “Porto Age-Friendly City” 2023-2025, the Municipality submitted an application to the Recovery and Resilience Plan (PRR) of the Portuguese Government, financed by the European Union through the Recovery and Resilience Facility, as part of the NextGenerationEU programme, which was approved.





# Reference models and local diagnostic documents

## Active ageing

The Second World Assembly on Ageing, organised by the United Nations in Madrid in 2002 (coinciding with the launch of the Active Ageing paradigm), stressed the importance of creating communities where the needs of older people are met in a special way, encouraging investment in local infrastructure of a multi-generational nature, the establishment of multi-sectoral partnerships between different community agents, the creation of social support services and direct intervention in the spaces occupied by the older population.

## Age-friendly cities

In 2007, the World Health Organisation proposed the concept of “Age-Friendly Cities”, based on listening to 33 groups of older citizens from around the world. These citizens were asked to describe the benefits and barriers in eight areas of urban life, as defined by the World Health Organisation:

- outdoor spaces and buildings;
- transportation;
- housing;
- social participation;
- respect and social inclusion;
- civic participation and employment;
- communication and information;
- community and health care.

In most cities, the input from the consultation was complemented by further input from discussion groups made up of carers and service providers from the public, voluntary and private sectors. Finally, the World Health Organisation published the “Global Age-friendly Cities: A Guide”<sup>3</sup>, which has served as a reference for the implementation of the concept on a global scale.



<sup>3</sup><https://gulbenkian.pt/publications/guia-global-das-cidades-amigas-das-pessoas-idosas/>

## **Innovation for ageing populations**

In 2015, the Report on the 2nd World Health Organization Global Forum on Innovation for Ageing Populations identified five main areas of community intervention that could respond to the challenges of ageing populations (*the 5 P's – People, Place, Products, Person-centered services and Policies*):

### **People**

who are supported and cared for according to their needs;

### **Person-centered services**

providing integrated health and personal care services and promoting social participation that enhances the functional capacity of older people;

### **Places**

places and environments that are friendly to older people;

### **Products**

products, solutions and equipment that provide new answers to the problems of ageing;

### **Policies**

innovative policies for the introduction of support systems for older people.

These five main areas of intervention can be seen as a reference framework for designing cities and communities that are sensitive to the specific characteristics and needs of the ageing population. However, for this design to be successful, these different areas need to be underpinned by evidence-based ageing policies, coordinated multisectoral initiatives with a sustainability horizon, and budgets allocated to the various socio-political agents responsible for their implementation.

<sup>4</sup> WHO – World Health Organization (2015). *Report on the 2nd WHO Global Forum on Innovation for Ageing Populations*, 7-9 October 2015, Kobe (Japan). Geneva: World Health Organization Centre for Health Development.

### **Action Plan on Ageing and Health/10 Priorities for a Decade of Action for Healthy Ageing**

As part of the Global Strategy and Action Plan on Ageing and Health, the World Health Organization has identified “Ten Priorities for a Decade of Action (2020-2030) on Healthy Ageing”, which provide concrete actions to achieve the goals of the Global Strategy. Aligned with the United Nations’ 2030 Sustainable Development Agenda, each priority is critical to making healthy ageing a global reality. For example, under Priority 10, there is an explicit reference to the need to “enhance the global network for age-friendly cities and communities that enable older people to age in their homes and communities until the end of their lives”.

### **Social Development Plan**

The Social Development Plan 2019-2023 is a strategic document that, according to the social diagnosis data, defines axes and objectives with a view to concerted action among the partners of the Professional Integration of Migrants. It is an operational tool that translates into action the structuring ideas, main decisions and objectives identified by the partners of the Social Network of Porto. This document is also a relevant diagnostic basis for the proposed intervention with regard to the elderly population.

### **Porto Social Observatory**

The Porto Social Observatory is a computer platform that aims to optimise local social intervention, both from the perspective of supporting and substantiating development and social inclusion strategies, and from the perspective of managing the concerted and synergistic action of the Social Network of Porto. Among other things, this platform provides a System for the Collection and Monitoring of Social Indicators, creating conditions for the production of knowledge about reality and social intervention in the Municipality of Porto.

## **Porto's Municipal Health Plan, 2022-2024**

At the local level, the Porto Municipal Health Plan, 2022-2024 is a strategic document based on a participatory methodology, supported by the entities that make up the Social Network of Porto. It is a document that makes it possible to identify and recognise the health needs and vulnerabilities of different groups in the city. It's based on effective intersectoral and integrated planning and action, reflecting a broader approach to the determinants of health, from a holistic perspective of physical, mental and social health and well-being, a perspective that is so important for the quality of life of older people, since everyone's health is the result of a delicate balance between biological and social factors. This work has led to the identification of four main areas of intervention:

Axis 1 - Growing up and ageing in Porto;

Axis 2 - Emotional, psychological and social well-being;

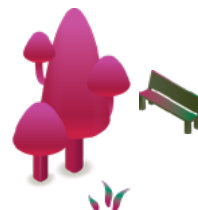
Axis 3 - Balanced diet;

Axis 4 - Consumption.

All of these areas of intervention could be adopted as part of the implementation of the Action Plan "Porto Age-Friendly City", namely as cross-cutting areas of intervention with an impact on the health of older people living in the city of Porto.

## **Porto. Importa-se**

The "Porto. Importa-se" was the result of a research/intervention proposal submitted by the Municipality of Porto and Domus Social - Empresa de Habitação e Manutenção do Município do Porto, E.M., to the Institute of Social Services of Porto (ISSSP). Given the number of elderly people living in social housing in the Municipality of Porto and the social problems they face, the aim was to carry out a gerontological diagnosis of the elderly population living there. This diagnosis made it possible to draw up a profile of this population and, at a later stage, to highlight the situations of elderly people considered to be at greater risk of isolation, while also defining criteria for prioritising risk situations.



# Methodology for the development of the Action Plan “Porto Age-Friendly City”

The methodology used to produce the final version of the Action Plan “Porto Age-Friendly City” included four distinct and complementary stages:

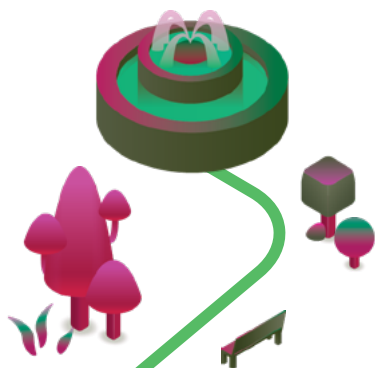
## 1

During the month of May 2023, a series of objectives were compiled in an initial document, incorporating actions already underway in the city of Porto, as well as new proposals for actions for the period 2023-2025. The selection of these actions, in the context of the construction of the Action Plan, was made through a series of internal technical meetings at the Municipal Development and Social Innovation Department of the City of Porto.

## 2

In June, the proposal for the initial version of the Action Plan “Porto Age-Friendly City” 2023-2025 was presented to the members of the “Unidade Operacional de Intervenção Seniores e seus Cuidadores” of the Social Network of Porto, with the aim of presenting the general basis of the document and defining an instrument, through a participatory model, capable of promoting a collective commitment to an effective response to the challenges of an ageing population living in the city of Porto.

In order to systematise the relevant information to be included in the Action Plan, a data collection tool - the “Ficha Individual de Projeto/Atividade” - was developed and validated and used to register the projects/activities developed or to be developed by the different entities. The project/activity forms are an integral part of the final version of the Action Plan.





### 3

In June/July, working meetings were held with the members of the “Unidade Operacional de Intervenção Seniores e seus Cuidadores” of the Social Network of Porto to collect the objectives/actions/activities to be included in the final version of the Action Plan.

### 4

To the same end, sectoral meetings were also held in July and September with all the organic units of Porto City Council and its subsidiaries, with representatives of the city’s parish councils and with other entities representing Porto: academia, third sector entities, entrepreneurs and public bodies.

The drafting of the Action Plan “Porto Age-Friendly City” 2023-2025 is therefore particularly important, as it is participatory, aggregating and action-oriented.

Together with the different agents in the community, and considering them as effective key partners in this process of building the Action Plan, the aim is to implement an intervention model to achieve common goals, guided by the comprehensive vision of an inclusive city for all ages.

## **Some considerations for the successful implementation of the Action Plan “Porto Age-Friendly City”**

In Portugal, the average life expectancy in 1970 was 67 years and today it is over 80 years. Since the 1950s, improvements in disease prevention and treatment, careful nutrition and hygiene, and a whole series of medical and pharmaceutical innovations have significantly increased longevity, allowing people to add 20 years or more to the life expectancy expected at the time of their birth. Today, people aged 80 and over are a fast-growing segment of the population, and according to the Instituto Nacional de Estatística’s “Resident Population Projections 2018-2080”, the number of people aged 65 and over will reach three million in just over 60 years.

Longer life does not necessarily mean better quality of life.

Although living and ageing at home is, most times, preferable to ageing in an institution, there are many challenges - physical, financial and emotional challenges - that can make ageing at home difficult or even impossible. In particular, the risk of loneliness and social isolation is one of the main obstacles and can lead to functional decline and hasten death, which is why all community initiatives and approaches that reinforce the importance of social networks (family, friends and neighbours) in supporting the individual ageing process are of particular importance.



So that the construction of a personalised “social architecture” can be extended to the entire life cycle and the entire population, there are a number of challenges and needs of a broad nature that need to be addressed from the outset:

- The need to adopt a holistic and broad vision of what an “age-friendly city” means, going far beyond the physical nature of the concept;
- The consideration of the barriers to promoting “age-friendly” policies, namely the lack of human resources prepared to “work” with older people and the low public profile of this work;
- The awareness of the role and responsibilities of professionals working in the field of ageing, starting with the risk of ageism, even if unintentional, tainting actions;
- Technicians and professionals with concerns in this field are not always receptive to institutional leaders (lack of knowledge, issue not considered a priority, etc.).





More and more people are asking themselves worrying questions:

Where is the best place to grow old?  
How to achieve a good quality of life  
as we grow old?

Given the current demographic reality, the future looks bleak, especially when individual autonomy and functionality are compromised. Given that 80 to 90 per cent of all services and support for older people are provided by spouses, adult children and other informal carers, drastic changes in family patterns will be one of the biggest challenges in caring for future generations and a threat to the maintenance of traditional solutions based on family care. And where basic care is adequately provided by formal carers, social contact and the experience of affection are often lacking.

The unwanted loneliness and social isolation that can accompany old age can quickly become a form of social death, caused by the loss of the ability to engage in the activities and relationships that define one's social identity and generate self-esteem and meaning in life. Without meaningful social contact, life can become a series of meaningless days.

This should be the main objective of the Action Plan "Porto Age-Friendly City" 2023-2025 - to meet basic and safety needs, yes, but also to provide opportunities to satisfy other needs: conviviality, a sense of belonging, personal fulfilment, etc. The set of actions proposed here, if properly implemented, can effectively contribute to the creation of a city for growing old, capable of responding to the wider needs of older citizens living in the city of Porto.

P1 - People

Involving, supporting and caring for older people in new community models.

Objetive	Measure	Activity/Project	Partners
To increase social inclusion and participation	Work on life stories through artistic expression	Quem sou eu?	Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Teatro de Marionetas do Porto
	Encouraging socialisation through guided tours of different emblematic spaces in the city	O Porto é Lindo! Roteiros Turísticos +65	Câmara Municipal do Porto - Departamento Municipal Coesão Social • Porto's Social Network
	Provide the first “space for seniors” at the service of the people and the territory, in order to develop activities and projects in collaboration with other community agents	“Espaço Sénior” do Porto	Fundação “la Caixa” • Câmara Municipal do Porto - Departamento Municipal de Coesão Social
	Develop the talents and purpose of people over 55 by providing services to the local community	55+	Movimento 55+ Associação • Câmara Municipal do Porto - Departamento Municipal de Coesão Social • BETEL • Médicos do Mundo • EAPN
	Develop capacity-building activities through upcycling (recycling and reuse) of post-consumer textiles and women’s empowerment sessions, involving the beneficiaries themselves as an active part of the solution	“From Granny to Trendy”	1000Rostos Associação Ação Social • União das Freguesias do Centro Histórico do Porto
	Develop activities where volunteers share their talents with groups of seniors to increase civic participation, reduce isolation and combat ageism	Reformers	Geraçãoreformers, Lda • Junta de Fregusia de Paranhos • Centro Social da Paróquia da Areosa • BPI   Fundação “la Caixa” • Fundação AGEAS
	Promote a community intervention to encourage the participation and social integration of the elderly population of the parish of Massarelos through the art of crochet	“Olhó Nobelo”	Associação de Moradores de Massarelos • União das Freguesias de Lordelo do Ouro e Massarelos
	Promote socialisation and participation through cultural and historical activities	Conhecer o Porto por Dentro	Associação de Solidariedade Social dos Professores (ASSP-Porto) • Escola Superior de Educação • UPP • Faculdade de Letras da Universidade do Porto • Planetário do Porto • Academia Viva Vivet
	Promote intergenerational connections through art, bringing together older people and young artists to encourage active ageing, cognitive stimulation, and relationships between generations	Memórias de um Corpo	Ballet Teatro Contemporâneo do Porto CRL • Associação Monte Pedral
	Promote the cognitive and social stimulation of older adults through artistic practices developed at home	AcompanhARTE	Compassio Associação para a construção de comunidades compassivas • Parish Councils • Hospitals • Day Centers • IPSS

Objetive	Measure	Activity/Project	Partners
To increase social inclusion and participation	Provide regular support and contact with older people at risk of isolation and social exclusion in public housing	Porto. Importa-se - contacta	Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M.
	Strengthen self-esteem, combat social isolation, and promote active longevity through traditional dance	Danças tradicionais com coreografias contemporâneas	Associação Sénior da Foz Vita Vivet • Associação Nacional de Professores Associação de Solidariedade Social de Professores
	Organise artistic and cultural activities that involve older populations, encouraging the sharing of experiences, knowledge, and life stories	Há.ma.nhã Cartografias de uma cidade comum	BOA E Lab_BOA, de C. Camargo Oficinas de Artes Lda. • Centro Social Sé Catedral
	Foster intergenerational relationships by welcoming guests into the homes of older residents in partnership with accommodation providers, promoting inclusion and cultural exchange	Fighting Loneliness	Associação Reformers • Airbnb
	Provide a ‘Living Room’ space for the community, offering workshops relevant to the promotion of healthy ageing	Dar Mais Vida Aos Anos	FillCare - Apoio ao Domicílio • To define accordingly to the workshop
	Establish a communication and entertainment channel to combat misinformation, reduce loneliness, and prevent social exclusion among older people. This will provide accurate information, engaging content, and meaningful social interactions to improve the quality of life for seniors	Rádio Força Sénior	Associação das Escolas Jesus, Maria, José • Rádio Metropolitana do Porto • Porto Editora • Município do Porto • Juntas de Freguesia de Paranhos • Junta de Freguesia de Ramalde • U.F. Cedofeita, Santo Ildefonso, Sé, Miragaia, São Nicolau e Vitória
Empower older people and build communities that foster relationships of mutual help and support	Empower people, involving communities and raising citizens’ awareness	Sempre Acompanhados	Fundação “la Caixa” • Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Santa Casa da Misericórdia do Porto • Cruz Vermelha Portuguesa   Porto
	Create and facilitate sharing groups for older people, providing a space for social interaction and mutual support	Pontes com Proximidade	Compassio Associação para a construção de comunidades compassivas • Parish Councils • Hospitals • Day Centers • IPSS
	Establish and manage home support networks for isolated and unwell individuals, promoting their social integration and well-being	Porto Compassivo	Compassio Associação para a construção de comunidades compassivas • Parish Councils • Hospitals • Day Centers • IPSS
Increase the socio-demographic knowledge of the local elderly population	Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing	Porto. Importa-se	Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M. • Instituto Superior de Serviço Social do Porto • Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Objetive	Measure	Activity/Project	Partners
Strengthen the practice of active citizenship	Promote training activities for active, informed, socially responsible and inclusive citizenship in order to strengthen the social intervention of institutionalised elderly people	<div>POLIS</div>	<div>Santa Casa da Misericórdia do Porto</div> <div><ul style="list-style-type: none"><li>• Câmara Municipal do Porto</li><li>- Departamento Municipal Coesão Social</li><li>• Parish Councils</li><li>• Political Parties</li></ul></div>
Promote regular physical activity	Develop regular sports activities for Porto residents over the age of 60. The activities will be prepared and led by sports professionals and aim to improve flexibility, strength and endurance	<div>No Porto a Vida é Longa</div>	<div>Ágora</div> <div>Cultura e Desporto do Porto, E.M.</div>
	Encourage regular physical activity, promote intergenerational outdoor interaction and improve the mental and physical health of older people	<div>Pedalar Com Idade</div>	<div>Parábola Cidadina Associação Pedalar Sem Idade Porto</div> <div><ul style="list-style-type: none"><li>• Cycling Without Age</li><li>• Bicicletas Coelho</li><li>• União das Freguesias de Aldoar, Foz do Douro e Nevogilde</li><li>• União das Freguesias de Lordelo do Ouro e Massarelos</li><li>• Junta de Freguesia de Campanhã</li><li>• Junta de Freguesia de Bonfim</li><li>• Junta de Freguesia de Ramalde</li><li>• Junta de Freguesia de Paranhos</li></ul></div>
	Provide a senior exercise programme that aims to equip participants with tools to ensure physical self-defence and mental health	<div>SaudavelMente</div>	<div>Ágora</div> <div>Cultura e Desporto do Porto, E.M.</div>
	Develop regular exercise in an informal, recreational and intergenerational setting	<div>Mais Ativos Mais Vividos</div>	<div>Universidade Porto</div> <div>- Faculdade Desporto</div>
Promote intergenerational activities	Promote written communication between older people and children	<div>Bilhete Postal</div>	<div>Unidade de Cuidados na Comunidade da Boavista</div> <div><ul style="list-style-type: none"><li>• Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade da Boavista</li></ul></div>
Encourage lifelong learning	Carry out actions to promote financial literacy and digital skills	<div>Contas à Vida</div>	<div>Câmara Municipal do Porto</div> <div>- Departamento Municipal de Coesão Social</div>
	Set up a Contact Group to encourage reflection on the role of the city's Senior Universities to promote the creation of new lifelong learning solutions	<div>Grupo de Contacto Universidades Seniores/ Academias Intergeracionais</div>	<div>Câmara Municipal do Porto</div> <div>- Departamento Municipal de Coesão Social</div>
	Carry out environmental education and awareness-raising activities related to water resources, targeting the elderly population, during bathing season	<div>Morfologia das praias pela visão dos seniores</div>	<div>Águas e Energia do Porto, E.M.</div> <div><ul style="list-style-type: none"><li>• Associação de Solidariedade e Ação Social de Ramalde</li><li>• Associação de Surdos do Porto</li></ul></div>

Objetive	Measure	Activity/Project	Partners
Encourage lifelong learning	Increase the knowledge of water resources among the elderly population, contributing to the preservation and improvement of the urban water cycle in the city of Porto	Visita guiada à exposição do Pavilhão da Água	Águas e Energia do Porto, E.M.
	Carry out environmental education and awareness-raising activities on urban waste, targeting the elderly population	“A sustentabilidade não tem idade”	Empresa Municipal de Ambiente do Porto, E.M. <ul style="list-style-type: none"><li>• Parish Councils</li><li>• Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M.</li><li>• Professional Orders</li></ul>
	Offer a certified course in innovation and entrepreneurship for the unemployed, retired or those looking for a career change	A.PREENDER Adultos Empreendedores	Porto4Ageing Centro de Competências em Envelhecimento Ativo e Saudável da Universidade do Porto <ul style="list-style-type: none"><li>• Universidade do Porto</li><li>• EIT Health - European Institute of Innovation and Technology</li><li>• Invicta Angels</li><li>• Santa Casa da Misericórdia de Riba d’Ave</li></ul>
	Offer, based on a gerontological approach, a variety of themes in the different disciplines, study and leisure visits, as well as exchanges between national and international universities	Programa de Estudos Universitários para Seniores da Universidade do Porto	Universidade do Porto - Faculdade de Letras
	Provide a diversified offer of education/training in the different areas of interest to older people	Trajeto�rias	União das Freguesias de Aldoar, Foz do Douro e Nevogilde <ul style="list-style-type: none"><li>• Câmara Municipal do Porto - Departamento Municipal de Coesão Social - Direção Municipal de Cultura e Património</li><li>• Unidade Cuidados Comunidade Cuidar</li><li>• Universidade Porto - Faculdade Desporto</li><li>• Clube de Minigolfe do Porto</li><li>• Fundação Dr. António Cupertino de Miranda</li></ul>
	Promote musical skills development	Orquestra de Instrumentos Tradicionais	Fundação Inatel <ul style="list-style-type: none"><li>• Local Municipalities</li></ul>
	Offer a Portuguese language course for older people and foreigners seeking cultural and social integration in Portugal	Porto de Abraços	Fundação Inatel <ul style="list-style-type: none"><li>• Local Municipalities</li></ul>
	Equip individuals for retirement transition through certified training, individual mentoring, and the creation of age-friendly ambassadors within employers	Olá Reforma!	LongeVidade - Cooperativa de Solidariedade Social, CRL <ul style="list-style-type: none"><li>• Pista Mágica</li><li>• José Pedro Aguiar Branco - Advogados</li><li>• Médicos do Mundo</li><li>• Associação Compassio</li><li>• Instituto CRIAP</li><li>• Associação Nacional de Gerontólogos</li></ul>

P1 - People

Involving, supporting and caring for older people in new community models.

Objetive	Measure	Activity/Project	Partners
Increase the level of community involvement through volunteering for the elderly population	Encourage volunteers to develop skills in caring for the elderly	Rede local de voluntariado	Câmara Municipal do Porto - Departamento Municipal de Coesão Social
	Promote a network of volunteers for older people	Surpresa Simpática Voluntários da UCC Boavista Associação de voluntários amigos da comunidade idosa Porto	Unidade de Cuidados na Comunidade da Boavista  • Community institutions • Unidades de Saúde Agrupamento de Centros de Saúde do Porto Ocidental
	Provide in-person support through volunteering for isolated older adults, strengthening their social connections	Miminhos & Companhia	Associação Mimi  • Junta de Freguesia do Bonfim • Centro dia da Corujeira • Santa Casa da Misericórdia do Porto • Lar Sr. Bonfim • Câmara Municipal do Porto
Promote skills and adequate resources for informal carers	Provide technical and operational support to informal carers	Apoiar para Cuidar	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude  • Associação Cuidadores • União das Freguesias de Aldoar, Foz do Douro e Nevogilde
	Support older adults with neurocognitive disorders and their carers	Cuidar do cuidador	Unidade de Cuidados na Comunidade da Boavista  • Hospital Magalhães Lemos -Departamento Neuropsiquiatria e Longevidade, Serviço de Psicogeriatria
	Create a support network for beneficiaries through properly trained volunteers.	Sempre a Cuidar	Caregivers Portugal - Associação Portuguesa de Cuidadores  • Escola Superior de Saúde Santa Maria • Paróquia Senhora da Conceição
Ensuring the safety of older people	Development of police intervention through awareness-raising activities providing various safety tips, or through visits with evaluation, signposting, monitoring and referral of older people	Programa Apoio 65 Idosos em Segurança	Polícia de Segurança Pública
	Offer a service that allows criminal investigators to carry out legal proceedings in older people’s homes, ensuring that all procedural rights and duties are respected without the need for them to travel	Apoio ao Idoso, como pessoa de interesse na investigação de um crime	Polícia de Segurança Pública  • DIAP do Porto • Esquadras da Polícia de Segurança Pública (PSP) • Gabinete de Atendimento e Informação à Vítima (GAIV)
	Raise awareness and enhance safety for older people through community policing initiatives	Participa na Segurança Idosos Seguros	Polícia Municipal do Porto  • Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Objetive	Measure	Activity/Project	Partners
Promote the implementation and use of animal-assisted therapies to improve health and well-being	Develop and implement equine-assisted therapy programmes	Equicuidar	Pony Club do Porto Associação Solidária Friends Forever <ul style="list-style-type: none"><li>• Casa Maior - Residência Sénior</li><li>• Longevidade</li><li>• Other entities</li></ul>
	Conduct canine-assisted therapy sessions within social care settings to help maintain cognitive abilities and promote emotional well-being in older people	Ter+Vida	Associação Cães pelas Pessoas - DTC Social <ul style="list-style-type: none"><li>• The host entity</li></ul>
	Provide pets for older adults living alone, ensuring the necessary care support and creating an informal social support network to encourage social interaction	Solução P’atudo	Associação Cães pelas Pessoas - DTC Social <ul style="list-style-type: none"><li>• ZU</li><li>• Love Pet Alliance</li><li>• Veterinarians</li></ul>
	Develop animal-assisted activities at home and group community sessions to combat isolation and promote socialisation among older people	Patudos.	Associação Cães pelas Pessoas - DTC Social <ul style="list-style-type: none"><li>• Local partnerships</li></ul>



P2 - Person-Centered Services

Integrate and improve health, education, information and social services and make them accessible to older people.

Objetive	Measure	Activity/Project	Partners
Reduce the incidence of disease or ill health	Provide teleconsultation and complementary clinical services	Estamos Juntos - Bem estar	Câmara Municipal do Porto - Departamento Municipal de Coesão Social
			<ul style="list-style-type: none"><li>• Parish Councils</li><li>• Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M.</li><li>• Serviço de Atendimento e Acompanhamento Social do Porto (SAAS Porto)</li></ul>
	Provide a health promotion programme that includes training, skills development and health literacy	(i)PSS - Intervenção de Promoção de Saúde para Seniores	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
	Provide a training programme for the adult and elderly population that aims to equip participants with the knowledge and skills to play a more active role in promoting their own health	Oficinas da Saúde para Públicos	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
	Create, implement and monitor a training model for institutions that care for the elderly, providing their professionals with information on the importance of assessing and preventing malnutrition	ENPI Promoção da avaliação, monitorização e intervenção precoces na avaliação do risco nutricional da população sénior do concelho	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
	Provide users of Porto’s municipal swimming pools with a training and awareness programme on the importance of maintaining a healthy nutritional status	Nutrição Ativa	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
	Implementing the National Health Education, Literacy and Self-Care Programme at the local level, with the aim of promoting health literacy among citizens and increasing their autonomy and responsibility in the area of health	PMPLS - Projeto Municipal de Promoção de Literacia em Saúde	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
	Include older people in the Porto Fast Track City	Porto, Cidade sem SIDA (iniciativa Fast-track Cities)	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
	Increase older people’s knowledge and understanding of diabetes and its prevention and early detection	Porto sem Diabetes	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

P2 - Person-Centered Services

Integrate and improve health, education, information and social services and make them accessible to older people.

Objetive	Measure	Activity/Project	Partners
Reduce the incidence of disease or ill health	Train professionals in emotional literacy through a set of preventive measures using cognitive training strategies, fulfilling an itinerary about the brain and conditions associated with ageing	Oficinas da Saúde para Profissionais Literacia Emocional e Prevenção do Declínio Cognitivo	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
	Promote the provision of individual mental health services and group activities related to the arts and physical activity	Pro_Idos@	Fios e Desafios Associação de Apoio Integrado à Família  • Futebol Clube do Porto • Piscinas de Campanhã • Escola Artística Soares dos Reis • Universidade do Porto - Faculdade de Belas Artes • Escola Artística e Profissional Árvore • Junta de Freguesia de Campanhã
	Implement a project to reduce the number of new cases of dementia in citizens with Mild Cognitive Impairment (MCI)	MIND - Implementação de intervenções não-farmacológicas na prevenção do declínio cognitivo	Agrupamento de Centros de Saúde do Grande Porto V - Porto Ocidental  • Universidade do Porto - Faculdade Desporto - Faculdade Psicologia e Ciencias da Educação • Neuroinova • Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
	Promote ageing in place by encouraging health promotion, rehabilitation, and the training of carers	Bonfim Cuida	Médicos do Mundo  • Junta de Freguesia de Bonfim • Local partners in health, social and community
	Implement a medication monitoring and support programme for older people living in social isolation	Pharma Paranhos Programa de Apoio à Gestão Individual da Medicação	Freguesia de Paranhos  • All the pharmacies in Paranhos
	Enhance oral health literacy by training carers in oral care, sharing specific knowledge to improve the quality of life of older adults	Atelier de formação em Saúde Oral para Cuidadores de Pessoas Idosas	Ordem dos Médicos Dentistas
	Implement a project aimed at reducing the number of new dementia cases in individuals with Mild Cognitive Impairment (MCI)	Neuroproxi	Cooperativa de Ensino Superior Politécnico e Universitário
	Provide medical care and screenings to ensure healthy ageing	Promoção de envelhecimento ativo e saudável na população idosa	Paramédicos de Catástrofe Internacional

P2 - Person-Centered Services

Integrate and improve health, education, information and social services and make them accessible to older people.

Objetive	Measure	Activity/Project	Partners
Strengthening the provision of home care and assistance to dependent older people	Encourage the provision of home care for elderly people with high dependency and low economic resources at times not covered by the formal network	Aproxima	Liga Portuguesa de Profilaxia Social <ul style="list-style-type: none"><li>• Câmara Municipal do Porto</li><li>- Departamento Municipal de Coesão Social</li><li>• Health Services</li></ul>
	Provide a multidisciplinary team to provide health care (nursing, psychology, physiotherapy and occupational therapy) to older people in situations of isolation and social vulnerability	Terceira (C)Idade = Felicidade	<ul style="list-style-type: none"><li>• Espaço T</li><li>• Local partners in health, social, enterprises and community</li></ul>
Increase and improve access to health services	Provide a taxi service for travel to and from health facilities at a reduced price	Táxi +65	STCP Serviços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda <ul style="list-style-type: none"><li>• Câmara Municipal do Porto</li><li>• Associações de Táxis</li></ul>
Improve access to information	Provide an individualised service for older people to clarify their rights and refer them to services of interest to them	Gabinete de Atendimento ao Idoso	<ul style="list-style-type: none"><li>• Cruz Vermelha Portuguesa   Porto</li><li>• Health centers</li><li>• Câmara Municipal do Porto</li><li>- Departamento Municipal de Coesão Social</li><li>• Polícia de Proximidade</li><li>• Porto's Social Network</li></ul>
Create an alternative to institutionalisation and family dependency for the elderly	Provide a personal assistance service to assist older people in carrying out activities that they are unable to carry out on their own due to limitations resulting from their interaction with the environment	Viver em Casa	LongeVidade Cooperativa de Solidariedade Social, CRL

P3 - Places

Develop, improve and create friendly places and environments for the elderly population, ensuring that they can live there safely.

Objetive	Measure	Activity/Project	Partners
Promote intergenerational environments	Promoting intergenerational housing	Aconchego	Câmara Municipal do Porto - Departamento Municipal de Coesão Social  • Federação Académica do Porto
	Facilitate intergenerational encounters in university settings, offering diverse activities that promote interaction, knowledge exchange, and the strengthening of social bonds between students and older adults	Idosos na FEUP	Faculdade de Engenharia da Universidade do Porto  • GASPORTO
Provide alternative and innovative housing solutions	Ensure decent shared living space adapted to the needs of the elderly population in situations of social, economic and housing deprivation	Residências Sénior Partilhadas	Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M.  • Parish Councils • IPSS
	Ensure a housing solution that promotes intergenerational living	Estrutura Residencial InterGeracional (ERIGE)	Associação das Escolas Jesus, Maria, José do Monte Pedral  • Câmara Municipal Porto • Federação Académica Porto • Freguesia de Paranhos
Reduce the risk of accidents and falls among the elderly population	Provide information that enables action to be taken on intrinsic and extrinsic risk factors for accidents and falls	Guia de prevenção do risco de acidentes e de quedas	Câmara Municipal do Porto - Departamento Municipal de Coesão Social
	Develop an explanatory and interactive guide/manual for all local authority tenants over 65 living in social housing	Guia do Inquilino Sénior	Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M.
Increase the use of public pedestrian space	Promote the pedestrianisation of streets through the creation of temporary pedestrian zones, ensuring that traffic is restricted to pedestrians only	Zonas Pedonais Temporárias e PlayTime - Parklets Municipais	Câmara Municipal do Porto - Departamento Municipal do Espaço Público  • Câmara Municipal do Porto - Departamento Municipal da Mobilidade - Departamento Municipal de Espaços Verdes e Gestão de Infraestruturas - Direção Municipal de Cultura e Património - Polícia Municipal • Ágora Cultura e Desporto do Porto, E.M.
	Implement pedestrianisation of public streets	Pedonalização da Rua das Carmelitas	GO Porto Gestão e Obras do Porto, E.M.
Provide multi-service spaces dedicated to active ageing	Develop spaces that promote active and healthy ageing	Aqui mora o bem-estar	A Beneficência Familiar Associação Socorros Mútuos
	Implement a free advisory service to assist older people in accessing digital services	Espaço Cidadania Digital	Cesae Digital Centro para o Desenvolvimento de Competências Digitais  • Parish councils and local associations

P3 - Places

Develop, improve and create friendly places and environments for the elderly population, ensuring that they can live there safely.

Objetive	Measure	Activity/Project	Partners
Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly	Upgrade public spaces in urban neighbourhoods	Requalificação do espaço público dos bairros municipais	Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M.
	Upgrade sporting equipment to make them accessible	Acessibilidades Equipamentos Desportivos	Ágora Cultura e Desporto do Porto, E.M.
	Rehabilitate degraded streets, promoting different modes of transport and removing architectural barriers	Rua Direita	Câmara Municipal do Porto - Direção Municipal Desenvolvimento Urbano
	Implementing a network of routes with a maximum speed limit of 20 kilometres per hour, with priority for pedestrians and soft modes, in a concept of shared public space	Rede 20	GO Porto Gestão e Obras do Porto, E.M.
	Improve pedestrian accessibility on pavements and pedestrian crossings on various streets in the city	Atravessamento de vias e envolventes	GO Porto Gestão e Obras do Porto, E.M.
	Implement a system of directional and informative signage to promote pedestrianisation and pedestrian comfort	Projeto Integrado de Sinalização e Informação	Câmara Municipal do Porto - Departamento Municipal do Espaço Público
	Increasing the number of resting places by installing benches along pedestrian routes to ensure comfortable walking	Porto Pedonal – Pop	Câmara Municipal do Porto - Departamento Municipal do Espaço Público
	Improve public information at the Campanhã Intermodal Terminal to meet the different needs and abilities of the elderly	Informação ao público no Terminal Intermodal de Campanhã	STCPServiços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda.
	Provide better accessibility between high and low levels and contribute to the safe mobility of the population	Percursos Pedonais - Ligações Mecanizadas	GO Porto Gestão e Obras do Porto, E.M.
	Instal new drinking fountains in the main squares, parks and pedestrian and cycle routes of the city of Porto, encouraging the consumption of tap water as a source of hydration - a healthier, cheaper and more environmentally friendly solution	Plano de Higiênização de Fontes, Fontanários e Bebedouros	Águas e Energia do Porto, E.M.  • Câmara Municipal do Porto - Departamento Municipal do Espaço Público
	Equipping the pedestrian underpass to the Campanhã Intermodal Terminal with moving walkways to improve accessibility and comfort for elderly people with reduced mobility	Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã	STCPServiços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda.  • Câmara Municipal do Porto

P3 - Places

Develop, improve and create friendly places and environments for the elderly population, ensuring that they can live there safely.

Objetive	Measure	Activity/Project	Partners
Improve public spaces and enhance urban heritage	Rehabilitate the historic fountains of the city of Porto, promoting the requalification of public spaces and their use by the elderly population	Fontes Históricas do Porto	Águas e Energia do Porto, E.M.  • Câmara Municipal do Porto - Direção Municipal de Cultura e Património - Departamento Municipal do Espaço Público  • Direção Regional de Cultura do Norte
	Renovate public gardens and spaces	Requalificação de Jardins e Espaços Públicos	GO Porto Gestão e Obras do Porto, E.M.  • Câmara Municipal do Porto
Improve housing conditions for vulnerable elderly people	Carry out reconstruction, rehabilitation and health improvement works in the homes of people living in poverty and in non-municipal housing	Porto Amigo	Câmara Municipal do Porto - Departamento Municipal de Coesão Social  • Associação Just a Change • Fundação Manuel António da Mota • Grupo de Ação Social do Porto
	Carry out free home repairs for vulnerable older adults, fostering intergenerational engagement through university studentsos.	Engenharia Repara	Faculdade de Engenharia da Universidade do Porto  • GASPORTO

P4 - Products

Adapting, creating and evaluating technological solutions to support the elderly population.

Objetive	Measure	Activity/Project	Partners
Reduce feelings of insecurity among older people at risk of social isolation	Provide a telecare service	Estamos Juntos – Serviço de Teleassistência	Câmara Municipal do Porto - Departamento Municipal de Coesão Social  • Parish Councils • Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M. • Serviço de Atendimento e Acompanhamento Social do Porto (SAAS Porto) • Local Police
	Provide a telecare service	Chave de Afetos	Santa Casa da Misericórdia do Porto  • Parish Councils • Police • IPSS • Volunteering organizations • Universities
Promote the creation and experimentation of new solutions to combat the social isolation of the elderly	Provide a telecare service	Projeto de Acompanhamento à Pessoa Idosa (PAPI)	União das Freguesias de Lordelo do Ouro e Massarelos
	Develop a structured experimentation model, based on impact processes and methodologies, to test new responses that contribute to reducing the social isolation of the elderly	Laboratório de Inovação Social do Porto	Câmara Municipal do Porto - Departamento Municipal de Coesão Social - Centro de Inovação Social do Porto  • Training partners
	Organise capacity-building bootcamps for older people, focusing on entrepreneurship and social innovation while integrating personal development and collaborative practices to encourage the creation of community projects	Programa + Vida aos Anos Empreendedorismo e Inovação Social Sénior	Gabinete de Psicologia Aliados Lda  • MAGNA Consultores • Associação Desportiva Impact Life • Social Investors
Implementing new solutions for safety of public spaces, especially for the mobility of the most vulnerable population groups	Producing hydrant covers, fire signs and mobile valve covers using bioplastic material on 3D printers	Wat(t)er FabLab Impressão 3D nas Operações	Águas e Energia do Porto, E.M
	Map, identify, and automatically classify mobility barriers, promoting urban accessibility and improving circulation conditions for all citizens	ACAMAI - Automating City Accessibility Mapping using Artificial Intelligence	Fundação Fernando Pessoa   Universidade Fernando Pessoa  • Câmara Municipal do Porto

P4 - Products

Adapting, creating and evaluating technological solutions to support the elderly population.

Objetive	Measure	Activity/Project	Partners
Implementing digital solutions to build cohesive communities and foster mutual aid relationships	Implement a digital platform that aggregates community projects/ activities that promote the mental and social well-being of citizens with or without mental illness	<div>Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade</div>	Agrupamento de Centros de Saúde do Grande Porto V - Porto Ocidental <ul style="list-style-type: none"><li>• Centro Hospitalar Universitário de Santo António</li><li>- Serviço de Saúde Mental Comunitária do Porto, Hospital Magalhães Lemos</li></ul>
	Foster social connections, digital inclusion, and tourism for individuals over 50, combating loneliness and promoting mental health	<div>Freebird Club Porto</div>	Freebird Club <ul style="list-style-type: none"><li>• Fundação Ageas</li><li>• Enterprise Ireland</li><li>• Nesta</li><li>• Founders Factory</li><li>• UKRI</li></ul>
Use environmentally sustainable resources to promote socialisation and value leisure time	Contributing to the fight against social exclusion of older adults through outdoor rides on electric bicycles adapted for this purpose, conducted by volunteers in the city of Porto	<div>Pedalar Sem Idade Porto</div>	Parábola Cidadina Associação Pedalar Sem Idade Porto <ul style="list-style-type: none"><li>• Câmara Municipal do Porto</li><li>• Cycling Without Age</li></ul>



P5 - Policies

Policies to be implemented to promote, scale up and facilitate change.

Objetive	Measure	Activity/Project	Partners
Ensure timely and appropriate responses to older people in situations of extreme vulnerability	Establish an organisation that defends the rights of older people when their safety, health, social rights, or dignity are at risk	Comissão Municipal de Apoio à Pessoa Idosa	Câmara Municipal do Porto - Departamento Municipal de Coesão Social
Raise awareness of ageing issues	Promote information and awareness-raising actions, aimed at strengthening the rights of older people and promote the full exercise of their citizenship	Estamos Juntos Prevenção e Sensibilização	Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Parish Councils
Raise the level and knowledge of social intervention agents on the phenomena related to ageing	Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group	Estamos Juntos Capacitação	Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Entities that make up the Operational Unit for Intervention of Seniors and their Caregivers of the Porto Social Network
Increase the level of participation of older people in policies aimed at them	Promote the participation of older people in decision-making on issues that concern them	Fóruns Participativos sobre Envelhecimento Ativo e Saudável na Cidade do Porto	Câmara Municipal do Porto - Departamento Municipal de Coesão Social
Disseminate information related to the implementation and evaluation of the Action Plan “Porto Age-Friendly City” 2023-2025	Provide systematic online information on the activities and projects related to the Action Plan “Porto Age-Friendly City” 2023-2025	Microsite da Coesão Social do Município do Porto	Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Entities that are part of the “Porto Cidade Amiga das Pessoas Idosas” 2023-2025
	Produce and distribute a documentary series “Porto Cidade Amiga das Pessoas Idosas”	Série Documental “Porto Cidade Amiga das Pessoas Idosas”	Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Projects included in the Action Plan “Porto Cidade Amiga das Pessoas Idosas”
Implement a municipal social geo-referencing system to identify individuals, families, and groups experiencing vulnerability and social exclusion.	Identify new cases of social vulnerability, map and geo-reference social support services at local and regional levels	Radar Social - Criação de equipas para projeto piloto	Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Members of the Conselho Local de Ação Social do Porto

# Individual project sheets P1

# Quem Sou Eu?

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Work on life stories through artistic expression.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Quem Sou Eu?

Context

The “Quem sou eu?” project is aimed at older people, in close collaboration with the Porto Puppet Theatre.

This project for social integration and personal fulfilment, which was launched as a pilot project in the Campanhã area and has since been extended to other areas, has the main objective to tell the “stories” of the life of this population through artistic expression and the use of puppets as a vehicle for inclusion, culminating in public performances.

The artistic work includes puppet design, costume, writing, puppet modelling, voice/text work, manipulation techniques, physical work and improvisation, towards a creative process very similar to that developed by the Porto Marionettes team in their creations.

Project/Activity’s Objectives

- The main aim of the “Quem sou eu?” project is to work on the life stories of older people through artistic expression.

Beneficiaries

Elderly people integrated into a social response

Territorial Impact of the Intervention

Município do Porto

Link

https://coesaosocial.cm-porto.pt/pessoas-idosas/quem-sou-eu

### 3.1 Indicator

Description	Number of participants					
Target	2023	2024		2025		Total 30
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	10	10	10			

### 3.2 Other impactful objectives

- Encourage lifelong learning

## 4. Partners

- Designation

  - Teatro de Marionetas do Porto

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024	<input type="text"/>	<input type="text"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="text"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input type="text"/>	<input type="text"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="text"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

30 000€

## 7. Additional notes

Back to the table

# O Porto é Lindo! Roteiros Turísticos +65

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Encouraging socialisation through guided tours of different emblematic spaces in the City.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

O Porto é Lindo! Roteiros Turísticos +65

Context

Porto é Lindo! - Roteiros Turísticos +65 aims to provide quality leisure time for the city's elderly, using the movable, immovable, cultural and sacred heritage as a tool for cultural enrichment, socialisation and enhancement of leisure time.

Aimed at people over 65, this project offers themed guided tours of different areas, heritage and facilities in the city, encouraging them to reconnect with the city of Porto, which has been the stage for all or part of their lives.

Project/Activity's Objectives

- Increase socialisation, strengthen sense of ownership of the city and reduce risk of social isolation.

Beneficiaries

Citizen over 65

Territorial Impact of the Intervention

Porto

Link

https://coesaosocial.cm-porto.pt/pessoas-idosas/o-porto-e-lindo

## 3.1 Indicator

Description	Number of visits made					
Target	2023	2024		2025		Total 135
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	45	45	45			

## 3.2 Other impactful objectives

## 4. Partners

Designation

- Porto's Social Network

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

60 000,00 €

## 7. Additional notes

Back to the table

# “Espaço Sénior” do Porto

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Provide the first “space for seniors” at the service of the people and the territory, in order to develop activities and projects in collaboration with other community agents.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Fundação “la Caixa”

Legal Nature

Foundation

Telephone contact

Email address

info.portugal@contact.fundacaolacaixa.org

Link

www.fundacaolacaixa.pt

## 3. Project / Activity

Name

“Espaço Sénior” do Porto

Context

The Fundação “la Caixa” Spaces are centres at the service of the people and the territory that accompany, promote and encourage the active role and participation of senior citizens in society and, in addition to the catalogue of activities that they make available to their users, they also serve to disseminate good practices in intervention with the elderly population.

In Spain, in addition to the 58 Fundação “la Caixa” Spaces managed autonomously by volunteers from the respective space, 3 Fundação “la Caixa” Spaces called “Singulares”, owned and managed directly by the Foundation, have been created in the cities of Girona, Madrid and Murcia.

### Project/Activity’s Objectives

- This space aims to promote the active role and participation of senior citizens in society through activities, volunteer projects and collaborative projects with other community stakeholders.

### Beneficiaries

Residents in the municipality of Porto, aged 65 or over

### Territorial Impact of the Intervention

Porto

### Link

## 3.1 Indicator

Description

Opening of the “Espaço Sénior”

Target

2023

2024

2025

Total

Half-yearly

1

Yearly

0

0

1

## 3.2 Other impactful objectives

- Empower older people and building communities to foster relationships of mutual help and support
- Encourage lifelong learning
- Increasing community involvement through volunteering for older people

## 4. Partners

Designation

- Câmara Municipal do Porto
- Departamento Municipal de Coesão Social

## 5. Scheduling

J

F

M

A

M

J

J

A

S

O

N

D

2023

2024

2025

## 6. Estimated investment value

## 7. Additional notes

Back to the table

55+

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

To increase social inclusion and participation.

Measure

Develop the talents and purpose of people over 55 by providing services to the local community.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Movimento 55+ Associação

Legal Nature

Association

Telephone contact

930556575

Email address

info@55mais.pt

Link

www.55mais.pt

3. Project / Activity

Name

55+

Context

55+ was set up with the aim of preventing loneliness and inactivity among people over the age of 55 and enabling them to lead an active life through the provision of quality and reliable services in their neighbourhoods that value people’s knowledge and create solid and close informal support networks.

Project/Activity’s Objectives

- We want to improve people’s quality of life by encouraging physical and mental activity, creating new relationships and giving meaning to life, while recognising the value of experience and its potential contribution to society.

Beneficiaries

Residents over 55

Territorial Impact of the Intervention

Porto

Link

www.55mais.pt

3.1 Indicator

Description

Hours of activity

Target	2023	2024	2025	Total
Half-yearly	<div></div>	<div></div>	<div></div>	
Yearly	170	190	210	

3.2 Other impactful objectives

- Empower older people and build communities to foster relationships of mutual help and support.
- To increase the level of community involvement through volunteering among the older population.

4. Partners

Designation

- Câmara Municipal do Porto – Departamento Municipal de Coesão Social
- BETEL
- Doctors of the World
- EAPN

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

Back to the table

# From Granny to Trendy

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Develop capacity-building activities through upcycling (recycling and reuse) of post-consumer textiles and women’s empowerment sessions, involving the beneficiaries themselves as an active part of the solution.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

1000Rostos Associação Ação Social

Legal Nature

Private Association

Telephone contact

917833803

Email address

info@1000rostos.pt

Link

## 3. Project / Activity

Name

From Granny to Trendy

Context

From Granny to Trendy is a programme of active ageing and empowerment through the up-cycling of second-hand clothes for women over 50 who are no longer active, in a co-implementation model that activates the social network and local communities in which these women live.

As a result, we promote new skills by sharing experience and knowledge in an intervention model that promotes social inclusion in the area, combats the stigma of ageism and educates for the preservation of the environment.

### Project/Activity’s Objectives

- Activities:
  - 12 textile upcycling workshops
  - 2 photo sessions
  - 1 photo exhibition
  - 1 fashion show where beneficiaries model their creations
  - Later integration into the programme as an active part of it - as mentors teaching textile repair or reuse techniques to other young people or paid seamstresses.
- Objectives: reduce social isolation through direct impact on knowledge acquisition, increased self-esteem, satisfaction with social support and quality of life of the participants; create more opportunities for active participation in the community.

### Beneficiaries

Women over 50, out of active life

### Territorial Impact of the Intervention

Porto

### Link

<https://vintageforacause.pt/pages/from-granny-to-trendy>

### 3.1 Indicator

Description	Number of participants						
Target	2023		2024		2025		Total 82
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	22		30		30		

### 3.2 Other impactful objectives

- Empower older people and build communities to foster relationships of mutual help and support
- Encourage lifelong learning

## 4. Partners

Designation

• União das Freguesias do Centro Histórico do Porto

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024	<input type="text"/>											
2025	<input type="text"/>											

## 6. Estimated investment value

55 000,00 €

7. Additional notes

The achievement of the referred objectives is based on obtaining the estimated investment for the activity. The amount of investment indicated may vary according to the levels of impact to be defined, given that, in SROI terms, the higher the level of impact/synergies of scale resulting from the replication of the programme, the lower the cost of the project.

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Reformers

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

To increase social inclusion and participation.

Measure

Develop activities where volunteers share their talents with groups of seniors to increase civic participation, reduce isolation and combat ageism.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

GeraçãoReformers Lda

Legal Nature

Company

Telephone contact

919329976

Email address

joana@m-trf.org

Link

www.reformers.pt

3. Project / Activity

Name

Reformers

Context

Reformers arises from our belief that there is no age for learning and seeks to combat the ageism and social isolation of the senior population.

The project is characterised by a series of recreational and didactic activities that stimulate the cognitive and motor skills of senior citizens, seeking to improve the physical and mental health of this population. Through the sharing of talents, volunteer mentors share something they love to do with groups of seniors, facilitating a class every week for twelve months.

Our target group is isolated seniors with little (or no) support network, for whom existing solutions, although important and necessary, are not enough. The 2021 census identified 75,882 people over the age of 60 in the city of Porto, and a large part of this population lives in isolation, with little or no access to existing solutions, and with socialisation difficulties. Our project aims to work with groups of people identified by Porto City Council to reduce the number of over 60s living in isolation in the city.

The range of activities on the annual programme includes ballet, swimming, make-up, skating, ceramics and samba classes, among many others, all designed specifically for older people, to help improve their self-esteem and share knowledge to reduce loneliness.

These classes of reformers are organised in a community context and have to identify a social problem in their community and solve it with the activity they have learnt - payback. Whatever the activity, mentors will need to work on a range of values and skills such as ageism, gender equality, mental health, creativity and sustainability. In order to address these issues effectively, we have developed an ongoing training programme for volunteer mentors that addresses some of these issues.

In order to study the impact of the project on the elderly population, pre- and post-test questionnaires will be administered. These questionnaires will lead to a final impact assessment report which will be made available to the various institutions we work with.

We intend to analyse changes in the following indicators: perceived quality of life, perceived level of loneliness, self-esteem and perceived sense of community.

Project/Activity's Objectives

- General objectives:

- combat ageism and social isolation among the senior population.
- Specific objectives:

- improve quality of life

- increase self-esteem

- reduce rates of loneliness, vulnerability and isolation

- improved autonomy, mobility, physical and cognitive abilities

- increased sense of community belonging
- 80 mentors by 2025

• 50 hours of training in 2025

• 960 hours of classes in 2024 + 1920 hours of classes in 2025

• 20 payback actions in 2024 + 40 payback actions in 2025

Beneficiaries

Isolated seniors, with little (or no) support network, for whom existing solutions, although important and necessary, are not enough.

Territorial Impact of the Intervention

Cidade do Porto

Link

www.reformers.pt

3.1 Indicator

Description	Number of seniors impacted						
Target	2023		2024		2025		Total 950
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	50		300		600		

3.2 Other impactful objectives

- Empower older people and build communities to foster relationships of mutual help and support.

• Encourage lifelong learning.

4. Partners

- Designation

• Junta de Freguesia de Paranhos

• Centro Social da Paróquia da Areosa

• BPI | Fundação “La Caixa”

• Fundação AGEAS

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

210 000,00 €

7. Additional notes

Latest news:  
<https://expresso.pt/longevidade/2023-08-03-Nao-ha-idade-para-sonhar-seniores-escolhem-o-que-querem-aprender-do-surf-a-bicicleta-3b389599>  
<https://portocanal.sapo.pt/noticia/316575>  
<https://sic.pt/programas/casafeliz/faco-agora-coisas-que-nunca-fiz-na-vida-a-casa-feliz-levou-as-avos-a-voar/>  
<https://www.rtp.pt/play/p11142/e716375/a-nossa-tarde> (minuto 16 a 35)

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1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

To increase social inclusion and participation.

Measure

Promote a community intervention to encourage the participation and social integration of the elderly population of the parish of Massarelos through the art of crochet

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Associação de Moradores de Massarelos

Legal Nature

Association

Telephone contact

226093341

Email address

ammassarelos@gmail.com

Link

https://www.facebook.com/associacaomoradores.massarelos

3. Project / Activity

Name

Olhó Nobelo

Context

This is a project developed in the Social Centre of the Residents' Association of Massarelos, during the pandemic, with the aim of combating the social isolation of the beneficiaries through crochet. During the prolonged confinement of the elderly, a strategy to alleviate and combat social isolation was needed, which was exacerbated by the pandemic situation. Crochet was and is a great and effective strategy and has made this project an example of intervention through art. The project was set up with the users of the Social Centre of the Residents' Association of Massarelos in mind, but was later extended to the whole community and anyone who wanted to take part. In this way, the project began to enrich itself in terms of sharing knowledge and creating intergenerational moments.

Project/Activity's Objectives

- Promote social inclusion and participation through the arts
- Tackle social isolation and inactivity
- Active participation of the users of the Centro de Convívio
- Promote a therapeutic activity
- Involve the local community
- Make best use of community facilities

Beneficiaries

Elderly residents of Massarelos

Territorial Impact of the Intervention

Freguesia de Massarelos

Link

Back to the table

3.1 Indicator

Description	Number of elderly people involved					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	63
Yearly	20	21	22			

3.2 Other impactful objectives

- Empower older people and build communities to foster relationships of mutual help and support

4. Partners

- Designation

- União das Freguesias de Lordelo do Ouro e Massarelos

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

União das Freguesias de Lordelo do Ouro e Massarelos - one-off initiatives  
Ágora - Sport and Culture in Porto - one-off initiatives  
Museu do Carro Elétrico - loan of premises  
Algodões Selva - donation of material

# Conhecer o Porto por Dentro

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Promote socialisation and participation through cultural and historical activities.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Associação de Solidariedade Social dos Professores (ASSP-Porto)

Legal Nature

Private Institution of Social Solidarity (IPSS)

Telephone contact

929030804 / 222032049

Email address

d.porto@assp.pt

Link

https://assp.pt/pt/home

## 3. Project / Activity

Name

Conhecer o Porto por Dentro

Context

The project “Conhecer o Porto por Dentro” ims to provide our Members and Friends with a deeper knowledge of the city of Porto, uncovering a variety of cultural spaces. Thus, the themes covered will include the following areas: city toponymy and history, emblematic buildings, renovated parks and gardens, new significant facilities, conferences, cultural visits, thematic museums, and performances (theatre and music). The project will begin with the section “City Toponymy and History,” exploring its origins and highlighting the importance of the biographical journeys of the personalities in question for understanding the history of Porto and even the country. We will rely on the collaboration of Members and Friends, whom we will invite to participate in the project’s development, offering their knowledge and skills for the benefit of all.

Our goal is to promote intellectual and cognitive development, knowledge sharing, social interaction, and the strengthening of solidarity and resilience bonds.

Project/Activity’s Objectives

- Valuing the Municipality’s Heritage
- Implementing intergenerational activities to combat loneliness and social isolation

Beneficiaries

Members over 65 years old of ASSP and residents of Porto Municipality

Territorial Impact of the Intervention

City of Porto

Link

Back to the table

### 3.1 Indicator

Description

Number of activities carried out

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yearly	<input type="text"/>	<input type="text"/>	40	40

### 3.2 Other impactful objectives

• Stimulating lifelong learning

## 4. Partners

Designation

- Escola Superior de Educação
- UPP
- Faculdade de Letras da Universidade do Porto
- Planetário do Porto
- Academia Viva Vivet

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="text"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

2 000,00€

## 7. Additional notes

# Memórias de um Corpo

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Promote intergenerational connections through art, bringing together older people and young artists to encourage active ageing, cognitive stimulation, and relationships between generations.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Ballet Teatro Contemporâneo do Porto CRL

Legal Nature

Cooperative

Telephone contact

935 239 027

Email address

documentacao@balletteatro.pt

Link

balletteatro.pt

## 3. Project / Activity

Name

Memórias de um Corpo

Context

Balletteatro is a centre for performing arts, moving images, and interdisciplinary exchanges. With extensive experience in connecting art with the world, it carries out significant work with the community through social projects developed with national and international partners and institutions. One such project focuses on the impact of promoting active and healthy ageing in society, which led to the partnership with the Associação do Monte Pedral. “Memórias de um Corpo” is a project consisting of regular work with a group of seniors, artists, and students from the Balletteatro Escola Profissional, culminating in a public performance. The performers include dance students and seniors from the Associação do Monte Pedral, in a show marked by the sensitivity of intergenerational dialogue.

Project/Activity’s Objectives

- Promoting Active Ageing Through Dance
- Encouraging cognitive stimulation in the elderly
- Strengthening connections between generations

Beneficiaries

Elderly members of the Associação Monte Pedral

Territorial Impact of the Intervention

Associação Monte Pedral

Link

### 3.1 Indicator

Description	Number of elderly participants   Number of young people involved					
Target	2023	2024		2025		Total 10   20
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	10   20	<input type="text"/>	

### 3.2 Other impactful objectives

- Promoting regular physical activity
- Fostering intergenerational activities
- Stimulating lifelong learning

## 4. Partners

Designation

- Associação Monte Pedral

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>

6. Estimated investment value

## 7. Additional notes

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1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

To increase social inclusion and participation.

Measure

Promote the cognitive and social stimulation of older adults through artistic practices developed at home.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Compassio – Associação para a construção de comunidades compassivas

Legal Nature

Non-Profit Association

Telephone contact

911860880

Email address

compassio@compassio.pt

Link

https://www.facebook.com/associacaocompassio/

3. Project / Activity

Name

AcompanhARTE

Context

Older individuals do not always have the autonomy or ability to leave their homes. Staying cognitively and socially active, integrated, and stimulated is essential for promoting well-being and quality of life. There are still few community responses aimed at addressing this issue at home. Through artistic practices developed at home (music therapy, plastic expression, theatre, laughter therapy, literature, and biography writing), elderly individuals are cognitively stimulated and more socially integrated. This is always done through a close relationship, with one artist per elderly person, conducting weekly or fortnightly visits lasting one hour.

Project/Activity's Objectives

- Combatting Social Isolation
- Promoting well-being and health (physical, mental, and spiritual) through artistic practices developed at home

Beneficiaries

Seniors experiencing social isolation/loneliness at home

Territorial Impact of the Intervention

Freguesia de Aldoar, Foz do Douro e Nevogilde; Freguesia de Paranhos

Link

https://www.youtube.com/watch?v=2iCzOjeHJuM

3.1 Indicator

Description	Number of people reached by the project   Number of artists involved					
Target	2023	2024		2025		Total 25   9
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	25   9	<input type="text"/>	

3.2 Other impactful objectives

- Reducing the incidence of illness or deterioration in health conditions

4. Partners

- Designation

- Parish Councils
  - Hospitals
  - Day Centres
  - Private Institutions of Social Solidarity

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

7. Additional notes

# Porto Importa-se - contacta

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Provide regular support and contact with older people at risk of isolation and social exclusion in public housing.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Associação de Moradores de Massarelos

Legal Nature

Association

Telephone contact

226093341

Email address

ammassarelos@gmail.com

Link

https://www.facebook.com/associacaomoradores.massarelos

## 3. Project / Activity

Name

Porto Importa-se - contacta

Context

Porto Importa-se reaches out to elderly residents of Porto Municipality's Public Housing Park who are in or at risk of isolation. In partnership with an academic entity, a gerontological diagnosis was carried out to outline and characterise the elderly population residing in Porto's social housing neighbourhoods, identifying cases considered high risk according to defined criteria.

Project/Activity's Objectives

- Ensuring Close Contact with the Elderly
- Maintaining regular contact with isolated elderly individuals through simple, personalised, and clear communication
- Addressing social isolation caused by a lack of social or family connections, community involvement, or access to services
- Assessing, considering, and identifying alternative services or responses to combat isolation and loneliness

Beneficiaries

Elderly individuals aged 85 or older, living alone in municipal social housing

Territorial Impact of the Intervention

Freguesia de Campanhã

Link

## 3.1 Indicator

Description

Number of contacts/visits to elderly individuals

Target

2023

2024

2025

Total

Half-yearly

972

Yearly

972

## 3.2 Other impactful objectives

## 4. Partners

Designation

## 5. Scheduling

J

F

M

A

M

J

J

A

S

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D

2023

2024

2025

## 6. Estimated investment value

## 7. Additional notes

Back to the table

Danças tradicionais  
com coreografias contemporâneas

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

To increase social inclusion and participation.

Measure

Strengthen self-esteem, combat social isolation, and promote active longevity through traditional dance.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Associação Sénior da Foz Vita Vivet

Legal Nature

Non-Profit Association

Telephone contact

919914470

Email address

asvitavivet@gmail.com

Link

3. Project / Activity

Name

Danças tradicionais com coreografias contemporâneas

Context

Traditional dance, with its history and culture, gains new life when combined with the creativity of contemporary dance. This fusion results in innovative choreography that preserves the essence of cultural roots while allowing for a freer and more expressive body language. It is a celebration of the past and a dialogue with the present, creating new forms of expression.

The project aims to promote the physical and mental health of seniors through dance, reviving the cultural richness of traditional dances and adapting them to modern times. By combining gentle and rhythmic movements with contemporary choreography, we offer a unique experience that stimulates memory, motor coordination, and socialisation.

We believe that dance is a powerful tool to boost self-esteem, combat social isolation, and promote active longevity. Through this project, we also aim to:

- Break barriers and prejudices

“Traditional dance, often seen as something of the past, gains a new life when combined with contemporary elements. We demystify the idea that dance is only for the young, showing that art is for all ages and body types.”

- Preserve culture and pass on knowledge

“By teaching traditional dances with a modern approach, we contribute to preserving our culture and passing on heritage to future generations. Elderly individuals, as guardians of memory, play a key role in this process.”

- Promote inclusion and accessibility

“Our classes are adapted to meet the specific needs of older adults, fostering inclusion and accessibility. Dance becomes a vehicle for individual expression and overcoming challenges.”

Project/Activity’s Objectives

- Increase integration and social participation
- Promote regular physical activity
- Enhance memory skills
- Improve recall ability
- Encourage memory-sharing skills
- Foster interaction among peers
- Stimulate research skills

Beneficiaries

Registered members of the Associação Sénior da Foz Vita Vivet

Territorial Impact of the Intervention

City of Porto

Link

3.1 Indicator

Description

Number of sessions held

Target

2023

2024

2025

Total

Half-yearly

21

Yearly

21

3.2 Other impactful objectives

- Encouraging regular physical activity
- Reducing the incidence of illness or health deterioration

4. Partners

Designation

- Associação Nacional de Professores
- Associação de Solidariedade Social de Professores

5. Scheduling

J

F

M

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M

J

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N

D

2023

2024

2025

6. Estimated investment value

2 000,00€

7. Additional notes

Back to the table

# Há.ma.nhã- cartografias de uma cidade comum

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Organise artistic and cultural activities that involve older populations, encouraging the sharing of experiences, knowledge, and life stories.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

BOA E Lab\_BOA, de C. Camargo Oficinas de Artes Lda.

Legal Nature

Company

Telephone contact

914093518

Email address

info@boa-arts.com

Link

https://www.boa-arts.com/

## 3. Project / Activity

Name

Há.ma.nhã- cartografias de uma cidade comum

Context

“Há.ma.nhã - cartografias de uma cidade comum” is a project aimed at promoting artistic creation among seniors supported by elderly care institutions. It fosters the intersection of various forms of expression within a contemporary art perspective and the promotion of active ageing. The project addresses social isolation and enhances participants’ engagement with community and cultural experiences.

### Project/Activity’s Objectives

- Encouraging Social and Cultural Interaction Through Artistic Creation and Collective Memory
- Increasing participation in city life
- Strengthening community and intergenerational bonds
- Promoting physical and mental health
- Reducing stress levels
- Cognitive stimulation

### Beneficiaries

Older individuals in isolation but with autonomy

### Territorial Impact of the Intervention

Identified groups in Bonfim area

### Link

https://www.boa-arts.com/ha-manha

### 3.1 Indicator

Description

Number of participants | Number of sessions

Target

202320242025

Half-yearly

Yearly

12 | 15

Total

12 | 15

### 3.2 Other impactful objectives

• Stimulating lifelong learning

## 4. Partners

Designation

• Centro Social Sé Catedral

## 5. Scheduling

JFMA MJJASON D

2023

2024

2025

## 6. Estimated investment value

6 600,00€

## 7. Additional notes

Back to the table

# Fighting Loneliness

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Foster intergenerational relationships by welcoming guests into the homes of older residents in partnership with accommodation providers, promoting inclusion and cultural exchange.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Associação Reformers

Legal Nature

Non-Profit Association

Telephone contact

Email address

reformers@m-trf.org

Link

https://www.facebook.com/associacaomoradores.massarelos

## 3. Project / Activity

Name

Fighting Loneliness

Context

Airbnb, in partnership with the Associação Reformers, has launched a pilot project to tackle loneliness among the elderly by encouraging them to become Airbnb hosts and offer a room in their homes. This initiative aims to promote active ageing, foster intergenerational connections, and reduce social isolation among seniors.

Project/Activity's Objectives

- The project seeks to promote active ageing and combat loneliness by encouraging seniors to become Airbnb hosts.

Beneficiaries

Elderly individuals available to welcome guests and offer a room

Territorial Impact of the Intervention

City of Porto

Link

### 3.1 Indicator

Description

Number of stays within the project

Target	2023	2024	2025	Total	
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yearly	<input type="text"/>	<input type="text"/>	2		2

### 3.2 Other impactful objectives

- Encourage intergenerational environments
- Promote intergenerational activities

## 4. Partners

Designation

- Airbnb

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

## 7. Additional notes

Back to the table



# Dar Mais Vida Aos Anos

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

To increase social inclusion and participation.

## Measure

Provide a ‘Living Room’ space for the community, offering workshops relevant to the promotion of healthy ageing.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

FillCare - Apoio ao Domicílio

Legal Nature

Limited Liability Company

Telephone contact

229 397 710

Email address

geral@fillcare.pt

Link

www.fillcare.pt

## 3. Project / Activity

Name

Dar Mais Vida Aos Anos

Context

A pilot project is being implemented within the entity’s premises, open to clients and the community, to combat social isolation. Weekly workshops covering various themes will be held free of charge. Elderly individuals from Porto will be invited to visit the “Living Room” and enjoy recreational and social moments.

Project/Activity’s Objectives

- Implementing Initiatives to Combat Social Isolation, Promote Mental and Social Health, and Encourage Active Ageing, providing free services to disadvantaged communities

Beneficiaries

Elderly individuals in isolation or with reduced mobility

Territorial Impact of the Intervention

Cidade do Porto

Link

### 3.1 Indicator

Description	Number of workshops held					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	27
Yearly	<input type="text"/>	<input type="text"/>	27			

### 3.2 Other impactful objectives

- Stimulating lifelong learning
- Reducing the incidence of illness or health deterioration
- Empowering elderly individuals and building communities to foster mutual support and assistance networks

## 4. Partners

Designation

- To be determined based on workshop themes

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>

6. Estimated investment value

## 7. Additional notes

Back to the table

Rádio Força Senior

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

To increase social inclusion and participation.

Measure

Establish a communication and entertainment channel to combat misinformation, reduce loneliness, and prevent social exclusion among older people. This will provide accurate information, engaging content, and meaningful social interactions to improve the quality of life for seniors.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Associação das Escolas Jesus, Maria, José

Legal Nature

Private Institution of Social Solidarity (IPSS)

Telephone contact

228318554

Email address

info@monte-pedral.pt

Link

www.monte-pedral.pt

3. Project / Activity

Name

Rádio Força Senior

Context

Through years of experience and close contact with the senior population, we have recognised that radio plays a fundamental role in the lives of most elderly people. The emergence of the Covid-19 pandemic and the resulting confinement further heightened social isolation (in many cases, already present) and highlighted the importance of local media in their lives—particularly radio.

Given the significance of the elderly population in the city, a radio programme will be broadcast in FM from the Monte Pedral facilities, featuring content exclusively tailored to this target audience. Similar projects in other countries, such as web-based television channels (as presented at the II Jornadas Porto Cidade Amiga das Pessoas Idosas in 2023), have been developed. However, this initiative is even more accessible to the elderly population, as many still find the internet inaccessible or “complicated,” whereas an FM radio receiver is something they are already familiar with.

The programme will broadcast informational content and details about projects and activities available to the elderly in the city. It will serve as an “open window” to the activities of various city institutions as well as municipal initiatives related to “Porto – cidade amiga das pessoas idosas”.

In partnership with Rádio Metropolitana do Porto, an FM radio station based in Porto, a varied programme will be broadcast from Monte Pedral from Monday to Sunday, ensuring a closer connection with the people of Greater Porto in general and with the elderly in particular through the daily programme “RÁDIO FORÇA SENIOR.”

Project/Activity’s Objectives

- Reduce feelings of loneliness among the elderly in Porto
- Increase their social participation
- Combat social isolation
- Provide daily support to socially or prophylactically isolated residents due to family, social, economic, or public health circumstances, through themed, informational, and musical broadcasts with live presenters, journalists, and guests
- Ultimately, be a source of companionship while fostering social participation

Beneficiaries

Elderly individuals, their caregivers and family members, and the general public

Territorial Impact of the Intervention

Municipality of Porto

Link

www.monte-pedral.pt; https://www.facebook.com/forcasenior/

3.1 Indicator

Description	Number of hours of broadcast targeted at the elderly population					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	300
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	300			

3.2 Other impactful objectives

- Improve access to information

4. Partners

- Designation
- Rádio Metropolitana do Porto
  - Porto Editora
  - Município do Porto
  - Junta de Freguesia de Paranhos
  - Junta de Freguesia de Ramalde
  - U.F. Cedofeita, Sto Ildefonso, Sé, Miragaia, S. Nicolau e Vitória

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

22 000,00€

7. Additional notes

Back to the table

# Sempre Acompanhados

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Empower older people and build communities that foster relationships of mutual help and support.

## Measure

Empower people, involving communities and raising citizens' awareness.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Fundação "la Caixa"

Legal Nature

Foundation

Telephone contact

Email address

seniores@fundacaolacaixa.org

Link

www.fundacaolacaixa.pt

## 3. Project / Activity

Name

Sempre Acompanhados

Context

Sempre Acompanhados is a programme of the Fundação “la Caixa”, of which the Municipality of Porto is a strategic partner. The methodology was developed and implemented in Spain in 2013 and launched in Porto in 2022, specifically in the Freguesias do Centro Histórico e Bonfim. The “Sempre Acompanhados” programme aims to offer an innovative and differentiated response to situations of loneliness among the elderly population of Porto, in which the person is an active subject and protagonist of their transformation, in their ageing process and in their choices. Each person’s narrative, history, desires and interests are the fundamental basis of the intervention, which aims to empower them to develop key competences that are fundamental to decision-making in situations of isolation and unwanted loneliness.

The programme also aims to promote supportive relationships and the well-being of older people, involving the community and raising awareness among the city’s citizens. It operates along three main Axes: individual (with training to act and assess situations of loneliness, strengthening their skills and confidence), community (based on the endogenous resources of the community and its stakeholders) and society (promotion of actions to inform and raise awareness of the importance of maintaining good interpersonal relationships and the phenomenon of loneliness).

Project/Activity’s Objectives

- To promote supportive relationships and well-being among older people through an intervention that empowers people, involves the community and raises awareness among citizens in order to prevent and alleviate different situations of loneliness.

Beneficiaries

Citizens over 55 in situations of loneliness

Territorial Impact of the Intervention

Município do Porto

Link

https://fundacaolacaixa.pt/pt/sempre-acompanhados

## 3.1 Indicator

Description	Number of supported seniors						
Target	2023		2024		2025		Total 414
Half-yearly	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
Yearly	138		138		138		

## 3.2 Other impactful objectives

- Increase social inclusion and participation
- Increase socio-demographic knowledge of the resident elderly population

## 4. Partners

Designation

- Câmara Municipal do Porto
  - Departamento Municipal de Coesão Social
- Santa Casa da Misericórdia do Porto
- Cruz Vermelha Portuguesa | Delegação do Porto

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

## 7. Additional notes

Back to the table

# Pontes com Proximidade

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Empower older people and build communities that foster relationships of mutual help and support.

## Measure

Create and facilitate sharing groups for older people, providing a space for social interaction and mutual support.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Compassio – Associação para a construção de comunidades compassivas

Legal Nature

Non-Profit Association

Telephone contact

91 186 08 80

Email address

compassio@compassio.pt

Link

https://www.facebook.com/associacaocompassio/

## 3. Project / Activity

Name

Pontes com Proximidade

Context

The lack of community involvement among people aged 65 and over leads to increased isolation, fewer social relationships, and, consequently, a deterioration in mental health. For this reason, the Pontes Com Proximidade project promotes meaningful connections between people with shared interests through the creation of informal social groups, which can meet either in person or online.

These group interactions are facilitated by a Compassio team member to create a safe space where new relationships can develop. The themes discussed in the sessions are co-designed with each group to ensure they align with their interests and needs.

This project was designed and implemented through the Social Innovation Laboratory of the Porto City Council's Social Innovation Centre. Pontes com Proximidade aims to complement the AcompanhARTE and Porto Compassivo projects, focusing on integrating individuals into a broader support network, enhancing their awareness of community resources, and promoting informal social groups. It also encourages self-discovery and a renewed sense of purpose by fostering self-awareness of factors influencing well-being.

Project/Activity's Objectives

- Create a space to foster social relationships through dynamic sharing groups

Beneficiaries

Seniors living at home, experiencing social isolation or loneliness

Territorial Impact of the Intervention

União das Freguesias de Aldoar, Foz do Douro e Nevogilde

Link

### 3.1 Indicator

Description	Number of individuals reached by the project   Number of informal groups created						
Target	2023		2024		2025		Total 8   2
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0		0		8   2		

### 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or health deterioration
- Strengthen home-based care and support services for dependent elderly individuals

## 4. Partners

- Designation

- Parish Councils
  - Hospitals
  - Day Centres
  - Private Institutions of Social Solidarity

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 6. Estimated investment value

## 7. Additional notes

Back to the table

# Porto Compassivo

## Uma comunidade que cuida até ao fim

### 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

### Objective

Empower older people and build communities that foster relationships of mutual help and support.

### Measure

Establish and manage home support networks for isolated and unwell individuals, promoting their social integration and well-being.

### WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

### 2. Identification and characterisation of the Entity

Name

Compassio – Associação para a construção de comunidades compassivas

Legal Nature

Non-Profit Association

Telephone contact

91 186 08 80

Email address

compassio@compassio.pt

Link

https://www.facebook.com/associacaocompassio/

### 3. Project / Activity

Name

Porto Compassivo - Uma comunidade que cuida até ao fim

Context

According to the 2021 Census, there are 517,000 people aged 65 or over living alone in Portugal. The International Labour Organization has stated that Portugal is one of the European countries where elderly people are most abandoned.

The Porto Compassivo project is aimed at individuals who rarely or never leave their homes due to illness, mobility limitations, or lack of motivation. If people cannot go to the community, we want the community to come to them.

This project introduces a new figure – the community mobiliser – who visits and gets to know the beneficiary, identifying the available community support services that can be activated.

The project also includes an innovative assessment tool known as the “Care Map”, which is completed together with the beneficiary to identify the support they receive, as well as their dreams and desires. Based on this assessment, the community mobiliser activates formal and informal support networks, expanding the community network and fostering collaboration between all stakeholders.

Project/Activity’s Objectives

- Activate and strengthen support networks for isolated individuals with illness, in their homes

Beneficiaries

Seniors with illnesses, experiencing social isolation or loneliness, living at home

Territorial Impact of the Intervention

City of Porto

Link

https://www.youtube.com/watch?v=SujHWgwRiJg&t=16s

#### 3.1 Indicator

Description	Number of people supported by the project   Number of support networks created						
Target	2023		2024		2025		Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly					15   3		

#### 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or health deterioration
- Strengthen home-based care, providing assistance to dependent elderly individuals

### 4. Partners

Designation

- Parish Councils
- Hospitals
- Day Centres
- Private Institutions of Social Solidarity

### 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

### 6. Estimated investment value

### 7. Additional notes

Back to the table

Porto. Importa-se

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Increase the socio-demographic knowledge of the local elderly population.

Measure

Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Domus Social – Empresa de Habitação e Manutenção do Município do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228330000

Email address

geral@Domussocial.pt

Link

https://www.Domussocial.pt/

3. Project / Activity

Name

Porto. Importa-se

Context

“Porto. Importa-se” aims to respond to a universe of more than 2,000 people, in a continuous process that forms an extended network of partners and proximity services. This project is aimed at single people over 70 and couples over 75.

Project/Activity’s Objectives

- Domus Social, in partnership with the ISSSP, carries out direct technical and social interventions with elderly and isolated municipal tenants. The 50 housing estates managed by Domus Social are home to around 30 thousand residents, of whom around 7% are isolated elderly people.
- The intervention aimed at these situations mobilises several meetings with local agents and identifies the following as the main areas of intervention: health; social responses; economic resources; monitoring by local structures; legal support

Beneficiaries

Single elderly people over 70 and couples over 75 living in social housing

Territorial Impact of the Intervention

Porto

Link

https://www.Domussocial.pt/projetos-sociais/porto-importa-se-2

3.1 Indicator

Description	Actions to combat isolation and promote active and healthy ageing					
Target	2023	2024		2025		Total 900
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	300	300	300			

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

- Designation

- Instituto Superior de Serviço Social do Porto
  - Câmara Municipal do Porto
  - Departamento Municipal de Coesão Social

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

74 000,00 €

7. Additional notes

Back to the table

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Strengthen the practice of active citizenship.

Measure

Promote training activities for active, informed, socially responsible and inclusive citizenship in order to strengthen the social intervention of institutionalised elderly people.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Santa Casa da Misericórdia do Porto

Legal Nature

Misericórdia / IPSS

Telephone contact

220924422

Email address

scmp@scmp.pt

Link

www.scmp.pt

3. Project / Activity

Name

POLIS

Context

According to the most recent census (2021), there are 2.424.122 people aged 65 and over in Portugal. Of these, around 100.000 live in an institutional setting (Residential Structures for the Elderly). Living in these collective contexts implies, with some ease, the loss of some individuality and, with it, of habits, routines and other elements of citizenship. In this regard, the relationship with the city as a habitat that structures citizenship is, almost inevitably, altered. The political experience, as the maximum exponent of the same civic participation, is also changed. Usually for the worse.

Project/Activity's Objectives

- Promote active political citizenship
- Encourage older RSE residents to participate in the political and social issues of the community
- Promote intergenerational around political debate

Beneficiaries

Elderly RSE residents

Territorial Impact of the Intervention

Porto - Estrutura Residencial para Pessoas Idosas da Santa Casa da Misericórdia do Porto

Link

3.1 Indicator

Description

Number of elderly participants

Target	2023	2024	2025	Total 60
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0	30	30	

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

Designation

- Câmara Municipal do Porto  
– Departamento Municipal de Coesão Social
- Parish Councils
- Political parties

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Estimated investment value

1 000,00 €

7. Additional notes

# No Porto a Vida é Longa

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote regular physical activity.

## Measure

Develop regular sports activities for Porto residents over the age of 60. The activities will be prepared and led by sports professionals and aim to improve flexibility, strength and endurance.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Ágora - Cultura e Desporto do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

226199860

Email address

geral@agoraporto.pt

Link

https://www.agoraporto.pt

## 3. Project / Activity

Name

No Porto a Vida é Longa

Context

The main mission of the “No Porto a Vida é Longa” programme is to provide regular sporting activities for the elderly population of the municipality of Porto, contributing to a certified and more comprehensive sporting response for these citizens.

### Project/Activity’s Objectives

- Its main objective is to encourage the adoption of a healthy and active lifestyle by the elderly population of the city of Porto, with the aim of providing access to activities prepared by exercise professionals. These varied activities take place in various municipal sports centres and are aimed at promoting physical activity, contributing to successful ageing by improving physical fitness and thus quality of life.
- The programme is exclusively for residents of the municipality of Porto, therefore only people over the age of 60 can register.

### Beneficiaries

Residents over 60

### Territorial Impact of the Intervention

Porto

### Link

https://www.agoraporto.pt/desporto/programas-de-atividade-fisica

## 3.1 Indicator

Description	Number of participants in the programme						
Target	2023		2024		2025		Total <div>2100</div>
Half-yearly	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
Yearly	<div>500</div>	<div>700</div>	<div>900</div>				

## 3.2 Other impactful objectives

- Increase social inclusion and participation
- Reduce the incidence of illness or deterioration in health
- Reduce the risk of accidents and falls in the older population

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

84 000€

## 7. Additional notes

Back to the table



# Pedalar Com Idade

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote regular physical activity.

## Measure

Encourage regular physical activity, promote intergenerational outdoor interaction and improve the mental and physical health of older people.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Parábola Cidadina Associação - Pedalar Sem Idade Porto

Legal Nature

Non-profit Association

Telephone contact

916614056

Email address

silvia@pedalarsemidade.pt

Link

https://pedalarsemidade.pt/

## 3. Project / Activity

Name

Pedalar Com Idade

Context

Cycling strengthens the lower limbs, which is essential to prevent unintentional falls. The programme offers older people the opportunity to practise adapted cycling by riding a certified electric bike (three-seat trishaw) under the guidance of experienced younger riders who sit on the front seat of the bike. The modality includes a personalised training plan and the elderly feel safe because a 3-wheeled bike doesn't overbalance. With the help of the electric motor, they feel young again, as they seem to have the strength they used to have when they were pedalling. The rides are weekly and last one hour. The rides are organised by a coordinator and supervised by a specialist in physical education and rehabilitation, who carries out and supervises the personalised training plans. We provide training, accompany the rides, validate the routes, publicise them, take out insurance and maintain the vehicle.

### Project/Activity's Objectives

- The Pedalar COM Idade programme aims to encourage regular physical activity, promote intergenerational interaction in the outdoors and improve the mental and physical health of older people (particularly in relation to the lower limbs).

### Beneficiaries

People over 55

### Territorial Impact of the Intervention

Porto

### Link

https://pedalarsemidade.pt/

## 3.1 Indicator

Description

Number of personalised physical plans

Target

2023

2024

2025

Total

Half-yearly

90

Yearly

10

40

40

## 3.2 Other impactful objectives

- Increase social inclusion and participation
- Reduce the incidence of illness or deterioration in health
- Reduce the risk of accidents and falls among older people
- Promote intergenerational environments

## 4. Partners

Designation

- Cycling Without Age
- Bicicletas Coelho
- União das Freguesias de Aldoar, Foz do Douro e Nevogilde
- União das Freguesias de Lordelo do Ouro e Massarelos
- Junta de Freguesia de Campanhã
- Junta de Freguesia de Bonfim
- Junta de Freguesia de Ramalde
- Junta de Freguesia de Paranhos

## 5. Scheduling

J

F

M

A

M

J

J

A

S

O

N

D

2023

2024

2025

## 6. Estimated investment value

20 000,00 €

## 7. Additional notes

Back to the table

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote regular physical activity.

Measure

Provide a senior exercise programme that aims to equip participants with tools to ensure physical self-defence and mental health.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Ágora - Cultura e Desporto do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

226199860

Email address

geral@agoraporto.pt

Link

https://www.agoraporto.pt

3. Project / Activity

Name

SaudavelMente

Context

This programme is characterised by the improvement of active ageing, but also by the implementation of attitudes and actions that promote self-defence, improve physical condition and strengthen the immune system. In this sense, the objectives of this municipal programme focus on promoting conviviality and socialisation among the various participants, in order to reduce social isolation, increase proximity among the seniors of our Municipality, and improve personal self-esteem.

Project/Activity's Objectives

- The “Saudavelmente” programme is a sports programme for the elderly that aims to equip its participants with the tools to ensure physical and psychological self-defence.
- This non-competitive physical activity allows the whole body to develop harmoniously, increasing physical endurance and strengthening all the muscles, with nothing more than the pursuit of skill and dexterity.

Beneficiaries

Citizens over 60

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description	Number of lessons attended						
Target	2023		2024		2025		Total 1800
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	500		600		700		

3.2 Other impactful objectives

- Increase social inclusion and participation
- Reduce the incidence of illness or deterioration in health
- Reduce the risk of accidents and falls in the older population

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

45 000€

7. Additional notes

# Mais Ativos Mais Vividos

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote regular physical activity.

## Measure

Develop regular exercise in an informal, recreational and intergenerational setting.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

FADEUP - Faculdade de Desporto da Universidade do Porto

Legal Nature

Public foundation governed by private law

Telephone contact

220425200

Email address

msantos@fade.up.pt / mjcarvalho/reit.up.pt

Link

https://sigarra.up.pt/fadeup/pt/web\_page.inicial

## 3. Project / Activity

Name

Mais Ativos Mais Vividos

Context

The planning, preparation and supervision of the sessions is carried out by students from the Master's in Physical Activity, Exercise and Health, as well as students from the Bachelor's in Sports Science.

Project/Activity's Objectives

• The main objectives of the programme are to increase well-being, improve cognitive function, prevent falls and maintain functionality in performing daily tasks that are essential to the quality of life of older people.

Beneficiaries

People aged 65 and over living in the community

Territorial Impact of the Intervention

Porto

Link

### 3.1 Indicator

Description	Number of registered participants					
Target	2023	2024	2025	Total 120		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>			
Yearly	40	40	40			

### 3.2 Other impactful objectives

- Increase social inclusion and participation
- Reduce the incidence of illness or deterioration in health
- Reduce the risk of accidents and falls among older people
- Promote intergenerational activities

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

## 7. Additional notes

Back to the table

Bilhete Postal

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote intergenerational activities.

Measure

Promote written communication between older people and children.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Unidade de Cuidados na Comunidade da Boavista

Legal Nature

Public Entity

Telephone contact

223394157

Email address

ucc.boavista@arsnorte.min-saude.pt

Link

3. Project / Activity

Name

Bilhete Postal

Context

Correspondence by post between children in the third year of school at the Boavista Community Care Unit (CCU) and elderly people involved in active ageing projects.

Project/Activity's Objectives

• Encourage interaction between the two groups. For children: developing affection and socio-emotional skills. For the elderly: promoting active and participatory ageing in the community; cognitive stimulation; promoting well-being.

Beneficiaries

Elderly / children

Territorial Impact of the Intervention

Cedofeita

Link

3.1 Indicator

Description	Number of participants						
Target	2023		2024		2025		Total 110
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	34		38		38		

3.2 Other impactful objectives

• Increase social inclusion and participation

4. Partners

Designation

• Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

Back to the table

Contas à Vida

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Encourage lifelong learning.

Measure

Carry out actions to promote financial literacy and digital skills.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

Contas à Vida

Context

Using practical examples from everyday life, the “Contas à Vida” programme aims to provide citizens over 55 with the knowledge and information they need to more consciously manage their savings or improve their financial health.

In these free sessions, participants will also have the opportunity to acquire,cumulatively , digital skills to take advantage of these services.

Project/Activity’s Objectives

- Tackling low financial literacy, which is seen as one of the main causes of social exclusion. One of the factors behind isolation is the fact that older people face an increasingly technological society and naturally feel excluded.

Beneficiaries

Porto citizens over 55

Territorial Impact of the Intervention

Porto

Link

Back to the table

3.1 Indicator

Description	Number of financial literacy labs					
Target	2023	2024		2025		Total 18
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	4	7	7			

3.2 Other impactful objectives

- Increase social inclusion and participation
- Improve access to information

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

138 600,00€

7. Additional notes

A programme supported by the Portuguese Government’s Recovery and Resilience Plan (PRR) and funded by the European Union through the Recovery and Resilience Facility as part of the NextGenerationEU programme.

Grupo de Contacto

Universidades Sénior/Academias Intergeracionais

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Encourage lifelong learning.

Measure

Set up a Contact Group to encourage reflection on the role of the city’s Senior Universities to promote the creation of new lifelong learning solutions.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

Grupo de Contacto Universidades Sénior/Academias Intergeracionais

Context

The results of the activities of Universidades e Academias Sénior are undeniable in terms of the well-being they provide, both in terms of strengthening the prospects for social integration and participation, and in terms of improving the conditions and quality of life of the people who attend them. It is also clear that attending these centres has an impact on changing lifestyles, with benefits at various levels: increasing the knowledge acquired, in particular by improving general culture and the perception of continuous improvement in learning skills, and promoting a healthy lifestyle through physical exercise and balanced eating habits.

Project/Activity’s Objectives

- This contact group aims to establish links and coordination between the Universidades Sénior/Academias Intergeracionais in the city of Porto, with the aim of reflecting on and implementing innovative, universal and socially accessible learning models.

Beneficiaries

Residents in the municipality of Porto, aged 65 or over.

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Number of meetings held

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yearly	0	3	3	6

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

7. Additional notes

Back to the table

# Morfologia das praias pela visão dos seniores

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Encourage lifelong learning.

## Measure

Carry out environmental education and awareness-raising activities related to water resources, targeting the elderly population, during bathing season.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Águas e Energia do Porto, E.M.

Legal Nature

Municipal Company (local business sector)

Telephone contact

934440072

Email address

servico.educativo@pavilhaodaagua.pt

Link

https://pavilhaodaagua.pt

## 3. Project / Activity

Name

Morfologia das praias pela visão dos seniores

### Context

As part of the Bandeira Azul Programme and under the annual theme “Geodiversity”, a training session was held in 2023, especially aimed at senior citizens, about Porto’s beaches and their evolution over the years. Afterwards, they produced a mini-documentary about their experiences on Porto’s beaches, as well as their concerns for future generations. The documentary was translated into Portuguese sign language and published on the social networks of Pavilhão da Água and Asas de Ramalde on 26 July to commemorate World Grandparents’ Day. In the coming years, the Bandeira Azul Programme, developed by the AEdP, should continue these actions aimed at senior citizens.

### Project/Activity’s Objectives

- Promote active ageing by involving senior citizens in environmental education activities under the bandeira azul programme.

### Beneficiaries

Seniors

### Territorial Impact of the Intervention

Porto

### Link

## 3.1 Indicator

Description

Number of seniors covered

Target	2023	2024	2025	Total
Half-yearly	<div></div>	<div></div>	<div></div>	
Yearly	224	220	220	

## 3.2 Other impactful objectives

- Increase social inclusion and participation

## 4. Partners

Designation

- Associação de Solidariedade e Ação Social de Ramalde
- Associação de Surdos do Porto

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<div></div>	<div></div>	<div></div>
2024	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
2025	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

## 6. Estimated investment value

200,00 €

## 7. Additional notes

Back to the table

# Visita guiada à exposição do Pavilhão da Água

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Encourage lifelong learning.

## Measure

Increase the knowledge of water resources among the elderly population, contributing to the preservation and improvement of the urban water cycle in the city of Porto.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Águas e Energia do Porto, E.M.

Legal Nature

Municipal Company (local business sector)

Telephone contact

934440072

Email address

servico.educativo@pavilhaodaagua.pt

Link

https://pavilhaodaagua.pt

## 3. Project / Activity

Name

Visita guiada à exposição do Pavilhão da Água

Context

The guided tour of the Pavilhão da Água covers the entire route of the exhibition, which has a river as its leitmotif, presenting the importance of water, its properties and characteristics, and drawing on Portuguese people’s strong connection with rivers and the sea.

Project/Activity’s Objectives

- Promote active ageing by involving seniors in environmental education, leisure and cultural activities
- Promote socialisation
- Encourage lifelong learning
- Raise awareness of water conservation and appreciation

Beneficiaries

Senior population

Territorial Impact of the Intervention

Porto

Link

## 3.1 Indicator

Description	Number of seniors entries at the Pavilhão da Água					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	725
Yearly	75	300	350			

## 3.2 Other impactful objectives

• Increase social inclusion and participation

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

## 7. Additional notes

Back to the table



# A sustentabilidade não tem idade

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Encourage lifelong learning.

## Measure

Carry out environmental education and awareness-raising activities on urban waste, targeting the elderly population.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Empresa Municipal de Ambiente do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228348770

Email address

geral@portoambiente.pt

Link

https://www.portoambiente.pt/

## 3. Project / Activity

Name

A sustentabilidade não tem idade

Context

Porto Ambiente’s pioneering environmental awareness service was launched in 2019. Every day, a team goes through the city’s streets and identifies offences such as failure to comply with waste disposal and storage regulations, or dumping waste on public roads. The priority is to sensitise and inform citizens about the good practices they should adopt. If non-compliance is detected, the option of attending environmental training courses is offered instead of the automatic initiation of the relevant administrative offence procedure. Therefore, EMAP’s proposal would be to create a pool of Senior Agents responsible for reporting (via email/app) situations of non-compliance with waste disposal rules, anomalies/breakage of disposal equipment, abandoned bags, the presence of animal waste and/or cigarette butts, thus contributing to a more pleasant city for everyone.

Project/Activity’s Objectives

- Contribute to an active ageing project
- Involve these citizens in a valid way for a more sustainable city
- Valuing their knowledge, experience and civic role in the community
- Raise awareness of good environmental practices

Beneficiaries

Seniors

Territorial Impact of the Intervention

Porto

Link

### 3.1 Indicator

Description

Awareness-raising kits for distribution to senior agents

Target	2023	2024	2025	Total 500
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0	200	300	

### 3.2 Other impactful objectives

- Increase social inclusion and participation

## 4. Partners

Designation

- Parish Councils
- Domus Social
  - Empresa de Habitação e Manutenção do Município do Porto, E.M.;
- Professional associations

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

## 7. Additional notes

Training in waste management, as well as in health and safety. Provision of a kit for Senior Agents.

Back to the table

# A.PREENDER - Adultos Empreendedores

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Encourage lifelong learning.

## Measure

Offer a certified course in innovation and entrepreneurship for the unemployed, retired or those looking for a career change.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Centro de Competências em Envelhecimento Ativo e Saudável da Universidade do Porto - Porto4Ageing

Legal Nature

Public

Telephone contact

220428561

Email address

porto4ageing@reit.up.pt

Link

https://www.porto4ageing.up.pt/

## 3. Project / Activity

Name

A.PREENDER - Adultos Empreendedores

### Context

Several studies have shown that people over 45 who start their own business are two to three times more successful than those under 30. However, training and requalification policies for this age group place little emphasis on innovation and entrepreneurship. A.Preender aims to offer an older target group, often neglected by innovation support programmes, the opportunity to retrain and enable them to start their own business.

### Project/Activity's Objectives

- A.Preender is a free introductory course in innovation and entrepreneurship aimed at adults over 45 with ambitions to start their own business, challenge themselves or change careers. It is also suitable for people who are retired or unemployed. A.Preender aims to keep people active and relevant in the labour market, promote healthy lifestyles and stimulate the development of innovative solutions, making use of valuable experience.

### Beneficiaries

Adults over 45

### Territorial Impact of the Intervention

Porto

### Link

https://page.porto4ageing.com/1e7e5Jqn/apreender

## 3.1 Indicator

Description	Number of Participants in the Programme					
Target	2023	2024		2025		Total 90
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	30	30	30			

## 3.2 Other impactful objectives

- Increase social inclusion and participation

## 4. Partners

Designation

- Universidade do Porto
- EIT Health - European Institute of Innovation and Technology
- Invicta Angels – Associação de Business Angels do Porto
- Santa Casa da Misericórdia de Riba d'Ave

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 6. Estimated investment value

30.000€

## 7. Additional notes

Back to the table

# Programa de Estudos Universitários para seniores da Universidade do Porto

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Encourage lifelong learning.

## Measure

Offer, based on a gerontological approach, a variety of themes in the different disciplines, study and leisure visits, as well as exchanges between national and international universities.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Universidade do Porto - Faculdade de Letras

Legal Nature

Public foundation under private law

Telephone contact

226077152

Email address

uec@letras.up.pt

Link

https://ser.letras.up.pt/uec/

## 3. Project / Activity

Name

Programa de Estudos Universitários para seniores da Universidade do Porto

Context

The Programa de Estudos Universitários para Seniores da Universidade do Porto (PEUS) has been in existence since 2006 as part of the University of Porto's Formação Contínua programme for people over 55. This programme was created to offer opportunities to people who, among other characteristics, are of the above-mentioned age, because it is important for them to feel like people and not like bearers of a date of birth. The approach adopted is gerontological, as it is intended that they should not be passive agents, but agents who question knowledge, regardless of their educational background or life path. The programme runs to this day, 2023, and continues to attract interest from people with different academic backgrounds who are looking for what they often can't find in other programmes outside University of Porto. Study visits and exchanges with foreign universities complete the programme's educational offer and contribute to the well-being of each participant.

### Project/Activity's Objectives

- Create conditions for older people to ensure their existential health, through an educational programme that forces them to reflect on their existence and everything that surrounds it, so that they can derive the maximum benefit from it and thus improve their well-being.

### Beneficiaries

People over 55

### Territorial Impact of the Intervention

Norte de Portugal, com incidência no distrito do Porto

### Link

https://sigarra.up.pt/flup/pt/cur\_geral.cur\_view?pv\_ano\_lectivo=2023&pv\_origem=CUR&pv\_tipo\_cur\_sigla=FL&pv\_curso\_id=511

## 3.1 Indicator

Description

Number of participants

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yearly	150	150	150	450

## 3.2 Other impactful objectives

- Increase social inclusion and participation

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

## 7. Additional notes

Back to the table

Projeto Trajetórias

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Encourage lifelong learning.

Measure

Provide a diversified offer of education/ training in the different areas of interest to older people.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

União das Freguesias de Aldoar, Foz do Douro e Nevogilde

Legal Nature

Autarchy

Telephone contact

226198270

Email address

geral@uf-aldoarfoznevogilde.pt

Link

3. Project / Activity

Name

Projeto Trajetórias

Context

An education/training and leisure programme for people aged 55 and over who are unemployed and/or retired.  
It aims to develop integration and combat isolation activities.

Project/Activity's Objectives

- Provide activities that stimulate participants cognitively, physically and intellectually
- Promote the fight against isolation and healthy socialisation

Beneficiaries

People over 55

Territorial Impact of the Intervention

UF Territory and neighbouring areas

Link

3.1 Indicator

Description	Registration form and attendance at sessions						
Target	2023		2024		2025		Total <div>600</div>
Half-yearly	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
Yearly	160	200		240			

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

- Designation

- Câmara Municipal do Porto
    - Direção Municipal de Cultura e Património
    - Departamento Municipal de Coesão Social
  - Unidade de Cuidados na Comunidade Cuidar
  - Universidade do Porto
    - Faculdade de Desporto
  - Clube de Minigolfe do Porto
  - Fundação Dr. António Cupertino de Miranda

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

118 318,00 €

7. Additional notes

Back to the table

# Orquestra de Instrumentos Tradicionais

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Encourage lifelong learning.

## Measure

Promote musical skills development.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Fundação Inatel

Legal Nature

Legal Framework for Public Enterprises

Telephone contact

220007950

Email address

inatel.porto@inatel.pt

Link

https://www.inatel.pt/

## 3. Project / Activity

Name

Orquestra de Instrumentos Tradicionais

Context

Every year, the Inatel Academy Porto offers a traditional musical instrument course for those who wish to learn or improve their skills. The course includes instruments such as the cavaquinho, concertina, Portuguese guitar, and accordion.

Lessons take place once a week, with students grouped according to the instrument they play. Classes are held on Mondays, Tuesdays, or Thursdays. As part of this course, the teacher and students have formed a Traditional Music Orchestra, which performs at various events throughout the year, including the Braga Capital of Cavaquinho Festival.

### Project/Activity's Objectives

• Encourage the practice and appreciation of traditional Portuguese music, providing students with opportunities to develop musical skills

### Beneficiaries

People aged 65+

### Territorial Impact of the Intervention

City of Porto

### Link

### 3.1 Indicator

Description

Number of enrolled participants | Number of event performances

Target

202320242025

Half-yearly

Yearly

30 | 4

Total

30 | 4

### 3.2 Other impactful objectives

• Increase social integration and participation

## 4. Partners

Designation

• Local autarchies

## 5. Scheduling

JFMA MJJASON D

2023

2024

2025

## 6. Estimated investment value

11 108,00 €

## 7. Additional notes

Back to the table

Porto de Abraços

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Encourage lifelong learning.

Measure

Offer a Portuguese language course for older people and foreigners seeking cultural and social integration in Portugal.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Fundação Inatel

Legal Nature

Legal Framework for Public Enterprises

Telephone contact

220007950

Email address

inatel.porto@inatel.pt

Link

https://www.inatel.pt/

3. Project / Activity

Name Porto de Abraços

Context

The Inatel Academy Porto offers a Portuguese language course for foreigners, aimed at adults who wish to learn Portuguese and settle in the country. The course has three levels: A1, A2, and B1. Initially, students are assessed by the instructors, who determine the most suitable level based on their existing knowledge.

Classes take place twice a week, each lasting two hours. In addition to teaching the Portuguese language, instructors introduce students to Portuguese culture and traditions through guided visits to monuments, sightseeing tours, and culinary workshops.

Project/Activity's Objectives

• Create an environment that fosters language and cultural development, encouraging social interaction, integration, and well-being among participants

Beneficiaries

Adult foreigners

Territorial Impact of the Intervention

City of Porto

Link

3.1 Indicator

Description Número de pessoas inscritas com mais de 65 anos | Número de atividades realizadas

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<div></div>	<div></div>	35   4	

3.2 Other impactful objectives

• Increase social integration and participation

4. Partners

Designation • Local autarchies

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<input type="text"/>	<input type="text"/>	<div></div>	<div></div>	<div></div>	<div></div>

6. Estimated investment value 22 990,00 €

7. Additional notes

Back to the table

Olá Reforma!

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Encourage lifelong learning.

Measure

Equip individuals for retirement transition through certified training, individual mentoring, and the creation of age-friendly ambassadors within employers.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

LongeVidade - Cooperativa de Solidariedade Social, CRL

Legal Nature

Cooperative

Telephone contact

939 025 650

Email address

geral@cooperativalongevidade.pt

Link

www.cooperativalongevidade.pt

3. Project / Activity

NameOlá Reforma!

Context

The “Olá Reforma!” programme takes a holistic approach, addressing all essential aspects of a structured Retirement Transition Plan. While this is a recognised need, it remains largely unmet, requiring in-depth work at both the individual and organisational levels to promote a happier, more inclusive, and fairer society for all—regardless of age or perceived social value.

Planning for retirement is an act of humanisation, focused on people’s needs and the desire to foster a healthy, engaged, and positive lifestyle. This process ensures that each person retains their sense of worth, identity, and purpose as they transition into this new stage of life.

“Olá Reforma!” is a certified capacity-building programme designed for those who wish to plan their retirement transition in a conscious and structured way. It consists of nine awareness-raising modules, includes individual mentoring, and incorporates the creation of an age-friendly agent within the workplace, strengthening organisational preparedness for retirement transition.

Sessions are offered in flexible formats—online, in-person, or hybrid—to accommodate the different needs and preferences of both participants and organisations.

Project/Activity’s Objectives

- Participants define their own Retirement Transition Plan, a dynamic and evolving document that can be adjusted over time.

Beneficiaries

Employers and individuals aged 50+

Territorial Impact of the Intervention

City of Porto

Link

https://cooperativalongevidade.pt/servicos/transicao-reforma/

3.1 Indicator

DescriptionNumber of participants enrolled in the “Olá Reforma!” programme

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	75	75

3.2 Other impactful objectives

- Improve access to information
- Increase social integration and participation

4. Partners

Designation

- Pista Mágica
- José Pedro Aguiar Branco - Advogados
- Médicos do Mundo
- Associação Compassio
- Instituto CRIAP
- Associação Nacional de Gerontólogos

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Estimated investment value

7. Additional notes

Back to the table

# Rede Local de Voluntariado

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Increase the level of community involvement through volunteering for the elderly population.

## Measure

Encourage volunteers to develop skills in caring for the elderly.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Rede Local de Voluntariado

Context

The Rede Local de Voluntariado (RLV) is a meeting point between people interested in volunteering, who offer their availability to carry out a series of actions inherent to active citizenship and solidarity, and the organisations that host and promote volunteering. Through a computerised platform, the RLV is a meeting point between citizens looking for volunteer opportunities and organisations looking for volunteers: the latter, through prior membership of this Local Volunteering Network, publicise their interest in receiving volunteers and provide information on the areas in which they do so, while those interested in volunteering can easily search for and access this information.

Project/Activity's Objectives

- Encourage and promote the practice of volunteering in the city of Porto and in favour of the community
- Promote the meeting of supply and demand for volunteering, through close mediation and communication
- Train volunteer agents (organisations and individuals)
- Publicise volunteering projects and opportunities.

Beneficiaries

Volunteers and potential volunteers

Territorial Impact of the Intervention

Porto

Link

https://coesaosocial.cm-porto.pt/coesao-social/voluntariado

Back to the table

## 3.1 Indicator

Description	Number of training activities					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	18
Yearly	4	6	8			

## 3.2 Other impactful objectives

- Increase social inclusion and participation

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

## 7. Additional notes



Surpresa Simpática - Voluntários da UCC Boavista

Associação de voluntários amigos da comunidade idosa

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Increase the level of community involvement through volunteering for the elderly population.

Measure

Promote a network of volunteers for older people.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Unidade de Cuidados na Comunidade da Boavista

Legal Nature

Public Entity

Telephone contact

223394157

Email address

ucc.boavista@arsnorte.min-saude.pt

Link

3. Project / Activity

Name

Surpresa Simpática - Voluntários da Ucc Boavista - Associação de voluntários amigos da comunidade idosa

Context

Carrying out home visits to elderly people living in the former geographical area of Cedofeita. Managing the volunteer process. Recruitment and solicitation, training, integration, planning visits, monitoring/follow-up, evaluation and service meetings.

Project/Activity's Objectives

- Reduce and prevent the risk of loneliness

Beneficiaries

Older people

Territorial Impact of the Intervention

Cedofeita

Link

3.1 Indicator

Description	Average rate of loneliness among the elderly visited						
Target	2023		2024		2025		Total N/A
Half-yearly	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
Yearly	10%		5%		5%		

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health status

4. Partners

- Designation

- Community institutions
  - Health Units of the Agrupamento de Centros de Saúde do Porto Ocidental

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

Back to the table

Miminhos & Companhia

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Increase the level of community involvement through volunteering for the elderly population.

Measure

Provide in-person support through volunteering for isolated older adults, strengthening their social connections.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Associação Mimi

Legal Nature

Non-Profit Association

Telephone contact

910217842

Email address

geral@mimi.com.pt

Link

www.mimi.com.pt

3. Project / Activity

Name

Miminhos & Companhia

Context

The Miminhos & Companhia project provides personalised in-person support to isolated elderly individuals, strengthening social connections, combating loneliness, and promoting well-being.

This community-based volunteer programme offers companionship for elderly individuals in isolation, assisting with daily activities such as grocery shopping, pharmacy visits, and other essential errands, while providing them with company, support, and affection.

Project/Activity's Objectives

- Combat loneliness
- Strengthen social bonds
- Promote well-being and inclusion of elderly individuals in the community

Beneficiaries

Older individuals experiencing social isolation

Territorial Impact of the Intervention

Cidade do Porto

Link

www.mimi.com.pt

3.1 Indicator

Description	Number of elderly individuals supported					
Target	2023	2024		2025		Total 35
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	35		<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Promote intergenerational activities

4. Partners

- Designation
- Junta de Freguesia do Bonfim
  - Centro dia da Corujeira
  - Santa Casa da Misericórdia do Porto
  - Lar Sr. Bonfim
  - Câmara Municipal do Porto

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

15 000,00 €

7. Additional notes

Back to the table

# Apoiar para Cuidar

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote skills and adequate resources for informal carers.

## Measure

Provide technical and operational support to informal carers.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmpeqvj@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Apoiar para Cuidar

Context

This programme aims to promote the health, wellbeing and quality of life of Informal Carers (IC) and provides support in two main areas: individual and group training (for the act of caring and for self-care) and overload relief (through the short break service and emotional support sessions). This initiative has been developed on the basis of the experience gained and is presented as a reinforcement of the support provided to ICs, having been designed on the basis of the increasing burden that many have felt during the pandemic, with a potential negative impact on their health, quality of life and level of well-being.

Project/Activity's Objectives

- Improve the quality of life and well-being of informal carers
- Qualify the activities of informal carers by providing them with technical and operational support

Beneficiaries

Informal carers aged 65 or over living in the municipality of Porto

Territorial Impact of the Intervention

Porto

Link

## 3.1 Indicator

Description	Number of Informal Carers aged 65 and over covered by the programme's actions						
Target	2023		2024		2025		Total 75
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	25		25		25		

## 3.2 Other impactful objectives

- Increase social integration and participation
- Empower older people and build communities to foster relationships of mutual help and support.

## 4. Partners

Designation

- Associação Cuidadores
- União das Freguesias da Foz do Douro, Aldoar e Nevogilde

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

150 000,00 €

## 7. Additional notes

Implementation has been awarded to the Associação Cuidadores, with an (approved) application for funding from the PRR.

Back to the table

Cuidar do cuidador

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote skills and adequate resources for informal carers.

Measure

Promote intervention with older people with neurocognitive disorders and their carers.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Unidade de Cuidados na Comunidade da Boavista

Legal Nature

Public Entity

Telephone contact

223394157

Email address

ucc.boavista@arsnorte.min-saude.pt

Link

3. Project / Activity

Name

Cuidar do cuidador

Context

Intervention with elderly people with neurocognitive disorders and their carers at home, in a health centre or by telephone. Joint project with the psychogeriatric service of the Magalhães Lemos Hospital.

Project/Activity's Objectives

- Reduce stress of the carer.

Beneficiaries

Elderly people with neurocognitive disorders / carers

Territorial Impact of the Intervention

Cedofeita / Foz / Massarelos

Link

3.1 Indicator

Description	Average value of the index obtained by the Zarit scale (scale for assessing carer overload): 3- High Stress; 2-Low Stress; 1-No Stress					
	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	N/A
Yearly	2	2	1			

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health status.

4. Partners

Designation

- Hospital Magalhães Lemos
- Departamento de Neuropsiquiatria e Longevidade, Serviço de Psicogeriatria

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

Sempre a Cuidar

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote skills and adequate resources for informal carers.

Measure

Create a support network for beneficiaries through properly trained volunteers.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Caregivers Portugal - Associação Portuguesa de Cuidadores

Legal Nature

Non-Profit Association

Telephone contact

934406015

Email address

jmsilva@caregiversportugal.pt

Link

www.caregiversportugal.pt

3. Project / Activity

Name

Sempre a Cuidar

Context

The “Sempre a Cuidar” project aims to support informal caregivers and individuals experiencing social isolation and loneliness within the Porto community by providing temporary assistance and volunteer support. This initiative addresses the need for support among those facing isolation or caregiver burden, aligning with the vision of an inclusive and age-friendly city.

The project seeks to improve the quality of life of beneficiaries by understanding the challenges they face and providing them with moments of respite, companionship, and leisure. Additionally, it fosters self-esteem, while helping to reduce stress, anxiety, and emotional strain. A socio-demographic characterisation of beneficiaries is also carried out, contributing to a more up-to-date understanding of the realities of Porto’s ageing population.

Project/Activity’s Objectives

- Create a support network for informal caregivers and those in social isolation and loneliness, promoting well-being and providing enjoyable moments
- Expand the community care network in Porto

Beneficiaries

Elderly individuals with neurocognitive impairments and caregivers

Territorial Impact of the Intervention

Cedofeita / Foz / Massarelos

Link

https://www.santamariasaude.pt/voluntariado-projeto-sempre-a-cuidar/

3.1 Indicator

Description

Number of beneficiaries supported | Number of visits conducted

Target	2023		2024		2025		Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<div></div>		<div></div>		10   50		

3.2 Other impactful objectives

- Increase community engagement through volunteering for the elderly

4. Partners

- Designation

- Escola Superior de Saúde Santa Maria
  - Paróquia Senhora da Conceição

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<input type="text"/>	<input type="text"/>	<div></div>	<div></div>	<div></div>	<input type="text"/>

6. Estimated investment value

2 500,00 €

7. Additional notes

Back to the table

# Programa Apoio 65 - Idosos em Segurança

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Ensuring the safety of older people.

## Measure

Development of police intervention through awareness-raising activities providing various safety tips, or through visits with evaluation, signposting, monitoring and referral of older people.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Polícia de Segurança Pública

Legal Nature

Public Service

Telephone contact

222092000

Email address

nopera.porto@psp.pt

Link

www.psp.pt

## 3. Project / Activity

Name

Programa Apoio 65 - Idosos em Segurança

Context

The Programa Apoio 65 - Idosos em Segurança programme is part of the Modelo Integrado de Policiamento de Proximidade, which aims to support elderly people, particularly the risks they face and the issue of their social isolation.

Project/Activity's Objectives

• The main objective is to detect cases of social fragility, greater physical and psychological vulnerability and suspected domestic violence.

Beneficiaries

Older People

Territorial Impact of the Intervention

Porto

Link

www.psp.pt/Pages/atividades/programa-apoio-65.aspx

### 3.1 Indicator

Description

\*

Target

2023

2024

2025

Total

Half-yearly

Yearly

### 3.2 Other impactful objectives

## 4. Partners

Designation

## 5. Scheduling

J

F

M

A

M

J

J

A

S

O

N

D

2023

2024

2025

## 6. Estimated investment value

## 7. Additional notes

\*The Programa Apoio 65 - Idosos em Segurança has no specific goal, as we respond to all situations reported to the Polícia de Segurança Pública.

Back to the table

# Apoio ao Idoso, como pessoa de interesse na investigação de um crime

## 1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Ensuring the safety of older people.

## Measure

Offer a service that allows criminal investigators to carry out legal proceedings in older people's homes, ensuring that all procedural rights and duties are respected without the need for them to travel.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

PSP - Comando Metropolitano do Porto - Divisão de Investigação Criminal

Legal Nature

Public Service

Telephone contact

222046460

Email address

dic.cmporto@psp.pt

Link

## 3. Project / Activity

Name

Apoio ao Idoso, como pessoa de interesse na investigação de um crime

Context

Providing elderly individuals, particularly the most vulnerable and victims of crime, with a decentralised service that ensures they can fully exercise their rights and responsibilities in criminal investigations, despite mobility constraints that prevent them from travelling to the Criminal Investigation Division.

Project/Activity's Objectives

- Ensuring that criminal investigators have the necessary means to conduct procedural investigations at the elderly person's place of residence.

Beneficiaries

Vulnerable elderly individuals with reduced mobility

Territorial Impact of the Intervention

City of Porto

Link

## 3.1 Indicator

Description

\*

Target

202320242025

Half-yearly

Yearly

Total

## 3.2 Other impactful objectives

- Reduce the feeling of insecurity among at-risk elderly individuals
- Improve access to information

## 4. Partners

Designation

- Department of Investigation and Penal Action (DIAP) of Porto
- Public Security Police (PSP) Stations in Porto
- Victim Assistance and Information Office (GAIV)

## 5. Scheduling

JFMA MJJASON D

2023

2024

2025

## 6. Estimated investment value

10 000,00 €

## 7. Additional notes

There is no set target for the number of elderly individuals supported in criminal investigations, as assistance is provided to all who are unable to travel for testimony.

Back to the table

Participa na Segurança - Idosos Seguros

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Ensuring the safety of older people.

Measure

Raise awareness and enhance safety for older people through community policing initiatives.

WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Polícia Municipal do Porto

Legal Nature

Public Entity

Telephone contact

226198260

Email address

oliciamentocomunitario@cm-porto

Link

www.cm-porto.pt

3. Project / Activity

Name

Participa na Segurança - Idosos Seguros

Context

As part of the “Community Policing in Porto” project, the Community Policing Service aims to ensure safety and peace of mind for the elderly, preventing and mitigating risk situations by promoting awareness campaigns and providing valuable social information.

Project/Activity’s Objectives

- Identify and support socially vulnerable elderly individuals
- Promote awareness and prevention campaigns

Beneficiaries

Elderly individuals

Territorial Impact of the Intervention

City of Porto

Link

3.1 Indicator

Description

Number of awareness sessions conducted in nursing homes, residences, and day centres

Target

202320242025

Half-yearly

Yearly

60

Total

60

3.2 Other impactful objectives

- Increase social integration and participation
- Improve access to information

4. Partners

Designation

- Câmara Municipal do Porto
- Departamento Municipal de Coesão Social

5. Scheduling

JFMA MJJASON D

2023

2024

2025

6. Estimated investment value

7. Additional notes



Equicuidar

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote the implementation and use of animal-assisted therapies to improve health and well-being.

Measure

Develop and implement equine-assisted therapy programmes.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☐ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Pony Club do Porto - Associação Solidária Friends Forever

Legal Nature

Private Institution of Social Solidarity (IPSS)

Telephone contact

926550267

Email address

info@ponyclubdoporto.org

Link

https://www.ponyclubdoporto.org/

3. Project / Activity

Name Equicuidar

Context

The “Equicuidar” project addresses the need to maintain and/or recover motor, cognitive, and social skills in elderly individuals. This initiative provides Equine-Assisted Therapy for older adults and those with specific diagnoses, working alongside health professionals to improve their quality of life.

Project/Activity’s Objectives

- Maintain and develop essential skills for daily life in elderly individuals, fighting social isolation

Beneficiaries

People aged 65+ experiencing social isolation or with medical diagnoses requiring therapeutic intervention

Territorial Impact of the Intervention

Porto District

Link

https://www.ponyclubdoporto.org/terapeutica.html

3.1 Indicator

Description Number of Equine-Assisted Therapy hours provided

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	72
Yearly	<input type="text"/>	<input type="text"/>	72	

3.2 Other impactful objectives

- Increase social participation and integration
- Reduce illness incidence and health deterioration

4. Partners

- Designation
- Casa Maior - Residência Sénior
  - Longevidade
  - Organisations supporting individuals aged 65+

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input type="text"/>	<input type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>

6. Estimated investment value 10 275,00 €

7. Additional notes

Back to the table

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote the implementation and use of animal-assisted therapies to improve health and well-being.

Measure

Conduct canine-assisted therapy sessions within social care settings to help maintain cognitive abilities and promote emotional well-being in older people.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Associação Cães pelas Pessoas - DTC Social

Legal Nature

Non-Profit Association

Telephone contact

911 551 354

Email address

villa.dtc@gmail.com

Link

https://wearedtc.com/dtc-social/

3. Project / Activity

Name

Ter+Vida

Context

“Ter+Vida” introduces an innovative approach to enriching the daily routines of elderly individuals already receiving institutional support (in nursing homes and day centres) through dog-assisted activities. This initiative complements traditional elderly care by focusing on cognitive stimulation and emotional well-being.

Using trained therapy dogs and a highly experienced team, the project goes beyond conventional activities, fostering affectionate interactions and engaging moments that improve the quality of life of elderly individuals. By combining a therapeutic approach with animal interaction, this project provides a unique, enriching experience that supports healthy ageing.

Project/Activity’s Objectives

- Expand daily activities
- Enhance cognitive stimulation
- Promote emotional well-being

Beneficiaries

Elderly individuals already receiving institutional care (nursing homes/day centres)

Territorial Impact of the Intervention

City of Porto

Link

https://wearedtc.com/projeto/ter-vida/

3.1 Indicator

Description	Number of beneficiaries reached					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	16
Yearly	<input type="text"/>	<input type="text"/>	16			

3.2 Other impactful objectives

- Reduce illness incidence and health deterioration
- Increase social participation and integration

4. Partners

Designation

- Institutions hosting the initiative

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>

6. Estimated investment value

11 000,00 €

7. Additional notes

Solução P’atudo

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote the implementation and use of animal-assisted therapies to improve health and well-being.

Measure

Provide pets for older adults living alone, ensuring the necessary care support and creating an informal social support network to encourage social interaction.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Associação Cães pelas Pessoas - DTC Social

Legal Nature

Non-Profit Association

Telephone contact

911 551 354

Email address

villa.dtc@gmail.com

Link

https://wearedtc.com/dtc-social/

3. Project / Activity

Name

Solução P’atudo

Context

The “Solução P’atudo” project aims to combat social isolation and loneliness among elderly individuals living alone and without a support network in Porto. By integrating a companion animal (dog or cat) into their homes, this initiative not only provides necessary support for pet care but also fosters social connections, autonomy, and engagement with the world.

With personalised support from the experienced DTC Social team, “Solução P’atudo” seeks to enhance emotional and mental health, encourage daily motivation, and delay the effects of ageing. As a pioneering and innovative initiative in Portugal, it creates an informal support network, strengthens human connections, and offers a practical, emotional solution to isolation and loneliness.

Project/Activity’s Objectives

- Combat social isolation and loneliness
- Boost motivation for daily activities
- Improve emotional and mental well-being

Beneficiaries

Elderly individuals living alone and independently in Porto

Territorial Impact of the Intervention

City of Porto

Link

https://wearedtc.com/projeto/solucao-patudo/

3.1 Indicator

Description	Number of beneficiaries supported					
Target	2023	2024		2025		Total 2
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	2		<input type="text"/>	

3.2 Other impactful objectives

- Reduce illness incidence and health deterioration
- Increase social integration and participation

4. Partners

- Designation

- ZU
  - Love Pet Alliance
  - Veterinarians

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

9 600,00 €

7. Additional notes

Back to the table

Patudos.

1. Intervention Area

- ☒ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote the implementation and use of animal-assisted therapies to improve health and well-being.

Measure

Develop animal-assisted activities at home and group community sessions to combat isolation and promote socialisation among older people.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Associação Cães pelas Pessoas - DTC Social

Legal Nature

Non-Profit Association

Telephone contact

911 551 354

Email address

villa.dtc@gmail.com

Link

https://wearedtc.com/dtc-social/

3. Project / Activity

Name

Patudos.

Context

The “Patudos” project aims to enhance the quality of life of elderly individuals living alone or without support networks in Porto by organising Animal-Assisted Activities (AAA) at home and within the community.

This dual approach caters to elderly individuals who cannot leave their homes due to health or other constraints, as well as those who benefit from group interactions and social connections. Through structured interaction with trained therapy dogs, led by the experienced team at DTC Social, the project has shown positive results in reducing social isolation, combating loneliness, and improving overall well-being.

By offering an innovative and compassionate response, the “Patudos” project promotes emotional balance and quality of life for the elderly through meaningful engagement with animals.

Project/Activity’s Objectives

- Combat social isolation
- Strengthen interpersonal relationships
- Improve emotional well-being

Beneficiaries

Elderly individuals living alone or without support networks in Porto

Territorial Impact of the Intervention

City of Porto

Link

https://www.facebook.com/share/p/15ZWudeEeD/?

3.1 Indicator

Description

Number of beneficiaries supported

Target	2023		2024		2025		Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

3.2 Other impactful objectives

- Reduce illness incidence and health deterioration
- Increase social integration and participation
- Strengthen home-based interventions and care for dependent elderly individuals

4. Partners

Designation

• Local partnerships

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>

6. Estimated investment value

40 000,00 €

7. Additional notes

Back to the table

# Individual project sheets P2

Estamos Juntos - Bem estar

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Provide teleconsultation and complementary clinical services.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

Estamos Juntos - Bem estar

Context

The Estamos Juntos - Bem estar programme aims to prevent the onset or progression of diseases by offering the beneficiaries of the Estamos Juntos - Teleassistência programme the opportunity to receive two consultations per year, remotely and/or in person, at their home, from professionals hired for this purpose.

The possibility of teleconsultation aims to bring health services closer to citizens, minimising the impact of travel time, costs and difficulties, and giving beneficiaries a positive perception of their level of autonomy.

Teleconsultation combines, once again, the technological component with projects aimed at Porto's senior citizens, without compromising the quality of the service and data protection, allowing members to access a professional service by telephone or using telecare equipment, with the goal of intervention, prevention or diagnosis of their health, trying to avoid the risk or onset of illness, or minimising the impact of illness on their wellbeing and autonomy.

Project/Activity's Objectives

- Strengthen the sense of security of older people in a situation of social isolation by providing preventive clinical services to ensure their autonomy, well-being and social participation.

Beneficiaries

Citizens participating in the Estamos Juntos - Teleassistência programme

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Number of accession processes

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0	100	100	

3.2 Other impactful objectives

- Increase social integration and participation
- Increase and improve access to health services
- Reduce the feeling of insecurity among elderly people at risk of social isolation

4. Partners

- Designation

- Parish Councils
  - Domus Social
  - Empresa de Habitação e Manutenção do Município do Porto, E.M.;
  - Serviços de Atendimento e Acompanhamento Social do Porto

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

92 000,00 €

7. Additional notes

Back to the table

(i)PSS - Intervenção de Promoção de Saúde para Seniores

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Provide a health promotion programme that includes training, skills development and health literacy.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmpsqvj@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name (i)PSS - Intervenção de Promoção de Saúde para Seniores

Context

Focusing on fundamental aspects of this life stage, covering topics such as healthy eating, physical activity, maintaining cognitive function, strategies for dealing with natural changes, safety conditions, and social integration and participation, in order to promote and reinforce positive feelings associated with ageing. The initiative takes place over 10 sessions (1h30 each) with groups of people attending day centres in the city (or similar), where the participants are invited to actively participate in discussing and developing the themes, based on group work, from a ludo-pedagogical perspective to promote health and well-being.

Project/Activity's Objectives

• Contribute to increasing knowledge on a wide range of issues related to active and healthy ageing, enabling participants to make informed choices that promote the adoption of healthy lifestyles at this stage of the life cycle.

Beneficiaries

Adults aged 65 or over, who are autonomous, that attend social responses aimed at the senior population in the municipality of Porto.

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description Number of groups dynamised

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	3	3	3	

3.2 Other impactful objectives

• Increase social integration and participation

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

7. Additional notes

Back to the table

Oficinas da Saúde para Públicos

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Provide a training programme for the adult and elderly population that aims to equip participants with the knowledge and skills to play a more active role in promoting their own health.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmqsqvj@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

Oficinas da Saúde para Públicos

Context

A training programme aimed at the adult population that aims to equip participants with the knowledge and skills to take a more active role in promoting their own health, in a dynamic process of increasing health literacy, encouraging the adoption of healthy lifestyles.

Project/Activity's Objectives

- Increase health literacy to promote healthy lifestyles
- Increase the autonomy of individuals and their communities to promote their health

Beneficiaries

General public

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description	Number of Workshops developed involving participants aged 65 or over						
Target	2023		2024		2025		Total 13
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	3		5		5		

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

Back to the table



ENPI - Promoção da Avaliação, Monitorização e Intervenção Precoces na Avaliação do Risco Nutricional da população sénior do concelho

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Create, implement and monitor a training model for institutions that care for the elderly, providing their professionals with information on the importance of assessing and preventing malnutrition.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmqsqvj@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

ENPI - Promoção da Avaliação, Monitorização e Intervenção Precoces na Avaliação do Risco Nutricional da população sénior do concelho

Context

The ENPI, in a first phase and as a pilot project, aims to create a training model for institutions providing services to the elderly, essentially by informing the professionals in these institutions about the importance of assessing and preventing malnutrition and the factors that increase the risk of malnutrition, training them in recommendations and strategies that can be adopted to mitigate and/or overcome the main constraints on food and nutrition at this stage of the life cycle. The aim is also to promote conditions that allow the implementation of a monitoring system/early detection of the risk of malnutrition, facilitating timely interventions, fundamental to maintaining autonomy, health and well-being.

Project/Activity's Objectives

- Promote conditions that make it possible to implement a system for monitoring/early identification of the risk of malnutrition.

Beneficiaries

Elderly people who are institutionalised (ERPI) or attending a Day Centre, Social Centre or Community Centre.

Territorial Impact of the Intervention

Porto

Link

Back to the table

3.1 Indicator

Description	Number of people over 65 involved in the project					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	200
Yearly	0	100	100			

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

124 445,69 €

7. Additional notes

Nutrição Ativa

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Provide users of Porto’s municipal swimming pools with a training and awareness programme on the importance of maintaining a healthy nutritional status.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmpsqvj@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

NameNutrição Ativa

Context

This programme is aimed at the users of Porto’s Municipal swimming pools, its objectives are to assess, in an individual context, the nutritional status and eating habits of children and adults, to raise awareness of the importance of maintaining a healthy nutritional status, and to train (young people, adults and parents) in healthy and conscious eating practices through a weekly nutritional re-education programme and/or parental training in a group context. At the same time, it is planned to refer users with specific, pre-identified risk factors to nutritional counselling in their ACeS of reference.

Project/Activity’s Objectives

- Assess/track changes in nutritional status and eating habits
- Increase health literacy in food and nutrition

Beneficiaries

Users and guardians of users of Porto’s Municipal swimming pools

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

DescriptionNumber of people over 65 involved in the programme

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	20	40	40	

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

Back to the table

PMPLS - Projeto Municipal de Promoção de Literacia em Saúde

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Implementing the National Health Education, Literacy and Self-Care Programme at the local level, with the aim of promoting health literacy among citizens and increasing their autonomy and responsibility in the area of health.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmqsqvj@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

PMPLS - Projeto Municipal de Promoção de Literacia em Saúde

Context

The initiative aims to operationalise, at local level, the National Health Education, Literacy and Self-Care Programme, with the main objective of promoting the health literacy of citizens and increasing their autonomy and responsibility in the field of health, through training, both in the use of the health system and in the search for and full use of reliable information to enable informed decision-making. The project is organised around four axes of action: The Municipal Libraries axis, which aims to activate individuals through the city's public library network; the ACeS Porto axis, whose objectives include standardising health messages and the methodologies to be adopted, increasing the effectiveness of outreach, while making the most of resources and strengthening partnerships; the Other Partnerships axis - internal (other UO and EM) or external (other entities in the community) - and making the most of resources at municipal level, in an operational, integrated and collaborative model.

Project/Activity's Objectives

- Increase the population's health literacy levels in order to promote healthy lifestyles
- Increase the autonomy of individuals and their communities in promoting their health

Beneficiaries

General public

Territorial Impact of the Intervention

Porto

Link

https://coesaosocial.cm-porto.pt/saude/promocao-de-literacia-em-saude

3.1 Indicator

Description	Number of activities carried out involving people aged 65 and over						
Target	2023		2024		2025		Total 25
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	5		10		10		

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

# Porto, Cidade sem SIDA (iniciativa Fast-track Cities)

## 1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce the incidence of disease or ill health.

## Measure

Include older people in the Porto Fast Track City (“Cidade na Via Rápida para Acabar com a Epidemia VIH”).

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmpsqvj@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Porto, Cidade sem SIDA (iniciativa Fast-track Cities)

Context

Porto has been a Fast Track City (“Cidade na Via Rápida para Acabar com a Epidemia VIH”) since 2017. Together with a large group of cities around the world, it has committed to ending the HIV/AIDS epidemic by 2030. In June 2021, UNAIDS redefined the 90-90-90 targets it had previously signed up to, to be achieved by 2020, to 95-95-95 (to be achieved by 2025), meaning that 95% of people living with HIV know their diagnosis; 95% of those diagnosed are followed up by health services, doing antiretroviral therapy; and 95% of those on treatment have a sustainably suppressed viral load, and, in December 2021, the city of Porto renewed its commitment to help achieve these goals.

Project/Activity’s Objectives

- Achieve by 2025 the targets proposed by UNAIDS, known as 95-95-95
- End the HIV epidemic by 2030

Beneficiaries

General public

Territorial Impact of the Intervention

Porto

Link

https://coesaosocial.cm-porto.pt/saude/porto-cidade-sem-sida

## 3.1 Indicator

Description	Number of actions carried out involving people aged 65 and over					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	20
Yearly	4	8	8			

## 3.2 Other impactful objectives

- Increase social integration and participation

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

## 7. Additional notes

Back to the table

Porto sem Diabetes

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Increase older people’s knowledge and understanding of diabetes and its prevention and early detection.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmpsqvj@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

Porto sem Diabetes

Context

This initiative, which coincides with World Diabetes Day on 14 November, takes place every year in the Municipality between the 14th and 30th of that month, through a series of concerted activities, the overall aim of which is to contribute to a better knowledge and understanding of this disease among citizens, as well as its prevention and early detection.

Project/Activity’s Objectives

- Increase awareness and knowledge of diabetes mellitus (DM) among the general public and Porto City Council staff
- Contribute to the prevention and early detection of type 2 DM
- Establish a Diabetes strategic council

Beneficiaries

General public

Territorial Impact of the Intervention

Porto

Link

https://coesaosocial.cm-porto.pt/saude/porto-sem-diabetes

3.1 Indicator

Description	Number of activities carried out involving participants aged 65 and over					
Target	2023	2024		2025		Total 9
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	3	3	3	3	3	

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

6. Estimated investment value

7. Additional notes

Back to the table

# Oficinas da Saúde para Profissionais (Literacia Emocional e Prevenção do Declínio Cognitivo)

## 1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce the incidence of disease or ill health.

## Measure

Train professionals in emotional literacy through a set of preventive measures using cognitive training strategies, fulfilling an itinerary about the brain and conditions associated with ageing.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto  
- Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude

Legal Nature

Public Entity

Telephone contact

220100220

Email address

dmpsqvj@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Oficinas da Saúde para Profissionais (Literacia Emocional e Prevenção do Declínio Cognitivo)

Context

A training programme for professionals who work closely with vulnerable groups, aimed at equipping them with the knowledge and skills to play a more active role in the ongoing promotion of healthy behaviours among the groups they work with on a daily basis, which will certainly contribute to increasing everyone's health literacy. These workshops are organised into different courses/themes. We have highlighted these objectives: Emotional Literacy Workshop - which promotes a set of emotional skills related to increasing psychological well-being in all areas of life (personal, relational or professional), as well as combating the stigma of mental illness and strategies for action/referral, based on the city's mental health response network; Cognitive Decline Prevention Workshop - which promotes a set of preventive measures using cognitive training strategies, through an itinerary about the brain and conditions related to ageing.

Project/Activity's Objectives

- Improve the health literacy of professionals working closely with vulnerable groups to promote healthy lifestyles;
- Promote the sustainability of community empowerment processes and maximise their impact on the population.

Beneficiaries

Professionals who work closely with vulnerable groups

Territorial Impact of the Intervention

Porto

Link

Back to the table

## 3.1 Indicator

Description	Number of Emotional Literacy and Cognitive Decline Prevention Workshops held						
Target	2023		2024		2025		Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	3		5		5		
13							

## 3.2 Other impactful objectives

- Increase social integration and participation

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

## 7. Additional notes

Pro\_Idos@

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Promote the provision of individual mental health services and group activities related to the arts and physical activity.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Fios e Desafios - Associação de Apoio Integrado à Família

Legal Nature

PSSI

Telephone contact

225303036

Email address

fiosedesafios@fiosedesafios.com

Link

www.fiosedesafios.com

3. Project / Activity

Name

Pro\_Idos@

Context

There is a lack of social resources and an exhausted capacity of support structures for the elderly, especially with regard to mental health in primary health care; a high incidence of mood disorders, especially depression and medication use; the presence of a diagnosis of dementia; and the deterioration of the physical condition of the elderly. Pro\_Idos@ focuses on mental and physical health, intervening to prevent depression and suicide and to combat stigma and social exclusion.

Project/Activity's Objectives

- Promote integral well-being, linked to active ageing, with direct intervention in the fundamental pillars of physical and mental health and social participation.
- The project aims to: Alleviate the psychological suffering of the elderly population as a result of the social and pandemic context experienced;
- Assess and intervene in a way that is adapted to the mental health panorama of the population to be intervened.
- Create and maintain informal support networks
- Increase and/or maintain physical activity among older people
- Facilitate access to individual/group health services
- Promote active ageing
- Facilitate access to available community resources
- Promoting exposure to artistic methods as a means of promoting mental health

Beneficiaries

Elderly People

Territorial Impact of the Intervention

Campanhã

Link

3.1 Indicator

Description	Number of elderly people involved						
Target	2023		2024		2025		Total 50
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	10		40		0		

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

- Designation
- Junta de Freguesia de Campanhã
  - Futebol Clube do Porto - Piscinas de Campanhã
  - Escola Artística de Soares dos Reis
  - Universidade do Porto - Faculdade de Belas Artes
  - Escola Artística e Profissional Árvore

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

10.000€

7. Additional notes

The above objectives will be achieved through individual psychological counselling and, where appropriate, cognitive stimulation. At the same time, group interventions are organised to promote physical and artistic activity, in particular art workshops and aquarobics classes.

Back to the table

MIND - Implementação de intervenções não-farmacológicas na prevenção do declínio cognitivo

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Implement a project to reduce the number of new cases of dementia in citizens with Mild Cognitive Impairment (MCI).

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Agrupamento de Centros de Saúde (ACeS) Grande Porto V - Porto Ocidental

Legal Nature

Entity with administrative autonomy

Telephone contact

226167515

Email address

aces.portoocidental@arsnorte.min-saude.pt

Link

https://acesportoocidental.org/pt/

3. Project / Activity

Name

MIND - Implementação de intervenções não-farmacológicas na prevenção do declínio cognitivo

Context

In Porto, a study based on a population cohort found an age-adjusted prevalence of 4.1% for MCI and 1.3% for dementia in people aged 55 and over. There are currently no drugs approved for human use to reduce or stabilise cognitive decline and its progression to dementia, but there is scientific evidence to support the effectiveness of non-pharmacological interventions, such as the adoption of a Mediterranean diet and the combined use of physical activity and training. Dementia has a high economic impact in Portugal, as the total cost of medication in 2013 was around 13 million euros, of which 63% was paid directly by users. MIND consists of five components: i) cognitive training; ii) physical activity; iii) cooking classes; iv) user empowerment to adapt to cognitive decline; v) early diagnosis and timely treatment of hearing changes. It is in line with the ACES-Porto Ocidental Local Health Plan, which identifies dementia, depression and anxiety as priority health problems, with the Municipal Health Plan for the City of Porto 2020-24, within one of its four axes of action “Emotional, psychological and social well-being”; with the National Mental Health Programme, which identifies the lack of integrated interventions to prevent dementia as a technical need, but also a need felt by the population; and with USP-Porto Ocidental’s experience in implementing programmes and projects in the field of mental health.

Project/Activity’s Objectives

- Meet with partners to involve them in the implementation of the project, namely to collaborate in the identification and referral of users diagnosed with MCI and to optimise the necessary technical, material, human and financial resources.
- Create the project link/platform
- Train the operational team about the project, neuropsychological tests and the various activities that make up the project.
- Implementation of the MIND intervention, which consists of five components:
  - cognitive domain
  - physical activity
  - promotion of the mediterranean diet through cooking session
  - user training to adapt to cognitive decline
  - early diagnosis and timely treatment of hearing impairment

Beneficiaries

Resident citizens with reduced cognitive performance for age and schooling, compatible with MCI, (MoCA); high risk of developing dementia at 20 years (CAIDE>6); four or more years of schooling; adults <85 years; autonomous walking and no major contraindications for physical activity.

Territorial Impact of the Intervention

Porto

Link

(under constrution)

3.1 Indicator

Description	% of citizens annually referred with MCI integrated into the MIND project						
Target	2023		2024		2025		Total <div>N/A</div>
Half-yearly	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
Yearly	0		50%		80%		

3.2 Other impactful objectives

- Increase social integration and participation
- Encourage lifelong learning
- Promote regular physical activity

4. Partners

Designation

- Universidade do Porto
  - Faculdade de Desporto
  - Faculdade de Psicologia e de Ciências da Educação
- Neuroinova
- Câmara Municipal do Porto
  - Pelouro da Saúde e Qualidade de Vida, Juventude e Desporto

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<div></div>	<div></div>	<div></div>
2024	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
2025	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

6. Estimated investment value

7. Additional notes

The Unidade de Saúde Pública of ACeS Porto Ocidental is responsible for the design and development of the project. The implementation of MIND is in line with the Municipal Health Plan of the City of Porto (Health and Quality of Life, Youth and Sport), which recognises the importance of this tool in promoting the mental health of the population of Porto, which has been ageing in recent decades.



Bonfim Cuida

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Promote ageing in place by encouraging health promotion, rehabilitation, and the training of carers.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Médicos do Mundo

Legal Nature

Association

Telephone contact

968 702 491

Email address

tci@medicosdomundo.pt

Link

https://www.medicosdomundo.pt/

3. Project / Activity

Name

Bonfim Cuida

Context

Médicos do Mundo (MdM) has been conducting a detailed assessment of needs and developing responses aimed at mitigating the risks faced by older individuals in situations of fragility and vulnerability. At the same time, it seeks to enhance and improve the living conditions of these individuals and their caregivers.

To this end, we have created a proximity project – Bonfim Cuida – with a strong component of home-based rehabilitation intervention. This initiative aspires to be an innovative response within the municipality of Porto, addressing needs identified by the Partner Network in a complementary manner. The project involves a team consisting of a physiotherapist and a nurse, aiming to promote health and rehabilitation in a home setting.

The project also includes a Support Equipment Bank, designed to provide materials and equipment free of charge, temporarily, and within a network of loan and return. Additionally, the project facilitates home modifications and adaptations to make living spaces more functional, safe, comfortable, and conducive to autonomy and independence.

Project/Activity’s Objectives

- Promote health, rehabilitation, ageing in place, and empower caregivers of older individuals.

Beneficiaries

- Individuals aged 65+, experiencing isolation and/or social vulnerability, with or without diagnosed conditions.
- Individuals aged 55+, as part of a primary prevention approach, fostering a positive and healthy attitude towards ageing.
- Indirect beneficiaries: caregivers of dependent individuals and/or those with disabilities

Territorial Impact of the Intervention

Freguesia do Bonfim

Link

https://www.medicosdomundo.pt/projetos-nacionais/bonfim-cuida

3.1 Indicator

Description	Number of beneficiaries supported					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	20
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	20			

3.2 Other impactful objectives

- Strengthen home-based intervention and the provision of care and assistance for dependent elderly individuals
- Improve living conditions for vulnerable elderly individuals

4. Partners

- Designation

- Junta de Freguesia de Bonfim
  - Health, social, and community sector organisations

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

44 805,00€

7. Additional notes

Back to the table

# Pharma Paranhos - Programa de Apoio à Gestão Individual da Medicação

## 1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce the incidence of disease or ill health.

## Measure

Implement a medication monitoring and support programme for older people living in social isolation.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☐ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Freguesia de Paranhos

Legal Nature

Public Legal Entity

Telephone contact

225020046

Email address

servico.social@jfparanhos.pt

Link

https://www.jfparanhos-porto.pt/

## 3. Project / Activity

Name

Pharma Paranhos - Programa de Apoio à Gestão Individual da Medicação

Context

This programme aims to minimise the number of low-income elderly individuals who fail to take their medication correctly, thereby reducing the occurrence of health-threatening incidents. Additionally, the initiative seeks to foster active connections between the elderly and their community, particularly with pharmacy staff and healthcare teams.

This service is provided by pharmacists from a local pharmacy, with full financial support from the Paranhos Parish Council for the preparation of the medication kits. However, this support does not cover the cost of purchasing the medication itself.

Project/Activity's Objectives

- Increase the number of elderly individuals who correctly follow their medication regimen, thereby prolonging their physical and mental well-being

Beneficiaries

Citizens aged 70+, taking multiple medications, without a family support network

Territorial Impact of the Intervention

Entire Paranhos Parish

Link

https://jfparanhos.hq1.cityfy.pt/respostas-a-comunidade/ambiente-e-saude-publica/pharma-paranhos

## 3.1 Indicator

Description	Number of kits distributed and number of elderly individuals supported						
Target	2023		2024		2025		Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly					50		

## 3.2 Other impactful objectives

- Improve access to healthcare information
- Enhance access to health services

## 4. Partners

Designation

- All pharmacies and healthcare centres within Paranhos Parish

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

750,00€

## 7. Additional notes

Back to the table

# Atelier de formação em Saúde Oral para Cuidadores de Pessoas Idosas

## 1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce the incidence of disease or ill health.

## Measure

Enhance oral health literacy by training carers in oral care, sharing specific knowledge to improve the quality of life of older adults.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Ordem dos Médicos Dentistas

Legal Nature

Professional Public Law Association

Telephone contact

226 197 690

Email address

bastonario@omd.pt

Link

https://www.omd.pt/

## 3. Project / Activity

Name

Atelier de formação em Saúde Oral para Cuidadores de Pessoas Idosas

Context

Oral health has a significant impact on the quality of life of dependent individuals. This training course is designed to equip caregivers with the knowledge to understand the functional importance of oral health, providing a solid foundation in anatomy, identifying key risks for oral diseases, and mastering effective oral hygiene techniques.

The course also addresses ageism, highlighting how prejudices and discrimination based on age can negatively affect oral healthcare for the elderly.

This programme provides caregivers with the necessary skills to improve the oral health of the individuals under their care, thereby enhancing their quality of life and preventing oral complications.

As population ageing continues to impact society, the progressive need for assistance due to the declining autonomy of older individuals will require caregivers to receive more specialised training, particularly in oral hygiene care.

Project/Activity's Objectives

- Train caregivers in oral hygiene care for individuals lacking autonomy, thereby reducing the impact of oral diseases

Beneficiaries

Caregivers of elderly individuals with reduced autonomy

Territorial Impact of the Intervention

City of Porto

Link

### 3.1 Indicator

Description	Number of caregivers trained					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	75
Yearly	<input type="text"/>	<input type="text"/>	75			

### 3.2 Other impactful objectives

- Improve caregiver qualification and access to appropriate resources

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input type="text"/>	<input type="text"/>	<input checked="" type="text"/>	<input type="text"/>	<input checked="" type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input checked="" type="text"/>	<input type="text"/>	<input type="text"/>

## 6. Estimated investment value

900,00€

## 7. Additional notes

Back to the table

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Reduce the incidence of disease or ill health.

Measure

Implement a project aimed at reducing the number of new dementia cases in individuals with Mild Cognitive Impairment (MCI).

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Cooperativa de Ensino Superior Politécnico e Universitário

Legal Nature

Non-Profit Private Institution

Telephone contact

224 157 100

Email address

ana.ferreira@cespu.pt

Link

https://www.cespu.pt/

3. Project / Activity

Name

Neuroproxi

Context

In Porto, a significant number of elderly individuals experience isolation, which is a risk factor for cognitive decline and affects their functional capacity. Promoting ageing in place requires identifying vulnerabilities (including socioeconomic factors and cardiovascular risks), conducting screenings, and implementing early interventions to prevent or delay cognitive decline.

The first phase of the project involves neurocognitive screening for elderly residents of Cedofeita, Santo Ildefonso, Sé, Miragaia, São Nicolau, and Vitória who are at risk of cognitive impairment due to loneliness, socio-economic vulnerability, and cardiovascular risk factors.

The next phase includes psychosocial education for older adults and caregivers, focusing on preserved cognitive abilities, the impact on daily activities, and strategies to mitigate this impact.

The second phase consists of implementing a group cognitive stimulation programme, designed to enhance self-efficacy and cognitive reserve among participants.

The third phase involves a neuropsychological reassessment to measure the project's effectiveness, using indicators such as loneliness levels, cognitive performance, cardiovascular risk, and participant satisfaction.

Project/Activity's Objectives

- Conduct cognitive screenings and implement neuropsychological interventions to maintain functional independence.
- Perform neurocognitive and cardiovascular screenings for vulnerable older adults, providing personalised health guidance.
- Increase cognitive health literacy among older adults and caregivers, encouraging engagement in stimulating activities and reducing the stigma associated with ageing and dementia.
- Reduce social isolation, enhance preserved cognitive abilities, reverse emerging deficits, slow cognitive decline, and improve overall quality of life.

Beneficiaries

Elderly individuals at risk of neurocognitive decline

Territorial Impact of the Intervention

União das Freguesias de Cedofeita, Santo Ildefonso, Sé, Miragaia, São Nicolau e Vitória

Link

https://livecespu-my.sharepoint.com/:f:/g/personal/joana\_pinto\_iucs\_cespu\_pt/EuKST-gHiodPgMWTIW8SXQQ8qj1hcpHaN2cqFqW9EC4g2Q?e=qJpr4y

3.1 Indicator

Description	Number of individuals screened					
	Number of participants in neuropsychological interventions					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	300   100
Yearly	<input type="text"/>	<input type="text"/>	300   100			

3.2 Other impactful objectives

- Improve access to health services

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>	<input checked="" type="text"/>

6. Estimated investment value

40.000€

7. Additional notes

# Promoção de envelhecimento ativo e saudável na população idosa

## 1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce the incidence of disease or ill health.

## Measure

Provide medical care and screenings to ensure healthy ageing.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☐ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Paramédicos de Catástrofe Internacional

Legal Nature

Private Social Solidarity Institution

Telephone contact

913 817 780

Email address

presidente@paramedico-internacional.org

Link

www.paramedico-internacional.org

## 3. Project / Activity

Name

Promoção de envelhecimento ativo e saudável na população idosa

Context

Paramédicos de Catástrofe Internacional is a non-governmental humanitarian aid organisation (NGHO), a development cooperation NGO (NGDO), and an organisation for people with disabilities (NGO-PD). It is also a non-profit Private Social Solidarity Institution (IPSS), operating both nationally and internationally with medical-humanitarian independence.

Domestically and internationally, Paramédicos de Catástrofe Internacional engages in social, humanitarian, medical, nursing, paramedical, preventive, educational, and emergency aid activities. It also manages NGOs and IPSS entities in emergency and disaster relief scenarios.

In Portugal, the organisation provides social support for the homeless, low-income families, and at-risk youth, as well as elderly integration assistance, patient transport, palliative care, and pre-hospital care.

The project aims to provide medical care and cardiovascular disease screenings to ensure healthy and active ageing.

Project/Activity's Objectives

- Ensure elderly individuals can live longer, healthier, and with dignity, joy, and love for life.

Beneficiaries

Socioeconomically vulnerable or isolated elderly individual

Territorial Impact of the Intervention

City of Porto

Link

## 3.1 Indicator

Description

Number of individuals receiving medical care

Target

202320242025

Half-yearly

Yearly

200

Total

200

## 3.2 Other impactful objectives

- Improve access to healthcare services

## 4. Partners

Designation

## 5. Scheduling

JFMA MJJASOND

2023

2024

2025

6. Estimated investment value

65.000€

## 7. Additional notes

Aproxima

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Strengthening the provision of home care and assistance to dependent older people.

Measure

Encourage the provision of home care for elderly people with high dependency and low economic resources at times not covered by the formal network.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Liga Portuguesa de Profilaxia Social

Legal Nature

Private Social Solidarity Institution

Telephone contact

223324445

Email address

intervencao@Lpps.pt

Link

https://lpps.pt/

3. Project / Activity

Name

Aproxima

Context

Portugal has an ageing population due to the increase in average life expectancy and the low birth rate. This trend, together with a negative natural balance, has contributed to a negative effective growth of the Portuguese population.

The municipality of Porto has the highest ageing index (220,94) compared to the national average, with the parishes of the Centro Histórico do Porto standing out. So people are living longer, but that doesn't always mean a better quality of life or better health.

Since 2001, the Portuguese Social Prophylaxis League (LPPS) has been carrying out activities close to the elderly population, which has allowed it to deepen its knowledge and improve its capacity for intervention. This has challenged us to think about strategies that can contribute not only to improving the quality of life, but also to reducing the isolation and loneliness, which is a reality for many seniors. It is also possible to contribute to their continuity in their home environment by providing assistance and care at critical times, such as evenings and weekends, and to reach as many people as possible on low incomes who do not have access to private services. The Aproxima project, approved by the Fundo ao Associativismo Portuense, has been running for almost two years. It currently has its own funding, which has not allowed it to reach a greater number of seniors/dependents.

Project/Activity's Objectives

• The main objectives of this proposal are to ensure the well-being and individual development of the people receiving care, in a climate of emotional, physical and psychological security, through personalised and individualised care, while seeking close collaboration, whenever possible, with the family or existing network. It prioritises the dignity of the person and guarantees the care/assistance that is essential for their wellbeing and maintenance in their context, at times of the day when the formal care network is not responding. It operates almost 365 days a year, except for Christmas, New Year and Easter Sunday, and provides assistance with meals, medication management, personal hygiene and comfort, among other things.

Beneficiaries

Elderly people / dependants

Territorial Impact of the Intervention

União de Freguesias do Centro Histórico do Porto

Link

https://lpps.pt/aproxima/

3.1 Indicator

Description

Number of people covered

Target	2023		2024		2025		Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	12		18		25		

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health status

4. Partners

Designation

- Câmara Municipal do Porto
  - Departamento Municipal de Coesão Social
- Health services

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

98 120,00 €

7. Additional notes

Back to the table

Terceira (C)Idade=Felicidade

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Strengthening the provision of home care and assistance to dependent older people.

Measure

Provide a multidisciplinary team to provide health care (nursing, psychology, physiotherapy and occupational therapy) to older people in situations of isolation and social vulnerability.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Médicos do Mundo

Legal Nature

Association

Telephone contact

968702491

Email address

sara.moura@medicosdomundo.pt

Link

https://www.medicosdomundo.pt/

3. Project / Activity

Name

Terceira (C)Idade=Felicidade

Context

As a result of the fieldwork carried out over the last few years, we have seen that the existing responses in the district of Porto overlap to those in other regions of the country and that the structures of the social network, namely: homes, day centres and home support services, are not only overcrowded but also do not provide sufficient responses to the diagnoses, which is why community intervention is essential. The goal is to promote participation, improve occupational performance and, more broadly, promote active ageing.

We believe in the importance of early intervention; promoting healthy contexts throughout the life cycle; promoting, protecting and maintaining health; preventing, treating and rehabilitating illness; stimulating physical, cognitive, social and emotional skills, developing artistic practices and promoting new learning, allowing for an integrated vision of needs and opportunities for intervention in a continuous way, specific to each context, but also overlapping visions of articulation and integration of efforts between contexts.

Based on these premises, the Terceira (C)Idade=Felicidade Project aims to intervene, through a multidisciplinary team (made up of nursing, psychology, physiotherapy and occupational therapy), to ensure and provide health care and psychosocial support to older adults (aged 55 and over) living in the city of Porto, in a situation of isolation and vulnerability in terms of health and/or social issues, not forgetting the care, counselling and monitoring of their informal carers.

Project/Activity's Objectives

- Contribute to the promotion of health, rehabilitation and artistic and cultural practices as a means of inclusion and reducing social isolation.
- Activities: support products; planned home adaptations; nursing consultations; medication support; management and adherence to therapeutic regimen; liaison with health and social services; referrals; psychological consultations; health education; training for caregivers; physiotherapy sessions; occupational therapy sessions; psychosocial monitoring/ support.

Beneficiaries

Direct beneficiaries residing in the municipality of Porto: People aged 65 and over, of both sexes, in a situation of isolation and/or social vulnerability, with or without a pathological diagnosis; People aged 55 and over, of both sexes, in a logic of primary prevention, with the aim of promoting a more positive and healthy attitude to ageing.

Indirect beneficiaries living in the municipality of Porto: carers of people who are dependent and/or have some degree of disability.

Territorial Impact of the Intervention

Porto

Link

https://www.medicosdomundo.pt/projetos-nacionais/terceira-c-idade

3.1 Indicator

Description	Number of elderly people monitored						
Target	2023		2024		2025		Total 120
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	120		0		0		

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health status

4. Partners

Designation

- Espaço t (consortium/formal partner of this project)
- Partners from the health, social, economic and community sectors.

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

143.000€

7. Additional notes

The TCI Project involves a wide range of activities, which you can see on our website (<https://www.medicosdomundo.pt/projetos-nacionais/terceira-c-idade/ficha-tecnica>) , in both individual and collective contexts. The team is investing heavily in networking and community work to find answers and solutions to the problems identified.

Táxi +65

1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Increase and improve access to health services.

Measure

Provide a taxi service for travel to and from health facilities at a reduced price.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☒ 2 - Transportation
- ☐ 3 - Housing
- ☐ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

STCPServiços - Transportes Urbanos, Consultoria e Participações, Unipessoal Lda

Legal Nature

Local business sector

Telephone contact

225071100

Email address

geral@stcpservicos.pt

Link

https://www.stcpservicos.pt/

3. Project / Activity

Name Táxi +65

Context

The pandemic caused by the SARS-CoV-2 virus has had a direct impact on the decline in demand for health care among the elderly population, and it was essential to ensure a rapid return to preventive and diagnostic health care.  
Public taxi transport provides accessible, reliable, safe, comfortable and affordable travel for the population aged 65 and over, many of whom have limited mobility.

Project/Activity's Objectives

• Ensure access for the elderly population to health services in Porto, through a taxi service (for Cartão Porto holders) that allows them to travel to or from an address in Porto to or from a health centre or public or private hospital in Porto, at a reduced fixed price.

Beneficiaries

Population over 65, living in Porto

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description Number of trips made to and from health centres

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	16500	18000	0	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health status

4. Partners

Designation

- Câmara Municipal do Porto
- Associações de Táxis

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

270 000,00 €

7. Additional notes

Back to the table



# Gabinete de Atendimento ao Idoso

## 1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Improve access to information.

## Measure

Provide an individualised service for older people to clarify their rights and refer them to services of interest to them.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Cruz Vermelha Portuguesa - Delegação do Porto

Legal Nature

Non-profit Humanitarian Institution

Telephone contact

226006353 / 918572104

Email address

dporto.desteves@cruzvermelha.org.pt

Link

## 3. Project / Activity

Name

Gabinete de Atendimento ao Idoso

### Context

The Gabinete de Atendimento ao Idoso has been in existence since 2010 and its main function is to provide advice to internal and external services, assistance in obtaining income protection and protection against dependency, advice on family support, access to support in the form of goods, clothing and home textiles, among other services. In addition, all users of the in-house services can take advantage of the psychological service (cognitive stimulation sessions at home, tailored to the user and informal counselling for carers), the “Acompanha-me” project (a volunteer initiative that accompanies less autonomous users without family support to appointments and services) and the “Chamadas de Carinho” project (a volunteer initiative that makes weekly telephone calls to in-house users with the aim of combating loneliness).

### Project/Activity’s Objectives

- The Gabinete de Apoio ao Idoso is a space specifically dedicated to the elderly (aged 65 and over) or people with chronic illnesses, where they can find support in solving various problems, as well as information on a range of rights and benefits that can help them in various areas (services, equipment, health, social security...), as well as guidance on the internal services of the Porto Delegation of the Portuguese Red Cross.

### Beneficiaries

Seniors and their families

### Territorial Impact of the Intervention

Porto

### Link

## 3.1 Indicator

Description

Face-to-face and non-face-to-face consultations and referrals

Target	2023	2024	2025	Total
Half-yearly	120	120	120	
Yearly				

## 3.2 Other impactful objectives

- Increase social integration and participation

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

## 7. Additional notes

Back to the table

# Viver em Casa

## 1. Intervention Area

- ☐ P1 - People
- ☒ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Create an alternative to institutionalisation and family dependency for the elderly.

## Measure

Provide a personal assistance service to assist older people in carrying out activities that they are unable to carry out on their own due to limitations resulting from their interaction with the environment.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

LongeVidade - Cooperativa de Solidariedade Social, CRL

Legal Nature

Cooperative

Telephone contact

933565293 / 939025650

Email address

geral@longevidade.info

Link

www.longevidade.info

## 3. Project / Activity

Name

Viver em Casa

Context

Continuing to live at home and in the community is still not an option for many older adults, who see institutionalisation or dependency and overburdening of their family as the only solutions when their functionality is compromised.

### Project/Activity's Objectives

- Older adults remain in their usual place: their home, their family (if applicable), their neighbourhood, their community.

### Beneficiaries

Older adults

### Territorial Impact of the Intervention

Porto

### Link

www.longevidade.info/servicos/viver-em-casa

## 3.1 Indicator

Description	Average monthly hours of personal assistance						
Target	2023		2024		2025		Total 6250
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	1750		2000		2500		

## 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health status

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

27 483,58 €

## 7. Additional notes

Back to the table

# Individual project sheets P3

Aconchego

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote intergenerational environments.

Measure

Promoting intergenerational housing.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

NameAconchego

Context

The City Council of Porto, in partnership with the Academic Federation of Porto - FAP Social, launched the “Programa Aconchego” in 2004 to respond to two seemingly disparate problems: the large number of young people who move every year to attend higher education and need accommodation in the Municipality of Porto, and the high percentage of residents over 60 who live in a situation of loneliness and/or social isolation. The Aconchego programme is based on a perspective of intergenerational coexistence and the enhancement of synergies and social resources, promoting the accommodation of university students for one academic year in the homes of senior citizens living in Porto.

From two seemingly insurmountable difficulties, a single solution was found to the problem of housing young university students and the loneliness and/or isolation of senior citizens living in the municipality. In short, the elderly repay the company with accommodation and the young university students repay the accommodation with company and support.

Project/Activity’s Objectives

- Reducing situations of loneliness and/or social isolation among senior citizens in the municipality of Porto by integrating higher education students, who do not live in the municipality of Porto, into their residences.

Beneficiaries

Citizens over 60  
Higher education students aged between 18 and 35

Territorial Impact of the Intervention

Porto

Link

https://coesaosocial.cm-porto.pt/pessoas-idosas/aconchego

3.1 Indicator

DescriptionNumber of accession processes

Target	2023	2024	2025	Total
Half-yearly				
Yearly	12	12	12	

3.2 Other impactful objectives

- Increase social integration and participation
- Empower older people and build communities to foster relationships of mutual help and support
- Create an alternative to institutionalisation and family dependency for older people

4. Partners

DesignationFederação Académica do Porto

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

7. Additional notes

Back to the table

# Idosos na FEUP

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote intergenerational environments.

## Measure

Facilitate intergenerational encounters in university settings, offering diverse activities that promote interaction, knowledge exchange, and the strengthening of social bonds between students and older adults.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Faculdade de Engenharia da Universidade do Porto

Legal Nature

Public Foundation under Private Law

Telephone contact

225 081 400

Email address

respsocial@fe.up.pt

Link

www.fe.up.pt

## 3. Project / Activity

Name

Idosos na FEUP

Context

This project aims to combat the isolation and loneliness of older adults by promoting intergenerational engagement (elderly-academic community). The project "Idosos na Faculdade de Engenharia da Universidade do Porto (FEUP)" seeks to complement leisure activities for older adults from social centres and promote their socialisation. FEUP, as an innovation hub, has attractive facilities that provide an ideal setting for such activities.

### Project/Activity's Objectives

- A visit to FEUP's facilities (Library and other key spaces), including a welcome session, poetry readings, a musical performance, and a social gathering with refreshments.

### Beneficiaries

Users of social centres, social institutions, and parish communities (churches)

### Territorial Impact of the Intervention

Paranhos, Bonfim, Campanhã, Ramalde, Cedofeita, Aldoar, Lordelo Ouro.

### Link

## 3.1 Indicator

Description	Number of participants in the activity					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	30
Yearly			30			

## 3.2 Other impactful objectives

- Increase social integration and participation
- Promote intergenerational activities

## 4. Partners

Designation • GASPORTO

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

## 6. Estimated investment value

1 500,00€

## 7. Additional notes

Back to the table

# Residências Sénior Partilhadas

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Provide alternative and innovative housing solutions.

## Measure

Ensure decent shared living space adapted to the needs of the elderly population in situations of social, economic and housing deprivation.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Domus Social – Empresa de Habitação e Manutenção do Município do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228300000

Email address

geral@Domussocial.pt

Link

www.Domussocial.pt

## 3. Project / Activity

Name

Residências Sénior Partilhadas

Context

TheResidências Sénior Partilhadas programme is designed to help the municipality’s senior population manage their activities, guaranteeing them a decent living space adapted to their needs. At the same time, the initiative proves to be a successful integrated multidisciplinary response to the well-being and quality of life of the senior population, also by combating social isolation.

Project/Activity’s Objectives

- Encourage active ageing;
- Promote the autonomy of the elderly;
- Combat social isolation.

Beneficiaries

Isolated older people living in privately rented accommodation with poor living conditions and few economic resources.

Territorial Impact of the Intervention

Município do Porto

Link

## 3.1 Indicator

Description	Number of active shared residences						
Target	2023		2024		2025		Total 27
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	8		9		10		

## 3.2 Other impactful objectives

- Increase social integration and participation
- Empower older people and build communities to foster relationships of mutual help and support
- Create an alternative to institutionalisation and family dependency for older people

## 4. Partners

Designation

- Parish Councils
- Private Social Solidarity Institutions

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

175 000,00 €

## 7. Additional notes

Back to the table

# Estrutura Residencial InterGeracional (ERIGE)

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Provide alternative and innovative housing solutions.

## Measure

Ensure a housing solution that promotes intergenerational living.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Associação das Escolas Jesus, Maria, José do Monte Pedral

Legal Nature

Private Institution of Social Solidarity

Telephone contact

228318554

Email address

info@monte-pedral.pt

Link

www.monte-pedral.pt

## 3. Project / Activity

Name

Estrutura Residencial InterGeracional (ERIGE)

Context

This project addresses two significant social issues: the lack of housing for university students and the loneliness of older adults in Porto. The initiative proposes creating a “new social response” in the form of shared housing with communal services. This solution will foster intergenerational relationships, provide meaningful connections, and address emerging needs in this area, generating a significant positive impact on both older adults and young students while enhancing overall social well-being.

Project/Activity’s Objectives

- Providing an innovative housing solution that promotes integrated and specialised care in an intergenerational setting

Beneficiaries

Older adults and university students

Territorial Impact of the Intervention

Municipality of Porto

Link

www.monte-pedral.pt

## 3.1 Indicator

Description	Public presentation of the project					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	1
Yearly	<input type="text"/>	<input type="text"/>	1			

## 3.2 Other impactful objectives

- Promote intergenerational environments

## 4. Partners

Designation

- Câmara Municipal Porto
- Federação Académica Porto
- Freguesia de Paranhos

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="text"/>	<input type="text"/>	<input type="text"/>
2024	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
2025	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input checked="" type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

6. Estimated investment value

500 000,00 €

## 7. Additional notes

Back to the table

# Guia de prevenção do risco de acidente e de quedas

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce the risk of accidents and falls among the elderly population.

## Measure

Provide information that enables action to be taken on intrinsic and extrinsic risk factors for accidents and falls.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Guia de prevenção do risco de acidente e de quedas

Context

Accidents are the fifth leading cause of death in older people, and falls are the most common cause of accidents in this population. Approximately 30% of people aged 65 and older fall at least once a year, and about 10 to 15% of these falls result in serious injury. Studies confirm that assessing risk factors and implementing fall prevention strategies have helped to reduce traumatic injuries. There are factors that predispose older people to falls, namely those related to physiological changes of the ageing process, specific diseases or the use of medications, and those related to the environment in which older people interact: home, public places, public transport. Examples of environmental risks include slippery floors, uneven surfaces and poor lighting, as well as inappropriate clothing and footwear.

Project/Activity's Objectives

- Reduce the risk of accidents and falls in the elderly population.

Beneficiaries

Residents in the municipality of Porto, aged 65 or over

Territorial Impact of the Intervention

Porto

Link

Back to the table

## 3.1 Indicator

Description

Guide's publication

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	N/A
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1	

## 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health status

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Estimated investment value

10 000,00 €

## 7. Additional notes



# Guia do Inquilino Sénior

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce the risk of accidents and falls among the elderly population.

## Measure

Develop an explanatory and interactive guide/manual for all local authority tenants over 65 living in social housing.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Domus Social – Empresa de Habitação e Manutenção do Município do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228300000

Email address

geral@Domussocial.pt

Link

www.Domussocial.pt

## 3. Project / Activity

Name

Guia do Inquilino Sénior

Context

Domus Social, the company in charge of managing the public housing stock of the Municipality of Porto, provides all new tenants with a manual of good practices for using a house: the “Guia do Inquilino Municipal”. Essentially, it contains suggestions and indications of good practice in order to enjoy a good quality of life and, at the same time, to preserve the housing that has been handed over to the household. This manual covers issues such as hygiene, health, equipment maintenance, community life and security. In 2024, the year in which the Municipal Company celebrates its 20th anniversary, a new Guia do Inquilino Municipal will be developed, to be given not only to new tenants, but also to all those already living in the Municipality’s social housing. Taking advantage of this opportunity, and recognising that the elderly are one of the main groups represented in social housing (a number that tends to increase), Domus Social will produce a sub-manual specifically for the elderly, the “Guia do Inquilino Sénior”. This personalised content will be delivered, together with the Guia Geral, only to households where at least one person over 65 lives. An explanation/presentation of the content will be given to the elderly person at the time of delivery.

### Project/Activity’s Objectives

- Reduce risky behaviour and therefore the likelihood of accidents, such as falls, among social housing tenants aged over 65.
- Encourage the adoption of good daily practices in the home that contribute to the well-being and safety of the elderly, as well as the maintenance of the home.

### Beneficiaries

Elderly people over 65, living in social housing

### Territorial Impact of the Intervention

Porto

### Link

### 3.1 Indicator

Description

Publication of the “Guia do Inquilino Sénior”

Target

202320242025

Half-yearly

Yearly

0

1

0

Total

1

### 3.2 Other impactful objectives

- Increase social integration and participation
- Identify cases of social fragility and greater physical and psychological vulnerability.

## 4. Partners

Designation

## 5. Scheduling

JFMA MJJASON D

2023

2024

2025

## 6. Estimated investment value

2 000,00 €

## 7. Additional notes

Back to the table

# Zonas Pedonais Temporárias e PlayTime - Parklets Municipais

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Increase the use of public pedestrian space.

## Measure

Promote the pedestrianisation of streets through the creation of temporary pedestrian zones, ensuring that traffic is restricted to pedestrians only.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal do Espaço Público

Legal Nature

Public Entity

Telephone contact

220100220

Email address

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Zonas Pedonais Temporárias e PlayTime - Parklets Municipais

Context

Under the theme “Rescuing Public Space for Pedestrians”, these initiatives aim to dynamize and improve the use of public space, promoting inclusion and accessibility.

Project/Activity’s Objectives

- Zonas Pedonais Temporárias are designed to encourage pedestrianisation of streets, ensuring that traffic is restricted to pedestrians only.
- Playtime - a project to install community parklets involves the installation of seating furniture, flower boxes or canopies, in parking spaces on streets with active pedestrian traffic

Beneficiaries

Public space users

Territorial Impact of the Intervention

Porto

Link

Back to the table

## 3.1 Indicator

Description	Number of Tactical Urbanism projects					
Target	2023	2024		2025		Total 6
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	2	2	2			

## 3.2 Other impactful objectives

- Increase social integration and participation

## 4. Partners

Designation

- Câmara Municipal do Porto
  - Departamento Municipal da Mobilidade
  - Departamento Municipal de Espaços Verdes e Gestão de Infraestruturas
  - Direção Municipal de Cultura e Património
  - Polícia Municipal
- Ágora Cultura e Desporto do Porto, E.M.

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

15 000,00 €

## 7. Additional notes

Pedonalização da Rua das Carmelitas

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Increase the use of public pedestrian space.

Measure

Implement pedestrianisation of public streets.

WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

GO Porto - Gestão e Obras do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228339310

Email address

geral@goporto.pt

Link

3. Project / Activity

Name

Pedonalização da Rua das Carmelitas

Context

In the public space in question, there is a need to implement improvements in terms of enjoyment, usage and the environment, with a strong impact on the population's quality of life.

Project/Activity's Objectives

- Pedestrianisation of the street, encouraging pedestrian use and the enjoyment of the space by users, both as a place to pass through and to stay, allowing diversification of use.

Beneficiaries

General Public

Territorial Impact of the Intervention

Rua das Carmelitas

Link

Back to the table

3.1 Indicator

Description

Road stretch in linear metres

Target	2023	2024	2025	Total	
Half-yearly	<div></div>	<div></div>	<div>140</div>		<div></div>
Yearly	<div></div>	<div></div>	<div></div>		<div>140</div>

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population
- Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<div></div>	<div></div>	<div></div>
2024	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
2025	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

6. Estimated investment value

250 000,00 €

7. Additional notes

Aqui mora o bem-estar

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Provide multi-service spaces dedicated to active ageing

Measure

Develop spaces that promote active and healthy ageing.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

A Beneficência Familiar- Associação Socorros Mútuos

Legal Nature

Private Institution of Social Solidarity

Telephone contact

222 087 520

Email address

geral@abfamiliar.pt

Link

https://www.abfamiliar.pt/

3. Project / Activity

Name

Aqui mora o bem-estar

Context

A Beneficência Familiar – Associação de Socorros Mútuos provides social protection and promotes the quality of life for its members and their families. In this context, the organisation identified the need to create a space that holistically develops activities in a single location, encompassing all aspects of physical, emotional, and mental well-being.

These include: a senior university, an exercise area, a nutritional space, a canteen, a health space (with health promotion sessions), and social tourism. This initiative aims to promote successful ageing.

Project/Activity's Objectives

- Combat isolation, loneliness, and digital exclusion, promoting self-esteem, health, and quality of life

Beneficiaries

Older adults

Territorial Impact of the Intervention

Municipality of Porto and surrounding regions

Link

https://www.abfamiliar.pt/

Back to the table

3.1 Indicator

Description	Number of activities available					
Target	2023	2024		2025		Total 8
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	8		<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Promote regular physical activity
- Stimulate lifelong learning
- Reduce the incidence of illness and health deterioration
- Improve access to healthcare services

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

20 000,00 €

7. Additional notes

# Espaço Cidadania Digital

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Provide multi-service spaces dedicated to active ageing.

## Measure

Implement a free advisory service to assist older people in accessing digital services.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Cesae Digital - Centro para o Desenvolvimento de Competências Digitais

Legal Nature

Public Legal Entity, Non-Profit

Telephone contact

226 195 200

Email address

esae@cesae.pt

Link

www.cesaedigital.p/

## 3. Project / Activity

Name

Espaço Cidadania Digital

Context

An innovative, inclusive intervention project offering free and permanent support to older adults by assisting them in accessing online services such as the National Health System portal. This initiative addresses the digital modernisation and empowerment of older adults, promoting active ageing and combating social isolation.

Project/Activity's Objectives

- Promoting digital inclusion and active citizenship while reducing social isolation through technology use

Beneficiaries

Residents of Porto, particularly older adults

Territorial Impact of the Intervention

City of Porto

Link

### 3.1 Indicator

Description	Number of operational units by 2025					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	3
Yearly	<div></div>	<div></div>	3			

### 3.2 Other impactful objectives

- Improve access to information
- Stimulate lifelong learning
- Implement digital solutions to build cohesive communities and foster mutual support networks

## 4. Partners

Designation

- Parish councils and local associations

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

6. Estimated investment value

50 000,00 €

## 7. Additional notes

Back to the table

Requalificação do espaço público dos bairros municipais

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

Measure

Upgrade public spaces in urban neighbourhoods.

WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Domus Social – Empresa de Habitação e Manutenção do Município do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228300000

Email address

geral@Domussocial.pt

Link

www.Domussocial.pt

3. Project / Activity

Name Requalificação dos espaço público dos bairros municipais

Context

The neighbourhoods to be targeted show signs of disqualification and urban and environmental degradation, such as: a fragmented and discontinuous relationship with their surroundings; the absence of a clear hierarchy within the urban design; conflicts and incompatibilities between planned routes and the routes taken by the population; improper occupation of pedestrian areas and/or green spaces by vehicles; acts of vandalism against public property; insecurity exacerbated by urban and environmental degradation.

Project/Activity’s Objectives

- The solutions presented should provide a good functional and aesthetic connection between the spaces, so that everyone can use and enjoy them in complete safety, which implies clear, fast and intuitive routes that allow total mobility for everyone, including the elderly, in accordance with current legislation.

Beneficiaries

Population of neighbourhoods (predominantly) and the city (urban mesh)

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description Number of social housing projects underway

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yearly	0	3	6	9

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

24 134 476,94 €

7. Additional notes

Back to the table

# Acessibilidades - Equipamentos Desportivos

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

## Measure

Upgrade sporting equipment to make them accessible.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Ágora - Cultura e Desporto do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

226199860

Email address

geral@agoraporto.pt

Link

https://www.agoraporto.pt

## 3. Project / Activity

Name

Acessibilidades - Equipamentos Desportivos

Context

Legislative Decree No. 163/2006 of 8th of August, as amended by Legislative Decree No. 95/2019 of 18th of July, establishes the legal framework for accessibility to buildings, laying down the rules and technical standards for accessibility to be complied with in the design and construction of public spaces, public facilities, public buildings and homes.

In this context, the management of Ágora - Cultura e Desporto E.M. carried out an assessment of the current accessibility situation in the municipal swimming pool buildings, pavilions and sports fields, which culminated in the preparation of eighteen individual reports.

After analysing the reports, it was found that, with the exception of the Polidesportivo dos Choupous, none of the infrastructures managed by Ágora met the minimum accessibility requirements, mainly due to the fact that most of these buildings were built before the current legislation was published.

Therefore, in order to comply with this legislation, it was decided to intervene in each of these buildings in order to remedy the shortcomings identified.

Project/Activity's Objectives

- Installation of access ramps, handrails and adapted handles;
- Adaptation of toilet facilities for people with reduced mobility;
- Replacement/adaptation of service counters to promote accessibility for wheelchair users;
- Creation of places in the stands for wheelchair users;
- Installation of anti-slip strips on stairs;
- Designation of parking spaces for people with reduced mobility;
- Installation of lifting platforms.

Beneficiaries

Citizens and users of sports facilities.

Territorial Impact of the Intervention

Porto

Link

## 3.1 Indicator

Description	Number of interventions to be carried out on sports equipment						
Target	2023		2024		2025		Total 18
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	5		8		5		

## 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Estimated investment value

150.000,00 €

## 7. Additional notes

Back to the table

Rua Direita

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

Measure

Rehabilitate degraded streets, promoting different modes of transport and removing architectural barriers.

WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Direção Municipal de Desenvolvimento Urbano

Legal Nature

Public Entity

Telephone contact

220100220

Email address

Link

www.cm-porto.pt

3. Project / Activity

Name Rua Direita

Context

A programme aimed at upgrading degraded public spaces, integrated into the fine network of the urban road system. It includes roads, paths, widening of old rural roads, urban areas undergoing transformation or degraded streets in a consolidated mesh.

Project/Activity's Objectives

• The aim of this programme is to intervene in these public spaces in order to improve their services and conditions of use, in a logic of flexible management of the available space, adapted to the reduced cross-sectional profile of these streets, taking into account the accessibility needs of the inhabitants.

Beneficiaries

Inhabitants in the areas affected

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description Number of projects implemented

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yearly	7	7	7	21

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

30 000 000€

7. Additional notes

Back to the table



Rede 20

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

Measure

Implementing a network of routes with a maximum speed limit of 20 kilometres per hour, with priority for pedestrians and soft modes, in a concept of shared public space.

WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

GO Porto - Gestão e Obras do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228339310

Email address

geral@goporto.pt

Link

3. Project / Activity

Name

Rede 20

Context

The public space in question must be improved in terms of enjoyment, use and environment, with a strong impact on the quality of life of the population, by creating favourable conditions for the coexistence of multiple users, by transforming the road environment into an urban environment, by using road safety instruments, by using traffic calming solutions, by giving priority to pedestrians and soft modes of transport, by establishing a maximum car circulation speed of 20 Km/h (“Rede 20” municipal project).

Project/Activity’s Objectives

- Elimination of traditional markings and unevenness between the carriageway and pavements by defining a wide, level surface, shared by different users.

Beneficiaries

General public

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description	Road stretch in linear metres					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	760
Yearly	0	760	0			

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Estimated investment value

450 000,00 €

7. Additional notes

Back to the table

# Atravessamento de vias e envolventes

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

## Measure

Improve pedestrian accessibility on pavements and pedestrian crossings on various streets in the city.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

GO Porto - Gestão e Obras do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228339310

Email address

geral@goporto.pt

Link

## 3. Project / Activity

Name

Atravessamento de vias e envolventes

Context

The public space in question needs to be improved in terms of its use, with a strong impact on the quality of life of the population, particularly in terms of accessibility and mobility, with traffic calming measures.

### Project/Activity's Objectives

- Improve pedestrian accessibility, both on pavements and when crossing the road, in particular by widening, levelling and lowering pavements, laying tactile paving for pedestrian crossings, or raised pedestrian crossings on various streets in the city.

### Beneficiaries

General public

### Territorial Impact of the Intervention

Porto

### Link

## 3.1 Indicator

Description	Number of interventions						
Target	2023		2024		2025		Total 37
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	33		2		2		

## 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

1 121 000,00 €

## 7. Additional notes

Back to the table

# Projeto Integrado de Sinalização e Informação

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

## Measure

Implement a system of directional and informative signage to promote pedestrianisation and pedestrian comfort.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal do Espaço Público

Legal Nature

Public Entity

Telephone contact

220100220

Email address

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Projeto Integrado de Sinalização e Informação

### Context

With the goal of standardising the equipment and content of signage, as well as reducing and regulating the occupation of public space, the Municipality of Porto has developed a signage study aimed at implementing an integrated system of directional and informative signage in the city.

### Project/Activity's Objectives

- Aware that the more we know about a place, the more confident and safe we feel in navigating it, and in the case of Porto, due to its peculiar layout, which tends to create an amount of uncertainty and doubt in the face of unfamiliar pedestrian routes, the PISI aims to enable pedestrians to travel comfortably, safely and quickly on foot.

### Beneficiaries

Beneficiaries

Public space users

### Territorial Impact of the Intervention

Territorial Impact of the Intervention

Porto

### Link

Link

## 3.1 Indicator

Description

Number of devices to be installed associated with pedestrian signalling

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0	830	0	

## 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 6. Estimated investment value

Estimated investment value

2 100 000,00 €

## 7. Additional notes

Additional notes

Back to the table

Porto Pedonal - Pop

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

Measure

Increasing the number of resting places by installing benches along pedestrian routes to ensure comfortable walking.

WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal do Espaço Público

Legal Nature

Public Entity

Telephone contact

220100220

Email address

Link

www.cm-porto.pt

3. Project / Activity

Name

Porto Pedonal - Pop

Context

Drawing up a map showing the network of continuous pedestrian routes and sitting areas in the area, with the objective of establishing criteria for decision-making and types of intervention in the public space, in particular for the installation of benches throughout the city.

Project/Activity's Objectives

- The promotion of pedestrian routes requires the creation of conditions that encourage walking.
- For longer journeys, the existence of rest stops on pedestrian routes, especially for older age groups, is one of the basic conditions for ensuring the comfort of these journeys.

Beneficiaries

Public space users

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description	Number of benches to be installed					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	300
Yearly	60	120	120			

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population
- Promote regular physical activity

4. Partners

Designation

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

100 000,00 €

7. Additional notes

Back to the table

# Informação ao público no Terminal Intermodal de Campanhã

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

## Measure

Improve public information at the Campanhã Intermodal Terminal to meet the different needs and abilities of the elderly.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☒ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

STCP Serviços - Transportes Urbanos, Consultoria e Participações, Unipessoal Lda

Legal Nature

Local business sector

Telephone contact

225071100

Email address

geral@stcpservicos.pt

Link

https://www.stcpservicos.pt/

## 3. Project / Activity

Name

Informação ao público no Terminal Intermodal de Campanhã

Context

The existence of public transport and adequate means of information play a fundamental role in enabling older people to find their way and establish connections with other people, infrastructures and urban services. Information in a bus station, which includes static and dynamic signage, must be compatible and appropriate to the typical limitations of ageing, meaning, it must be in large characters and the main information must be prominent and easy to read and interpret.

Project/Activity's Objectives

- Adaptation of the existing static and dynamic information at the Campanhã Intermodal Terminal to make clearer and more visible the available transport options, timetables and services at the terminal.

Beneficiaries

Campanhã Intermodal Terminal users

Territorial Impact of the Intervention

Terminal Intermodal de Campanhã

Link

## 3.1 Indicator

Description

Classification of Satisfaction Surveys (scored from 0 to 3)

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0	2	0	

## 3.2 Other impactful objectives

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

108 100,00 €

## 7. Additional notes

# Percursos Pedonais - Ligações Mecanizadas

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

## Measure

Provide better accessibility between high and low levels and contribute to the safe mobility of the population.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

GO Porto - Gestão e Obras do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228339300

Email address

geral@goporto.pt

Link

https://goporto.pt/grandes-intervencoes/percursos-pedonais-ligacoes-mecanizadas

## 3. Project / Activity

Name

Percursos Pedonais - Ligações Mecanizadas

Context

The creation of pedestrian routes with mechanised connections is a solution to the problem of the difference in level between the riverside areas and the higher zones of Porto, at three different points: Miragaia, Palácio de Cristal and Virtudes.

### Project/Activity's Objectives

- The principle of this municipal investment is to promote pedestrian mobility by providing these routes with a level of comfort and safety, making walking easier and improving the quality of life of those who use them every day, or opening up the prospect of new routes, regeneration and revitalisation.

### Beneficiaries

Local residents and general public

### Territorial Impact of the Intervention

Miragaia, Palácio de Cristal e Virtudes

### Link

### 3.1 Indicator

Description	Number of units in operation						
Target	2023		2024		2025		Total N/A
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	1		2		3		

### 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

4 250 000,00 €

## 7. Additional notes

Back to the table

# Plano de Higienização de Fontes, Fontanários e Bebedouros

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

## Measure

Instal new drinking fountains in the main squares, parks and pedestrian and cycle routes of the city of Porto, encouraging the consumption of tap water as a source of hydration - a healthier, cheaper and more environmentally friendly solution.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Águas e Energia do Porto, E.M.

Legal Nature

Municipal company (local business sector)

Telephone contact

225190800

Email address

geral@aguasdoporto.pt

Link

https://www.aguasdoporto.pt/

## 3. Project / Activity

Name

Plano de Higienização de Fontes, Fontanários e Bebedouros

Context

Porto's Plano de Higienização de Fontes, Fontanários e Bebedouros includes both maintenance and sanitisation actions for existing infrastructures of this nature in the city, as well as measures to reinforce the network of drinking fountains in Porto's main squares, parks and pedestrian and cycling circuits. For this goal, this project aims to install more drinking fountains in these locations, with the aim of increasing the availability of these water points in public spaces and encouraging the consumption of tap water, which is accessible to all.

### Project/Activity's Objectives

• Improve access to drinking water locations in the city;

• Increase the consumption of tap water as an essential source of hydration for people, especially the elderly, as it is healthier, cheaper and more environmentally friendly.

### Beneficiaries

Porto's public

### Territorial Impact of the Intervention

Porto

### Link

## 3.1 Indicator

Description

Number of drinking water points installed in public spaces (AEdP's responsibility)

Target

2023

2024

2025

Total

Half-yearly

24

Yearly

7

5

12

## 3.2 Other impactful objectives

• Promote regular physical activity

• Increase social integration and participation

• Reduce the incidence of illness or deterioration in health

## 4. Partners

Designation

• Câmara Municipal do Porto

- Departamento Municipal do Espaço Público

## 5. Scheduling

JFMA MJJASOND

2023

2024

2025

## 6. Estimated investment value

42 000,00 €

## 7. Additional notes

# Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

## Measure

Equipping the pedestrian underpass to the Campanhã Intermodal Terminal with moving walkways to improve accessibility and comfort for elderly people with reduced mobility.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☒ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

STCP Serviços - Transportes Urbanos, Consultoria e Participações, Unipessoal Lda

Legal Nature

Local business sector

Telephone contact

225071100

Email address

geral@stcpservicos.pt

Link

https://www.stcpservicos.pt/

## 3. Project / Activity

Name

Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã

Context

Access to public transport is an important factor in active ageing, as the ability to move around a city has a major impact on access to community and health services, as well as on the social and civic participation of older people. Terminals and interfaces should be easily accessible and designed for older people, minimising the extra effort of transfers in terms of size, time, and distance. The use of ramps, lifts and moving walkways are ways of minimising this inconvenience and improving the mobility of people with reduced mobility.

### Project/Activity's Objectives

• Ensuring accessibility to public transport in Porto by installing moving walkways on the main link between the Campanhã Intermodal Terminal and the STCP urban transport services, the train and the metro, improving accessibility and comfort for people with reduced mobility.

### Beneficiaries

Campanhã Intermodal Terminal users

### Territorial Impact of the Intervention

Terminal Intermodal de Campanhã

### Link

## 3.1 Indicator

Description

Count of people using the conveyor belts

Target

2023

2024

2025

Total

Half-yearly

900000

Yearly

0

0

900000

## 3.2 Other impactful objectives

• Increase social integration and participation

• Reduce the risk of accidents and falls in the elderly population

## 4. Partners

Designation

• Câmara Municipal do Porto

## 5. Scheduling

J

F

M

A

M

J

J

A

S

O

N

D

2023

2024

2025

## 6. Estimated investment value

909 465,00 €

## 7. Additional notes

Back to the table



# Fontes Históricas do Porto

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Improve public spaces and enhance urban heritage.

## Measure

Rehabilitate the historic fountains of the city of Porto, promoting the requalification of public spaces and their use by the elderly population.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Águas e Energia do Porto, E.M.

Legal Nature

Municipal company (local business sector)

Telephone contact

225190800

Email address

geral@aguasdoporto.pt

Link

https://www.aguasdoporto.pt/

## 3. Project / Activity

Name

Fontes Históricas do Porto

Context

In addition to the Plano de Higienezação de Fontes, Fontanários e Bebedouros do Porto, the “Fontes Históricas do Porto” project is underway, which includes actions to rehabilitate this cultural heritage scattered throughout the city. Examples include the work already carried out on the Fonte da Batalha, the Monumento ao Empresário and the Fonte dos Leões. In this way, Águas e Energia do Porto, E.M. intends to continue this work on other important fountains in the city, transforming them into dynamic centres of public space and cultural and leisure activities.

### Project/Activity’s Objectives

- Recover Porto’s historical heritage
- Improve water supply structures in public spaces
- Optimise the hydraulic and energy components of historic fountains
- Contribute to the collective enjoyment of public spaces

### Beneficiaries

Porto’s public

### Territorial Impact of the Intervention

Porto

### Link

## 3.1 Indicator

Description

Number of rehabilitated fountains

Target	2023	2024	2025	Total	
Half-yearly	<div></div>	<div></div>	<div></div>	<div></div>	<div>3</div>
Yearly	<div>1</div>	<div>1</div>	<div>1</div>		

## 3.2 Other impactful objectives

- Increase social integration and participation

## 4. Partners

Designation

- Câmara Municipal do Porto
  - Direção Municipal de Cultura e Património
  - Departamento Municipal do Espaço Público
- Direção Regional de Cultura do Norte

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<div></div>	<div></div>	<div></div>
2024	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
2025	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

## 6. Estimated investment value

75 000,00 €

## 7. Additional notes

Back to the table

# Requalificação de Jardins e Espaços Públicos

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

## Objective

Improve public spaces and enhance urban heritage.

## Measure

Renovate public gardens and spaces.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

GO Porto - Gestão e Obras do Porto, E.M.

Legal Nature

Municipal Company

Telephone contact

228339310

Email address

geral@goporto.pt

Link

## 3. Project / Activity

Name

Requalificação de Jardins e Espaços Públicos

### Context

According to the World Health Organisation (2008), the external environment plays a crucial role in the mobility, independence, and quality of life of older adults, influencing their ability to “age in place.” Based on this premise, the project involves the redevelopment of Jardim Senhora do Porto, Praça da Corujeira and Praça da República.

### Project/Activity’s Objectives

- Renovating public gardens and green spaces to create leisure and comfort areas, fostering urban and social integration for older adults and helping prevent loneliness and social exclusion

### Beneficiaries

Local residents, including older adults, children, and families

### Territorial Impact of the Intervention

City of Porto

### Link

## 3.1 Indicator

Description

Number of redevelopment interventions

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

## 3.2 Other impactful objectives

- Increase social integration and participation.
- Reduce the risk of accidents and falls among older adults.
- Improve accessibility and mobility conditions, ensuring that urban spaces are suitable for people of all ages, particularly older adults.

## 4. Partners

Designation

• Câmara Municipal do Porto

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

9 000,00 €

## 7. Additional notes

Back to the table

Porto Amigo

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Improve housing conditions for vulnerable elderly people.

Measure

Carry out reconstruction, rehabilitation and health improvement works in the homes of people living in poverty and in non-municipal housing.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

Porto Amigo

Context

Through this programme, the Municipality of Porto is committed to responding to the most urgent housing needs, namely the rehabilitation of dilapidated buildings belonging to vulnerable families.

The Porto Amigo programme, as well as improving the living conditions of its beneficiaries, also allows them to remain in their social environment, reinforcing their sense of belonging to the area where they live, combating feelings of isolation and loneliness.

Project/Activity's Objectives

- Improve the living conditions of people who are in a situation of documented economic deprivation, who live in the municipality of Porto, in non-municipal housing.

Beneficiaries

Residents of the city of Porto, living in non-municipal housing, who are in a situation of proven economic deprivation.

Territorial Impact of the Intervention

Porto

Link

https://coesaosocial.cm-porto.pt/pessoas-idosas/porto-amigo

3.1 Indicator

Description

Number of applications approved, according to eligibility criteria

Target	2023	2024	2025	Total
Half-yearly	<div></div>	<div></div>	<div></div>	
Yearly	12	12	12	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health
- Create an alternative to institutionalisation and family dependency for the elderly
- Reduce the risk of accidents and falls in the older population

4. Partners

- Designation

- Associação Just a Change
  - Fundação Manuel António da Mota
  - Grupo de Ação Social do Porto

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

135.000€

7. Additional notes

Engenharia Repara

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☒ P3 - Places
- ☐ P4 - Products
- ☐ P5 - Policies

Objective

Improve housing conditions for vulnerable elderly people.

Measure

Carry out free home repairs for vulnerable older adults, fostering intergenerational engagement through university students.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☐ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Faculdade de Engenharia da Universidade do Porto

Legal Nature

Public Foundation under Private Law

Telephone contact

225 081 400

Email address

respsocial@fe.up.pt

Link

www.fe.up.pt

3. Project / Activity

Name

Engenharia Repara

Context

As part of the Volunteer Programme at the Faculdade de Engenharia da Universidade do Porto (FEUP), the “Engenharia Repara” project leverages the expertise of (future) engineers to assist socially and/or economically disadvantaged older adults by carrying out small home repairs and providing simple technical solutions for specific needs.

Project/Activity’s Objectives

- Minor home repairs, such as fixing a door hinge, installing a tap, tuning a television, among others

Beneficiaries

Older adults (in private homes) or institutions in economic hardship

Territorial Impact of the Intervention

Freguesias de Paranhos, Bonfim, Campanhã, Ramalde, Cedofeita, Aldoar, Lordelo Ouro.

Link

3.1 Indicator

Description	Number of volunteer hours					
Target	2023	2024		2025		Total 80
Half-yearly						
Yearly				80		

3.2 Other impactful objectives

- Promote intergenerational activities

4. Partners

Designation

- GASPORTO

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

750,00€

7. Additional notes

Back to the table

# Individual project sheets P4

# Estamos Juntos - Serviço de Teleassistência

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce feelings of insecurity among older people at risk of social isolation.

## Measure

Provide a telecare service.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Estamos Juntos - Serviço de Teleassistência

Context

The Estamos Juntos programme aims to reduce the social isolation of the older population caused by increased longevity, the decline or absence of social networks and the lack of social responses. It is considered that reducing social isolation is a key element in promoting successful ageing.

The programme is presented as a free solution for the public that integrates a technological and human component, monitoring older people on an ongoing basis.

It aims to be an emergency support service through teleassistance (available 24h/365), which contributes to a greater sense of security and ensures timely assistance in health, safety and housing related incidents. What's more, this response not only combats and prevents social isolation, but also has a human component, sensitive to social constructions and the connection that each person has with their space, allowing them to remain in their own home.

Project/Activity's Objectives

- Promote social inclusion, reduce social isolation and emotional relationships, contribute to a sense of subjective security, which is essential for encouraging older people to stay at home.

Beneficiaries

Residents in the municipality of Porto, aged 65 or over, with non-existent/insufficient social support networks and per capita incomes below the national minimum wage.

Territorial Impact of the Intervention

Porto

Link

https://coesaosocial.cm-porto.pt/pessoas-idosas/programa-estamos-juntos

## 3.1 Indicator

Description	Number of referrals received						
Target	2023		2024		2025		Total 600
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	300		200		100		

## 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health
- Create an alternative to institutionalisation and family dependency for the elderly

## 4. Partners

Designation

- Parish Councils
- Domus Social  
Empresa de Habitação e Manutenção do Município do Porto, E.M.
- Serviços de Atendimento e Acompanhamento Integrado (SAAS) da Cidade do Porto
- Local Police

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

508 168,00 €

## 7. Additional notes

Back to the table

Chave de Afetos

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

Objective

Reduce feelings of insecurity among older people at risk of social isolation.

Measure

Provide a telecare service.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Santa Casa da Misericórdia do Porto

Legal Nature

PSSI

Telephone contact

220924422

Email address

geral@scmp.pt

Link

https://www.scmp.pt/

3. Project / Activity

Name

Chave de Afetos

Context

Considering that this is a transversal need, the SCMP proposes the Chave de Afetos as a differentiating and/or complementary activity to the Programa Municipal do Porto - Estamos Juntos, in order to reach a wider audience and contribute to reducing the number of people at risk.

Project/Activity's Objectives

- Reduce the number of people at risk by:
  - a) Working with community partners to signpost cases and increase support for users;
  - b) A telecare service to check and monitor the situation, respond to emergencies and talk to people, with equipment appropriate to the situation (fixed, mobile, fall sensor);
  - c) Promoting volunteer work.

Beneficiaries

Porto's citizens

Territorial Impact of the Intervention

Concelho do Porto

Link

https://www.scmp.pt/pt-pt/acao-social/programa-chave-de-afetos\_9

3.1 Indicator

Description	Number of new active services						
Target	2023		2024		2025		Total 42
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	14		14		14		

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health
- Create an alternative to institutionalisation and family dependency for the elderly

4. Partners

- Designation

- Parish Councils
  - Police
  - IPSS
  - Voluntary organisations
  - Universities

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

23 520,00€

7. Additional notes

Back to the table

# Projeto de Acompanhamento à Pessoa Idosa (PAPI)

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

## Objective

Reduce feelings of insecurity among older people at risk of social isolation.

## Measure

Provide a telecare service.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

União das Freguesias de Lordelo do Ouro e Massarelos

Legal Nature

Local Autarchy

Telephone contact

961557471

Email address

geral@lordeloouromassarelos.pt

Link

https://www.uf-lordeloouromassarelos.pt/

## 3. Project / Activity

Name

Projeto de Acompanhamento à Pessoa Idosa (PAPI)

Context

The Projeto de Acompanhamento à Pessoa Idosa (hereafter referred to as PAPI), which has been implemented in the parish of Lordelo do Ouro e Massarelos since 2013, has, among other things, a technological component. The telecare for the elderly implemented in this area, which is an initiative of the local autarchy, is seen as a local ageing policy measure, a crucial initiative that provides valuable support and a safety net for the elderly, thus helping to reduce social isolation and feelings of loneliness.

### Project/Activity's Objectives

• Reduce social isolation and combating loneliness

### Beneficiaries

People over 65

### Territorial Impact of the Intervention

Freguesia de Lordelo do Ouro e Massarelos

### Link

## 3.1 Indicator

Description	Number of active equipments					
Target	2023	2024	2025	Total 240		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>			
Yearly	80	80	80			

## 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health
- Create an alternative to institutionalisation and family dependency for the elderly

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

## 7. Additional notes

Back to the table



# Laboratório de Inovação Social do Porto

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

## Objective

Promote the creation and experimentation of new solutions to combat the social isolation of the elderly.

## Measure

Develop a structured experimentation model, based on impact processes and methodologies, to test new responses that contribute to reducing the social isolation of the elderly.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Laboratório de Inovação Social do Porto

Context

The Laboratório de Inovação Social aims to promote collaborative experimentation with new solutions to social problems in the city of Porto. Starting from a policy of failing fast and well, it proposes to develop a model of structured experimentation - based on processes and methodologies of impact, and on promoting the spill-over of the knowledge generated. It is intended to mobilise and involve all sectors of society in a systemic approach to the city's social problems, which will generate more efficient, effective and sustainable responses and create a virtuous circle of collective learning.

There will be two editions of this experimental model until 2025. Each will support new experimental solutions in the field of ageing.

### Project/Activity's Objectives

- Promote the generation and experimentation of new solutions to the city's social problems;
- Promote conditions in which new solutions to the city's social problems are focused on addressing their root causes;
- Help local public and private agents to integrate impact in their decision-making;
- Involve agents from different sectors of society in a joint, cross-sectoral approach to social problems in the city of Porto.

### Beneficiaries

General public

### Territorial Impact of the Intervention

Porto

### Link

https://coesaosocial.cm-porto.pt/laboratorio-de-inovacao-social/laboratorio-de-inovacao-social

### 3.1 Indicator

Description	Number of pilot projects supported in the field of the elderly						
Target	2023		2024		2025		Total 13
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	7		6		0		

### 3.2 Other impactful objectives

- Increase social integration and participation
- Create an alternative to institutionalisation and family dependency for the elderly

## 4. Partners

Designation

- Capacity Building Partners

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

239 763,90 €

## 7. Additional notes

Programme supported by the Portuguese Government's Recovery and Resilience Plan (PRR), financed by the European Union through the funds of the Recovery and Resilience Facility, as part of the NextGenerationEU programme.

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Programa + Vida aos Anos

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

Objective

Promote the creation and experimentation of new solutions to combat the social isolation of the elderly.

Measure

Organise capacity-building bootcamps for older people, focusing on entrepreneurship and social innovation while integrating personal development and collaborative practices to encourage the creation of community projects.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Gabinete de Psicologia Aliados Lda

Legal Nature

Limited Liability Company

Telephone contact

913 697 575

Email address

geral@psicologiaaliados.pt

Link

www.psicologiaaliados.pt

3. Project / Activity

Name Programa + Vida aos Anos - Empreendedorismo e Inovação Social Sénior

Context

The Senior Entrepreneurship and Social Innovation Programme emerges as an innovative response to the growing needs of the elderly population, recognising the significant impact of ageing on mental health and quality of life. Developed by the Aliados Psychology Office as part of its social responsibility efforts, this initiative addresses the challenges of social isolation, loneliness, and emotional well-being among older adults.

This programme takes an inclusive and intensive approach, equipping participants with tools to enhance personal skills, psychological and emotional well-being, and knowledge in entrepreneurship and social innovation. By doing so, it not only tackles mental health challenges but also fosters active participation, creativity, and a renewed sense of purpose in later life.

Thus, the initiative contributes to transforming ageing into a more integrated, valued, and socially participative stage of life, generating tangible benefits for both the elderly and the wider community.

Project/Activity’s Objectives

- Promote mental health among the elderly through education and training for healthy ageing, psychological and emotional well-being.
- Encourage civic participation among the elderly by recognising their contributory value and developing entrepreneurial skills.
- Facilitate the creation and implementation of initiatives that address declining mental health and increasing affective disorders in the senior community.
- Challenge misconceptions about ageing by involving the elderly in developing solutions for mental health promotion.

Beneficiaries

People over 60, residing in Porto, who can live independently

Territorial Impact of the Intervention

City of Porto

Link

3.1 Indicator

Description	Number of bootcamps held   Number of older adults trained   Number of social innovation projects generated					
	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	6   140   30
Yearly	0	0	6   140   30			

3.2 Other impactful objectives

- Increase social integration and participation
- Stimulate lifelong learning

4. Partners

Designation

- MAGNA Consultores
- Associação Desportiva Impact Life
- Social Investors

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

6. Estimated investment value

65 000,00 €

7. Additional notes

Back to the table

# Wat(t)er FabLab - Impressão 3D nas Operações

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

## Objective

Implementing new solutions for safety of public spaces, especially for the mobility of the most vulnerable population groups.

## Measure

Producing hydrant covers, fire signs and mobile valve covers using bioplastic material on 3D printers.

## WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Águas e Energia do Porto, E.M.

Legal Nature

Municipal company (local business sector)

Telephone contact

225190800

Email address

geral@aguasdoporto.pt

Link

https://www.aguasdoporto.pt/

## 3. Project / Activity

Name

Wat(t)er FabLab - Impressão 3D nas Operações

Context

Several structures and equipment in the public water supply network on the public highway are made of ferrous materials and are therefore subject to frequent vandalism and their own natural corrosion and deterioration. In this regard, the aim of this project is to remedy these anomalies through the manufacture and installation of 3D bioplastic parts by Águas e Energia do Porto, E.M., thus solving the problems on the public highway and preventing falls and pedestrian accidents, which are more frequent among the most vulnerable sections of the population.

### Project/Activity's Objectives

- Improvement of the water supply network's equipment in the public space;
- Repair anomalies and potholes on the public highway;
- Contribute to improving the safety of public spaces, particularly the mobility of the most vulnerable groups, preventing falls and pedestrian accidents.

### Beneficiaries

Porto's population, with a particular impact on the elderly

### Territorial Impact of the Intervention

Porto

Link

### 3.1 Indicator

Description	Number of anomalies fixed					
Target	2023	2024		2025		Total 780
Half-yearly	150	130	150	100	150	
Yearly						

### 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the older population

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

3 500,00 €

## 7. Additional notes

Back to the table

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

Objective

Implementar novas soluções de segurança do espaço público, em particular a mobilidade dos grupos mais vulneráveis da população.

Measure

Map, identify, and automatically classify mobility barriers, promoting urban accessibility and improving circulation conditions for all citizens.

WHO Domains

- ☒ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Fundação Fernando Pessoa | Universidade Fernando Pessoa

Legal Nature

Private Non-Profit Entity

Telephone contact

225071300

Email address

presidencia@fundacaofernandopessoa.pt | mariajoao@ufp.edu.pt

Link

https://www.ufp.pt

3. Project / Activity

Name

ACAMAI - Automating City Accessibility Mapping using Artificial Intelligence

Context

There is broad social awareness of the need for proper accessibility (e.g., missing ramps at pedestrian crossings, obstacles, and potholes on pavements) when planning safe and inclusive urban spaces for all citizens. Identifying and classifying mobility obstacles will enable the relevant authorities to access an open-label accessibility database for Porto and a platform using AI models to analyse and extract accessibility information from GSV images.

This initiative will allow policymakers to develop strategies and implement changes that ensure people—particularly those with reduced mobility—can navigate the city without difficulty.

Project/Activity’s Objectives

- Developing an Artificial Intelligence solution to map and automatically identify mobility obstacles in Porto (presence and/or absence of ramps)

Beneficiaries

Elderly individuals and people with mobility impairments

Territorial Impact of the Intervention

City of Porto

Link

https://sites.google.com/ufp.edu.pt/fct/fct/acamai

3.1 Indicator

Description

Percentage of barriers classified based on catalogued pedestrian crossings

Target

2023

2024

2025

Total

Half-yearly

0

0

0

0

0

0

100

Yearly

100

3.2 Other impactful objectives

- Increase social integration and participation.
- Reduce the risk of accidents and falls among older adults.
- Improve accessibility and mobility conditions, ensuring urban spaces and public areas are suitable for people of all ages, particularly the elderly

4. Partners

Designation

- Câmara Municipal do Porto

5. Scheduling

J

F

M

A

M

J

J

A

S

O

N

D

2023

2024

2025

6. Estimated investment value

15 000,00 €

7. Additional notes

# Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

## Objective

Implementing digital solutions to build cohesive communities and foster mutual aid relationships.

## Measure

Implement a digital platform that aggregates community projects/ activities that promote the mental and social well-being of citizens with or without mental illness.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☒ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Agrupamento de Centros de Saúde (ACeS) Grande Porto V - Porto Ocidental

Legal Nature

Entity with administrative autonomy

Telephone contact

226167515

Email address

aces.portoocidental@arsnorte.min-saude.pt

Link

https://acesportoocidental.org/pt/

## 3. Project / Activity

Name

Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade

### Context

The social determinants of health, namely social inclusion, play a fundamental role in mental health, in combination with biological and environmental determinants.

The Diagnóstico de Saúde Comunitária 2022 of the Porto Ocidental Public Health Unit (USP) highlights the growing complexity of social and mental health challenges, with social isolation and lack of family or social support network, lack of community mental health services and an ageing population being some of the main health determinants in this geographical area. Traditionally, healthcare organisations have relied on electronic or paper lists of local resources or the experience of other colleagues to determine where to refer patients. As social and mental health needs increase, as well as the availability of community resources, these resource consultation techniques are becoming less effective in facilitating care coordination between health and community services. In this context, a local public health team, consisting of a psychiatrist, social workers and public health doctors, identified the need for a digital platform to link patient needs with the most appropriate community resources for mental and social wellbeing in Porto. In order to obtain accurate, accessible, user-friendly and up-to-date information on local resources for the whole organisation, various entities are involved in the design and development of this platform, including the Municipal Councils of the City of Porto.

### Project/Activity's Objectives

- Meetings with partners to listen to/ survey needs and involve them in building the platform, namely ACeS, Magalhães Lemos Hospital, third sector organisations;
- Build the digital platform for consulting community resources in the field of mental/social health in the community.

### Beneficiaries

Local citizens and professionals of community resources

### Territorial Impact of the Intervention

Freguesias do município do Porto

### Link

(em construção)

## 3.1 Indicator

Description

Implementation of the digital platform

Target	2023		2024		2025		Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0	1	0				
	1						

## 3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health

## 4. Partners

Designation

- Centro Hospitalar Universitário de Santo António
- Serviço de Saúde Mental Comunitária do Porto, Hospital Magalhães Lemos

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

## 6. Estimated investment value

(a definir)

## 7. Additional notes

The Public Health Unit of ACeS Porto Ocidental is responsible for the design and development of the project.

The creation of this digital platform is in line with the Plano Municipal de Saúde da Câmara Municipal do Porto (Pelouro da Saúde e Qualidade de Vida, Juventude e Desporto), which recognises the importance of this tool in promoting the mental and social well-being of the community and potentially reducing health inequalities.

The Pelouro da Coesão Social also recognises the value of the project for the community and there is the possibility of working together in the future to join forces and optimise the development of the tool.

Back to the table

Freebird Club Porto

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

Objective

Implementing digital solutions to build cohesive communities and foster mutual aid relationships.

Measure

Foster social connections, digital inclusion, and tourism for individuals over 50, combating loneliness and promoting mental health.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☒ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Freebird Club

Legal Nature

Social Impact Startup

Telephone contact

+ 44 (0) 3308 181 139

Email address

peter@thefreebirdclub.com

Link

https://freebirdclub.com/

3. Project / Activity

Name

Freebird Club Porto

Context

The Freebird Club is designed to empower and enable people over 50 to travel, connect, meet, host one another, find travel companions, and participate in online events (webinars) as part of a trusted membership-based community.

This club allows people in this age group to offer and book, for example, guest rooms for fellow members with similar interests. Hosts can set their own prices, and only verified and approved members of the Freebird Club can make reservations.

Project/Activity's Objectives

- Combating loneliness among older adults and fostering meaningful social connections while promoting social and digital inclusion. Additionally, the initiative provides new opportunities for tourism, travel, and socialisation that contribute to improved mental health

Beneficiaries

People aged 50 and over

Territorial Impact of the Intervention

City of Porto

Link

Back to the table

3.1 Indicator

Description	Number of contacts between older adults (online and offline)						
Target	2023		2024		2025		Total 200
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0		0		200		

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

- Designation

- Fundação Ageas
  - Enterprise Ireland
  - Nesta
  - Founders Factory
  - UKRI

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

7. Additional notes

Pedalar Sem Idade Porto

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☒ P4 - Products
- ☐ P5 - Policies

Objective

Use environmentally sustainable resources to promote socialisation and value leisure time.

Measure

Contributing to the fight against social exclusion of older adults through outdoor rides on electric bicycles adapted for this purpose, conducted by volunteers in the city of Porto.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☒ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Parábola Cidadina Associação - Pedalar Sem Idade Porto

Legal Nature

Non-profit Association

Telephone contact

916614056

Email address

silvia@pedalarsemidade.pt

Link

https://pedalarsemidade.pt/

3. Project / Activity

Name

Pedalar Sem Idade Porto

Context

Pedalar Sem Idade Porto consists of a tour on an adapted electric bicycle, where the passenger searches for a hidden box in a particular place of interest. The solution is based on a passport of visits to discover the city’s heritage and a digital application accessible to older people. When the visitor finds the hidden box, they discover a stamp with the name of the place inside, with which they record the visit in their passport.

There are few unconstrained solutions that allow older adults to visit a city without mobility restrictions. This bike has two unique components that contribute to greater inclusion: an accessible platform that helps with seating, and a driver who doesn’t drive facing backwards to facilitate communication during the tour. The digital application has age-appropriate buttons and font sizes, as well as intuitive features that facilitate technological inclusion, from a lifelong learning perspective.

Project/Activity’s Objectives

- Promote knowledge of Porto’s natural and cultural heritage.
- Increase the digital inclusion of older people.
- Reduce the social isolation of older people.
- Build intergenerational relationships.

Beneficiaries

People over 55

Territorial Impact of the Intervention

Porto

Link

https://pedalarsemidade.pt/

3.1 Indicator

Description

Number of participants

Target	2023	2024	2025	Total
Half-yearly	<div></div>	<div></div>	<div></div>	
Yearly	47	100	150	

3.2 Other impactful objectives

- Increase social integration and participation
- Encourage lifelong learning
- Promote intergenerational environments
- Increase the level of community involvement through volunteering for the elderly population

4. Partners

Designation

- Câmara Municipal do Porto
- Cycling Without Age

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023												
2024												
2025												

6. Estimated investment value

20 000 €

7. Additional notes

Back to the table

# Individual project sheets P5



# Comissão Municipal de Apoio à Pessoa Idosa

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☒ P5 - Policies

## Objective

Ensure timely and appropriate responses to older people in situations of extreme vulnerability.

## Measure

Create an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Comissão Municipal de Apoio à Pessoa Idosa

### Context

The Comissão Municipal de Apoio ao Idoso is the result of the reflection of various professional sectors, which consider that the elderly are a particularly vulnerable group, in need of greater protection from public authorities and society in general. Its intervention is aimed at providing specialised support to the elderly and their formal and informal carers, offering information support, guidance, social referrals and signposting to problem situations. The Comissão will be made up of an Executive Board, representing public and private bodies, and an Advisory Board, representing citizens of recognised importance in the field of intervention with this specific population.

### Project/Activity's Objectives

- The Comissão Municipal de Apoio ao Idoso aims to protect and promote the rights of the elderly when their safety, health, social rights and human dignity are at risk.

### Beneficiaries

Residents of the municipality of Porto, aged 65 and over

### Territorial Impact of the Intervention

Porto

### Link

## 3.1 Indicator

Description

Number of meetings

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0	2	6	

## 3.2 Other impactful objectives

- Increase social integration and participation
- Identify cases of social fragility and greater physical and psychological vulnerability

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

## 7. Additional notes

Back to the table

# Estamos Juntos - Prevenção e Sensibilização

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☒ P5 - Policies

## Objective

Raise awareness of ageing issues.

## Measure

Promote information and awareness-raising actions, aimed at strengthening the rights of older people and promote the full exercise of their citizenship.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Estamos Juntos - Prevenção e Sensibilização

Context

The Divisão Municipal de Desenvolvimento e Inovação Social intends to implement a series of large-scale awareness-raising and information campaigns aimed at dispelling the misconceptions and underlying prejudices that contribute to fuelling stereotypes and discrimination against older people, focusing on forms of communication that reinforce the rights of older people and encourage the full exercise of their citizenship, reinforcing the need to reorient direct discourse.

Ageism is reflected in the prejudice and stigmatisation of older people and contributes to increasing social segmentation and to the decline of mutual help and networking between young and old. According to the World Health Organisation (2021), ageism is the most serious form of prejudice (action) against people and involves the simultaneous use of stereotypes (cognitive) and attitudes (affective) in a negative way.

Project/Activity's Objectives

- Promote information, awareness-raising and training actions in the city of Porto, aimed at all citizens, in order to prevent problems related to ageing and ageism.

Beneficiaries

Citizens of the city of Porto

Territorial Impact of the Intervention

Porto

Link

## 3.1 Indicator

Description

Number of actions/trainings carried out

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	12
Yearly	0	6	6	

## 3.2 Other impactful objectives

- Increase social integration and participation
- Increase exercise of active citizenship.

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

20 000,00€

## 7. Additional notes

Back to the table

# Estamos Juntos - Capacitação

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☒ P5 - Policies

## Objective

Raise the level and knowledge of social intervention agents on the phenomena related to ageing.

## Measure

Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☐ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Estamos Juntos - Capacitação

Context

Given that the concepts related to ageing, social isolation and unwanted loneliness, as well as the respective measurement methods, vary between theorists and theories, it is impossible to aggregate data and obtain answers that can be interpreted from a global point of view, making it difficult to present data with a fundamental impact on the type of responses available, both at public and private level. It is therefore important to specify certain basic concepts which, due to their ontological and qualitative dimension, are based on complex (inter)subjective, interactive and interpretative components.

Training in specific areas of ageing will be given to technicians and professionals from the different public and private organisations with operational competences in the field of ageing in the city of Porto.

The aim of the training is to train agents to communicate and harmonise procedures for measuring social isolation and unwanted loneliness, as well as to collaborate in the joint definition of a working methodology geared to the individual needs and wishes of people who are isolated or at risk of loneliness.

Project/Activity's Objectives

- Training and definition of a common intervention methodology

Beneficiaries

Professionals and social intervention agents in the field of ageing

Territorial Impact of the Intervention

Porto

Link

### 3.1 Indicator

Description	Number of training sessions						
Target	2023		2024		2025		Total 8
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0		2		6		

### 3.2 Other impactful objectives

- Increase social integration and participation
- Increase the socio-demographic knowledge of the local elderly population

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

## 7. Additional notes

Back to the table

# Fóruns Participativos sobre Envelhecimento Ativo e Saudável na Cidade do Porto

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☒ P5 - Policies

## Objective

Increase the level of participation of older people in policies aimed at them.

## Measure

Promote the participation of older people in decision-making on issues that concern them.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☐ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Fóruns Participativos sobre Envelhecimento Ativo e Saudável na Cidade do Porto

Context

The Fóruns Participativos are spaces for discussion, participation and involvement of the older population and the rest of the community in the evaluation of the operationalisation of the “Porto Age-Friendly City” Action Plan 2023-2025.

The aim is to identify the perceptions of positive ageing among different target groups and to present a series of proposals for action to promote healthy ageing and combat stereotypes associated with older people.

Project/Activity’s Objectives

- Provide a space for discussion, exchange and reflection on active and healthy ageing by addressing subjects that promote its development, as well as encourage the active participation of older people, facilitating a participatory construction strategy.

Beneficiaries

Older people, professionals, entities/ organisations with activities for a senior audience

Territorial Impact of the Intervention

Porto

Link

### 3.1 Indicator

Description	Number of sessions held						
Target	2023		2024		2025		Total 10
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0		5		5		

### 3.2 Other impactful objectives

## 4. Partners

Designation

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

## 7. Additional notes

Back to the table

# Microsite da Coesão Social do Município do Porto

## 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☒ P5 - Policies

## Objective

Disseminate information related to the implementation and evaluation of the Action Plan “Porto Age-Friendly City” 2023-2025.

## Measure

Provide systematic online information on the activities and projects related to the Action Plan “Porto Age-Friendly City” 2023-2025.

## WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

## 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

## 3. Project / Activity

Name

Microsite da Coesão Social do Município do Porto

### Context

The microsite makes it possible to promote and highlight the main activities, programmes and projects that are part of the Departamento Municipal de Coesão Social do Município do Porto, providing clear information to the interested public.

### Project/Activity’s Objectives

- Promote access to information about the activities, programmes and projects that are part of the Action Plan “Porto Age-Friendly City” 2023-2025.

### Beneficiaries

General public

### Territorial Impact of the Intervention

Porto

### Link

## 3.1 Indicator

Description	Information on the Action Plan "Porto Age-Friendly City" 2023-2025 is available on the Coesão Social microsite.						
Target	2023		2024		2025		Total <div>1</div>
Half-yearly	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	
Yearly	0		1		0		

## 3.2 Other impactful objectives

## 4. Partners

Designation

• Entities involved in the Action Plan “Porto Age-Friendly City” 2023-2025

## 5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

## 6. Estimated investment value

## 7. Additional notes

Back to the table

Série Documental

“Porto Cidade Amiga das Pessoas Idosas”

1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☒ P5 - Policies

Objective

Disseminate information related to the implementation and evaluation of the Action Plan “Porto Age-Friendly City” 2023-2025.

Measure

Produce and distribute a documentary series “Porto Cidade Amiga das Pessoas Idosas”.

WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☐ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☐ 8 - Community and Health Care

2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

3. Project / Activity

Name

Série Documental “Porto Cidade Amiga das Pessoas Idosas”

Context

As part of the implementation and monitoring of the Porto Age-Friendly City Action Plan, there has been a growing interest in the plan and its integrated projects. To enhance awareness and outreach, an additional promotional resource has been introduced: a documentary series comprising episodes that illustrate the impact of these projects on their beneficiaries.

This initiative also aims to highlight project promoters and partners, encouraging complementary interventions, innovation, and raising awareness of active and healthy ageing issues.

Project/Activity’s Objectives

- To promote and disseminate, both nationally and internationally, the innovative ageing-related practices developed in the municipality of Porto through a Documentary Series;
- To raise public awareness about ageing, enhance the sustainability of projects, encourage innovation in the field, strengthen the community support network, and increase the active participation of older adults.

Beneficiaries

Stakeholders

Territorial Impact of the Intervention

Municipality of Porto

Link

<https://coesaosocial.cm-porto.pt/pessoas-idosas/porto-cidade-amiga-das-pessoas-idosas>

3.1 Indicator

Description	Number of episodes released					
Target	2023	2024	2025	Total		
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	12
Yearly	0	0	12			

3.2 Other impactful objectives

4. Partners

Designation

- Entities involved in the Action Plan “Porto Age-Friendly City” 2023-2025

5. Scheduling

	J	F	M	A	M	J	J	A	S	O	N	D
2023										<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2024	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2025	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

6. Estimated investment value

7. Additional notes

# Radar Social

## Criação de equipas para projeto piloto

### 1. Intervention Area

- ☐ P1 - People
- ☐ P2 - Person-Centered Services
- ☐ P3 - Places
- ☐ P4 - Products
- ☒ P5 - Policies

### Objective

Implement a municipal social geo-referencing system to identify individuals, families, and groups experiencing vulnerability and social exclusion.

### Measure

Identify new cases of social vulnerability, map and geo-reference social support services at local and regional levels.

### WHO Domains

- ☐ 1 - Outdoor Spaces and Buildings
- ☐ 2 - Transportation
- ☐ 3 - Housing
- ☒ 4 - Social Participation
- ☒ 5 - Respect and Social Inclusion
- ☒ 6 - Civic Participation and Employment
- ☒ 7 - Communication and information
- ☒ 8 - Community and Health Care

### 2. Identification and characterisation of the Entity

Name

Câmara Municipal do Porto - Departamento Municipal de Coesão Social

Legal Nature

Public Entity

Telephone contact

225899260

Email address

dmcs@cm-porto.pt

Link

www.cm-porto.pt

### 3. Project / Activity

Name

Radar Social - Criação de equipas para projeto piloto

Context

The Radar Social initiative aims to identify and map social vulnerabilities at both the household and individual levels, whenever possible. The collected data may be integrated into official social intervention systems, facilitating a comprehensive analysis that cross-references existing support services with identified needs. This is a broad-ranging measure designed to enhance social support structures.

#### Project/Activity's Objectives

- Identify, inform, guide, and refer vulnerable individuals to the appropriate social services network or partners within the Social Network through the activation of the integrated referral system.

#### Beneficiaries

Individuals, families, and groups experiencing social vulnerability, who do not have an active family support process

#### Territorial Impact of the Intervention

City of Porto

#### Link

### 3.1 Indicator

Description

Number of identified individuals aged 65 and over

Target

202320242025

Half-yearly

Yearly

0

0

800

Total

800

### 3.2 Other impactful objectives

- Improve socio-demographic knowledge of the elderly population in Porto

### 4. Partners

Designation

- Members of the Porto Local Social Action Council

### 5. Scheduling

JFMA MJJASON D

2023

2024

2025

### 6. Estimated investment value

214.400,00€

### 7. Additional notes

Back to the table

**Title**

Action Plan “Porto Age-Friendly City” 2023-2025

**2nd Edition**

May 2025

Porto City Council

**Coordination**

Fernando Paulo – Councillor for Social Cohesion

**Scientific Coordination**

António Fonseca – Portuguese Catholic University

**Technical Coordination**

Raquel Castello-Branco – Director of the Municipal Social Cohesion Department

Hugo Tavares – Head of the Municipal Development and Social Innovation Department

**Technical Team**

Andreia Ribeiro – Department of Urban Development and Social Innovation

Mariana Maia – Department of Urban Development and Social Innovation

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# PORTO AGE-FRIENDLY CITY 2023 - 2025 ACTION PLAN

