# 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>&</sup>lt;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.

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.



### 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>&</sup>lt;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.

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"	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> </ul>
	Develop the talents and purpose of people over 55 by providing services to the local community	55+	Movimento 55+ Associação	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> <li>BETEL</li> <li>Médicos do Mundo</li> <li>EAPN</li> </ul>
	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	Geração reformers, Lda	<ul> <li>Junta de Fregusia de Paranhos</li> <li>Centro Social da Paróquia da Areosa</li> <li>BPI   Fundação "la Caixa"</li> <li>Fundação AGEAS</li> </ul>
	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)	<ul> <li>Escola Superior de Educação</li> <li>UPP</li> <li>Faculdade de Letras da Universidade do Porto</li> <li>Planetário do Porto</li> <li>Academia Viva Vivet</li> </ul>
	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	<ul><li>Parish Councils</li><li>Hospitals</li><li>Day Centers</li><li>IPSS</li></ul>

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	<ul> <li>Rádio Metropolitana do Porto</li> <li>Porto Editora</li> <li>Município do Porto</li> <li>Juntas de Freguesia de Paranhos</li> <li>Junta de Freguesia de Ramalde</li> <li>U.F. Cedofeita, Santo Ildefonso, Sé, Miragaia, São Nicolau e Vitória</li> </ul>
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"	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> <li>Santa Casa da Misericórdia do Porto</li> <li>Cruz Vermelha Portuguesa   Porto</li> </ul>
	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	<ul><li>Parish Councils</li><li>Hospitals</li><li>Day Centers</li><li>IPSS</li></ul>
	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	<ul><li>Parish Councils</li><li>Hospitals</li><li>Day Centers</li><li>IPSS</li></ul>
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.	<ul> <li>Instituto Superior de Serviço Social do Porto</li> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> </ul>

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	POLIS	Santa Casa da Misericórdia do Porto	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal Coesão Social</li> <li>Parish Councils</li> <li>Political Parties</li> </ul>
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	No Porto a Vida é Longa	<b>Ágora</b> Cultura e Desporto do Porto, E.M.	
	Encourage regular physical activity, promote intergenerational outdoor interaction and improve the mental and physical health of older people	Pedalar Com Idade	Parábola Citadina Associação Pedalar Sem Idade Porto	<ul> <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>
	Provide a senior exercise programme that aims to equip participants with tools to ensure physical self-defence and mental health	SaudavelMente	Ágora Cultura e Desporto do Porto, E.M.	
	Develop regular exercise in an informal, recreational and intergenerational setting	Mais Ativos Mais Vividos	Universidade Porto - Faculdade Desporto	
Promote intergenerational activities	Promote written communication between older people and children	Bilhete Postal	Unidade de Cuidados na Comunidade da Boavista	<ul> <li>Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade da Boavista</li> </ul>
Encourage lifelong learning	Carry out actions to promote financial literacy and digital skills	Contas à Vida	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
	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	Grupo de Contacto Universidades Seniores/ Academias Intergeracionais	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
	Carry out environmental education and awareness-raising activities related to water resources, targeting the elderly population, during bathing season	Morfologia das praias pela visão dos seniores	Águas e Energia do Porto, E.M.	<ul> <li>Associação de Solidariedade e Ação Social de Ramalde</li> <li>Associação de Surdos do Porto</li> </ul>

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> <li>Parish Councils</li> <li>Domus Social</li> <li>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> <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	Trajetórias	União das Freguesias de Aldoar, Foz do Douro e Nevogilde	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> <li>Direção Municipal de Cultura e Património</li> <li>Unidade Cuidados</li> <li>Comunidade Cuidar</li> <li>Universidade Porto</li> <li>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	Local Municipalities
	Offer a Portuguese language course for older people and foreigners seeking cultural and social integration in Portugal	Porto de Abraços	Fundação Inatel	Local Municipalities
	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> <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>

Objetive	Measure	Activity/Project		Partners
Increase the level of community involvement through volunteering	Encourage volunteers to develop skills in caring for the elderly	Rede local de voluntariado	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
for the elderly population	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	<ul> <li>Community institutions</li> <li>Unidades de Saúde</li> <li>Agrupamento de Centros</li> <li>de Saúde do Porto Ocidental</li> </ul>
	Provide in-person support through volunteering for isolated older adults, strengthening their social connections	Miminhos & Companhia	Associação Mimi	<ul> <li>Junta de Freguesia do Bonfim</li> <li>Centro dia da Corujeira</li> <li>Santa Casa da Misericórdia do Porto</li> <li>Lar Sr. Bonfim</li> <li>Câmara Municipal do Porto</li> </ul>
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	<ul> <li>Associação Cuidadores</li> <li>União das Freguesias de Aldoar,</li> <li>Foz do Douro e Nevogilde</li> </ul>
	Support older adults with neurocognitive disorders and their carers	Cuidar do cuidador	Unidade de Cuidados na Comunidade da Boavista	<ul> <li>Hospital Magalhães Lemos</li> <li>Departamento Neuropsiquiatria</li> <li>e Longevidade, Serviço de Psicogeriatria</li> </ul>
	Create a support network for beneficiaries through properly trained volunteers.	Sempre a Cuidar	Caregivers Portugal - Associação Portuguesa de Cuidadores	<ul> <li>Escola Superior de Saúde Santa Maria</li> <li>Paróquia Senhora da Conceição</li> </ul>
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	<ul> <li>DIAP do Porto</li> <li>Esquadras da Polícia de Segurança Pública (PSP)</li> <li>Gabinete de Atendimento e Informação à Vítima (GAIV)</li> </ul>
	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

# P1 - People

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

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><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	• The host entity
	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><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	• Local partnerships

### **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> <li>Parish Councils</li> <li>Domus Social</li> <li>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	

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	<ul> <li>Futebol Clube do Porto</li> <li>Piscinas de Campanhã</li> <li>Escola Artística Soares dos Reis</li> <li>Universidade do Porto</li> <li>Faculdade de Belas Artes</li> <li>Escola Artística e Profissional Árvore</li> <li>Junta de Freguesia de Campanhã</li> </ul>
	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	<ul> <li>Universidade do Porto</li> <li>Faculdade Desporto</li> <li>Faculdade Psicologia e Ciencias da Educação</li> <li>Neuroinova</li> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude</li> </ul>
	Promote ageing in place by encouraging health promotion, rehabilitation, and the training of carers	Bonfim Cuida	Médicos do Mundo	<ul> <li>Junta de Freguesia de Bonfim</li> <li>Local partners in health, social and community</li> </ul>
	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> <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	Médicos do Mundo	<ul><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> <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	Cruz Vermelha Portuguesa - Delegação do Porto	<ul> <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	

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	<ul><li>Câmara Municipal Porto</li><li>Federação Académica Porto</li><li>Freguesia de Paranhos</li></ul>
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 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

Objetive	Measure	Activity/Project	Partners
Promote accessibility and mobility conditions that allow the proper use of urban and	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.
public spaces by people of all ages, especially the elderly	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	STCP Serviços 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 Higienização 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	STCP Serviços 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.	<ul> <li>Câmara Municipal do Porto</li> <li>Direção Municipal de Cultura e Património</li> <li>Departamento Municipal do Espaço Público</li> <li>Direção Regional de Cultura do Norte</li> </ul>	
	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	<ul> <li>Associação Just a Change</li> <li>Fundação Manuel António da Mota</li> <li>Grupo de Ação Social do Porto</li> </ul>	
	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	

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	<ul> <li>Parish Councils</li> <li>Domus Social</li> <li>Empresa de Habitação e Manutenção do Município do Porto, E.M.</li> <li>Serviço de Atendimento e Acompanhamento Social do Porto (SAAS Porto)</li> <li>Local Police</li> </ul>
	Provide a telecare service	Chave de Afetos	Santa Casa da Misericórdia do Porto	<ul><li>Parish Councils</li><li>Police</li><li>IPSS</li><li>Volunteering organizations</li><li>Universities</li></ul>
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	<ul> <li>MAGNA Consultores</li> <li>Associação Desportiva Impact Life</li> <li>Social Investors</li> </ul>
Ilmplementing 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 Artifical Inteligence	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	Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade	Agrupamento de Centros de Saúde do Grande Porto V - Porto Ocidental	<ul> <li>Centro Hospitalar Universitário de Santo António</li> <li>Serviço de Saúde Mental Comunitária do Porto, Hospital Magalhães Lemos</li> </ul>
relationships	Foster social connections, digital inclusion, and tourism for individuals over 50, combating loneliness and promoting mental health	Freebird Club Porto	Freebird Club	<ul><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	Pedalar Sem Idade Porto	Parábola Citadina Associação Pedalar Sem Idade Porto	<ul> <li>Câmara Municipal do Porto</li> <li>Cycling Without Age</li> </ul>

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	<ul> <li>Projects included in the Action Plan "Porto Cidade Amiga das Pessoas Idosas"</li> </ul>
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	
Obj	ective	WHO Domains
	ncrease social inclusion	1 - Outdoor Spaces and Buildings
and	I participation.	2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
Wo	rk on life stories ough artistic expression.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
2.	Identification and charact	
Name	Câmara Municipal do Porto - Departamento	o Municipal de Coesão Social
Legal Natur		
Telep conta		
Emai addre	dmcs@cm-norto nt	
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 Campanhā 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

	tion N	umber c	of particip	oants								
Target		202	23		2024			2025				
Half-yea	arly _										Total 30	
Yearly		10	)		10			10			00	
3.2 O	ther in	npact	ful ob	jecti	ves							
• Enco	urage life	long lea	rning									
4.	Partr	ners										
Design	ation	• Teat	ro de l	Mario	netas d	o Port	0					
5.	Sche	duli	ng									
<b>~.</b>			-									
•	J	F	M	Α	M	J	J	Α	S	0	Ν	
		F	М	Α	M	J	J	Α	S	0	N	
		F	М	A	M	J	J	Α	S	0	N	
2023		F	M	A	M	J	J	A	S	0	N	
2023 2024		F	M	A	M	J	J	A	S	0	N	
2023 2024 2025	J							A			N	
2023 2024 2025	J				men			A	30 00		N	
2023 2024 2025 <b>6.</b>	J	nate	ed inv	■ vest				A			N	
2023 2024 2025 <b>6.</b>		nate	ed inv	■ vest				A			N	
2023 2024 2025 <b>6.</b>		nate	ed inv	■ vest				A			N	
2023 2024 2025 <b>6.</b>		nate	ed inv	■ vest				A			N	

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### O Porto é Lindo! Roteiros Turísticos +65

		Context
1. Intervention Area		Porto é Lindo! - Roteiros Turís using the movable, immoval
P1 - People		socialisation and enhanceme Aimed at people over 65, this
P2 - Person-Centered Servi	ces	facilities in the city, encourage stage for all or part of their liv
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
To increase social inclusion	1 - Outdoor Spaces and Buildings	
and participation.	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Encouraging socialisation	5 - Respect and Social Inclusion	Project/Activity's Objec
through guided tours of different emblematic spaces in the City.	6 - Civic Participation and Employment	Increase socialisation, stre and reduce risk of social is
	7 - Communication and information	
	8 - Community and Health Care	
2. Identification and	characterisation of the Entity	1
Name Câmara Municipal do Porto	- Departamento Municipal de Coesão Social	Beneficiaries
Legal Nature Public Entity		Citizen over 65
Telephone contact		Territorial Impact of the
Email dmcs@cm-porto.pt		Porto
address		Link
Link www.cm-porto.pt		https://coesaosocial.cm-port

### 3. Project / Activity

Name	O Porto é Lindo! Roteiros Turísticos +65
Context	
using the mo socialisation Aimed at peo facilities in th	of Posterios Turísticos +65 aims to provide quality leisure time for the city's elderly, avable, immovable, cultural and sacred heritage as a tool for cultural enrichment, and enhancement of leisure time.  Sple over 65, this project offers themed guided tours of different areas, heritage and her city, encouraging them to reconnect with the city of Porto, which has been the part of their lives.
Project/Act	tivity's Objectives
Increase so	ocialisation, strengthen sense of ownership of the city
and reduce	e risk of social isolation.
Beneficiarie	es
Citizen over	65
Territorial Ir	mpact of the Intervention
Porto	
Link	
https://coesa	aosocial.cm-porto.pt/pessoas-idosas/o-porto-e-lindo

3.1 Indicator					
Description Number of vi	sits made				
Target 2023	2024	2	2025		
Half-yearly				Tota	
Yearly 45	45		45		
3.2 Other impactfu	l objectives				
4. Partners					
Designation • Porto's	Social Network				
5. Scheduling	9				
J F N	M A M	J J	A S	O N	D
2023					
2024					
2025					
6. Estimated	investmen	t value	60 0	00,00€	
7. Additional	notes				

Back to the table

## "Espaço Sénior" do Porto

			Conte
1.	Intervention Area		The F
	P1 - People		societ they a
	P2 - Person-Centered Services		In Spa
	P3 - Places		owne Madri
	P4 - Products		
	P5 - Policies		
Obj	ective	WHO Domains	
	ncrease social inclusion I participation.	1 - Outdoor Spaces and Buildings	
una	participation.	2 - Transportation	
		3 - Housing	
Mea	asure	4 - Social Participation	
Prov	vide the first "space for seniors" ne service of the people and the	5 - Respect and Social Inclusion	Projec
terri	itory, in order to develop activities projects in collaboration with other	6 - Civic Participation and Employment	• This in so with
- 1	nmunity agents.	7 - Communication and information	, was
		8 - Community and Health Care	
2.	Identification and charact	terisation of the Entity	
Name	Fundação "la Caixa"		Benef
Legal Natur	Foundation		Reside
Telep conta			Territo
Email addre	info portugal@contact fundacaolacaiya or	rg	Porto Link
Link	www.fundacaolacaixa.pt		

### 3. Project / Activity

Name	"Espaço Sénior" do Porto
Context	
accompany, society and, they also ser In Spain, in volunteers	ão "la Caixa" Spaces are centres at the service of the people and the territory that promote and encourage the active role and participation of senior citizens in in addition to the catalogue of activities that they make available to their users, the to disseminate good practices in intervention with the elderly population. In addition to the 58 Fundação "la Caixa" Spaces managed autonomously by from the respective space, 3 Fundação "la Caixa" Spaces called "Singulares", managed directly by the Foundation, have been created in the cities of Girona, Murcia.
Project/Ac	tivity's Objectives
in society	e aims to promote the active role and participation of senior citizens through activities, volunteer projects and collaborative projects r community stakeholders.
Beneficiari	es
Residents in	the municipality of Porto, aged 65 or over
Territorial I	mpact of the Intervention
Porto	
Link	

#### 3.1 Indicator

Description	Opening	of the "Es	spaço S	énior"							
Target	202	23		2024			2025				
Half-yearly [										Total	
Yearly	0			0			1			_	
3.2 Other i	impact	ful ob	jectiv	ves							
Empower old and support     Encourage lift     Increasing co	felong lea	rning							tual help	1	
4. Parl	tners										
Designation	Cui	nara Mi	unicip	oal do F	Porto	an Socia	al				
	Del	partamen	110 14101	пстрага	e 00e36	30 30016					
5. Sch	eduli	ng									
J	F	M	Α	М	J	J	Α	S	0	N	
2023											
2023											
											[
2024	imate	  ed inv	□ □ vest	men	  t val	Ue					[
2024	imate			  men	  t val	Ue					]

5	55+					

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
Toi	ncrease social inclusion	1 - Outdoor Spaces and Buildings
and	I participation.	2 - Transportation
		3 - Housing
Mar	asure	4 - Social Participation
	velop the talents and purpose	5 - Respect and Social Inclusion
	eople over 55 by providing services ne local community.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name	Identification and charact	erisation of the Entity
Legal Natur		
Telep conta		
Email addre	into@55mais.nt	
Link	www.55mais.pt	

### Drainat / Aatinit

J. 1	Project / Activity
Name	55+
Context	
age of 55 services	set up with the aim of preventing loneliness and inactivity among people over the and enabling them to lead an active life through the provision of quality and reliable in their neighbourhoods that value people's knowledge and create solid and close support networks.
Project/	Activity's Objectives
creating	nt to improve people's quality of life by encouraging physical and mental activity, new relationships and giving meaning to life, while recognising the value of ace and its potential contribution to society.
Benefici	aries
Resident	s over 55
Territori	al Impact of the Intervention
Porto	
Link	

#### 3.1 Indicator

Description	Hours of activity			
Target	2023	2024	2025	
Half-yearly				Total
пан-уеану				570
Yearly	170	190	210	
3.2 Other	impactful obi	ectives		

- Empower older people and build communities to foster relationships of mutual help and support.
- $\bullet \ \, \text{To increase the level of community involvement through volunteering among the older population}.$

#### 4. Partners

- Designation

   Câmara Municipal do Porto

   Departamento Municipal de Coesão Social
  - BETEL
  - Doctors of the World
  - EAPN

### 5. Scheduling

	J	F	IVI	А	IVI	J	J	А	5	O	N	D
2023												
2024												
2025												

### Estimated investment value

7.	Additional notes

Back to the table

www.55mais.pt

### From Granny to Trendy

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	jective	WHO Domains
Toi	increase social inclusion	1 - Outdoor Spaces and Buildings
and	d participation.	2 - Transportation
		3 - Housing
Ma	asure	4 - Social Participation
Dev	velop capacity-building activities bugh upcycling (recycling and reuse)	5 - Respect and Social Inclusion
of p	post-consumer textiles and women's	6 - Civic Participation and Employment
ber	powerment sessions, involving the neficiaries themselves as an active t of the solution.	7 - Communication and information
		8 - Community and Health Care
2.	Identification and charact  1000Rostos Associação Ação Social	erisation of the Entity
Legal Natur	Private Association	
Telep conta	phone 917833803	
Emai addre	Into(a) I I I I I I rostos nt	
Link		

#### 3 Project / Activity

5. 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

Descript	tion N	umber	of partic	inants								
Descrip	tion it	OHIDEL	or partie	ipants								
Target		202	23		2024	-		2025				
											Total	
Half-yea	arly [										82	
											82	
Yearly		22	2		30			30				
3.2 Ot	har in	nnaci	Hul ak	siocti:	VAS							
J.2 OL	ilei ii	праст	LIUIUL	Jecu	VCS							
• Empov				ild com	munities	to foste	er relatio	nships o	f mutual	help an	d suppo	rt
Encour	rage life	long lea	rning									
4. I	Parti											
4. I	Parti	ners										
Designa	ation	• Uni	ão das	Frequ	esias o	do Cei	ntro H	istóric	n do P	orto		
_		Offic	ao das	riego	C3IG3 C	JO OCI	11110111	istoric.	Juoi	0110		
F (	C = b =	اا.	····									
5. \$	Sche	eduli	ing									
5. \$	Sche	eduli F	ing M	A	M	J	J	A	S	0	N	
			_	A	M	J	J	A	S	0	N	
			_	A	M	J	J	A	S	0	N	
			_	A	M	J	J	A	S	0	N	
2023			_	A	M	J	J	A	S	0	N	
2023			_	A	M	J	J	A	S	0	N	
2023 2024			_	A	M	J	J	A	\$	0	N	
2023 2024			_	A	M	J	J	A	S	0	N	
2023 2024 2025	J	F	M					A				
2023 2024 2025	J	F	M		M III			A		00,00€		
2023 2024 2025	J	F	M					A				
2023 2024 2025 <b>6.</b> I		F I	M ed in	vest				A				
2023 2024 2025 <b>6.</b> I		F I	M	vest				A				
2023 2024 2025 <b>6.</b> I	 Estir	mate	M ed in	vest	men	at va	lue		55 00	00,00 €		
2023 2024 2025 6. I The achi	Estir	mate	M ed in	vest	emen.	at val	lue	g the est	55 00	00,00 €	ent	
2023 2024 2025 6. I The achifor the ac	Estir Addi	mate it of the he amo	M ed in al no referred unt of in	vest	emen	at values sed on coted may	lue obtaining vary acc	g the est	55 00	00,00 €	ent	
2023 2024 2025 6. I The achi	Estir Addi	mate ition	M  ed in  referred unt of in t, in SRC	vest otes objectivestmerol terms,	emen	sed on coted may be the le	lue bbtaining vary accevel of in	g the est	55 00	00,00 €	ent	
2023 2024 2025 6. I The achi for the act to be def	Estir Addi	mate ition	M  ed in  referred unt of in t, in SRC	vest otes objectivestmerol terms,	emen	sed on coted may be the le	lue bbtaining vary accevel of in	g the est	55 00	00,00 €	ent	

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

#### Reformers

1. Ir	ntervention Area	
P:	1 - People	
P:	2 - Person-Centered Services	
P:	3 - Places	
P	4 - Products	
P:	5 - Policies	
Objec	tive	WHO Domains
To incre	ease social inclusion	1 - Outdoor Spaces and Buildings
and pa	rticipation.	2 - Transportation
		3 - Housing
Massa		4 - Social Participation
	p activities where volunteers heir talents with groups of seniors	5 - Respect and Social Inclusion
to incre	ease civic participation, reduce n and combat ageism.	6 - Civic Participation and Employment
isolatio	mand combat ageism.	7 - Communication and information
		8 - Community and Health Care
2. lo	dentification and characte	erisation of the Entity
Name	GeraçãoReformers Lda	
Legal Nature	Company	
Telephon contact	919329976	
Email address	joana@m-trf.org	
Link	www.reformers.pt	

#### Project / Activity

lame	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

Link

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

#### www.reformers.pt

#### 3.1 Indicator

Description	Number of seniors i	mpacted		
Target	2023	2024	2025	
Half-yearly				Total
				950
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	Α	M	J	J	Α	S	0	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)

### Olhó Nobelo

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
To i	ncrease social inclusion	1 - Outdoor Spaces and Buildings
and	participation.	2 - Transportation
		3 - Housing
Mos	asure	4 - Social Participation
	mote a community intervention	5 - Respect and Social Inclusion
to ei and	ncourage the participation social integration of the elderly	6 - Civic Participation and Employment
	ulation of the parish of Massarelos ugh the art of crochet	7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name	Identification and charac	terisation of the Entity
Legal Nature	Association	
Telepl conta	hone	
Email addre	ammassarelos@gmail.com	
Link	https://www.facebook.com/associacaom	oradores.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

Description [	Number o	f elderly p	eople ir	nvolved						
Target	202	3		2024		2025				
Half-yearly [									Total 63	
Yearly	20			21		22				
3.2 Other i	mpact	ful obj	ective	es						
4. Parl										
Designation	• Uniã	o das F	regue	sias de	Lordelo	do Our	o e Ma	ssarelo	os	
Designation			regue	sias de	Lordelo	do Our	о е Ма	ssarelo	os	
Designation	• Uniã		regue			do Our		ssarel	n N	D
Designation  5. Sch	• Uniã	ng								D
Designation  5. Sch	• Uniã	ng								D
Designation  5. Sch  2023	• Uniã	ng								D
Designation  5. Sch  2023  2024  2025	• Uniã	ng M	A	M						D

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

L.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obje	ective	WHO Domains
	ncrease social inclusion	1 - Outdoor Spaces and Buildings
and	participation.	2 - Transportation
		3 - Housing
Mea	asure	4 - Social Participation
Pron	note socialisation and participation	5 - Respect and Social Inclusion
thro	ugh cultural and historical activities.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	erisation of the Entity
lame	Associação de Solidariedade Social dos Pro	ofessores (ASSP-Porto)
.egal Nature	Private Institution of Social Solidarity (IPSS)	
eleph		
mail ddres	d.porto@assp.pt	
_ink	https://assp.pt/pt/home	

### 3. Project / Activity

Name	Conhecer o Porto por Dentro
Context	
deeper kno covered wi renovated museums, "City Topo biographic even the co to participa of all.	t "Conhecer o Porto por Dentro" ims to provide our Members and Friends with a byledge of the city of Porto, uncovering a variety of cultural spaces. Thus, the themes ill include the following areas: city toponymy and history, emblematic buildings, parks and gardens, new significant facilities, conferences, cultural visits, thematic and performances (theatre and music). The project will begin with the section mymy and History," exploring its origins and highlighting the importance of the all journeys of the personalities in question for understanding the history of Porto and puntry. We will rely on the collaboration of Members and Friends, whom we will invite set in the project's development, offering their knowledge and skills for the benefit as to promote intellectual and cognitive development, knowledge sharing, social and the strengthening of solidarity and resilience bonds.
Project/Ad	ctivity's Objectives
-	he Municipality's Heritage nting intergenerational activities to combat loneliness and social isolation
Beneficiar	ies
Members o	over 65 years old of ASSP and residents of Porto Municipality
Territorial	Impact of the Intervention
City of Port	0
Link	

#### 3.1 Indicator

	Number of activitie	es carried out					
Target	2023	2024	2025				
Half-yearly						otal 40	
Yearly			40				
3.2 Other i	mpactful obj	ectives					
Stimulating lif	elong learning						
4. Part	ners						
Designation	• UPP			o Porto			
	eduling						
J	F M	A M J	J A	S	0	N	_ [
2023							L
2024							
2024							
2025	mated inv	vestment va	alue	2 000	0,00€		
2025 <b>a</b>	mated inv		llue	2 000	0,00€	-	

## Memórias de um Corpo

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obje	ective	WHO Domains
	ncrease social inclusion participation.	1 - Outdoor Spaces and Buildings
and	participation.	2 - Transportation
		3 - Housing
Mea	asure	4 - Social Participation
	note intergenerational connections	5 - Respect and Social Inclusion
thro	ugh art, bringing together older ole and young artists to encourage	6 - Civic Participation
activ	ve ageing, cognitive stimulation, and ionships between generations.	and Employment  7 - Communication
Telat	ionships between generations.	and information
		8 - Community and Health Care
2.	Identification and characte	erisation of the Entity
Name	Ballet Teatro Contemporâneo do Porto CRL	L
Legal Nature	Cooperative	
Teleph contac	935 939 097	
Email addres	documentacao@balleteatro.pt	
Link	balleteatro.pt	

### 3. Project / Activity

Name	Memórias de um Corpo
Context	
With extension the communinstitutions. (in society, who will be society, who will be society the Ball include dance of the society of the Ball include dance of the society	a centre for performing arts, moving images, and interdisciplinary exchanges, we experience in connecting art with the world, it carries out significant work with ity through social projects developed with national and international partners and One such project focuses on the impact of promoting active and healthy ageing hich led to the partnership with the Associação do Monte Pedral. "Memórias de s a project consisting of regular work with a group of seniors, artists, and students eteatro Escola Profissional, culminating in a public performance. The performers e students and seniors from the Associação do Monte Pedral, in a show marked by y of intergenerational dialogue.
Project/Act	rivity's Objectives
• Encouragi	Active Ageing Through Dance ng cognitive stimulation in the elderly ning connections between generations
Beneficiarie	es
Elderly mem	bers of the Associação Monte Pedral
Territorial Ir	mpact of the Intervention
Associação N	Monte Pedral
Link	
	1

#### 3.1 Indicator

Target	t	202	23		2024	ŀ		2025				
Llalf	I							- I			Total	
Half-ye	early [									1	0   20	
Yearly							]	0 20				
3.2 C	Other i	mpact	tful ob	jecti	ves							
	noting req ering inte											
	ulating lif											
4.	Part	narc										
	nation		:_ ~	- N4	-1 - D	J., . I						
Desig	ilation	• Ass	ociaçã	o Mor	nte Ped	drai						
5.	Scho	eduli	ng									
	J	F	М	Α	М	J	J	Α	S	0	N	[
2023												
<ul><li>2023</li><li>2024</li></ul>												
2024												
2024	Esti	■ mate	□ ■ ed in	vest	mer	□ ■ nt val	ue					
2024 2025	Estin		<b></b>		mer	■ nt val	ue					

## AcompanhARTE

P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies  WHO Domains	
P3 - Places P4 - Products P5 - Policies	
P4 - Products P5 - Policies	
P5 - Policies	
Objective WHO Domains	
To increase social inclusion 1 - Outdoor Spaces and Buildings	5
and participation.  2 - Transportation	
3 - Housing	
4 - Social Participati	ion
Promote the cognitive and social 5 - Respect and Social Inclusion	n
stimulation of older adults through artistic	on
and Employment  7 - Communication	า
and information	
8 - Community and Health Care	

### 3. Project / Activity

Nama	AcompanhARTE
Name	ACOITIPATIITAKTE
Context	
cognitively and quality Through art therapy, lite socially inte	iduals do not always have the autonomy or ability to leave their homes. Staying and socially active, integrated, and stimulated is essential for promoting well-being of life. There are still few community responses aimed at addressing this issue at home. It is the community responses aimed at addressing this issue at home. It is the practices developed at home (music therapy, plastic expression, theatre, laughter erature, and biography writing), elderly individuals are cognitively stimulated and more egrated. This is always done through a close relationship, with one artist per elderly inducting weekly or fortnightly visits lasting one hour.
Project/A	ctivity's Objectives
Promotir	ting Social Isolation ng well-being and health (physical, mental, and spiritual) through artistic s developed at home
Beneficiar	ies
Seniors exp	periencing social isolation/loneliness at home
Territorial	Impact of the Intervention
Freguesia o	de Aldoar, Foz do Douro e Nevogilde; Freguesia de Paranhos
Link	
https://ww	w.youtube.com/watch?v=2iCzOjeHJuM

#### 3.1 Indicator

	Number of p	people reach	ed by the	project	Numb	er of arti	sts invo	lved		
Target	2023		2024			2025				
Half-yearly [									Total 25   9	
Yearly						25 9			20   7	
3.2 Other i	mpactfu	ul objecti	ives							
Reducing the	incidence o	of illness or d	eterioratio	on in he	alth con	ditions				
4. Part	ners									
Designation	• Hospi • Day C	entres			c					
	• Privat	e Instituti	ons of S	ocial	Solida	rity				
5 Sch	edulin	<u>α</u>								
<b>5. Sch</b>	edulin	g M A	M	J	J	A	S	0	N	D
			М	J	J	A	S	0	N	D
J			M	J	J	A	S	0	N	D
J 2023			M	J	J	A	S	0	N	
J 2023 2024	F					A	S	0	N	

### Porto Importa-se - contacta

		Context
1. Intervention Area		Porto Imp who are i
P1 - People		diagnosis Porto's so
P2 - Person-Centered Services		to defined
P3 - Places		
P4 - Products		.
P5 - Policies		
Objective	WHO Domains	
To increase social inclusion and participation.	1 - Outdoor Spaces and Buildings	
	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Provide regular support and contact with	5 - Respect and Social Inclusion	Project/A
older people at risk of isolation and social exclusion in public housing.	6 - Civic Participation and Employment	<ul><li>Ensuring</li><li>Maintair</li><li>persona</li></ul>
	7 - Communication and information	Address involven     Assessir
	8 - Community and Health Care	isolation
2. Identification and characte	erisation of the Entity	•
Name Associação de Moradores de Massarelos	-	Ronoficia
Legal Association		Beneficia Elderly ind
Telephone 226093341		Territorial
Email ammassarelos@amail.com		Freguesia
address		Link
Link https://www.facebook.com/associacaomor	radores.massarelos	

### 3. Project / Activity

Name	Porto Importa-se - contacta
Ivallie	Total importation contacts
Context	
who are in o	a-se reaches out to elderly residents of Porto Municipality's Public Housing Park r at risk of isolation. In partnership with an academic entity, a gerontological as carried out to outline and characterise the elderly population residing in I housing neighbourhoods, identifying cases considered high risk according iteria.
Project/Act	ivity's Objectives
<ul> <li>Maintaining personalise</li> <li>Addressing involvement</li> <li>Assessing,</li> </ul>	close Contact with the Elderly g regular contact with isolated elderly individuals through simple, ed, and clear communication g social isolation caused by a lack of social or family connections, community nt, or access to services considering, and identifying alternative services or responses to combat and loneliness
Beneficiarie	es
Elderly individ	duals aged 85 or older, living alone in municipal social housing
Territorial In	npact of the Intervention
Freguesia de	Campanhã
Link	

#### 3.1 Indicator

	iption N	umber of	contacts/v	isits to elde	rly indivi	duals					
Target	t	202	3	2024	ŀ		2025				
Half-ye	early [								,	Total	
Yearly	,						972			972	
		anact	ful objed	ctives			712				
0.2	Ziller III	iipacti	oi objec	Clives							
4.	Partr	ners									
Desig	nation										
5.	Sche	duli	na								
<b>.</b>	J	F		м М	J	J	Α	S	0	N	[
2023											Г
											_
2024											L
2025											
	Estir	nate	d inve	stmen	nt val	ue					
6.											
6. 7.		12	al note								

### Danças tradicionais com coreografias contemporâneas

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	jective	WHO Domains
To i	increase social inclusion	1 - Outdoor Spaces and Buildings
anc	d participation.	2 - Transportation
		3 - Housing
Ma	asure	4 - Social Participation
Stre	engthen self-esteem, combat social	5 - Respect and Social Inclusion
	ation, and promote active longevity ough traditional dance.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name	Identification and charact  Associação Sénior da Foz Vita Vivet	terisation of the Entity
Legal Natur	Non-Profit Association	
Telep conta	1919914470	
Email addre	acvitavivet(a)amail.com	
Link		

### 3. Project / Activity

lame	Danças tradicionais com coreografias contemporâneas
Context	
of contemp essence of a a celebration The project the cultural gentle and experience to We believe promote act Break barrie "Traditional contempora art is for all a - Preserve cu "By teaching culture and memory, pla - Promote in "Our classes	lance, with its history and culture, gains new life when combined with the creativity or and control of the past and a dialogue with the present, creating new forms of expression. This fusion results in innovative choreography that preserves the cultural roots while allowing for a freer and more expressive body language. It is not the past and a dialogue with the present, creating new forms of expression. The past and a dialogue with the present, creating new forms of expression. The promote the physical and mental health of seniors through dance, reviving richness of traditional dances and adapting them to modern times. By combining rhythmic movements with contemporary choreography, we offer a unique that stimulates memory, motor coordination, and socialisation. The that dance is a powerful tool to boost self-esteem, combat social isolation, and time longevity. Through this project, we also aim to:  Through the this project, we also aim to:  Through the this project, we also aim to:  Through this project, we also aim to:  Through the this project, we also aim to:  Through the this project, we also aim to:  Through this project, we also aim to:  Through the this project, we also aim to:  Through the this project, we also aim to:  Through this project, we also aim to:  Through the this preserving the this project, we also aim to:  Through the
accessibility	. Dance becomes a vehicle for individual expression and overcoming challenges."
	. Dance becomes a vehicle for individual expression and overcoming challenges."  tivity's Objectives
Project/Ac	tivity's Objectives
Project/Ac Increase in	tivity's Objectives  ntegration and social participation egular physical activity
Project/Ac Increase in Promote r Enhance r	tivity's Objectives  ntegration and social participation regular physical activity memory skills
Project/Ac Increase ii Promote r Enhance r Improve re	tivity's Objectives  Integration and social participation regular physical activity rememory skills ecall ability
Project/Ac Increase ii Promote r Enhance r Improve r Encourag	tivity's Objectives  Integration and social participation regular physical activity rememory skills recall ability rememory-sharing skills
Project/Ac  Increase in Promote r Enhance r Improve r Encourag Foster inte	tivity's Objectives  Integration and social participation regular physical activity rememory skills ecall ability
Project/Ac  Increase in Promote r Enhance r Improve r Encourag Foster inte	ntegration and social participation regular physical activity memory skills ecall ability re memory-sharing skills eraction among peers
Project/Ac  Increase in Promote r Enhance r Improve r Encourag Foster inte	ntegration and social participation regular physical activity memory skills ecall ability e memory-sharing skills eraction among peers research skills
Project/Ac  Increase in Promote r Enhance r Improve r Encourag Foster inte Stimulate	ntegration and social participation regular physical activity memory skills ecall ability e memory-sharing skills eraction among peers research skills

#### 3.1 Indicator

Target 2023 2024 2025  Half-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 A M J J A S O N  2023
Yearly  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  J F M A M J J A S O N
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 A M J J A S O N
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   Scheduling     J F M A M J J A S O N
4. Partners  Designation  • Associação Nacional de Professores - Associação de Solidariedade Social de Professores  J F M A M J J A S O N  T M A M J J A S O N
Associação Nacional de Professores     - Associação de Solidariedade Social de Professores      Scheduling  J F M A M J J A S O N
Associação Nacional de Professores     - Associação de Solidariedade Social de Professores      Scheduling  J F M A M J J A S O N
- Associação de Solidariedade Social de Professores  5. Scheduling  J F M A M J J A S O N
5. Scheduling  J F M A M J J A S O N
J F M A M J J A S O N
J F M A M J J A S O N
J F M A M J J A S O N
J F M A M J J A S O N
2024
2025
6. Estimated investment value 2 000,00€
7. Additional notes

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City of Porto

Link

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

		Context
1. Intervention Area		"Há.ma.nhã - cartografias de uma creation among seniors supporter
P1 - People		various forms of expression within a ageing. The project addresses so
P2 - Person-Centered Services		community and cultural experience
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
To increase social inclusion and participation.	1 - Outdoor Spaces and Buildings	
and participation.	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Organise artistic and cultural activities that	5 - Respect and Social Inclusion	Project/Activity's Objectives
involve older populations, encouraging the sharing of experiences, knowledge, and life stories.	6 - Civic Participation and Employment	Encouraging Social and Cultura and Collective Memory     Increasing participation in city li
und me stories.	7 - Communication and information	Strengthening community and i     Promoting physical and mental i     Reducing stress levels
	8 - Community and Health Care	Cognitive stimulation
2. Identification and charact	erisation of the Entity	1
Name BOA E Lab_BOA, de C. Camargo Oficinas	de Artes Lda.	Beneficiaries
Legal Nature Company		Older individuals in isolation but wi
Telephone 914093518		Territorial Impact of the Inter
Email info@boa-arts.com		Identified groups in Bonfim area
address		Link
Link https://www.boa-arts.com/		https://www.boa-arts.com/ha-man

### S. Project / Activity

Name	Há.ma.nhã- cartografias de uma cidade comum
Context	
creation am various form ageing. The	- cartografias de uma cidade comum" is a project aimed at promoting artistic nong seniors supported by elderly care institutions. It fosters the intersection of as of expression within a contemporary art perspective and the promotion of active exproject addresses social isolation and enhances participants' engagement with and cultural experiences.
Encourage and Colle     Increasing     Strengthe     Promoting     Reducing	ging Social and Cultural Interaction Through Artistic Creation active Memory g participation in city life ening community and intergenerational bonds g physical and mental health stress levels e stimulation
Beneficiari	les
Older indivi	duals in isolation but with autonomy
Territorial I	mpact of the Intervention
Identified g	roups in Bonfim area
Link	

#### 3.1 Indicator

_	_			-	r of sessio	TIS .					
Target	t	202	23	202	4		2025				
Half-ye	early [									Total	
Yearly		•				]	2 15			.2   15	
		npact	ful obje	ectives							
	ulating life										
	,	,	,								
4.	Part	ners									
Desig	nation	• Cen	ntro Soci	al Sé Cate	edral						
5.	Sche	eduli	na								
	J	F		A M	J	J	Α	S	0	N	
2023											
0004											
2024											
2025											
			.al 2	t	nt val	ue		6.60	0,00€		
6.	Esti	mate	ea inv	estmei	it vai	•		0 00			
6. 7			al not		ii vai			000			

## Fighting Loneliness

		Context
<ul><li>Intervention Area</li><li>P1 - People</li></ul>		Airbnb, in partnership with the Associa loneliness among the elderly by encoura their homes. This initiative aims to promo and reduce social isolation among senio
P2 - Person-Centered Services		and reduce social isolation among semo
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
To increase social inclusion and participation.	1 - Outdoor Spaces and Buildings	
	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Foster intergenerational relationships	5 - Respect and Social Inclusion	Project/Activity's Objectives
by welcoming guests into the homes of older residents in partnership with accommodation providers, promoting	6 - Civic Participation and Employment	The project seeks to promote active a seniors to become Airbnb hosts.
inclusion and cultural exchange.	7 - Communication and information	
	8 - Community and Health Care	
2. Identification and chara	cterisation of the Entity	•
Name Associação Reformers		Dan fining.
Legal Nature  Non-Profit Association		Beneficiaries  Elderly individuals available to welcome
Telephone contact		Territorial Impact of the Intervent
Email reformers@m-trf.org		City of Porto
address		Link
Link https://www.facebook.com/associacad	omoradores.massarelos	

### 3. Project / Activity

Name	Fighting Loneliness
Context	
loneliness an their homes.	artnership with the Associação Reformers, has launched a pilot project to tackle nong the elderly by encouraging them to become Airbnb hosts and offer a room in This initiative aims to promote active ageing, foster intergenerational connections, ocial isolation among seniors.
Project/Act	ivity's Objectives
	et seeks to promote active ageing and combat loneliness by encouraging become Airbnb hosts.
Beneficiarie	es
Elderly indivi	duals available to welcome guests and offer a room
Territorial Ir	mpact of the Intervention
City of Porto	
Link	

#### 3.1 Indicator

				et						
Target	2023	3	2024	4		2025				
Half-yearly									Total 2	
Yearly						2				
3.2 Other in	mpactf	ul ob	jectives							
Encourage inter     Promote inter										
4. Part	ners									
Designation	• Airbr	nb								
5. Scho	edulir	ng								
<b>5. Sch</b> e	edulir	ng M	A M	J	J	A	S	0	N	D
			A M	J	J	A	S	0	N	D
J			A M	J	J	A	S	0	N .	D
J 2023			A M	J	J	A	S	<ul><li>O</li><li>I</li><li>I</li></ul>	N .	
2023 2024	F	M	A M			A	S	0	N .	
J			A M	J	J	A	S	0	N	
2023 2024	F	M				A	S	<ul><li>O</li><li>I</li><li>I</li></ul>	N .	

### Dar Mais Vida Aos Anos

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	O Domains
	ncrease social inclusion		1 - Outdoor Spaces and Buildings
and	participation.		2 - Transportation
			3 - Housing
Me	asure		4 - Social Participation
	vide a 'Living Room' space for the		5 - Respect and Social Inclusion
con	nmunity, offering workshops relevant ne promotion of healthy ageing.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	on of the Entity
Name	FillCare - Apoio ao Domicílio		
Legal Natur			
Telep conta	1229.397.710		
Email addre	geral@fillcare.nt		
Link	www.fillcare.pt		

### 3. Project / Activity

lame	Dar Mais Vida Aos Anos
Context	
community, t held free of c	ct is being implemented within the entity's premises, open to clients and the to combat social isolation. Weekly workshops covering various themes will be charge. Elderly individuals from Porto will be invited to visit the "Living Room" creational and social moments.
Project/Act	ivity's Objectives
	ing Initiatives to Combat Social Isolation, Promote Mental and Social Health, ge Active Ageing, providing free services to disadvantaged communities
Beneficiarie	s
Elderly individ	duals in isolation or with reduced mobility
erritorial In	npact of the Intervention
Cidade do Po	orto
ink	

#### 3.1 Indicator

	Number of wor	kshops held					
Target	2023	2024	ŀ	2025			
Half-yearly						Total 27	
Yearly				27			
3.2 Other i	mpactful o	objectives					
	incidence of il	lness or health det uals and building o		foster mutu	ual support a	nd assista	nce
4. Part	ners						
Designation	• To be de	etermined bas	ed on works	hop the	mes		
5. Sch	eduling						
J. JCIII	F M	A M	J J	Α	s o	N	D
2023							
2024							
2024							
2025	mated i	nvestmer	■ ■				
2025 <b>S</b>	mated i		t value				

### Rádio Força Senior

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	jective	WH	IO Domains
Toi	increase social inclusion		1 - Outdoor Spaces and Buildings
and	d participation.		2 - Transportation
			3 - Housing
Me	asure		4 - Social Participation
	ablish a communication and		5 - Respect and Social Inclusion
misi	ertainment channel to combat information, reduce loneliness, I prevent social exclusion among		6 - Civic Participation and Employment
olde info	er people. This will provide accurate ormation, engaging content, and		7 - Communication and information
	aningful social interactions to improve quality of life for seniors.		8 - Community and Health Care
2.	Identification and charact	erisati	on of the Entity
Legal Natur			
Telep conta			
Email addre	into@monte-nedral.nt		
link	www.monte-pedral.pt		

#### 3. Project / Activity

lame	Rádio Força Senior
Context	
that radio placases, alread radio. Given the subroadcast in target audie (as presente developed. I still find the it they are alread ravailable to totty institutio idosas". In partnership programme connection was cases.	rs of experience and close contact with the senior population, we have recognise ays a fundamental role in the lives of most elderly people. The emergence of the indemic and the resulting confinement further heightened social isolation (in many present) and highlighted the importance of local media in their lives—particular dignificance of the elderly population in the city, a radio programme will be FM from the Monte Pedral facilities, featuring content exclusively tailored to the nee. Similar projects in other countries, such as web-based television channed at the II Jornadas Porto Cidade Amiga das Pessoas Idosas in 2023), have been those which interest inaccessible or "complicated," whereas an FM radio receiver is somethinally familiar with.  The will broadcast informational content and details about projects and activities the elderly in the city. It will serve as an "open window" to the activities of various as well as municipal initiatives related to "Porto – cidade amiga das pessoas in with Rádio Metropolitana do Porto, an FM radio station based in Porto, a varie will be broadcast from Monte Pedral from Monday to Sunday, ensuring a clos with the people of Greater Porto in general and with the elderly in particular througgramme "RÁDIO FORÇA SENIOR."
Project/Act	tivity's Objectives
Reduce fe     Increase th     Combat so     Provide de social, eccand music	elings of loneliness among the elderly in Porto neir social participation ocial isolation soily support to socially or prophylactically isolated residents due to family, sonomic, or public health circumstances, through themed, informational, al broadcasts with live presenters, journalists, and guests , be a source of companionship while fostering social participation
Reduce fe     Increase th     Combat so     Provide de social, ecc and music     Ultimately  Beneficiarie	elings of loneliness among the elderly in Porto neir social participation ocial isolation aily support to socially or prophylactically isolated residents due to family, onomic, or public health circumstances, through themed, informational, al broadcasts with live presenters, journalists, and guests , be a source of companionship while fostering social participation
Reduce fe Increase th Combat so Provide de social, ecc and music Ultimately  Beneficiarie  Elderly indivi	elings of loneliness among the elderly in Porto neir social participation ocial isolation aily support to socially or prophylactically isolated residents due to family, onomic, or public health circumstances, through themed, informational, al broadcasts with live presenters, journalists, and guests , be a source of companionship while fostering social participation
Reduce fe Increase th Combat so Provide de social, ecc and music Ultimately  Beneficiarie  Elderly indivi	elings of loneliness among the elderly in Porto neir social participation ocial isolation aily support to socially or prophylactically isolated residents due to family, nomic, or public health circumstances, through themed, informational, al broadcasts with live presenters, journalists, and guests , be a source of companionship while fostering social participation  es  es iduals, their caregivers and family members, and the general public

Back to the table

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

#### 3.1 Indicator

Description [	Number of hours of	broadcast targeted	at the elde	rly popu	lation			
Target	2023	2024		2025				
Half-yearly							Total	
							300	
Yearly				300				
3.2 Other in	mpactful obje	ectives						
Improve acces	ss to information							
4. Part	nore							
Designation		II. 1 D						
Designation	<ul> <li>Rádio Metro</li> <li>Porto Editor</li> </ul>	politana do Po a	orto					
	• Município d	o Porto						
		eguesia de Par						
		eguesia de Rar ita, Sto Ildefon		liragai	a, S. N	icolau	e Vitó	ria
5. Sche	eduling							
J	F M	A M J	J	Α	S	0	N	D
2023								
2024								
0005								
2025								
6. Esti	mated inv	estment v	alue		22 00	00,00€		
		-AC						
7. Add	itional not	. <del></del>						
7. Add	itional not	.63						
7. Add	itional not							
7. Add	itional not							
7. Add	itional not							
7. Add	itional not							

### Sempre Acompanhados

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
Em	power older people and build		1 - Outdoor Spaces and Buildings
	nmunities that foster relationships nutual help and support.		2 - Transportation
			3 - Housing
Mo	asure		4 - Social Participation
Emp	power people, involving communities		5 - Respect and Social Inclusion
and	raising citizens' awareness.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	ion of the Entity
Legal Natur			
Telepl conta			
Email addre	seniores@fundacaolacaiya.org		
Link	www.fundacaolacaixa.pt		

5. Pro	oject / Activity
Name	Sempre Acompanhados
Context	
of Porto is a 2013 and lau The "Sempr response to: is an active s choices. Eac intervention, to decision-r The program people, invo It operates a loneliness, si resources of and raise aw	mpanhados is a programme of the Fundação "la Caixa", of which the Municipality strategic partner. The methodology was developed and implemented in Spain in nched in Porto in 2022, specifically in the Freguesias do Centro Histórico e Bonfim. The Acompanhados" programme aims to offer an innovative and differentiated situations of loneliness among the elderly population of Porto, in which the person subject and protagonist of their transformation, in their ageing process and in their the person's narrative, history, desires and interests are the fundamental basis of the which aims to empower them to develop key competences that are fundamental making in situations of isolation and unwanted loneliness.  The also aims to promote supportive relationships and the well-being of older living the community and raising awareness among the city's citizens. along three main Axes: individual (with training to act and assess situations of trengthening their skills and confidence), community (based on the endogenous the community and its stakeholders) and society (promotion of actions to inform areness of the importance of maintaining good interpersonal relationships and the nof loneliness).
Project/Act	tivity's Objectives
intervention	te supportive relationships and well-being among older people through an that empowers people, involves the community and raises awareness among rder to prevent and alleviate different situations of loneliness.
Beneficiarie	es
Citizens ove	r 55 in situations of loneliness
Territorial l	mpact of the Intervention
Município de	n Porto

Description [	Number of sup	ported seniors						
Target	2023	2024		2025				
Half-yearly [							Total 414	
Yearly	138	138		138			111	
3.2 Other i	mpactful	objectives						
4. Part	iners							
<b>4.</b> Part Designation	• Câmara - Departar • Santa C	Municipal do Po mento Municipal de asa da Misericór rmelha Portuguo	Coesão Soci dia do Por	to	do Por	to		
Designation	Câmara     Departai     Santa Ci     Cruz Ve	mento Municipal de asa da Misericór	Coesão Soci dia do Por	to	do Por	to		
Designation  5. Sch	• Câmara - Departai • Santa Ci • Cruz Ve	mento Municipal de asa da Misericór rmelha Portugue	Coesão Soci rdia do Por esa   Deleç	to gação d				
Designation	• Câmara - Departai • Santa Ci • Cruz Ve	mento Municipal de asa da Misericór	Coesão Soci rdia do Por esa   Deleç	to gação d		to	N	
Designation  5. Sch	• Câmara - Departai • Santa Ci • Cruz Ve	mento Municipal de asa da Misericór rmelha Portugue	Coesão Soci rdia do Por esa   Deleç	to gação d			N	
Designation  5. Sch	• Câmara - Departai • Santa Ci • Cruz Ve	mento Municipal de asa da Misericór rmelha Portugue	Coesão Soci rdia do Por esa   Deleç	to gação d			N	

_	Estimated investment value	
<b>^</b>	F ctimated invectment value	

### 7. Additional notes

Back to the table

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

Link

## Pontes com Proximidade

P1-P	rvention Area		
_			Th
_	eople		thi
D2 D	erson-Centered Services		pe eit
			Th
P3 - P	laces		wł
P4 - P	roducts		■ Th
P5 - P	olicies		Po
			the br
bjectiv	<b>'</b>	WHO Domains	inf fo:
		1 - Outdoor Spaces	
	older people and build es that foster relationships	and Buildings	
	elp and support.	2 - Transportation	
		3 - Housing	
1easure		4 - Social Participation	
		5 - Respect	Pro
	facilitate sharing groups for le, providing a space for social	and Social Inclusion	
	and mutual support.	6 - Civic Participation and Employment	
		7 - Communication and information	
		8 - Community and Health Care	

### 3. Project / Activity

lame	Pontes com Proximidade
Context	
isolation, few this reason, th	community involvement among people aged 65 and over leads to increased ver social relationships, and, consequently, a deterioration in mental health. For the Pontes Com Proximidade project promotes meaningful connections between shared interests through the creation of informal social groups, which can meet on or online.
where new re	interactions are facilitated by a Compassio team member to create a safe space elationships can develop. The themes discussed in the sessions are co-designed oup to ensure they align with their interests and needs.
Porto City Co the Acompan broader supp informal socia	was designed and implemented through the Social Innovation Laboratory of the buncil's Social Innovation Centre. Pontes com Proximidade aims to complement thARTE and Porto Compassivo projects, focusing on integrating individuals into a port network, enhancing their awareness of community resources, and promoting all groups. It also encourages self-discovery and a renewed sense of purpose by awareness of factors influencing well-being.
Project/Act	ivity's Objectives
• Create a sp	pace to foster social relationships through dynamic sharing groups
Seneficiarie	es
Seniors living	at home, experiencing social isolation or loneliness
erritorial In	npact of the Intervention
União das Fre	guesias de Aldoar, Foz do Douro e Nevogilde
ink	

Description [	Number of inc	dividuals rea	ached by the p	roject   Nu	mber of	informa	l groups	created	ł
Target	2023		2024	:	2025				
Half-yearly [								Total 8   2	
Yearly	0		0		8 2				
3.2 Other i	mpactful	objecti	ves						
Increase social									
Reduce the in     Strengthen ha					ent elde	ly indivi	duals		
	ners								
Designation	Parish (     Hospital								
	• Day Ce	entres			_				
	• Private	Institutio	ons of Socia	ıl Solidar	ity				
5. Sch	adulinc								
J. J	_		M J	J	Α	S	0	N	
									Г
2023									
		<b>-</b>		ı					
2023									
2024	mated	invest	tment v						
2024	mated		tment v	alue					

### Porto Compassivo Uma comunidade que cuida até ao fim

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	jective	WH	O Domains
Em	power older people and build		1 - Outdoor Spaces and Buildings
	mmunities that foster relationships mutual help and support.		2 - Transportation
			3 - Housing
Ma	asure		4 - Social Participation
Esta	ablish and manage home support		5 - Respect and Social Inclusion
indi	works for isolated and unwell ividuals, promoting their social		6 - Civic Participation and Employment
inte	egration and well-being.		7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	on of the Entity
Name	e Compassio – Associação para a construção	de comuni	dades compassivas
Legal Natur	Non-Profit Association		
Telep conta			
Email addre	compassio@compassio.pt		
Link	https://www.facebook.com/associacaocom	passio/	

### 3. Project / Activity

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 between all stakeholders.  Beneficiaries  Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention  City of Porto		
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	Name	Porto Compassivo - Uma comunidade que cuida até ao fim
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	Context	
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	The Internation	onal Labour Organization has stated that Portugal is one of the European countries
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	to illness, mo	ability limitations, or lack of motivation. If people cannot go to the community, we
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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		
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		
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		
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		
Beneficiaries  Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention	Project/Act	ivity's Objectives
Beneficiaries  Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention	Activate an	nd strengthen support networks for isolated individuals with illness, in their homes
Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention		
Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention		
Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention		
Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention		
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Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention		
Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention		
Seniors with illnesses, experiencing social isolation or loneliness, living at home  Territorial Impact of the Intervention	D (	
Territorial Impact of the Intervention	Beneficiarie	es .
·	Seniors with i	illnesses, experiencing social isolation or loneliness, living at home
City of Porto	Territorial Ir	mpact of the Intervention
	City of Porto	

#### 3.1 Indicator

	Number of people	e supported by the pro	ject   Number of	support r	networks	created	d
Target	2023	2024	2025				
Half-yearly [						Total	
Yearly			15 3			10   0	
3.2 Other	impactful ob	ojectives					
	ial integration and						
		s or health deterioration providing assistance to		erly indivi	duals		
	tners						
Designation	Parish Cou     Hospitals	uncils					
	• Day Centr						
	Private Ins	stitutions of Socia	l Solidarity				
5. Sch	edulina						
<b>5. Sch</b>	eduling  F M	A M J	J A	S	0	N	
	_	A M J	J A	S	0	N	
J	_	A M J	J A	S	0	N .	
2023 2024	_	A M J	J A	S	0	N .	
J 2023	_	A M J	J A	S	0	N .	
2023 2024	F M	A M J		S	0	N .	
2023 2024 2025  6. Esti	F M	vestment va		S	0	N .	

Back to the table

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

Link

### Porto. Importa-se

		Context
1. Intervention Area		"Porto. Importa-se" aims to respond to a universe of more than 2 process that forms an extended network of partners and proximity s
P1 - People		at single people over 70 and couples over 75.
P2 - Person-Centered Services		
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
Increase the socio-demographic	1 - Outdoor Spaces and Buildings	
knowledge of the local elderly populat	tion.  2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Characterise, identify and intervene in		Project/Activity's Objectives
situations of risk and social isolation of elderly people living in social housing.	6 - Civic Participation	Domus Social, in partnership with the ISSSP, carries out direct interventions with elderly and isolated municipal tenants. The 50
	7 - Communication	by Domus Social are home to around 30 thousand residents, of w isolated elderly people.  • The intervention aimed at these situations mobilises several m
	and information  8 - Community and Health Care	and identifies the following as the main areas of intervention: he economic resources; monitoring by local structures; legal support
2. Identification and cha	racterisation of the Entity	'
Name Domus Social - Empresa de Habita	ção e Manutenção do Município do Porto, E.M.	Beneficiaries
Legal Nature Municipal Company		Single elderly people over 70 and couples over 75 living in social h
Telephone contact 228330000		Territorial Impact of the Intervention
Email geral@Domussocial.pt		Porto
address		Link

3.	Project / Activity
Name	Porto. Importa-se
Conte	xt
proces	Importa-se" aims to respond to a universe of more than 2,000 people, in a continuous s that forms an extended network of partners and proximity services. This project is aimed le people over 70 and couples over 75.
Projec	t/Activity's Objectives
by Dor isolate • The i	nus Social, in partnership with the ISSSP, carries out direct technical and social entions with elderly and isolated municipal tenants. The 50 housing estates managed mus Social are home to around 30 thousand residents, of whom around 7% are delderly people.  Intervention aimed at these situations mobilises several meetings with local agents entifies the following as the main areas of intervention: health; social responses; mic resources; monitoring by local structures; legal support
Benefi	ciaries
Single	elderly people over 70 and couples over 75 living in social housing
Territo	rial Impact of the Intervention
Porto	

Target			n and pr	ornote ac	tive an	d healtl	ny agein	g		
	2023		2024		2	2025				
Half-yearly									Total	
Yearly	300		300			300			900	
		L				300				
3.2 Other in	прастти	bjectiv	ves							
Increase social	inclusion and p	participat	ion							
4. Partr	ners									
Designation [	. l	C	u ala Ca		ا منما	da Da				
2 00.9	<ul><li>Instituto S</li><li>Câmara N</li></ul>				оста	do Po	orto			
	- Departame				Social					
L										
5. Sche	duling									
o. ocne	_		NA						N.I.	
J. Sche	F M	Α	IVI	J	J	Α	S	0	N	[
J	F M	А	IVI	J	J	А	S	0	IN	
J	F M	А	IvI	J	J	Α	S	O	IN	
J 2023	F M	A	IVI	J	J	A	S		IV	
J 2023	F M	A		J	J	A	S		IV	
J 2023 2024	F M	A			J	A	S			
2023 2024 2025	::					A				
2023 2024 2025	F M					A		00,00 €		
2023 2024 2025 <b>6.</b> Estin	::	nvest								

### **POLIS**

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WH	IO Domains
	gthen the practice tive citizenship.		Outdoor Spaces and Buildings      Transportation
			3 - Housing
Mea	sure		4 - Social Participation 5 - Respect
inforr inclus the so	ote training activities for active, med, socially responsible and sive citizenship in order to strengthen ocial intervention of institutionalised ly people.		and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community
2. Name	Identification and characte	erisati	and Health Care
Legal Nature	Misericórdia / IPSS		
Telepho contact			
Email address	scmp@scmp.pt		
Link	www.scmp.pt		

3. Pr	oject / Activity
Name	POLIS
Context	
in Portugal. for the Elde individuality In this regal inevitably, a	to the most recent census (2021), there are 2.424.122 people aged 65 and over Of these, around 100.000 live in an institutional setting (Residential Structures erly). Living in these collective contexts implies, with some ease, the loss of some y and, with it, of habits, routines and other elements of citizenship. rd, the relationship with the city as a habitat that structures citizenship is, almost altered. The political experience, as the maximum exponent of the same civic n, is also changed. Usually for the worse.
Project/Ac	ctivity's Objectives
• Encourage of the cor	active political citizenship ge older RSE residents to participate in the political and social issues nmunity intergenerational around political debate
Beneficiari	ies
Elderly RSE	residents
erritorial l	Impact of the Intervention
Porto - Estruink	utura Residencial para Pessoas Idosas da Santa Casa da Misericórida do Porto

	Number	of clucity	particip	ants						
Target	202	23		2024		2025				
Half-yearly									Total 60	
Yearly	0			30		30				
3.2 Other	impact	ful ob	jectiv	/es						
Increase so	cial inclusio	n and pa	rticipati	ion						
4. Pai	rtners									
Designation	Cai			al do Po		ıcial				
	• Pari	sh Cou	ıncils	iicipai de C	20esa0 30	Cidi				
	• Poli	tical pa	rties							
	heduli	ng								
<b>5. Scl</b>		ng M	Α	M	J J	А	S	0	N	
			Α	М	J J	А	S	0	N	
J			A	М	J J	A	\$	0	N .	
J 2023			A	M ,	J J	A	S	0	N .	
2023 2024	F	M							N .	
2023 2024		M ed inv						0,00€	N .	

## No Porto a Vida é Longa

L.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
<b>Ob</b> j	jective	WHO Domains	
Pro	omote regular physical activity.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	1
	velop regular sports activities for	5 - Respect and Social Inclusion	
	to residents over the age of 60. The ivities will be prepared and led by	6 - Civic Participation and Employment	
	orts professionals and aim to improve kibility, strength and endurance.	7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	and Health Care	
Vame	e Ágora - Cultura e Desporto do Porto, E.M.		
.egal latur	Municipal Company		
elep onta	phone 226199860		
mai ddre	geral@agoraporto.pt		
ink	https://www.agoraporto.pt		
	· Section 1		

### 3. Project / Activity

Name	No Porto a Vida é Longa
Context	
activities for t	ssion of the "No Porto a Vida é Longa" programme is to provide regular sporting the elderly population of the municipality of Porto, contributing to a certified and when sive sporting response for these citizens.
Project/Act	ivity's Objectives
the elderly por prepared by sports centre ageing by im • The progra	pective is to encourage the adoption of a healthy and active lifestyle by opulation of the city of Porto, with the aim of providing access to activities exercise professionals. These varied activities take place in various municipal as and are aimed at promoting physical activity, contributing to successful proving physical fitness and thus quality of life.  Imme is exclusively for residents of the municipality of Porto, therefore only the age of 60 can register.
Beneficiarie	es
Residents ove	er 60
Territorial In	npact of the Intervention
Porto	
Link	
https://www.	agoraporto.pt/desporto/programas-de-atividade-fisica

Description   Number of participants in the programme   Target 2023 2024 2025   Half-yearly	Target 2023 2024 2025  Half-yearly 500 700 900  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  J F M A M J J A S O N I 2023  2024  2025  6. Estimated investment value										
Half-yearly 500 700 900  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  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Half-yearly 500 700 900  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  J F M A M J J A S O N 1  2023  6. Estimated investment value	Target	Number of par	ticipants in the	e programme	•					
Half-yearly 500 700 900  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  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Half-yearly  500  700  900  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  J F M A M J J A S O N 1  2023  6. Estimated investment value	larget	2023	2	2024		2025				
Yearly  500  700  900  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  J F M A M J J A S O N  2023  2024  6. Estimated investment value	Yearly  500  700  900  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  J F M A M J J A S O N 1  2023  2024  2025  6. Estimated investment value	Half-vearly			1		7 [	$\neg 1$		Total	
<ul> <li>Increase social inclusion and participation <ul> <li>Reduce the incidence of illness or deterioration in health</li> <li>Reduce the risk of accidents and falls in the older population</li> </ul> </li> <li>4. Partners  <ul> <li>Designation</li> </ul> </li> <li>5. Scheduling <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> <li>2025</li> <li>84 000€</li> </ul> <li>6. Estimated investment value</li>	<ul> <li>Increase social inclusion and participation</li> <li>Reduce the incidence of illness or deterioration in health</li> <li>Reduce the risk of accidents and falls in the older population</li> </ul> 4. Partners Designation J F M A M J J A S O N 2023 2024 2025 6. Estimated investment value 84 000€	rian yearry						_		2100	
<ul> <li>Increase social inclusion and participation</li> <li>Reduce the incidence of illness or deterioration in health</li> <li>Reduce the risk of accidents and falls in the older population</li> <li>4. Partners</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> <li>84 000€</li> </ul>	<ul> <li>• Increase social inclusion and participation</li> <li>• Reduce the incidence of illness or deterioration in health</li> <li>• Reduce the risk of accidents and falls in the older population</li> <li>4. Partners</li> <li>Designation</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> <li>84 000€</li> </ul>	Yearly	500		700		900				
<ul> <li>Reduce the incidence of illness or deterioration in health</li> <li>Reduce the risk of accidents and falls in the older population</li> <li>4. Partners</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> <li>84 000€</li> </ul>	<ul> <li>Reduce the incidence of illness or deterioration in health</li> <li>Reduce the risk of accidents and falls in the older population</li> <li>4. Partners</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> <li>84 000€</li> </ul>	3.2 Other	impactful	objective	s						
Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  84 000€	Designation  5. Scheduling  J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value  84 000€	Reduce the	incidence of illr	ness or deterio	ration in healt						
5. Scheduling  J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value	5. Scheduling  J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value	4. Par	tners								
J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value  84 000€	J F M A M J J A S O N 2023 2024 2025 6. Estimated investment value 84 000€	Designation	1								
J F M A M J J A S O N 2023  2024  2025  6. Estimated investment value  84 000€	J F M A M J J A S O N 2023 2024 2025 3 6. Estimated investment value 84 000€										
J F M A M J J A S O N 2023  2024  2025  6. Estimated investment value  84 000€	J F M A M J J A S O N 2023 2024 2025 3 6. Estimated investment value 84 000€										
J F M A M J J A S O N 2023  2024  2025  6. Estimated investment value  84 000€	J F M A M J J A S O N 2023  2024  2025  6. Estimated investment value  84 000€										
J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value  84 000€	J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  84 000€										
J F M A M J J A S O N 2023  2024  2025  6. Estimated investment value  84 000€	J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value  84 000€	5 Sch	adulina	Ī							
2023 2024 2025 2025 6. Estimated investment value  84 000€	2023 2024 2025 2025 6. Estimated investment value  84 000€				M .I	.1	Δ	ς	0	N	
2024	2024		F IV	Α Ι	IVI U	U	٨	3	_	1/1	
6. Estimated investment value 84 000€	6. Estimated investment value 84 000€	2023									
6. Estimated investment value 84 000€	6. Estimated investment value 84 000€	2024									
6. Estimated investment value 84 000€	6. Estimated investment value 84 000€										
		2025									
7. Additional notes	7. Additional notes		imated i	investm	ent val	ue		84 00	00€		
7. Additional notes	7. Additional notes	6. Est									
				notes							
				notes							
				notes							
				notes							

### Pedalar Com Idade

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
Pro	mote regular physical activity.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Ma	asure		4 - Social Participation
	ourage regular physical activity,		5 - Respect and Social Inclusion
proi	mote intergenerational outdoor		6 - Civic Participation
	raction and improve the mental physical health of older people.		and Employment
			7 - Communication and information
			8 - Community and Health Care
<b>2.</b> Name	Identification and characte		
IVallic	Turubolu Orladina / Isaaciação - Tedala Serii N	adde i oit	
Legal Natur	Non-profit Association		
Telep conta			
Email addre	silvia@nedalarsemidade.nt		
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

3.1 l	ndicat	or										
Descr	iption [	Number o	of persor	nalised p	ohysical	plans						
Targe	t	202	23		2024	ŀ		2025			Takal	
Half-y	early [										Total 90	
Yearly	′	10	)		40			40				
3.2 (	Other i	mpact	ful ok	ojecti	ves							
• Red	ease socia uce the in uce the ris	icidence sk of acci	of illness dents ar	or dete nd falls a	rioratio mong o							
4.	Part	ners										
	nation	<ul><li>Bici</li><li>Unia</li><li>Jun</li><li>Jun</li><li>Jun</li><li>Jun</li><li>Jun</li></ul>	ão das ta de f ta de f ta de f ta de f	Coelh Fregu Fregue Fregue Fregue	esias desias desias desia desi	de Lor Cam Bonfi Rama	delo d panhã m ilde	oz do E o Ouro			-	
5.	Sch	eduli	ng									
	J	F	М	Α	М	J	J	Α	S	0	N	[
2023												
2024												
2025												
6.	Esti	mate	ed in	vest	mer	nt va	lue		20 0	00,00€	2	
7.	Add	ition	al no	otes								

Back to the table

https://pedalarsemidade.pt/

### SaudavelMente

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
Pro	mote regular physical activity.	1 - Outdoor Spaces and Buildings
		2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
Prov	vide a senior exercise programme	5 - Respect and Social Inclusion
to e	aims to equip participants with tools nsure physical self-defence mental health.	6 - Civic Participation and Employment
anu	mentameatti.	7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	erisation of the Entity
Name	Ágora - Cultura e Desporto do Porto, E.M.	
Legal Natur		
Telep conta		
Email addre	geral@agoraporto.pt	
Link	https://www.agoraporto.pt	

### 3. Project / Activity

Name	SaudavelMente
Context	
implementation and strengther focus on pror	nme is characterised by the improvement of active ageing, but also by the on of attitudes and actions that promote self-defence, improve physical condition on the immune system. In this sense, the objectives of this municipal programme moting conviviality and socialisation among the various participants, in order to isolation, increase proximity among the seniors of our Municipality, and improve esteem.
Project/Acti	ivity's Objectives
to equip its  This non-co	participants with the tools to ensure physical and psychological self-defence. In participants with the tools to ensure physical and psychological self-defence. In physical activity allows the whole body to develop harmoniously, physical endurance and strengthening all the muscles, with nothing more than of skill and dexterity.
Beneficiarie	s
Citizens over	60
Territorial In	npact of the Intervention
Porto	
Link	

Description	Number o	of lessons	s attend	led							
Target	202	23		2024			2025				
Half-yearly										Total	
										1800	
Yearly	50	0		600			700				
3.2 Other	impact	ful ob	jecti	ves							
Increase so     Reduce the					n in heal	th					
Reduce the											
4. Pai	rtners										
Designation	1										
- 61											
	neduli	_									
<b>5. Scl</b>		ng M	A	M	J	J	A	S	0	N	
J		_	A	M	J	J	A	S	0	N	
J 2023		_	A	M	J	J	A	S	0	N	
J 2023		_	A	M	J	J	A	S	0	N	
J 2023 2024		_	A	M	J	J	A	S	0	N	
J 2023 2024 2025	F	M					A			N	
J 2023 2024 2025		M					A	S 45 0		N	
2023 2024 2025 <b>6.</b> Est	F	M ed inv	west				A			N	
2023 2024 2025 <b>6.</b> Est	F	M ed inv	west				A			N	
2023 2024 2025 <b>6. Est</b>	F	M ed inv	west				A			N	
J 2023 2024 2025 <b>6. Est</b>	F	M ed inv	west				A			N	
J 2023 2024 2025 <b>6. Est</b>	F	M ed inv	west				A			N	
J 2023 2024 2025 <b>6. Est</b>	F	M ed inv	west				A			N	

### Mais Ativos Mais Vividos

. Intervention Area		
P1 - People		
P2 - Person-Centered Services		
P3 - Places		
P4 - Products		
P5 - Policies		
<b>D</b> bjective	WHO Domains	
Promote regular physical activity.	1 - Outdoor Spaces and Buildings	
	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Develop regular exercise in an informal,	5 - Respect and Social Inclusion	
recreational and intergenerational setting.	6 - Civic Participation and Employment	
	7 - Communication and information	
	8 - Community and Health Care	
Identification and characte		
egal Public foundation governed by private law		
elephone 220425200		
nail dress msantos@fade.up.pt / mjcarvalho/reit.up.p	t	

### 3. Project / Activity

Name	Mais Ativos Mais Vividos
Context	
The planning	, preparation and supervision of the sessions is carried out by students from the hysical Activity, Exercise and Health, as well as students from the Bachelor's in the sessions.
Project/Act	ivity's Objectives
function, p	bjectives of the programme are to increase well-being, improve cognitive revent falls and maintain functionality in performing daily tasks that are the quality of life of older people.
Beneficiarie	es
People aged	65 and over living in the community
Territorial In	npact of the Intervention
Porto	
Link	

Description	Number	of registe	ared nar	ticinant	•						
Description	Nulliber	oi registe	ereu par	licipant	5						
Target	202	23		2024	ŀ		2025				
										Total	
Half-yearly										120	
										120	
Yearly	40	0		40			40				
3.2 Other	rimpaci	tful ok	oiecti	ves							
			,								
Reduce the     Reduce the	incidence risk of acc	of illness idents ar	s or dete nd falls a	erioration							
Promote in	tergenerati	onal acti	ivities								
	_										
4. Pa	rtners										
Designatio	n										
-											
5. Sc	heduli	ina									
	heduli	_									
<b>5. Sc</b> ∣		ing M	A	M	J	J	A	S	0	N	
J		_	A	M	J	J	A	S	0	N	
J		_	A	M	J	J	A	S	0	N	
J 2023		_	A	M	J	J	A	S	0	N	
J 2023		_	A	M	J	J	A	S	0	N	
J 2023 2024		_	A	M	J	J	A	S	0	N	
J 2023 2024		_	A	M	J	J	A	S	0	N	
J 2023 2024 2025		M					A	S	0	N	
2023 2024 2025	F	M					A	S	0	N	
2023 2024 2025 <b>6. Es</b>	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Es</b>	F III	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Es</b>	F III	M ed in	vest				A	S		N	
2023 2024 2025 <b>6. Es</b>	F III	M ed in	vest				A	S	0	N III	
2023 2024 2025 <b>6. Es</b>	F III	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Es</b>	F III	M ed in	vest				A	S		N III	

### **Bilhete Postal**

			Cont
1.	Intervention Area		Corr
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		.
	P5 - Policies		
Obj	ective	WHO Domains	
Pro	mote intergenerational activities.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	
Pro	mote written communication between	5 - Respect and Social Inclusion	Proje
old	er people and children.	6 - Civic Participation and Employment	• Er ar in
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and characte	erisation of the Entity	'
Name		_	Bene
Legal Natur			Elde
	hone <sub>223394157</sub>		Terri
Emai	uss havista@arsporta min.sauda at		Ced
addre	ess		Link
Link			

### 3. Project / Activity

	•
Name	Bilhete Postal
Context	
Corresponde	ence by post between children in the third year of school at the Boavista Community CU) and elderly people involved in active ageing projects.
Project/Act	ivity's Objectives
and socio-	e interaction between the two groups. For children: developing affection emotional skills. For the elderly: promoting active and participatory ageing munity; cognitive stimulation; promoting well-being.
Beneficiarie	es
Elderly / child	dren
Territorial Ir	mpact of the Intervention
Cedofeita	
Link	

Description Nur Target Half-yearly Yearly 3.2 Other imp	2023 34 pactful ol		2024			2025			Total	
Half-yearly Yearly 3.2 Other imp	34	oiecti								
Yearly  3.2 Other imp	pactful ol	piecti	38						110	
3.2 Other imp	pactful ol	oiecti	38							
		oiecti				38				
_			ves							
• Increase social in										
	iciosion and p	articipat	ion							
4. Partn	ers									
Designation .	Escola Bá				olar d	a Unida	de de	Cuid	ados	
	na Comu	nidade	Boavis	sta.						
5. Sched	duling									
J	F M	Α	М	J	J	Α	S	0	N	ı
2023										
2023										
2024										
2025										
2023										
6. Estim	ated in	vest	men	t val	ue					
7. Addit	ional n	otos								
7. Addit	iOriai iii	ores								

### Contas à Vida

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	jective	WHO Domains
End	courage lifelong learning.	1 - Outdoor Spaces and Buildings
		2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
	ry out actions to promote financial	5 - Respect and Social Inclusion
liter	racy and digital skills.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	erisation of the Entity
Name	Câmara Municipal do Porto - Departamento	o Municipal de Coesão Social
Legal Natur		
Telep conta		
Email addre	dmcs@cm-norto nt	
Link	www.cm-porto.pt	

### 3. Project / Activity

Name	Contas à Vida
Context	
citizens over their savings In these free s	cal examples from everyday life, the "Contas à Vida" programme aims to provide 55 with the knowledge and information they need to more consciously manage or improve their financial health. sessions, participants will also have the opportunity to acquire, cumulatively, digital advantage of these services.
Project/Act	ivity's Objectives
One of the	w financial literacy, which is seen as one of the main causes of social exclusion. factors behind isolation is the fact that older people face an increasingly cal society and naturally feel excluded.
Beneficiarie	es
Porto citizens	s over 55
Territorial In	npact of the Intervention
Porto	
Link	

Description	Number	of financia	l literac	y labs							
Target	20	23		2024		2	2025				
Half-yearl	/									Total	
Yearly	4	ļ		7			7				
3.2 Oth	er impac	tful obj	ectiv	es							
<b>4. Pa</b>	artners										
Designati											
Designati	on		A	M	J	J	A	S	0	N	[
Designati	chedul	ing	A	M	J	J	A	S	0	N	
Designati	chedul	ing	A	M	J	J	A	S	0	N	

#### 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

			Cont
1.	Intervention Area		The r
	P1 - People		parti
	P2 - Person-Centered Services		with gene
	P3 - Places		a he
	P4 - Products		
	P5 - Policies		
Obje	ective	WHO Domains	
Enco	ourage lifelong learning.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Mea	sure	4 - Social Participation	
	p a Contact Group to encourage	5 - Respect and Social Inclusion	Proje
Unive	ction on the role of the city's Senior ersities to promote the creation of lifelong learning solutions.	6 - Civic Participation and Employment	• Th Sén imp
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charac	terisation of the Entity	•
Vame	Câmara Municipal do Porto - Departamen	nto Municipal de Coesão Social	Bene
Legal Nature	Public Entity		Resid
Teleph contac	1225899260		Terri
Email addres	dmcs@cm-porto.pt		Port
_ink	www.cm-porto.pt		LITIK

### 3. Project / Activity

Name	Grupo de Contacto Universidades Sénior/Academias Intergeracionais
ivame	aropo de Contacto Oniversidades Senior/Academias intergeracionais
Context	
well-being th participation attend them. with benefits general cultu	If the activities of Universidades e Academias Sénior are undeniable in terms of the ley provide, both in terms of strengthening the prospects for social integration and and an interms of improving the conditions and quality of life of the people who lit is also clear that attending these centres has an impact on changing lifestyles, at various levels: increasing the knowledge acquired, in particular by improving and the perception of continuous improvement in learning skills, and promoting style through physical exercise and balanced eating habits.
Project/Act	ivity's Objectives
Sénior/Acad	ct group aims to establish links and coordination between the Universidades emias Intergeracionais in the city of Porto, with the aim of reflecting on and any innovative, universal and socially accessible learning models.
Beneficiarie	es
Residents in t	the municipality of Porto, aged 65 or over.
Territorial Ir	mpact of the Intervention
Porto	

#### 3.1 Indicator

	Number	of meetings	held							
Target	202	23	202	4		2025				
Half-yearly									Total 6	
Yearly	0		3			3			O	
3.2 Other	impact	tful obje	ectives							
Increase so	cial inclusio	on and parti	icipation							
	rtners									
Designation	n									
5. Sc	heduli	ina								
J			A M	J	J	Α	S	0	N	
0007										Г
2023										
2024										
2024										
2023 2024 2025 <b>6. Es</b> i	l	ed inve	estme	nt val	Ue					
2024 2025 <b>Est</b>	l			nt val	Ue				•	

### Morfologia das praias pela visão dos seniores

			Context
P1 - P2 - P3 -	People Person-Centered Services Places Products Policies		As part of the Bandeira Azul Programme and session was held in 2023, especially aimed a evolution over the years. Afterwards, they prodon Porto's beaches, as well as their concert translated into Portuguese sign language arda Água and Asas de Ramalde on 26 July to coming years, the Bandeira Azul Programme actions aimed at senior citizens.
Carry out and awar to water r population	ge lifelong learning.	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	Project/Activity's Objectives  • Promote active ageing by involving senior under the bandeira azul programme.
Name	Águas e Energia do Porto, E.M.		Dana fining in
Legal Nature	Municipal Company (local business sector	)	Seniors Seniors
Telephone contact	934440072		Territorial Impact of the Intervention
Email address	servico.educativo@pavilhaodaagua.pt		Porto Link
Link	https://pavilhaodaagua.pt		

### . Project / Activity

lame	Morfologia das praias pela visão dos seniores
Context	
session wa evolution on on Porto's translated da Água a coming ye	the Bandeira Azul Programme and under the annual theme "Geodiversity", a training as held in 2023, especially aimed at senior citizens, about Porto's beaches and their overthe years. Afterwards, they produced a mini-documentary about their experiences is beaches, as well as their concerns for future generations. The documentary was into Portuguese sign language and published on the social networks of Pavilhão and Asas de Ramalde on 26 July to commemorate World Grandparents' Day. In the ears, the Bandeira Azul Programme, developed by the AEdP, should continue these med at senior citizens.
roject/A	activity's Objectives
	e active ageing by involving senior citizens in environmental education activities bandeira azul programme.
eneficia	ries
Seniors	
erritoria	I Impact of the Intervention
Porto	
ink	

#### 3.1 Indicator

<b>-</b> .		000	. 7	0.0	0.4		0005				
Target		202	23	20	124		2025			T	
Half-ye	arly									Total 664	
Yearly		22	4	2	20		220				
3.2 O	ther in	npact	ful obj	ectives							
• Increa	ase social	inclusio	n and part	ticipation							
4.	Partı	ners									
Design	ation	• Asso	ociação	de Solid	lariedad	e e Aç	ão Soc	ial de	Ramal	de	
		• Asso	ociação	de Surd	os do Po	rto					
5.	Sche	duli	ng								
	J	F	М	A M	l J	J	Α	S	0	N	
2023											
0004											
2024											
2025											
6.	Estir	nate	ed inv	estme	ent va	lue		200,	00€		
	Addi	ition	al not	tes							
7.											
	Addi	ition	al not	tes							

### Visita guiada à exposição do Pavilhão da Água

Vis	sita guiada à exposição	do Pavilhão da Agua	Name	Visita guiada à exposição do Pavilhão da Água
			Context	
1.	Intervention Area			d tour of the Pavilhão da Água covers the entire route of the exhibition, which has is leitmotif, presenting the importance of water, its properties and characteristics,
	P1 - People			ng on Portuguese people's strong connection with rivers and the sea.
	P2 - Person-Centered Services			
	P3 - Places			
	P4 - Products			
	P5 - Policies			
Obje	ective	WHO Domains		
Enco	ourage lifelong learning.	1 - Outdoor Spaces and Buildings		
		2 - Transportation		
		3 - Housing		
Mea	sure	4 - Social Participation		
Incre	ease the knowledge of water curces among the elderly population,	5 - Respect and Social Inclusion		activity's Objectives
	ributing to the preservation and ovement of the urban water cycle in	6 - Civic Participation and Employment	leisure a	and cultural activities e socialisation
	ity of Porto.	7 - Communication and information		age lifelong learning vareness of water conservation and appreciation
		8 - Community and Health Care		
2.	Identification and charact	erisation of the Entity	'	
Name	Águas e Energia do Porto, E.M.		Beneficia	ries
Legal Nature	Municipal Company (local business sector		Senior pop	pulation
Teleph contac	9.34440072		Territorial	Impact of the Intervention
Email	servico.educativo@pavilhaodaaqua.pt		Porto	
addres	ss <u> </u>		Link	
Link	https://pavilhaodaagua.pt			

3. Project / Activity

#### 3.1 Indicator

Target 2023 2024 2025  Half-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 N N 2023  2024  2025  6. Estimated investment value  7. Additional notes	Total 725 75 300 350  er impactful objectives social inclusion and participation  cheduling  J F M A M J J A S O N D  stimated investment value	Targe	iption [N	umber c	f seniors e	ntries at the	e Pavilhão d	da Água					
Yearly 75 300 350  3.2 Other impactful objectives  Increase social inclusion and participation  4. Partners  Designation  J F M A M J J A S O N  2023  2024  6. Estimated investment value	75 300 350  er impactful objectives social inclusion and participation  cheduling  J F M A M J J A S O N D  stimated investment value		t	202	.3	202	24		2025				
3.2 Other impactful objectives  Increase social inclusion and participation  4. Partners  Designation  J F M A M J J A S O N  2023  2024  6. Estimated investment value	er impactful objectives social inclusion and participation  artners on  Cheduling  J F M A M J J A S O N D  stimated investment value	Half-y	early [										
• Increase social inclusion and participation  4. Partners  Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	artners on Cheduling J F M A M J J A S O N D Stimated investment value	Yearly	,	75		30	0		350			720	
4. Partners  Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  6. Estimated investment value	artners on cheduling J F M A M J J A S O N E	3.2 (	Other in	npact	ful obje	ectives							
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	cheduling  J F M A M J J A S O N E	• Incr	ease social	inclusio	n and parti	cipation							
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	cheduling  J F M A M J J A S O N E												
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	cheduling  J F M A M J J A S O N E												
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	cheduling  J F M A M J J A S O N E	4.	Parti	ners									
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	J F M A M J J A S O N E	Desig	nation										
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Stimated investment value												
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Stimated investment value												
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Stimated investment value												
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Stimated investment value	_	•										
2023 2024 2025 6. Estimated investment value	stimated investment value	<b>5</b> .				A N4			٨	c		N	
2024 2025  6. Estimated investment value			J	F	IVI .	A M	J	J	А	5	_	IN	
6. Estimated investment value													
6. Estimated investment value		2023											
6. Estimated investment value													
		2024											
7. Additional notes	dditional notes	2024											
		2024 2025	Estir	mate	d inve	estme	nt val	ue					
		2024 2025 <b>6.</b>					nt val	ue					
		<ul><li>2024</li><li>2025</li><li>6.</li></ul>					ent val	ue					
		<ul><li>2024</li><li>2025</li><li>6.</li></ul>					ent val	ue					
		2024 2025 <b>6.</b>					ent val	ue	•				

### A sustentabilidade não tem idade

1. Intervention Area

P1-	People		
P2 -	Person-Centered Services		
P3 -	Places		
P4 -	Products		
P5 -	Policies		
Object	ive	WH	IO Domains
Encoura	ge lifelong learning.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Measu	re		4 - Social Participation
	t environmental education and		5 - Respect and Social Inclusion
	ss-raising activities on urban rgeting the elderly population.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2. Ide	entification and characte		ion of the Entity
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	
Every day, a comply with a The priority in non-compliar instead of the EMAP's prop email/app) si disposal equi	team goes through the city's streets and identifies offences such as failure to waste disposal and storage regulations, or dumping waste on public roads. It is to sensitise and inform citizens about the good practices they should adopt. If ince is detected, the option of attending environmental training courses is offered a automatic initiation of the relevant administrative offence procedure. Therefore, cosal would be to create a pool of Senior Agents responsible for reporting (via ituations of non-compliance with waste disposal rules, anomalies/breakage of ipment, abandoned bags, the presence of animal waste and/or cigarette butts, tring to a more pleasant city for everyone.
Project/Act	ivity's Objectives
Involve the     Valuing the	e to an active ageing project se citizens in a valid way for a more sustainable city eir knowledge, experience and civic role in the community eness of good environmental practices
Beneficiarie	es
Seniors	
Territorial In	npact of the Intervention
Porto	
Link	
1	

3.1 Indicat	or								
Description [	Awareness-raisi	ng kits for di	stribution to	senior ac	jents				
Target	2023	2	2024		2025				
Half-yearly [								Total 500	
Yearly	0		200		300				
3.2 Other i	mpactful o	bjective	s						
Increase soci	al inclusion and	participation	1						
4. Part	ners								
Designation	Parish C     Domus S     Empresa     Profession	ocial de Habitaçã		nção do l	Municíp	io do Pc	orto, E.M	l.;	
	eduling								
J 2023	F M	Α	M J	J	А	S	0	N	D
2024									
					Ξ	Ξ			
2025									
6. Esti	mated i	nvestn	nent va	lue					
7. Add	litional r	otes							
	te management		health and	safety.					
FIOVISION OF A K	it for Seriior Age	:1115.							

## A.PREENDER - Adultos Empreendedores

			Context
1.	Intervention Area		Several studies have shown that people over 45 who st times more successful than those under 30. However, tra
	P1 - People		age group place little emphasis on innovation and entr an older target group, often neglected by innovation su
	P2 - Person-Centered Services		retrain and enable them to start their own business.
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WHO Domains	
Enc	ourage lifelong learning.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Mea	asure	4 - Social Participation	
	er a certified course in innovation	5 - Respect and Social Inclusion	Project/Activity's Objectives
uner	entrepreneurship for the mployed, retired or those looking career change.	6 - Civic Participation and Employment	A.Preender is a free introductory course in innovatic adults over 45 with ambitions to start their own busine careers. It is also suitable for people who are retired or
	,	7 - Communication and information	to keep people active and relevant in the labour marke stimulate the development of innovative solutions, ma
		8 - Community and Health Care	
2.	Identification and charac	eterisation of the Entity	'
Name	Centro de Competências em Envelheci		D 6
Legal			Beneficiaries
Nature	Public		Adults over 45
Teleph contac	1990498561		Territorial Impact of the Intervention
Email	porto4ageing@reit.up.pt		Porto
addre	SS : · ·		Link
Link	https://www.porto4ageing.up.pt/		https://page.porto4ageing.com/le7e5Jqn/apreender

### **Project / Activity**

Name	A.PREENDER - Adultos Empreendedores
Context	
times more age group p an older tare	dies have shown that people over 45 who start their own business are two to three successful than those under 30. However, training and requalification policies for this place little emphasis on innovation and entrepreneurship. A.Preender aims to offer get group, often neglected by innovation support programmes, the opportunity to enable them to start their own business.
Project/Ac	ctivity's Objectives
adults over careers. It is to keep peo	der is a free introductory course in innovation and entrepreneurship aimed at 45 with ambitions to start their own business, challenge themselves or change is also suitable for people who are retired or unemployed. A.Preender aims opple active and relevant in the labour market, promote healthy lifestyles and ne development of innovative solutions, making use of valuable experience.
Beneficiari	ies
Adults over	45
Territorial	Impact of the Intervention
Porto	
Link	

#### 7 1 Indicato

<ul> <li>J F M A M J J A S N</li> <li>Scheduling</li> <li>J F M A M J J A S N</li> <li>2023</li> <li>6. Estimated investment value</li> <li>Increase social inclusion and participation</li> <li>Increase social inclusion and participation</li> <li>Increase social inclusion and participation</li> <li>Universidade do Porto</li> <li>EIT Health - European Institute of Innovation and Technology</li> <li>Invicta Angels - Associação de Business Angels do Porto</li> <li>Santa Casa da Misericórdia de Riba d'Ave</li> <li>30.000€</li> </ul>		otion -	ioinbei c	JI Fallici	pants in	the Pro	gramme	•					
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  2023  2024  30.000€	Target		202	23		2024			2025				
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  2023  2024  30.000€	Half-ye	arly [											
<ul> <li>Increase social inclusion and participation</li> <li>4. Partners</li> <li>Designation</li> <li>• Universidade do Porto</li> <li>• EIT Health - European Institute of Innovation and Technology</li> <li>• Invicta Angels - Associação de Business Angels do Porto</li> <li>• Santa Casa da Misericórdia de Riba d'Ave</li> <li>5. Scheduling</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>30.000€</li> </ul>	Yearly		30	)		30			30			70	
<ul> <li>4. Partners</li> <li>Designation <ul> <li>Universidade do Porto</li> <li>EIT Health - European Institute of Innovation and Technology</li> <li>Invicta Angels - Associação de Business Angels do Porto</li> <li>Santa Casa da Misericórdia de Riba d'Ave</li> </ul> </li> <li>5. Scheduling <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023 <ul> <li>Casa da Misericórdia de Riba d'Ave</li> </ul> </li> <li>6. Estimated investment value</li> </ul> 30.000€	3.2 O	ther in	npact	tful ob	jecti	ves							
<ul> <li>Universidade do Porto         <ul> <li>EIT Health - European Institute of Innovation and Technology</li> <li>Invicta Angels - Associação de Business Angels do Porto</li> <li>Santa Casa da Misericórdia de Riba d'Ave</li> </ul> </li> <li>5. Scheduling         <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> <li>Questional de Riba d'Ave</li> <li>Scheduling</li> <li>Scheduling</li> <li>Scheduling</li> <li>Scheduling</li> <li>Graph of the properties of the p</li></ul>	• Incre	ase socia	l inclusio	on and pa	articipat	tion							
<ul> <li>Universidade do Porto         <ul> <li>EIT Health - European Institute of Innovation and Technology</li> <li>Invicta Angels - Associação de Business Angels do Porto</li> <li>Santa Casa da Misericórdia de Riba d'Ave</li> </ul> </li> <li>5. Scheduling         <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> <li>Questional de Riba d'Ave</li> <li>Scheduling</li> <li>Scheduling</li> <li>Scheduling</li> <li>Scheduling</li> <li>Graph of the properties of the p</li></ul>													
<ul> <li>Universidade do Porto         <ul> <li>EIT Health - European Institute of Innovation and Technology</li> <li>Invicta Angels - Associação de Business Angels do Porto</li> <li>Santa Casa da Misericórdia de Riba d'Ave</li> </ul> </li> <li>5. Scheduling         <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> <li>Questional de Riba d'Ave</li> <li>Scheduling</li> <li>Scheduling</li> <li>Scheduling</li> <li>Scheduling</li> <li>Graph of the properties of the p</li></ul>	_	_											
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  2023  2024  2025  6. Estimated investment value  30.000€	4.	Part	ners										
• 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  2023  2024  2025  6. Estimated investment value	Design	nation	-										
• Santa Casa da Misericórdia de Riba d'Ave  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  30.000€													ЭУ
J F M A M J J A S ○ N  2023											is do Pt	or to	
J F M A M J J A S ○ N  2023													
J F M A M J J A S ○ N  2023													
J F M A M J J A S ○ N  2023													
2023  2024	_	•											
2024	5.	Sche	eduli	ng									
2025	5.				A	M	J	J	A	S	0	N	
6. Estimated investment value 30.000€	<b>5.</b> 2023				А	М	J	J	Α	S	0	N	
	2023				A	M	J	J	A	S	0	N	
	2023				A	M	J	J	A	S	• • • • • • • • • • • • • • • • • • •	N .	
7. Additional notes	2023 2024 2025	J	F	M					A			N .	
	2023 2024 2025	J	F	M					A			N .	
	2023 2024 2025 <b>6.</b>		F	M					A			N .	
	2023 2024 2025 <b>6.</b>		F	M					A			N .	
	2023 2024 2025 <b>6.</b>		F	M					A			N .	
	2023 2024 2025 <b>6.</b>		F	M					A			N .	
	2023 2024 2025 <b>6.</b>		F	M					A			N .	
	2023 2024 2025 <b>6.</b>		F	M					A			N .	

# 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	
Obj	ective	WHO Domains
Enc	courage lifelong learning.	1 - Outdoor Spaces and Buildings
		2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
Offe	er, based on a gerontological	5 - Respect and Social Inclusion
diffe	oroach, a variety of themes in the erent disciplines, study and leisure ts, as well as exchanges between	6 - Civic Participation and Employment
	onal and international universities.	7 - Communication and information
		8 - Community and Health Care
2.		
Legal Natur		
Telep conta		
Email addre	Luec@letras un nt	
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 gerontogogical, 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

Target	202	23		2024		2025				
Half-yearly									Total 450	
Yearly	15	0		150		150			400	
3.2 Other	impact	ful ob	jectiv	/es						
Increase soc	ial inclusio	n and pa	rticipati	ion						
4. Par	tners									
Designation										
_										
	eduli									
<b>5. Sch</b> ∪	neduli F	ng M	A	M	J ,	J A	S	0	N	]
			A	М	J	J A	S	0	N	]
J 2023			A	M	J	J A	S	0	N	
J			A	M	J	J A	\$	0	N	
J 2023 2024 2025		M					\$	0	N	
J 2023 2024 2025	imate	M ed inv	l vest				\$	0	N	

### Projeto Trajetórias

Pro	ojeto irajetorias		Name	Projeto Trajetórias
			Context	
1.	Intervention Area		An education	on/training and leisure programme for people aged 55 and over who are unemployed
	P1 - People			evelop integration and combat isolation activities.
	P2 - Person-Centered Services			
	P3 - Places			
	P4 - Products			
	P5 - Policies			
Obje	ective	WHO Domains		
Enco	urage lifelong learning.	1 - Outdoor Spaces and Buildings		
		2 - Transportation		
		3 - Housing		
Mea	sure	4 - Social Participation		
	de a diversified offer of education/	5 - Respect and Social Inclusion	Project/Ad	tivity's Objectives
	ng in the different areas of interest to people.	6 - Civic Participation and Employment		ctivities that stimulate participants cognitively, physically and intellectually the fight against isolation and healthy socialisation
		7 - Communication and information		
		8 - Community and Health Care		
2.	Identification and charact	erisation of the Entity		
Name	União das Freguesias de Aldoar, Foz do Do	uro e Nevogilde	D (; ;	
Legal			Beneficiar	
Nature	Autarchy		People over	50
Telepho contac	1226198270		Territorial	Impact of the Intervention
Email	geral@uf-aldoarfoznevogilde.pt		UF Territory	and neighbouring areas
addres	s E	J	Link	
Link				

3. Project / Activity

Projeto Trajetórias

	Registration for	m and atte	ndance at sess	ons					
<b>.</b>					2005				
Target	2023		2024	.2	025				
Half-yearly					] [	$\neg \mid$		Total	
								600	
Yearly	160		200		240				
3.2 Other i	mpactful c	bjectiv	res						
Increase social	al inclusion and	narticinati	on						
- IIICIedse socia	ai iliciosion and	participati	on						
4. Part	ners								
Designation			al do Porto						
			le Cultura e Pa icipal de Coes						
			dados na Co	munida	ade C	uidar			
	Universion     Faculdade								
			olfe do Porto						
	• Fundaçã	o Dr. An	tónio Cupe	rtino de	Mira	nda			
5. Sch	eduling								
J	F M	Α	M J	J	Α	S	0	N	ı
2023									
2024									
			•						
2025	mated i	nvesti	ment va	lue		118	318.00	<b>E</b>	
2025	mated in	nvesti	ment va	lue		1183	318,00	€	
	mated in		ment va	lue		1183	318,00	€	
2025 <b>6. Esti</b>			ment va	lue		1183	318,00	€	
2025 <b>6. Esti</b>			ment va	lue		1183	318,00	€	
2025 <b>6. Esti</b>			ment va	lue		118;	318,00	€	
2025 <b>a</b>			ment va	lue		1183	318,00	€	

### Orquestra de Instrumentos Tradicionais

<ul><li>Intervention Area</li><li>P1 - People</li><li>P2 - Person-Centered Services</li></ul>	Every year, the Inat wish to learn or in concertina, Portug Lessons take plac play. Classes are h
	concertina, Portug
P2 - Person-Centered Services	
P3 - Places	and students have throughout the yea
P4 - Products	
P5 - Policies	
Objective WHO Domains	
Encourage lifelong learning.  1 - Outdoor Spaces and Buildings	
2 - Transportation	
3 - Housing	
Measure 4 - Social Participation	
Promote musical skills development.  5 - Respect and Social Inclusion	Project/Activity
6 - Civic Participation and Employment	Encourage the providing stude
7 - Communication and information	
8 - Community and Health Care	
2. Identification and characterisation of the Entity	1
Name Fundação Inatel	
Legal	Beneficiaries
Nature Legal Framework for Public Enterprises	People aged 65+
Telephone contact 220007950	Territorial Impa
Email inatel.porto@inatel.pt	City of Porto
address	Link
Link https://www.inatel.pt/	

### 3. Project / Activity

Name	Orquestra de Instrumentos Tradicionais
Context	
wish to lea	the Inatel Academy Porto offers a traditional musical instrument course for those who arm or improve their skills. The course includes instruments such as the cavaquinho, , Portuguese guitar, and accordion.
play. Class and stude	ke place once a week, with students grouped according to the instrument they sees are held on Mondays, Tuesdays, or Thursdays. As part of this course, the teacher into have formed a Traditional Music Orchestra, which performs at various events at the year, including the Braga Capital of Cavaquinho Festival.
Project/A	ctivity's Objectives
	ge the practice and appreciation of traditional Portuguese music, g students with opportunities to develop musical skills
Beneficia	ries
People age	ed 65+
Territorial	Impact of the Intervention
City of Por	to
Link	

#### 3.1 Indicator

Description	Number of enrol	led participants   Nur	mber of event perf	ormances		
Target	2023	2024	2025	5		
Half-yearly [					Total	
Yearly			30   4		30   4	
	mpactful o	biectives	001			
	al integration and					
merease soci	ar integration and	a participation				
4. Part	ners					
Designation	• Local aut	archies				
	eduling					
J	F M	А М .	J J A	S	O N	_
2023						
2024						
_						
2025						
2024	mated in	nvestment	walue	1110	08,00 €	
2025 <b>6. Esti</b>	mated in		value	1110	08,00€	
2025 <b>6. Esti</b>			value	1110	08,00€	
2025 <b>6. Esti</b>			value	1110	08,00€	
2025 <b>Esti</b>			value	1110	08,00 €	

## Porto de Abraços

ľ	Porto de Abraços		Name	Porto de Abraços
			Context	
	P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies		The Inatel A who wish to B1. Initially, based on the Classes take language, ir	cademy Porto offers a Portuguese language course for foreigners, aimed at adults learn Portuguese and settle in the country. The course has three levels: A1, A2, and students are assessed by the instructors, who determine the most suitable level eir existing knowledge.  e place twice a week, each lasting two hours. In addition to teaching the Portuguese astructors introduce students to Portuguese culture and traditions through guided numents, sightseeing tours, and culinary workshops.
	<b>Pbjective</b> Encourage lifelong learning.	WHO Domains  1 - Outdoor Spaces		
		and Buildings  2 - Transportation  3 - Housing  4 - Social Participation		
M	leasure	5 - Respect	Project/Ac	tivity's Objectives
0	Offer a Portuguese language course for older people and foreigners seeking cultural and social integration in Portuga	and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	• Create an	environment that fosters language and cultural development, encouraging social integration, and well-being among participants
2.	. Identification and char	acterisation of the Entity		
Na	ame Fundação Inatel		Beneficiari	es
	gal Legal Framework for Public Enterpris	es	Adult foreig	ners
	lephone 220007950		Territorial I	mpact of the Intervention
	nail inatel.porto@inatel.pt		City of Porto	
ado	dress		Link	
Lin	https://www.inatel.pt/			

3. Project / Activity

Porto de Abraços

#### 3.1 Indicator

Target	202	3	2024	4		2025				
Half-yearly						<b>-</b>	$\neg$		Total	
									35   4	
Yearly						35   4				
3.2 Other	impact	ful ob	jectives							
Increase soc	ial integrat	ion and p	participation							
4. Par	tners									
Designation	• Loca	al autar	chies							
5. Sch	eduli	ng								
<b>5. Sch</b>	eduli	ng M	A M	J	J	A	S	0	N	
J			A M	J	J	A	S	0	N	
			A M	J	J	A	S	0	N	
J			A M	J	J	A	S	0	N .	
J 2023			A M	J	J	A	S	0	N .	
J 2023 2024	F	M				A	S	0	N .	
J 2023 2024	F	M	A M			A		90,00€		
2023 2024	F	M ad inv	estmer			A				

### Olá Reforma!

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
Enc	courage lifelong learning.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Ma	asure		4 - Social Participation
Equ	uip individuals for retirement transition		5 - Respect and Social Inclusion
mer	ough certified training, individual ntoring, and the creation of age-		6 - Civic Participation and Employment
Trier	ndly ambassadors within employers.		7 - Communication and information
			8 - Community and Health Care
2.	Identification and charact	erisati	ion of the Entity
Name	LongeVidade - Cooperativa de Solidariedad	de Social, C	RL
Legal Natur			
Telep conta			
Email addre	geral@cooperativalongevidade.pt		
Link	www.cooperativalongevidade.pt		

### 3. Project / Activity

Name	Olá Reforma!
Context	
structured Re requiring in-de	orma!" programme takes a holistic approach, addressing all essential aspects of a tirement Transition Plan. While this is a recognised need, it remains largely unmet, epth work at both the individual and organisational levels to promote a happier, more fairer society for all—regardless of age or perceived social value.
a healthy, eng	etirement is an act of humanisation, focused on people's needs and the desire to foster laged, and positive lifestyle. This process ensures that each person retains their sense tity, and purpose as they transition into this new stage of life.
their retireme modules, incl	!" is a certified capacity-building programme designed for those who wish to plan nt transition in a conscious and structured way. It consists of nine awareness-raising udes individual mentoring, and incorporates the creation of an age-friendly agent replace, strengthening organisational preparedness for retirement transition.
	ffered in flexible formats—online, in-person, or hybrid—to accommodate the different efferences of both participants and organisations.
Project/Act	ivity's Objectives
	s define their own Retirement Transition Plan, a dynamic and evolving document adjusted over time.
Beneficiarie	es
Employers an	d individuals aged 50+
Ferritorial In	npact of the Intervention
City of Porto	
_ink	
https://coope	erativalongevidade.pt/servicos/transicao-reforma/

#### 3.1 Indicator

Target	2023	2024		2025					
Half-yearly					_		Total		
riali-yeariy [					_		75		
Yearly				75					
3.2 Other i	mpactful obj	ectives							
Improve acce	ss to information								
	al integration and p	articipation							
4. Part	ners								
	ners								
1)ocianation	Pista Mágica     José Pedro Aguiar Branco - Advogados								
Designation	_		o Advoc	ados					
Designation	_	Aguiar Branc	o - Advog	ados					
Designation	• José Pedro	Aguiar Brand Mundo	o - Advog	ados					
Designation	<ul><li>José Pedro</li><li>Médicos do</li><li>Associação</li><li>Instituto CF</li></ul>	Aguiar Branco Mundo Compassio RIAP							
Designation	<ul><li>José Pedro</li><li>Médicos do</li><li>Associação</li></ul>	Aguiar Branco Mundo Compassio RIAP							
	José Pedro     Médicos do     Associação     Instituto CF     Associação	Aguiar Branco Mundo Compassio RIAP							
	<ul><li>José Pedro</li><li>Médicos do</li><li>Associação</li><li>Instituto CF</li></ul>	Aguiar Branco Mundo Compassio RIAP							
	José Pedro     Médicos do     Associação     Instituto CF     Associação	Aguiar Branco Mundo Compassio RIAP Nacional de		ogos	S	0	N		
5. Sch	José Pedro     Médicos do     Associação     Instituto CF     Associação	Aguiar Branco Mundo Compassio RIAP Nacional de	Gerontólo	ogos	S	0	N		
<b>5. Sch</b> o	José Pedro     Médicos do     Associação     Instituto CF     Associação	Aguiar Branco Mundo Compassio RIAP Nacional de	Gerontólo	ogos	S	0	N .		
<b>5. Sch</b> o	José Pedro     Médicos do     Associação     Instituto CF     Associação	Aguiar Branco Mundo Compassio RIAP Nacional de	Gerontólo	ogos	S	0	N .		
<b>5. Sch</b> o	José Pedro     Médicos do     Associação     Instituto CF     Associação	Aguiar Branco Mundo Compassio RIAP Nacional de	Gerontólo	ogos	S	0	N	]	
5. Scho J 2023 2024	José Pedro     Médicos do     Associação     Instituto CF     Associação       Associação      M	Aguiar Branco Mundo Compassio RIAP Nacional de	Gerontólo  J  J	ogos	S	0	N .		
5. Scho J 2023 2024	José Pedro     Médicos do     Associação     Instituto CF     Associação	Aguiar Branco Mundo Compassio RIAP Nacional de	Gerontólo  J  J	ogos	S	<ul><li>O</li><li>I</li><li>I</li></ul>	N .		
5. Scho J 2023 2024	José Pedro     Médicos do     Associação     Instituto CF     Associação       Associação      M	Aguiar Branco Mundo Compassio RIAP Nacional de	Gerontólo  J  J	ogos	S	°	N .		

### Rede Local de Voluntariado

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
	ease the level of community		1 - Outdoor Spaces and Buildings
	lvement through volunteering he elderly population.		2 - Transportation
			3 - Housing
Maa	asure		4 - Social Participation
	ourage volunteers to develop skills in		5 - Respect and Social Inclusion
	ng for the elderly.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	ion of the Entity
Name	Câmara Municipal do Porto - Departamento	Municipal	de Coesão Social
Legal Nature	Public Entity		
Teleph contac	1225899260		
Email addre	dmcs@cm-porto.pt		
Link	www.cm-porto.pt		

### 3. Project / Activity

Name	Rede Local de Voluntariado
Context	
volunteering, citizenship ar a computeris opportunities of this Local \ information o	ocal de Voluntariado (RLV) is a meeting point between people interested in who offer their availability to carry out a series of actions inherent to active and solidarity, and the organisations that host and promote volunteering. Through sed platform, the RLV is a meeting point between citizens looking for volunteers and organisations looking for volunteers: the latter, through prior membership Volunteering Network, publicise their interest in receiving volunteers and provide on the areas in which they do so, while those interested in volunteering can easily diaccess this information.
Project/Act	ivity's Objectives
and in favo Promote the and comments Train volun	e and promote the practice of volunteering in the city of Porto our of the community ne meeting of supply and demand for volunteering, through close mediation unication teer agents (organisations and individuals) olunteering projects and opportunities.
Beneficiarie	es
Volunteers an	nd potential volunteers
Territorial In	npact of the Intervention
Porto	
Link	

	Number o	of training	g activit	ies						
Target	202	2.3		2024		2025				
Half-yearly									Total 18	
Yearly	4			6		8				
3.2 Other	impact	ful ob	jectiv	/es						
Increase soc	ial inclusio	n and pa	ırticipat	ion						
4. Par	tners									
Designation										
5. Sch	eduli	ng								
J	F	М	Α	M J	J	Α	S	0	N	D
J 2023	F	M	Α	M J	J	Α	S	0	N	
2023	F	M	A	M J	J	A	S	0	N	
	F	M	A	M J	J	A	S	0	N	
2023	F	M	A	M J	J	A	S	0	N	
2023 2024 2025				M J		A	S		N	
2023 2024 2025  6. Est		ed inv	■ west			A	S	0	N	

Back to the table

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

# Surpresa Simpática - Voluntários da UCC Boavista Associação de voluntários amigos

da comunidade idosa		Context
1. Intervention Area P1 - People		Carrying out home visits to elderly people Managing the volunteer process.  Recruitment and solicitation, training, evaluation and service meetings.
P2 - Person-Centered Services		evaluation and service meetings.
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
Increase the level of community involvement through volunteering	1 - Outdoor Spaces and Buildings	
for the elderly population.	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Promote a network of volunteers for older	5 - Respect and Social Inclusion	Project/Activity's Objectives
people.	6 - Civic Participation and Employment	Reduce and prevent the risk of loneling
	7 - Communication and information	
	8 - Community and Health Care	
2. Identification and charact	terisation of the Entity	
Name Unidade de Cuidados na Comunidade da	Boavista	Beneficiaries
Legal Nature		Older people
Telephone contact 223394157		Territorial Impact of the Interventi
Email ucc.boavista@arsnorte.min-saude.pt		Cedofeita
address		Link
Link		

# **Project / Activity**

Name

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

le living in the former geographical area of Cedofeita.

integration, planning visits, monitoring/follow-up,

#### 3.1 Indicator

Description	Average rate of lone	eliness among the elde	erly visited	
Target	2023	2024	2025	
Half-yearly				Total N/A
Yearly	10%	5%	5%	
3.2 Other	impactful obj	ectives		

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

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

# 5. Scheduling

	J	F	M	Α	M	J	J	Α	S	0	N	D
2023												
2024												
2025												

Estimated investment value

7. Additional notes

# Miminhos & Companhia

Intervention Area		
P1 - People		
P2 - Person-Centered Services		
P3 - Places		
P4 - Products		
P5 - Policies		
bjective	WHO Domains	
Increase the level of community	1 - Outdoor Spaces and Buildings	
involvement through volunteering for the elderly population.		
for the elderry population.	2 - Transportation	
	3 - Housing	
V	4 - Social Participation	
Measure	5 - Respect	
volunteering for isolated older adults,		
strengthening their social connections.	and Employment	
	7 - Communication and information	
	8 - Community	
Provide in-person support through volunteering for isolated older adults, strengthening their social connections.  2. Identification and charac    Associação Mimi	7 - Communication and information  8 - Community and Health Care	
egal Non-Profit Association		
elephone ontact		
mail ddress		
· I		
ink www.mimi.com.pt		

# 3. Project / Activity

Name	Miminhos & Companhia
Context	
	os & Companhia project provides personalised in-person support to isolated iduals, strengthening social connections, combating loneliness, and promoting
isolation, ass	nity-based volunteer programme offers companionship for elderly individuals in isting with daily activities such as grocery shopping, pharmacy visits, and other ands, while providing them with company, support, and affection.
Project/Act	tivity's Objectives
_	oneliness in social bonds vell-being and inclusion of elderly individuals in the community
Beneficiarie	es
Older individ	luals experiencing social isolation
Territorial Ir	mpact of the Intervention
Cidade do P	orto
Link	
www.mimi.c	om.pt

### 3.1 Indicator

Description	Number of elde	rly individuals supp	orted					
Target	2023	2024		2025				
Half-yearly					⊐ I		Total 35	
Yearly				35				
3.2 Other	impactful o	bjectives						
	cial integration an							
4. Pai	tners							
Designation								
Designation	o ornita ao	: Freguesia do l lia da Corujeira						
	• Santa Ca	sa da Misericó		to				
	• Lar Sr. Bo	onfim Municipal do P	orto					
	Carriara	Monicipal do 1	Orto					
5. Scl	neduling							
J	F M	A M	J J	Α	S	0	N	
2023								
2024								
0005								
2025								
	imated i	nvestment	value		15 00	0,00€		
6. Est	timated in		value		15 00	0,00€		
6. Est			value		15 00	00,00€		
6. Est			value		15 00	00,00€		
6. Est			value		15 00	00,00 €		
6. Est			value		15 00	00,00€		

# Apoiar para Cuidar

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WH	IO Domains
	note skills and adequate resources		1 - Outdoor Spaces and Buildings
for in	formal carers.		2 - Transportation
			3 - Housing
Man			4 - Social Participation
	de technical and operational support		5 - Respect and Social Inclusion
10 1111	orman curers.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	ion of the Entity
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção da S	Saúde e Q	ualidade de Vida e Juventude
Legal Nature	Public Entity		
Telepho contact	1990100990		
Email addres	dmpsqvj@cm-porto.pt		
Link	www.cm-porto.pt		

### Project / Activity

<b>0.</b> 11	oject/ Activity
Name	Apoiar para Cuidar
Context	
(IC) and proceeding and support sessand is present the basis of	mme aims to promote the health, wellbeing and quality of life of Informal Carers rovides support in two main areas: individual and group training (for the act of for self-care) and overload relief (through the short break service and emotional sions). This initiative has been developed on the basis of the experience gained ented as a reinforcement of the support provided to ICs, having been designed on the increasing burden that many have felt during the pandemic, with a potential spact on their health, quality of life and level of well-being.
Project/Ad	ctivity's Objectives
Qualify th	the quality of life and well-being of informal carers ne activities of informal carers by providing them with technical ational support
Beneficiar	ies
Informal car	rers 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 programm	me's actions
Target	2023	2024	2025	
Half-yearly				Total
Yearly	25	25	25	75

#### 3.2 Other impactful objectives

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

### **Partners**

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

# 5. Scheduling

	J	F	ĮVĮ	А	ĮVĮ	J	J	А	5	O	IN	D
2023												
2024												
2025												

# 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.

# Cuidar do cuidador

			С
L.	Intervention Area		I
	P1 - People		Ĺ
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	jective	WHO Domains	
Pro	mote skills and adequate resources	1 - Outdoor Spaces and Buildings	
for	informal carers.	2 - Transportation	
		3 - Housing	
Measure		4 - Social Participation	
		5 - Respect and Social Inclusion	Pr
wit	h neurocognitive disorders	6 - Civic Participation	ŀ
unc	Then curers.		
		and information	
		8 - Community	
Promote intervention with older people with neurocognitive disorders and their carers.  2. Identification and characters		and Employment  7 - Communication and information  8 - Community and Health Care  terisation of the Entity	
lame	Unidade de Cuidados na Comunidade da	Boavista	E
.ega Vatui			[
Telep conta	phone 223394157		Te
mai	lucc hoavista@arsnorte min-saude nt		(
ddre	ess decibed/isa@uishoriciniii sacde.pt		Li

# 3. Project / Activity

Name	Cuidar do cuidador
Context	
Intervention	with elderly people with neurocognitive disorders and their carers at home, in a or by telephone. Joint project with the psychogeriatric service of the Magalhães tal.
Project/Act	ivity's Objectives
Reduce stre	ess of the carer.
Beneficiarie	ss .
Elderly peopl	e with neurocognitive disorders / carers
Territorial In	npact of the Intervention
Cedofeita / F	oz / Massarelos
Link	

#### 3.1 Indicator

5.1 Indica	tor			
Description	_	ne index obtained by the ow Stress; 1-No Stress	e Zarit scale (scale for assessi	ing carer overload):
Target	2023	2024	2025	
Half-yearly				Total N/A
Yearly	2	2	1	
	impactful obj			
Increase soc	ial integration and p	participation		

• Reduce the incidence of illness or deterioration in health status.

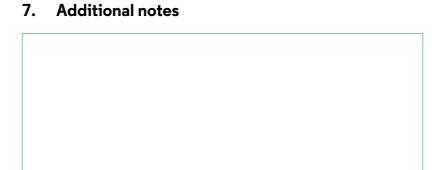
# 4. Partners

Designation	Hospital Magalhães Lemos     Departamento de Neuropsiquiatria e Longevidade, Serviço de Psicogeriatria
	Departamento de Neoropsiquiatria e Longevidade, Serviço de i sicogeriatria

# 5. Scheduling

	J	F	M	Α	М	J	J	Α	S	0	N	D
2023												
2024												
2025												

# 6. Estimated investment value



# Sempre a Cuidar

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
Pro	mote skills and adequate resources	1 - Outdoor Spaces and Buildings
for	informal carers.	2 - Transportation
		3 - Housing
Ma	asure	4 - Social Participation
Cre	eate a support network for beneficiaries	5 - Respect and Social Inclusion
thro	ough properly trained volunteers.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
<b>2.</b>	Identification and characte	
Legal Natur		
Telep conta		
Email addre	imsilva@caregiversportugal.pt	
Link	www.caregiversportugal.pt	

# 3. Project / Activity

Name	Sempre a Cuidar
Context	
social isolation and voluntee	a Cuidar" project aims to support informal caregivers and individuals experiencing in and loneliness within the Porto community by providing temporary assistance or support. This initiative addresses the need for support among those facing paregiver burden, aligning with the vision of an inclusive and age-friendly city.
challenges th Additionally, i A socio-demo	seeks to improve the quality of life of beneficiaries by understanding the ey face and providing them with moments of respite, companionship, and leisure. It fosters self-esteem, while helping to reduce stress, anxiety, and emotional strain. Orgraphic characterisation of beneficiaries is also carried out, contributing to a ate understanding of the realities of Porto's ageing population.
Project/Act	ivity's Objectives
loneliness, pr	pport network for informal caregivers and those in social isolation and romoting well-being and providing enjoyable moments community care network in Porto
Beneficiarie	es
Elderly individ	duals with neurocognitive impairments and caregivers
Territorial In	npact of the Intervention
Cedofeita / F	oz / Massarelos
Link	
https://www.	santamariasaude.pt/voluntariado-projeto-sempre-a-cuidar/

#### 3.1 Indicator

	Number of benef	iciaries supported	Number of vi	sits condu	ıcted			
Target	2023	2024	:	2025				
Half-yearly [							Total 0   50	
Yearly			1	0 50				
3.2 Other i	mpactful ok	ojectives						
Increase com	munity engagem	ent through volunt	eering for the	elderly				
4. Part	ners							
Designation		perior de Saúd		ria				
	• Paróquia S	Senhora da Co	nceição					
5. Sch	eduling							
J	F M	A M	J J	Α	S	0	N	D
2023								
2023								
2024	mated in	vestment	value		2 500	0,00€		
2024	mated in		value		2 500	0,00€		

# Programa Apoio 65 - Idosos em Segurança

	A	
	ntervention Area	
	P1 - People	
- 1	P2 - Person-Centered Services	
F	P3 - Places	
	P4 - Products	
ı	P5 - Policies	
) Obje	ctive	WHO Domains
Ensur	ing the safety of older people.	1 - Outdoor Spaces and Buildings
		2 - Transportation
		3 - Housing
Meas	sure	4 - Social Participation
	opment of police intervention	5 - Respect and Social Inclusion
provid	gh awareness-raising activities ling various safety tips, or through	6 - Civic Participation and Employment
	vith evaluation, signposting, oring and referral of older people.	7 - Communication and information
		8 - Community and Health Care

# 3. Project / Activity

Name	Programa Apoio 65 - Idosos em Segurança
Context	
The Program	a Apoio 65 - Idosos em Segurança programme is part of the Modelo Integrado de de Proximidade, which aims to support elderly people, particularly the risks they ssue of their social isolation.
Project/Act	ivity's Objectives
	bjective is to detect cases of social fragility, greater physical and psychological and suspected domestic violence.
Beneficiarie	es
Older People	
Territorial In	npact of the Intervention
Porto	
Link	
www.psp.pt/	Pages/atividades/programa-apoio-65.aspx

Descript	tion *											
Target		202	23		2024			2025				
Half-yea	rly										Total	
Yearly												
3.2 Ot	her in	npact	ful ob	ojecti	ves							
4. F	Partr	ners										
Designa	ition											
Designa	ation											
Designa	ation											
Designa	ation											
	ation Sche	duli	ng									
		<b>duli</b>	ng M	A	M	J	J	A	S	0	N	
5. \$	Sche			A	M	J	J	A	S	0	N	
	Sche			A	M	J	J	A	S	0	N	
<b>5.</b> \$ 2023 2024	Sche			A	M	J	J	A	S	0	N	
<b>5.</b> \$ 2023	Sche			A	M	J	J	A	S	0	N	

# 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.

# 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	
Obj	ective	WHO Domains
Ens	suring the safety of older people.	1 - Outdoor Spaces and Buildings
		2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
Offe inve pro- ens duti	er a service that allows criminal estigators to carry out legal ceedings in older people's homes, uring that all procedural rights and ies are respected without the need for m to travel.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care
2.	Identification and characte	
Legal Natur		
Telep conta		
Email addre	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

Descrip	otion [*											
Target		202	23		2024	1		2025				
Half-ye	arly [										Total	
Yearly												
3.2 O	ther i	mpact	ful ok	ojecti	ves							
1	ce the fe				g at-risk	elderly i	ndividua	als				
_												
4.	Part	ners										
Design	nation	• Dep	artme	ent of I	nvesti	gation	and P	enal A	ction (	(DIAP)	of Por	tc
Design	nation	• Pub	lic Sec	curity l	Police	(PSP)	Station	ns in Po	orto		of Por	tc
Design	nation	• Pub	lic Sec	curity l	Police		Station	ns in Po	orto		of Por	to
Design	nation	• Pub	lic Sec	curity l	Police	(PSP)	Station	ns in Po	orto		of Por	tc
Design	nation	• Pub	lic Sec	curity l	Police	(PSP)	Station	ns in Po	orto		of Por	tc
Design	nation	• Pub	lic Sec	curity l	Police	(PSP)	Station	ns in Po	orto		of Por	to
	Sche	• Pub • Vict	lic Sec	curity l	Police	(PSP)	Station	ns in Po	orto		of Por	·tc
		• Pub • Vict	lic Sec	curity l	Police ce and	(PSP)	Station	ns in Po	orto e (GAI\		of Por	·tc
	Sche	• Pub • Vict	lic Sec im Ass	curity l	Police ce and	(PSP)	Station	ns in Po	orto (GAI	V)		to
<b>5.</b> 2023	Sche	• Pub • Vict	lic Sec im Ass	curity l	Police ce and	(PSP)	Station	ns in Po	orto (GAI	V)		tc
5.	Sche	• Pub • Vict	lic Sec im Ass	curity l	Police ce and	(PSP)	Station	ns in Po	orto (GAI	V)		to
<b>5.</b> 2023	Sche	• Pub • Vict	lic Sec im Ass	curity l	Police ce and	(PSP)	Station	ns in Po	orto (GAI	V)		tc
<b>5.</b> 2023 2024 2025	Sche	• Pub • Vict	ing M	A	M	(PSP):	Station	ns in Po	s S	V)	N .	tc
<ol> <li>2023</li> <li>2024</li> <li>2025</li> <li>6.</li> </ol>	Sche	• Pub • Vict	ing  M  ed in	A A vest	M	(PSP):	Station	ns in Po	s S	O	N .	ttc

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.

# Participa na Segurança - Idosos Seguros

		Context
1. Intervention Area		As part of the "to ensure safety
P1 - People		promoting awar
P2 - Person-Centered Services		
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
Ensuring the safety of older people.	1 - Outdoor Spaces and Buildings	
	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Raise awareness and enhance safety for	5 - Respect and Social Inclusion	Project/Activi
older people through community policing initiatives.	6 - Civic Participation and Employment	Identify and s     Promote awar
	7 - Communication and information	
	8 - Community and Health Care	
2. Identification and charact  Name Polícia Municipal do Porto	erisation of the Entity	' L_
		Beneficiaries
Legal Nature Public Entity		Elderly individua
Telephone contact 226198260		Territorial Imp
Email oliciamentocomunitario@cm-porto		City of Porto
Link www.cm-porto.pt		Link

# 3. Project / Activity

Name	Participa na Segurança - Idosos Seguros
Context	
to ensure sa	the "Community Policing in Porto" project, the Community Policing Service aims afety and peace of mind for the elderly, preventing and mitigating risk situations by awareness campaigns and providing valuable social information.
Project/Ad	ctivity's Objectives
	and support socially vulnerable elderly individuals awareness and prevention campaigns
Beneficiar	ies
Elderly indi	viduals
Territorial	Impact of the Intervention
City of Port	0
Link	
	1

#### 3.1 Indicator

Description	Number of awarene	ess sessions conducted	in nursing homes,	residences, ar	nd day centres
Target	2023	2024	2025		
Half-yearly [					Total
Yearly			60	_  -	60
	mpactful obj	iectives	00		
	al integration and p ess to information	articipation			
4. Part	ners				
Designation					
Designation	Cämara Mu     Departamento	unicipal do Porto Municipal de Coesão	o Social		
5. Sch	eduling				
J	F M	A M J	J A	s o	N I
2023					
2024					
2025					
6. Esti	mated inv	vestment va	lue		
	litional no				
7 ^ al al		tes			
7. Add	iitioiiai iio				
7. Add	iitionai no				
7. Add	iitionai no				
7. Add					

# Equicuidar

			Context
1.	Intervention Area		The "Eq
	P1 - People		adults ar their qua
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		_
	P5 - Policies		
Obj	ective	WHO Domains	
	mote the implementation and use animal-assisted therapies to improve	1 - Outdoor Spaces and Buildings	
hea	lth and well-being.	2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	
	velop and implement equine-assisted	5 - Respect and Social Inclusion	Project/
the	rapy programmes.	6 - Civic Participation and Employment	• Mainta fightin
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	erisation of the Entity	
Name			Beneficia
Legal Natur	Drivato Institution of Social Solidarity (IDSS)		People ac
Telep conta	hone 926550267		Territoria
Emai			Porto Dis
∟maı addre	info@ponyclubdoporto.org		Link

# 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

Descrip	Number of Eq	quine-Assisted The	rapy hours prov	ided				
Target	2023	202	24	2025				
Half-yea	arly						Total 72	
Yearly				72			12	
3.2 O	ther impactful	objectives						
	se social participatio		ntion					
• Reduc	e iliness incidence al	nd nealth deteriora	ation					
<b>A</b>	Dt							
<b>4.</b> Designa	Partners ation Co. 1							
Design	• Casa M • Longe	1aior - Residên vidade	cia Sénior					
	• Organi	sations suppo	rting individ	duals age	ed 65+			
_								
<b>5.</b> :	Scheduling							
<b>5.</b> :		<b>3</b> 4 A M	J J	A	S	0	N	
			J J	A	S	0	N .	
2023			J J	A .	S	<ul><li>O</li><li></li></ul>	N .	
2023 2024			J J	A ]	S	0	N .	
2023 2024 2025		A M		A		75,00 €		
2023 2024 2025 <b>6.</b>	J F M	investme		A				
2023 2024 2025 <b>6.</b>	J F M	investme		A				
2023 2024 2025 <b>6.</b>	J F M	investme		A				
2023 2024 2025 <b>6.</b>	J F M	investme		A				
2023 2024 2025 <b>6.</b>	J F M	investme		A				

# Ter+Vida

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
	mote the implementation and use		1 - Outdoor Spaces and Buildings
	nimal-assisted therapies to improve lth and well-being.		2 - Transportation
			3 - Housing
Mo	asure		4 - Social Participation
	nduct canine-assisted therapy sessions		5 - Respect and Social Inclusion
with	nin social care settings to help maintain nitive abilities and promote emotional		6 - Civic Participation
	l-being in older people.		and Employment  7 - Communication
			and information
			8 - Community and Health Care
2.	Identification and characte	erisati	ion of the Entity
Name	Associação Cães pelas Pessoas - DTC Social		
Legal Natur	Non-Profit Association		
Telep conta	911551354		
Email addre	villa dtc@gmail.com		
Link	https://wearedtc.com/dtc-social/		

# 3. Project / Activity

•
lame 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)
erritorial Impact of the Intervention
City of Porto
ink
https://wearedtc.com/projeto/ter-vida/

#### 3.1 Indicator

Description	Number of bene	ficiaries reached				
Target	2023	2024	2025			
Half-yearly					Total	
Yearly			16	_	16	
	r impactful o	hioctives	10			
	ess incidence and cial participation a	health deterioration and integration				
4. Pa	rtners					
Designation		ns hosting the initia	tive			
,	- ilistitutioi	ns nosting the initial	live			
5 Sal	haduling					
	heduling	A M J	,I A	S (	O N	
J		A M J	J A	S (	O N	
J		A M J	J A	S (	O N	
J 2023		A M J	J A	s (	O N	
J 2023 2024		A M J	J A	S (	O N	
2023 2024 2025	F M					
2023 2024 2025	F M	A M J		S (		
2023 2024 2025 <b>6. Es</b>	F M	nvestment val				
2023 2024	F M	nvestment val				
2023 2024	F M	nvestment val				
2023 2024	F M	nvestment val				
2023 2024	F M	nvestment val				

# Solução P'atudo

Promote the implementation and use of animal-assisted therapies to improve health and well-being.  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing  4 - Social Participation	l. Int	tervention Area		
P3 - Places P4 - Products P5 - Policies  WHO Domains  Promote the implementation and use of animal-assisted therapies to improve health and well-being.  1 - Outdoor Spaces and Buildings 2 - Transportation 3 - Housing 4 - Social Participation	P1	- People		
P4 - Products P5 - Policies  WHO Domains  Promote the implementation and use of animal-assisted therapies to improve health and well-being.  1 - Outdoor Spaces and Buildings 2 - Transportation 3 - Housing 4 - Social Participation		- Person-Centered Services		
Promote the implementation and use of animal-assisted therapies to improve health and well-being.  Promote the implementation and use of animal-assisted therapies to improve health and well-being.  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing	P3	- Places		
Promote the implementation and use of animal-assisted therapies to improve health and well-being.  WHO Domains  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing	P4	- Products		
Promote the implementation and use of animal-assisted therapies to improve health and well-being.  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing	P5	- Policies		
Promote the implementation and use of animal-assisted therapies to improve health and well-being.  and Buildings  2 - Transportation  3 - Housing  4 - Social Participation	Object	ive	WHO Domains	
health and well-being.  2 - Transportation  3 - Housing  4 - Social Participation		-	1 1 1	
4 - Social Participation			2 - Transportation	
4 - Social Participation			3 - Housing	
I*IEdSUIE	Морец	<b>.</b>	4 - Social Participation	
Provide pets for older adults living alone, ensuring the necessary care support and creating an informal social support network to encourage social interaction.  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Provide pensuring	pets for older adults living alone, the necessary care support ting an informal social support	and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community	
	ame	Associação Cães pelas Pessoas - DTC Soci	al	
Associação Cães pelas Pessoas - DTC Social		Non-Profit Association		
Legal Non Profit Association		911 551 354		
Legal Non-Profit Association  Felephone	- - -	71. 11. 0		
Legal Nature Nature Non-Profit Association		villa.dtc(a)gmail.com		

# 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

	Number of benefi							
Target	2023	2024		2025				
Half-yearly					$\neg \mid$		Total 2	
Yearly				2				
3.2 Other i	mpactful ob	jectives						
	s incidence and h al integration and	ealth deterioration participation						
4. Part	ners							
Designation	• ZU • Love Pet A							
	Veterinari	ans						
<b>5. Sch</b> ∉	eduling		J J	A	S	0	N	
J	eduling		J J	A	S	0	N	
	eduling		J J	A	S	0	N .	
J 2023 2024	eduling		J J	A	S	°	N .	
2023 2024	eduling F M			A		O,000€	N .	

# Patudos.

1. In	tervention Area		
P1	- People		
P2	- Person-Centered Services		
P3	- Places		
P4	- Products		
P5	- Policies		
Object	ive	WH	IO Domains
	The state of the s		1 - Outdoor Spaces and Buildings
	romote the implementation and use fanimal-assisted therapies to improve ealth and well-being.  easure  eevelop animal-assisted activities at home and group community sessions to combat olation and promote socialisation among		2 - Transportation
			3 - Housing
Measu	re		4 - Social Participation
			5 - Respect and Social Inclusion
_	and promote socialisation among		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2. Id	entification and characte	erisati	ion 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	
	project aims to enhance the quality of life of elderly individuals living alone or t networks in Porto by organising Animal-Assisted Activities (AAA) at home and munity.
other constraint Through structu Social, the proje	bach caters to elderly individuals who cannot leave their homes due to health or ts, as well as those who benefit from group interactions and social connections. Used interaction with trained therapy dogs, led by the experienced team at DTC eact has shown positive results in reducing social isolation, combating loneliness, overall well-being.
	innovative and compassionate response, the "Patudos" project promotes nce and quality of life for the elderly through meaningful engagement with
Project/Activ	ity's Objectives
	ial isolation nterpersonal relationships btional well-being
Beneficiaries	
Elderly individu	als living alone or without support networks in Porto
Territorial Imp	pact of the Intervention
City of Porto	
Link	
https://www.fac	cebook.com/share/p/15ZWudeEeD/?

Description	Number	of benefic	iaries sup	ported						
Target	202	23	2	2024	:	2025				
Half-yearly									Total 56	
Yearly						56			00	
3.2 Othe	r impact	tful obj	ective	s						
Reduce illn     Increase so										
Strengther					endent e	elderly in	ndividua	als		
4. Pa	rtners									
<ol><li>Pa</li><li>Designatio</li></ol>			1.							
Designatio	" • Loc	al partn	erships							
5. Sc	heduli	ing								
J	J F	М	Α	M J	J	Α	S	0	N	
2023										
2023 2024										
2024										
2024										
2024	l l	□ ■ ed inv	■ I	ent va	lue		40 00	00,00 €		
2024	timate			ent va	lue		40 00	00,00 €		
2024				nent va	lue		40 00	00,00€		
2024				ent va	lue		40 00	00,00 €		
2024				ent va	lue		40 00	000,00 €		

# Individual project sheets P2

# Estamos Juntos - Bem estar

			Cont
L.	Intervention Area		The
	P1 - People		oppo
	•		from The
	P2 - Person-Centered Services		the i
$\neg$	P3 - Places		of th
	ro-ridces		Tele Port
	P4 - Products		allo
_			with
	P5 - Policies		onse
)hi	ective	WHO Domains	
, C			
	uce the incidence of disease health.	1 - Outdoor Spaces and Buildings	
01 111	neath.	2 - Transportation	
		3 - Housing	
/lea	sure	4 - Social Participation	
		5 - Respect	Proj
	ide teleconsultation and	and Social Inclusion	110
com	plementary clinical services.	6 - Civic Participation	• St
		and Employment	by p
		7 - Communication and information	
		8 - Community	
		and Health Care	
	Identification and chara	cterisation of the Entity	
ame	Câmara Municipal do Porto - Departam	nento Municipal de Coesão Social	Ben
egal	Public Entity		Citi
ature	-		
eleph			Terr
ontac	ct (2007)200		
mail	dmcs@cm-porto.pt		Por
ddre	SS ames@em-porto.pt		Link
ink	www.cm-porto.pt		

# 3. Project / Activity

Name	Estamos Juntos - Bem estar
Context	
diseases by copportunity to opportunity to from profession The possibilities the impact of of their level of Teleconsultat Porto's seniorallowing mer with the goal	Is Juntos - Bem estar programme aims to prevent the onset or progression of offering the beneficiaries of the Estamos Juntos - Teleassistência programme the to receive two consultations per year, remotely and/or in person, at their home, onals hired for this purpose. It is the propose of the teleconsultation aims to bring health services closer to citizens, minimising of travel time, costs and difficulties, and giving beneficiaries a positive perception of autonomy. It is is the technological component with projects aimed at recitizens, without compromising the quality of the service and data protection, mbers to access a professional service by telephone or using telecare equipment, of intervention, prevention or diagnosis of their health, trying to avoid the risk or as, or minimising the impact of illness on their wellbeing and autonomy.
Project/Act	ivity's Objectives
	the sense of security of older people in a situation of social isolation preventive clinical services to ensure their autonomy, well-being articipation.
Beneficiarie	es
Citizens parti	cipating in the Estamos Juntos - Teleassistência programme
Territorial In	npact of the Intervention
Porto	
Link	

202		processes							
	23	202	4	:	2025				
								Total 200	
0		100	)		100				
impact	tful obje	ectives							
d improve a	access to he	ealth service		at risk of	social is	solation			
rtners									
• Don	nus Soci esa de Hab	al itação e Ma						do Po	or
	_	A M	J	J					
F				Ü	Α	S	0	N	
F				Ü	Α	S	0	N	
] 🗆					A	S	0	N	
					A	S		N	
	☐ [ ■ I	estme	nt va		A		00,00€		
	rtners  • Pari • Dor • Empr	rtners  • Parish Coun • Domus Soci • Empresa de Hab	rimpactful objectives  cial integration and participation d improve access to health service feeling of insecurity among elder  rtners  Parish Councils Domus Social Empresa de Habitação e Ma Serviços de Atendima	rimpactful objectives  cial integration and participation d improve access to health services feeling of insecurity among elderly people  rtners  Parish Councils Domus Social Empresa de Habitação e Manutenção Serviços de Atendimento e A	cial integration and participation d improve access to health services feeling of insecurity among elderly people at risk of  rtners  Parish Councils Domus Social Empresa de Habitação e Manutenção do Mur Serviços de Atendimento e Acomp	rimpactful objectives  cial integration and participation d improve access to health services feeling of insecurity among elderly people at risk of social is  rtners  Parish Councils Domus Social Empresa de Habitação e Manutenção do Município o Serviços de Atendimento e Acompanhan	cial integration and participation d improve access to health services feeling of insecurity among elderly people at risk of social isolation  rtners  Parish Councils Domus Social Empresa de Habitação e Manutenção do Município do Porto Serviços de Atendimento e Acompanhamento	cial integration and participation d improve access to health services feeling of insecurity among elderly people at risk of social isolation  rtners  Parish Councils Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M.; Serviços de Atendimento e Acompanhamento Social	rimpactful objectives  cial integration and participation d improve access to health services feeling of insecurity among elderly people at risk of social isolation  rtners  Parish Councils Domus Social Empresa de Habitação e Manutenção do Município do Porto, E.M.; Serviços de Atendimento e Acompanhamento Social do Po

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

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obie	ective	WHO Domains
Redu	uce the incidence of disease	1 - Outdoor Spaces and Buildings
Orini	neatti.	2 - Transportation
		3 - Housing
Mea	sure	4 - Social Participation
Provi	de a health promotion programme	5 - Respect and Social Inclusion
	ncludes training, skills development nealth literacy.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	erisation of the Entity
Name	Câmara Municipal do Porto	
	- Departamento Municipal da Promoção da	Saúde e Qualidade de Vida e Juventude
Legal Nature	Public Entity	
Telepho contact		
Email address	dmpsqvj@cm-porto.pt	
Link	www.cm-porto.pt	

# 3. Project / Activity

lame	(i)PSS - Intervenção de Promoção de Saúde para Seniores
Context	
physical a safety cor positive fe with grou invited to	on fundamental aspects of this life stage, covering topics such as healthy eating, ctivity, maintaining cognitive function, strategies for dealing with natural changes, inditions, and social integration and participation, in order to promote and reinforce sellings associated with ageing. The initiative takes place over 10 sessions (1h30 each) ps of people attending day centres in the city (or similar), where the participants are actively participate in discussing and developing the themes, based on group work, o-pedagogical perspective to promote health and well-being.
roject/A	Activity's Objectives
healthy ac	ute to increasing knowledge on a wide range of issues related to active and geing, enabling participants to make informed choices that promote the adoption lifestyles at this stage of the life cycle.
eneficia	ries
	ed 65 or over, who are autonomous, that attend social responses aimed at the senior in the municipality of Porto.
erritoria	I Impact of the Intervention
Porto	
ink	

#### 3.1 Indicator

Description	Number of	groups dy	namised							
Target	2023	3	2024	ŀ		2025				
Half-yearly									Total 9	
Yearly	3		3			3			7	
3.2 Other	impactf	ul obje	ctives							
Increase soc	ial integrati	on and par	ticipation							
4. Par	tners									
Designation										
5. Sch	edulir	าต								
J.	F		<b>М</b>	J	J	Α	S	0	N	[
2023										Г
_	_									
2024										
2025										
	•	مريمة الم		احدا						
	ımate	a inve	stmen	it vai	ue					
6. Est										
	ditiona	al note	es							
	ditiona	al note	es							
	ditiona	al note	es							
	ditiona	al note	es							

# Oficinas da Saúde para Públicos

			Context
	tervention Area		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.
_	- People		process of increasing region increase, checonoging the adoption of region, increasing in
_	- Person-Centered Services		
P3	- Places		
P4	- Products		ı İ
P5	- Policies		
Object	tive	WHO Domains	
Reduce or ill hea	the incidence of disease	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Measu	re	4 - Social Participation	
	a training programme for the delderly population that aims to	5 - Respect and Social Inclusion	Project/Activity's Objectives
equip pa and skills	articipants with the knowledge s to play a more active role in	6 - Civic Participation and Employment	Increase health literacy to promote healthy lifestyles     Increase the autonomy of individuals and their communities to promote their health
promoti	ng their own health.	7 - Communication and information	
		8 - Community and Health Care	
2. ld	entification and characte	erisation of the Entity	
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção da S	Saúde e Qualidade de Vida e Juventude	Beneficiaries
Legal Nature	Public Entity		General public
Telephone contact	220100220		Territorial Impact of the Intervention
Email	dmpsqvj@cm-porto.pt		Porto
address			Link
Link	www.cm-porto.pt		

3. Project / Activity

Name

Oficinas da Saúde para Públicos

#### 3.1 Indicator

Target  Half-yearly  Yearly	2023		2024							
						2025				
Yearly									Total	
rearry	3		5			5			13	
3.2 Other in		الد مانا				J				
Increase social	integration and	d particip	ation							
4. Partr	ners									
Designation [										
Designation										
5. Sche	duling									
J. JCIIE	F M	Α	М	J	J	Α	S	0	N	[
		,,					J			
2023										
2024										
2025										
_										
6. Estin	nated ir	vest	ment	t val	ue					
7. Addi	tional n	otes								

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

1. In	tervention Area		
P1	L - People		
P2	2 - Person-Centered Services		
P3	3 - Places		
P4	1 - Products		
P5	5 - Policies		
Objec	tive	WH	IO Domains
Reduce	the incidence of disease		1 - Outdoor Spaces and Buildings
or ill hea	alth.		2 - Transportation
			3 - Housing
Measu	Iro		4 - Social Participation
Create, model f elderly, with info	implement and monitor a training for institutions that care for the providing their professionals ormation on the importance of and preventing malnutrition.		5 - Respect and Social Inclusion 6 - Civic Participation and Employment 7 - Communication and information 8 - Community and Health Care
<b>2. Id</b> Name _egal	Câmara Municipal do Porto - Departamento Municipal da Promoção da		
Vature	Public Entity		
elephon contact	e 220100220		
Email address	dmpsqvj@cm-porto.pt		
_ink	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

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

#### Beneficiaries

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

#### Territorial Impact of the Intervention

Porto		
Link		
Link		

#### 3.1 Indicator

Description	Number of people	over 65 involved in the	project			
Target	2023	2024	2025			
Half-yearly [				╛┡	Total 200	
Yearly	0	100	100		200	
3.2 Other i	mpactful ob	jectives				
Increase social	al integration and p	participation				
	ners					
Designation						
5. Sch	eduling					
J	F M	A M J	J A	S C	) N	С
2023						
2024						
_						
2025						
6. Esti	mated inv	estment va	ue	124 445,	.69€	
7. Add	itional no	tes				

# Nutrição Ativa

1. Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
Objective	WHO Domains
Reduce the incidence of disease	1 - Outdoor Spaces and Buildings
or in recuti.	2 - Transportation
	3 - Housing
Measure	4 - Social Participation
Provide users of Porto's municipal	5 - Respect and Social Inclusion
swimming pools with a training and awareness programme on the importance	6 - Civic Participation and Employment
of maintaining a healthy nutritional status.	7 - Communication and information
	8 - Community and Health Care
2. Identification and characte	erisation of the Entity
Name Câmara Municipal do Porto - Departamento Municipal da Promoção da	
Legal Public Entity	
Telephone 220100220	
Email dmpsqvj@cm-porto.pt	
_ink www.cm-porto.pt	

# 3. Project / Activity

Name	Nutrição Ativa
Context	
assess, in an to raise awar (young peop nutritional re time, it is plan	name is aimed at the users of Porto's Municipal swimming pools, its objectives are to a individual context, the nutritional status and eating habits of children and adults, reness of the importance of maintaining a healthy nutritional status, and to train sole, adults and parents) in healthy and conscious eating practices through a weekly reducation programme and/or parental training in a group context. At the same need to refer users with specific, pre-identified risk factors to nutritional counselling of reference.
Project/Act	tivity's Objectives
	ack changes in nutritional status and eating habits ealth literacy in food and nutrition
Beneficiarie	es
Users and gu	ardians of users of Porto's Municipal swimming pools
Territorial Ir	mpact of the Intervention
Porto	
Link	

#### 3.1 Indicator

2023 20 20 mpactfu		2024		2	2025			Total	
		40_			1	_		Total	
		40_						100	
npactfu					40			100	
	l object	ives							
l integration	and partic	ipation							
ners									
dulin	~								
		М	J	J	Α	S	0	N	
	, ,,		Ü	Ü	, ,	Ü			
	_	<b>1</b>	. ا ا						
				ue					
nated	inves	tmen	L Val						
	ners	ners	eduling	ners	ners	ners	ners	ners	ners

# PMPLS - Projeto Municipal de Promoção de Literacia em Saúde

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	jective	WHO Domains
1100	duce the incidence of disease Il health.	1 - Outdoor Spaces and Buildings 2 - Transportation
		3 - Housing
Imp Edu Prod aim citiz	blementing the National Health Decation, Literacy and Self-Care Degramme at the local level, with the nof promoting health literacy among zens and increasing their autonomy diresponsibility in the area of health.	4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care
<b>2.</b> Name	Identification and characteri  Câmara Municipal do Porto  Departamento Municipal da Promoção da Saú	
Legal Natur	Dublic Fetitu	ac e quandade de vida e ouvenitode
Telep conta	1 220 100220	
Email addre	dmncavi@cm norto nt	
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
- $\bullet \ \ \text{Increase the autonomy of individuals and their communities in promoting their health}$

#### Beneficiaries

General public

#### Territorial Impact of the Intervention

Porto

Link

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

#### 3.1 Indicator

Target	2023	3	2024	ŀ		2025				
Half-yearly									Total 25	
Yearly	5		10			10				
3.2 Other	impactf	ul objec	tives							
Increase soc	cial integrati	on and partic	cipation							
4. Par	tners									
Designation										
5. Sch	nedulir	ng								
<b>5. Sch</b>	nedulir F	ng M A	М	J	J	A	S	0	N	
			М	J	J	A	S	0	N	
J 2023			М	J	J	A	S	0	N	
2023 2024			М	J	J	A	S	0	N	
J 2023			М	J	J	A	S	0	N	
2023 2024 2025	F					A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M A	stmen			A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M A	stmen			A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M A	stmen			A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M A	stmen			A	S	0	N	

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

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
	duce the incidence of disease	1 - Outdoor Spaces and Buildings
orıl	ll health.	2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
	ude older people in the Porto Fast Track	5 - Respect and Social Inclusion
	y ("Cidade na Via Rápida para Acabar n a Epidemia VIH").	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	erisation of the Entity
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção da S	Saúde e Qualidade de Vida e Juventude
Legal Natur		
Telep conta		
Email addre	dmnsavi@cm-norto.nt	
Link	www.cm-porto.pt	

# 3. Project / Activity

Name	Porto, Cidade sem SIDA (iniciativa Fast-track Cities)
Context	
since 2017. The HIV/AIDS previously sid that 95% of p by health sen suppressed vachieve these	
Achieve by	y 2025 the targets proposed by UNAIDS, known as 95-95-95 V epidemic by 2030
Beneficiarie	es
General publ	lic
Territorial Ir	mpact of the Intervention
Porto	
Link	
https://coesa	aosocial.cm-porto.pt/saude/porto-cidade-sem-sida

# 3.1 Indicator

Taxast	2023	0004	0005			
Target	2023	2024	2025		Tatal	
Half-yearly [					Total 20	
Yearly	4	8	8			
3.2 Other	impactful obj	ectives				
Increase soci	al integration and p	participation				
4. Part	tners					
Designation						
5. Sch	eduling					
J	F M	A M J	J A	S (	N C	D
2023						
2024						
2025						
	imated inv	estment v	مباد			
		vestment va	alue			
6. Esti	imated inv		alue			
6. Esti			alue			
6. Esti			alue			

# Porto sem Diabetes

1. In	tervention Area		
Pl	- People		
P2	- Person-Centered Services		
P3	- Places		
P4	- Products		
P5	- Policies		
Object	tive	WH	IO Domains
	the incidence of disease		1 - Outdoor Spaces and Buildings
or ill hea	lth.		2 - Transportation
			3 - Housing
Measu			4 - Social Participation
Increase	e older people's knowledge erstanding of diabetes		5 - Respect and Social Inclusion
	prevention and early detection.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2. Id	entification and characte	risati	ion of the Entity
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção da Sa	aúde e Qı	ualidade 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	
year in the M activities, the	e, which coincides with World Diabetes Day on 14 November, takes place every functionality between the 14th and 30th of that month, through a series of concerted e overall aim of which is to contribute to a better knowledge and understanding of among citizens, as well as its prevention and early detection.
Project/Ac	tivity's Objectives
and Porto Contribut	wareness and knowledge of diabetes mellitus (DM) among the general public City Council staff e to the prevention and early detection of type 2 DM a Diabetes strategic council
Beneficiari	es
General pub	lic
Territorial I	mpact of the Intervention
Porto	
Link	
https://coesa	aosocial.cm-porto.pt/saude/porto-sem-diabetes

#### 3.1 Indicator

	on Number	of activities	carried out i	nvolving p	articipa	ints age	a oo an	dover		
Target	20	23	2024	4	2	2025				
Half-yearl	ly						$\neg$		Total 9	
Yearly	;	3	3			3			,	
3.2 Oth	er impac	tful obje	ectives							
Increase	social integr	ation and pa	articipation							
4. P	artners	5								
Designat	ion									
5. S	chedul	ing								
	J F	М	A M	J	J	Α	S	0	N	
2023										
										Г
2024										_
2024										
2024   2025										
2025	stimat	ed inv	estmer	nt valu						
2025 [	stimat			nt valu	Ue					

# 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		
Obj	ective	WH	IO Domains
Red	uce the incidence of disease		1 - Outdoor Spaces and Buildings
or ill	health.		2 - Transportation
			3 - Housing
Mea	asure		4 - Social Participation
Trair	n professionals in emotional literacy		5 - Respect and Social Inclusion
thro usin	ugh a set of preventive measures g cognitive training strategies, ling an itinerary about the brain and		6 - Civic Participation and Employment
	ditions associated with ageing.		7 - Communication and information
			8 - Community and Health Care
2.	Identification and charact	erisati	ion of the Entity
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção da	a Saúde e Qi	ualidade de Vida e Juventude
_egal Nature	Public Entity		
Telepl contac	1.220100220		
Email addre	dmpsqvj@cm-porto.pt		
₋ink	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			

#### 3.1 Indicator

	and Cog	marke De	cline Pre	racy evention \	Norksho	ops held	b				
Target	20			2024			2025				
Half-yearly	/									Total	
Vaarlu	3	,		5			5			13	
Yearly  3.2 Other							J.				
Increase s	ocial integra	ation and	particip	ation							
4. Pa	rtners	;									
Designation	on										
5. Sc	hedul	ing									
			-	B 4							
,	J F	М	А	M	J	J	Α	S	0	N	
2023	J F	M	A	IVI	J	J	Α	S	0	N	
	J F	M	A	[V]	J	J	A	S	0	N	
2023 2024	J F	M	A	M	J	J	A	S	0	N	
2023	J F	M	A	M	J	J	A	S		N	
2023 2024 2025	stimate						A	S		N	
2023 2024 2025 <b>6. E</b> s		ed in	■ vest				A	S		N	

# Pro\_ldos@

1. Int	ervention Area		
P1 -	People		
P2 -	Person-Centered Services		
P3 -	Places		
P4 -	Products		
P5 -	Policies		
Objecti	ve	WH	IO Domains
	ne incidence of disease		1 - Outdoor Spaces and Buildings
or ill riealt	n.		2 - Transportation
			3 - Housing
Measur			4 - Social Participation
Promote t	the provision of individual mental		5 - Respect and Social Inclusion
	vices and group activities the arts and physical activity.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
<b>2. Ide</b> Name	entification and characte		
Legal Nature	PSSI		
Telephone contact	225303036		
Email address	fiosedesafios@fiosedesafios.com		
Link	www.fiosedesafios.com		

3. P	Project / Activity
Name	Pro_ldos@
Context	
elderly, e mood dis dementia on menta	a lack of social resources and an exhausted capacity of support structures for the specially with regard to mental health in primary health care; a high incidence of sorders, especially depression and medication use; the presence of a diagnosis of a; and the deterioration of the physical condition of the elderly. Pro_ldos@ focuses all and physical health, intervening to prevent depression and suicide and to combat and social exclusion.
Project//	Activity's Objectives
fundam The pro- result o Assess popula Create Increas Facilita Promot	te integral well-being, linked to active ageing, with direct intervention in the nental pillars of physical and mental health and social participation. oject aims to: Alleviate the psychological suffering of the elderly population as a of the social and pandemic context experienced; and intervene in a way that is adapted to the mental health panorama of the tion to be intervened.  and maintain informal support networks e and/or maintain physical activity among older people te access to individual/group health services te active ageing te access to available community resources ting exposure to artistic methods as a means of promoting mental health
Beneficia	aries
Elderly Pe	eople
Territoria	al Impact of the Intervention
Campani	nã
Link	

Description 1	lumber of elderly	people involv	/ed					
Target	2023	202	24	202	25			
Half-yearly							Total	
riali-yeariy [							50	
Yearly	10	40	)	0				
3.2 Other in	mpactful ob	jectives						
Increase socia	l integration and p	participation						
4. Part	ners							
Designation	• Junta de F	reguesia c	le Camp	oanhã				
	Futebol Cli     Escola Artí				Campanh	ıã		
	Universida			s reis				
	Faculdade de     Escola Artí			l Árvore				
								_
5. Sch	eduling							
J	F M	A M	J	J A	A S	0	N	
2023								
0004								Г
2024								L
2025								
	mated inv	restme	nt val	ue	10.0	00€:		_
	mated inv	/estme	nt val	ue	10.0	00€		

appropriate, cognitive stimulation. At the same time, group interventions are orcephysical and artistic activity, in particular art workshops and aquarobics classes.

# 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		
Obj	ective	WH	O Domains
	duce the incidence of disease		1 - Outdoor Spaces and Buildings
ori	ll health.		2 - Transportation
			3 - Housing
Me	asure		4 - Social Participation
lmp	olement a project to reduce		5 - Respect and Social Inclusion
	number of new cases of dementia itizens with Mild Cognitive Impairment		6 - Civic Participation and Employment
(14)	51).		7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	on of the Entity
Name	Agrupamento de Centros de Saúde (ACeS)	Grande Po	rto V - Porto Ocidental
Legal Natur			
Telep conta	1//010/010		
Email addre	aces portoocidental@arsporte min-saude r	t	

Link

https://acesportoocidental.org/pt/

# 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

(under constrution)

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		

Description	% of citize	ns annua	lly refe	rred with	n MCI in	tegrated	d into the	MIND	project		
Target	202	23		2024			2025				
Half-yearly										Total N/A	
Yearly	0			50%			80%			IN//A	
3.2 Other	impact	ful obj	jectiv	ves							
Increase soc     Encourage I     Promote rec	ifelong lear	rning		ation							
4 5											
	tners										
	• Univ - Facu - Facu • Neu • Cân	versida uldade de uldade de roinova nara Mu	e Desp e Psico a unicip	orto logia e d	de Ciêno Porto		•		orto		
Designation	• Univ - Facu - Facu • Neu • Cân	uldade de uldade de roinova nara Mu euro da Sa	e Desp e Psico a unicip	orto logia e d	de Ciêno Porto		•		orto		
Designation	• Univ - Fact - Fact • Neu • Cân - Pelo	uldade de uldade de roinova nara Mu euro da Sa	e Desp e Psico a uniciț aúde e	orto logia e d	Porto de de V	ida, Juv	rentude	e Desp	orto	N	D
Designation  5. Sch	• Univ - Facu - Facu • Neu • Cân - Pelo	uldade do uldade do roinova nara Mu nuro da Sa	e Desp e Psico a uniciț aúde e	orto logia e c pal do l Qualida	Porto de de V	ida, Juv	rentude	e Desp		N	D
Designation  5. Sch	• Univ - Facu - Facu • Neu • Cân - Pelo	uldade do uldade do roinova nara Mu nuro da Sa	e Desp e Psico a uniciț aúde e	orto logia e c pal do l Qualida	Porto de de V	ida, Juv	rentude	e Desp		N .	D

## 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		
Obj	ective	WH	IO Domains
	duce the incidence of disease		1 - Outdoor Spaces and Buildings
orıl	l health.		2 - Transportation
			3 - Housing
Mo	asure		4 - Social Participation
	mote ageing in place by encouraging		5 - Respect and Social Inclusion
hea	Ith promotion, rehabilitation, and the ning of carers.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	ion of the Entity
Name	Médicos do Mundo		
Legal Natur	Association		
Telep conta			
Email addre	tci@medicosdomundo.nt		
Link	https://www.medicosdomundo.pt/		

# 3. Project / Activity

Name	Bonfim Cuida
Context	
developing r of fragility ar	Mundo (MdM) has been conducting a detailed assessment of needs and responses aimed at mitigating the risks faced by older individuals in situations and vulnerability. At the same time, it seeks to enhance and improve the living of these individuals and their caregivers.
of home-base within the m complement	we have created a proximity project – Bonfim Cuida – with a strong component ed rehabilitation intervention. This initiative aspires to be an innovative response nunicipality of Porto, addressing needs identified by the Partner Network in a cary manner. The project involves a team consisting of a physiotherapist and a g to promote health and rehabilitation in a home setting.
equipment for the project	also includes a Support Equipment Bank, designed to provide materials and ree of charge, temporarily, and within a network of loan and return. Additionally, facilitates home modifications and adaptations to make living spaces more afe, comfortable, and conducive to autonomy and independence.
Project/Act	ivity's Objectives
Promote head of older income	ealth, rehabilitation, ageing in place, and empower caregivers dividuals.
Beneficiarie	
•Individuals a diagnosed o •Individuals a healthy attitu	aged 65+, experiencing isolation and/or social vulnerability, with or without
	mpact of the Intervention
Freguesia do	Bonfim
Link	
https://waana	medicosdomundo nt/projetos-nacionais/honfim-cuida

Description										
	Number	of beneficia	aries suppo	orted						
Target	202	23	20	)24		2025				
									Total	
Half-yearly									20	
Yearly						20				
3.2 Other	ımpacı	ττυι οচյ	ectives							
Strengthen		ed interven	tion and th	ne provisio	n of care	and assi	stance fo	or deper	ndent	
elderly indi Improve liv		ons for vulr	nerable eld	erly individ	luals					
/ D-	rtners									
4. Pa	rtners									
Designatio	n • Jur	nta de Fre	eguesia	de Bonfi	m					
	• Hea	alth, soci	al, and c	ommun	ity sec	tor org	janisat	ions		
5. Scl	ا ـ ا ـ ا	ina								
	neaui									
	heduli -	_	Δ Ν	1 1	ı	Δ	c	0	N	
J		_	A M	l J	J	Α	S	0	N	[
J		_	A M	l J	J	A	S	0	N	
J 2023		_	A M	I J	J	A	S	0	N	
J 2023		_	A M	I J	J	A	S	0	N .	
J 2023 2024		_	A M	ı J	J	A	S	<ul><li>O</li><li>I</li><li>I</li></ul>	N .	
J 2023 2024		_	A M	J J	J	A	S	0	N	
2023 2024 2025	F	_				A		○ □ □ 05,00€		
2023 2024	F	M [	estme			A				
2023 2024	F	M	estme			A				
2023 2024	F	M [	estme			A				
2023 2024	F	M [	estme			A				
2023 2024 2025 <b>6.</b> Est	F	M [	estme			A				
2023 2024 2025 <b>6.</b> Est	F	M [	estme			A				
2023 2024	F	M [	estme			A				
2023 2024	F	M [	estme			A				

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

			Context
1.	Intervention Area		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
	P1 - People		community, particularly with pharmacy staff and healthcare teams.
	P2 - Person-Centered Services		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
	P3 - Places		does not cover the cost of purchasing the medication itself.
	P4 - Products		
	P5 - Policies		
Obj	ective	WHO Domains	
	uce the incidence of disease I health.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Mea	asure	4 - Social Participation	
	lement a medication monitoring	5 - Respect and Social Inclusion	Project/Activity's Objectives
	support programme for older people g in social isolation.	6 - Civic Participation and Employment	Increase the number of elderly individuals who correctly follow their medication regimen, thereby prolonging their physical and mental well-being
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	erisation of the Entity	
Name	Freguesia de Paranhos		Beneficiaries
Legal Natur			Citizens aged 70+, taking multiple medications, without a family support network
Telepl conta	1225020046		Territorial Impact of the Intervention
Email	servico social(a)itharanhos nt		Entire Paranhos Parish
addre	SS		Link
Link	https://www.jfparanhos-porto.pt/		https://jfparanhos.hql.cityfy.pt/respostas-a-comunidade/ambiente-e-saude-publica/pharma-paranhos

# 3. Project / Activity

Name	Pharma Paranhos - Programa de Apoio à Gestão Individual da Medicação
Context	
their medica Additionally,	me aims to minimise the number of low-income elderly individuals who fail to take tion correctly, thereby reducing the occurrence of health-threatening incidents. the initiative seeks to foster active connections between the elderly and their particularly with pharmacy staff and healthcare teams.
the Paranhos	s provided by pharmacists from a local pharmacy, with full financial support from Parish Council for the preparation of the medication kits. However, this support er the cost of purchasing the medication itself.
Project/Act	ivity's Objectives
	the number of elderly individuals who correctly follow their medication regimen, colonging their physical and mental well-being
Beneficiarie	es
Citizens aged	d 70+, taking multiple medications, without a family support network
Territorial Ir	npact of the Intervention
Entire Paranh	nos Parish
Link	

#### 3.1 Indicator

Description	Number of kit	is distributed		of elderly in	iaiviaua		orted		
Target	2023		2024	6	2025				
Half-yearly [								Total	
Yearly					50			50	
3.2 Other i	impactful	objecti	ves						
Improve acce     Enhance acc			ion						
4. Part	tners								
Designation	• All pha	rmacies a	and healthc	are cent	res wit	hin Pa	ranho	s Pari	sh
5. Sch	eduling	3							
J		<b>М</b> А	M J	J	Α	S	0	N	
2023									
2024									
2024 2025	mated	invest	ment va			750,0	00€		
2024	imated		ment va	alue		750,0	00€		

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

L. Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
Objective	WHO Domains
Reduce the incidence of disease	1 - Outdoor Spaces and Buildings
or ill health.	2 - Transportation
	3 - Housing
Measure	4 - Social Participation
Enhance oral health literacy by training	5 - Respect and Social Inclusion
carers in oral care, sharing specific knowledge to improve the quality of life of older adults.	6 - Civic Participation and Employment
older adolts.	7 - Communication and information
	8 - Community and Health Care
2. Identification and characters	erisation of the Entity
Legal Nature Professional Public Law Association	
Felephone 226 197 690	
Email bastonario@omd.pt	
ink https://www.omd.pt/	

# 3. Project / Activity

o. Trojec	t / Activity
Name	er de formação em Saúde Oral para Cuidadores de Pessoas Idosas
Context	
course is designed importance of oral h	nificant impact on the quality of life of dependent individuals. This training to equip caregivers with the knowledge to understand the functional ealth, providing a solid foundation in anatomy, identifying key risks for oral ring effective oral hygiene techniques.
	dresses ageism, highlighting how prejudices and discrimination based on iffect oral healthcare for the elderly.
	ovides caregivers with the necessary skills to improve the oral health of er their care, thereby enhancing their quality of life and preventing oral
the declining autono	g continues to impact society, the progressive need for assistance due to omy of older individuals will require caregivers to receive more specialised in oral hygiene care.
Project/Activity's	Objectives
Train caregivers in the impact of oral	n oral hygiene care for individuals lacking autonomy, thereby reducing diseases
Beneficiaries	
Caregivers of elderly	y individuals with reduced autonomy
Territorial Impact	of the Intervention
City of Porto	
Link	

#### 3.1 Indicator

		caregivers t	ramed							
Target	2023	3	2024			2025				
Half-yearly									Total	
Yearly						75			75	
3.2 Other	impactf	ul obiec	tivos			73				
										_
Improve car	regiver qualif	fication and	access to a	ppropri	ate reso	urces				
4 D										
	tners									
Designation	ו									
5. Scł	nedulir	ng								
<b>5. Scł</b>	nedulir		М	J	J	A	S	0	N	
			М	J	J	A	S	0	N	
J 2023			M	J	J	A	S	0	N	
2023 2024			М	J	J	A	S	0	N .	
J 2023			M	J	J	A	S	0	N	
2023 2024 2025		M A				A	S 900,		N	
2023 2024	F	M A	] ■ stmen			A			N	

# Neuroproxi

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	jective	WHC	) Domains
Red	duce the incidence of disease		L - Outdoor Spaces and Buildings
ori	ll health.		2 - Transportation
		3	3 - Housing
Me	asure	4	1 - Social Participation
	olement a project aimed at reducing		- Respect nd Social Inclusion
in ir	number of new dementia cases ndividuals with Mild Cognitive pairment (MCI).		- Civic Participation nd Employment
11116	valiment (MCI).		- Communication nd information
			- Community nd Health Care
2.	Identification and charact  Cooperativa de Ensino Superior Politécnio		
Legal Natur			
Telep conta			
Emai addre	ana terreira@cesnu nt		
Link	https://www.cespu.pt/		

ame	Neuroproxi
ontext	
actor for co equires ide	significant number of elderly individuals experience isolation, which is a risk organitive decline and affects their functional capacity. Promoting ageing in place ntifying vulnerabilities (including socioeconomic factors and cardiovascular risks), screenings, and implementing early interventions to prevent or delay cognitive
Cedofeita, S	nase of the project involves neurocognitive screening for elderly residents of Santo Ildefonso, Sé, Miragaia, São Nicolau, and Vitória who are at risk of cognitive due to loneliness, socio-economic vulnerability, and cardiovascular risk factors.
	hase includes psychosocial education for older adults and caregivers, focusing d cognitive abilities, the impact on daily activities, and strategies to mitigate this
	I phase consists of implementing a group cognitive stimulation programme, enhance self-efficacy and cognitive reserve among participants.
effectivenes	chase involves a neuropsychological reassessment to measure the project's is, using indicators such as loneliness levels, cognitive performance, cardiovascular ticipant satisfaction.
oject/Ac	tivity's Objectives
Conduct	cognitive screenings and implement neuropsychological interventions to
Conduct of maintain fur Perform no providing polynorease congagemen	•
Conduct of maintain fur Perform no providing polar languagement dementia.	cognitive screenings and implement neuropsychological interventions to actional independence. eurocognitive and cardiovascular screenings for vulnerable older adults, ersonalised health guidance. ognitive health literacy among older adults and caregivers, encouraging
Conduct of maintain fur Perform no providing polar lacrease congagement dementia.	cognitive screenings and implement neuropsychological interventions to actional independence. eurocognitive and cardiovascular screenings for vulnerable older adults, ersonalised health guidance. ognitive health literacy among older adults and caregivers, encouraging at in stimulating activities and reducing the stigma associated with ageing and ocial isolation, enhance preserved cognitive abilities, reverse emerging deficits, two decline, and improve overall quality of life.

### 3.1 Indicator

	Number	of participa	als screened ants in neurop	sycholog	ical inte	rventio	ns			
Target	202		2024			2025				
Half-yearly									Total	
					7.0	0170		30	00   100	)
Yearly					30	0   100	)			
3.2 Other	impact	tul obj	ectives							
Improve acc	cess to heal	Ith service	S							
4. Par	tners									
Designation	1									
5. Scł	neduli	ng								
<b>5. Scł</b>	neduli F	ng M	A M	J	J	A	S	0	N	
			А М	J	J	A	S	0	N	
J 2023			A M	J	J	A	S	0	N	
J			A M	J	J	A	S	o 	N	
J 2023			A M	J	J	A	S	0	N .	
2023 2024			A M	J	J	A	S	<ul><li>O</li><li>I</li><li>I</li></ul>	N	
2023 2024 2025	F	M	A M			A	S 40.0		N .	
2023 2024 2025 <b>6.</b> Est	F	M	estmer			A			N	

Back to the table

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

https://livecespu-my.sharepoint.com/:f:/g/personal/joana\_pinto\_iucs\_cespu\_pt/ EuKST-gHiodPgMWTIW8SXQQBqj1hcpHaN2cqFqW9EC4g2Q?e=qJpr4y

# Promoção de envelhecimento ativo e saudável na população idosa

			Con
1.	Intervention Area		Para (NG
	P1 - People		disa both
	P2 - Person-Centered Services		Don
	P3 - Places		hum activ
	P4 - Products		In Po
	P5 - Policies		at-ri hosi
Red	ective  Uuce the incidence of disease I health.	WHO Domains  1 - Outdoor Spaces and Buildings	The heal
		2 - Transportation 3 - Housing	
Prov	asure  vide medical care and screenings  nsure healthy ageing.	4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Proj • E
<b>2.</b> Name Legal	Private Social Solidarity Institution	-	Ben
Telepl contac	hone 913.817.780		Terr
Email addre	nresidente@naramedico-internacional	org	Cit
Link	www.paramedico-internacional.org		

# 3. Project / Activity

Name	Promoção de envelhecimento ativo e saudável na população idosa
Context	
(NGHO), a disabilities (N	s de Catástrofe Internacional is a non-governmental humanitarian aid organisation development cooperation NGO (NGDO), and an organisation for people with NGO-PD). It is also a non-profit Private Social Solidarity Institution (IPSS), operating Illy and internationally with medical-humanitarian independence.
humanitariar	y and internationally, Paramédicos de Catástrofe Internacional engages in social, n, medical, nursing, paramedical, preventive, educational, and emergency aid also manages NGOs and IPSS entities in emergency and disaster relief scenarios.
	he organisation provides social support for the homeless, low-income families, and as well as elderly integration assistance, patient transport, palliative care, and pre-
	aims to provide medical care and cardiovascular disease screenings to ensure active ageing.
Project/Act	tivity's Objectives
Ensure eld	lerly individuals can live longer, healthier, and with dignity, joy, and love for life.
Beneficiario	es
Socioeconor	mically vulnerable or isolated elderly individual
Territorial I	mpact of the Intervention
City of Porto	
Link	

#### 3.1 Indicator

	Number	of individuals	receiving med	lical care					
Target	20	23	2024		2025				
Half-yearly	y							Total 200	
Yearly					200			200	
3.2 Oth	er impac	tful objed	ctives						
• Improve	access to hea	althcare servi	ces						
4. Pa	artners								
Designati		<b>.</b>							
Dosignati									
5. S	chedul	ing							
	J F	M A	M	J J	Α	S	0	N	
2023									
-									
2024 [									
2024 [ 2025									
2024 [ 2025	stimate	ed inve	stment	value		65.0	00€		

# Aproxima

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
care	engthening the provision of home e and assistance to dependent er people.	1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing
Enc for e	ourage the provision of home care elderly people with high dependency low economic resources at times not ered by the formal network.	4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care
2. Name Legal Nature Telepl conta	e Private Social Solidarity Institution hone	erisation of the Entity
Email addre	intervencac@l nns nt	
Link	https://lpps.pt/	

# 3. Project / Activity

o. Pr	oject / Activity
lame	Aproxima
Context	
birth rate. I effective grand average, will longer, but Since 2001, close to the capacity for not only to is a reality if environment and to reac services. The running for	In strend, together with a negative natural balance, has contributed to a negative owth of the Portuguese population.  In pality of Porto has the highest ageing index (220,94) compared to the national that the parishes of the Centro Histórico do Porto standing out. So people are living that doesn't always mean a better quality of life or better health.  In the Portuguese Social Prophylaxis League (LPPS) has been carrying out activities be elderly population, which has allowed it to deepen its knowledge and improve its relative intervention. This has challenged us to think about strategies that can contribute improving the quality of life, but also to reducing the isolation and loneliness, which for many seniors. It is also possible to contribute to their continuity in their home on the providing assistance and care at critical times, such as evenings and weekends, the as many people as possible on low incomes who do not have access to private the Aproxima project, approved by the Fundo ao Associativismo Portuense, has been almost two years. It currently has its own funding, which has not allowed it to reach a niber of seniors/dependents.
roject/Ad	ctivity's Objectives
developme psychologi collaborati dignity of tl and mainte responding Sunday, and	objectives of this proposal are to ensure the well-being and individual ent of the people receiving care, in a climate of emotional, physical and cal security, through personalised and individualised care, while seeking close on, whenever possible, with the family or existing network. It prioritises the he person and guarantees the care/assistance that is essential for their wellbeing mance in their context, at times of the day when the formal care network is not g. It operates almost 365 days a year, except for Christmas, New Year and Easter d provides assistance with meals, medication management, personal hygiene rt, among other things.
eneficiar	ies
Elderly peo	ple / dependants
erritorial	Impact of the Intervention
União de Fr	eguesias do Centro Histórico do Porto
ink	

Description	Number of people	covered						
Target	2023	2024		2025				
Half-yearly							Total 55	
Yearly	12	18		25				
3.2 Other	impactful obj	ectives						
	ial integration and p							
Reduce the i	ncidence of illness of	or deterioration in hea	alth status	i				
4. Par	tners							
Designation	• Câmara Mu	unicipal do Porto	)					
	- Departamen	nto Municipal de Coe	esão Socia	al				
	1							
	Health serv							
	1							
	1							
	1							
5. Sch	1							
<b>5. Sch</b>	• Health serv				S	0	N	
J	• Health serv	rices			S	0	N	
J	• Health serv	rices			S	0	N	
J 2023	• Health serv	rices			S	0	N	
J 2023	• Health serv	rices			S	0	N	
J 2023 2024	• Health serv	rices			S	0	N	
J 2023 2024	• Health serv	rices			S	0	N	
J 2023 2024 2025	• Health serv	rices	J					
J 2023 2024 2025	• Health serv	A M J	J			20,00 €		
2023 2024 2025 <b>6.</b> Est	• Health serv	A M J	J					
2023 2024 2025 <b>6. Est</b>	• Health serv	A M J	J					
2023 2024 2025 <b>6. Est</b>	• Health serv	A M J	J					

https://lpps.pt/aproxima/

# Terceira (C) Idade = Felicidade

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
1	engthening the provision of home	1 - Outdoor Spaces and Buildings
	e and assistance to dependent er people.	2 - Transportation
		3 - Housing
Mo:	asure	4 - Social Participation
	vide a multidisciplinary team to	5 - Respect and Social Inclusion
phy:	vide health care (nursing, psychology, siotherapy and occupational therapy)	6 - Civic Participation and Employment
	lder people in situations of isolation social vulnerability.	7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name		erisation of the Entity
Legal Natur	Association	
Telepl conta	968702491	
Email addre	sara moura@medicosdomundo nt	
ا امادا	https://www.madicosdomundo.pt/	

# 3. Project / Activity

Name	Terceira (C)ldade=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

Link

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			

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

#### 3.1 Indicator

Description	Number of elderly pe	eople monitored				
Target	2023	2024	2025			
Half-yearly				Total		
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	Α	M	J	J	Α	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 (<a href="https://www.medicosdomundo.pt/projetos-nacionais/terceira-c-idade/ficha-tecnica">https://www.medicosdomundo.pt/projetos-nacionais/terceira-c-idade/ficha-tecnica</a>), 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

P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies  Objective WHO Domains Increase and improve access to health are. Increase and improve access to health services.  Provide a taxi service for travel to and from health services and Social Inclusion and Employment Provide a taxi service for travel to and from health facilities at a reduced price.  Provide a taxi service for travel to and from health facilities at a reduced price.  Provide a taxi service for travel to and from and Employment Provide a taxi service for travel to and from and Employment Provide a taxi service for travel to and from and Employment Provide a taxi service for travel to and from and Employment Provide a taxi service for travel to and from and Employment Provide a taxi service for travel to and from and Employment Provide a taxi service for travel to and from and Employment Provide a taxi service for travel to and from and direction and Employment Provide a taxi service for travel to and from and social inclusion and Employment Provide a taxi service for travel to and from and direction and Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi service for travel to and from the Employment Provide a taxi serv			Context
P1 - People	1. Intervention Area		The condensis around by the CARC CaVO view has had a direct impost on the decline in
P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies  Objective WHO Domains Increase and improve access to health services.  Provide a taxi service for travel to and from health facilities at a reduced price.  Provide a taxi service for travel to and from health facilities at a reduced price.  Provide a taxi service for travel to and from health facilities at a reduced price.  Provide at axi service for travel to and from health facilities at a reduced price.  Provide at taxi service for travel to and from health facilities at a reduced price.  Provide at taxi service for travel to and from health facilities at a reduced price.  Provide at taxi service for travel to and from health facilities at a reduced price.  Provide at taxi service for travel to and from health facilities at a reduced price.  Provide at taxi service for travel to and from health facilities at a reduced price.  Provide at taxi service for travel to and from health facilities at transporter to the deleting population to health services in Porto, through a taxi (fer Cartiso Porto holders) that allows them to travel to or from an address in Porto, at a reduced fixed price.  Provide at taxi service for travel to and from health from health facilities at a reduced price.  Provide at taxi service for travel to and from health from heal	P1 - People		demand for health care among the elderly population, and it was essential to ensure a rapid
P5 - Policies  Objective  WHO Domains Increase and improve access Increase and improve and improve and improve and improve and improve and increase and improve and improve and increase and increase and improve and increase and improve and increase	P2 - Person-Centered Services		Public taxi transport provides accessible, reliable, safe, comfortable and affordable travel for the
Dispective  WHO Domains  Increase and improve access Increase and improve	P3 - Places		
Objective  WHO Domains  1 · Outdoor Spaces and Buildings to health services.  2 · Transportation  3 · Housing  4 · Social Participation  5 · Respect and Social Inclusion and Employment 7 · Communication and Employment 7 · Communication and information and information and Health Care  2. Identification and characterisation of the Entity  Name  STCP Services - Transportes Urbanos, Consultoria e Participacões, Unipessoal Lda  Beneficiaries  Population over 65, living in Porto  Territorial Impact of the Intervention  Porto  Porto  Porto  Porto  Territorial Impact of the Intervention  Porto  Porto	P4 - Products		
Increase and improve access to health services.    1 - Outdoor Spaces and Buildings	P5 - Policies		
Increase and improve access to health services.	<b>Objective</b>	WHO Domains	
Measure  Provide a taxi service for travel to and from health facilities at a reduced price.  Provide a taxi service for travel to and from health facilities at a reduced price.  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  Beneficiaries  Population over 65, living in Porto  Territorial Impact of the Intervention  Porto			
Measure  Provide a taxi service for travel to and from health facilities at a reduced price.  Project/Activity's Objectives  Project/Activity's Objectives  Project/Activity's Objectives  Project/Activity's Objectives  Project/Activity's Objectives  • Ensure access for the elderly population to health services in Porto, through a taxi (for Cartão Porto holders) that allows them to travel to or from an address in Porto to a health centre or public or private hospital in Porto, at a reduced fixed price.  1. Community and Health Care  2. Identification and characterisation of the Entity  Name  STCP Serviços - Transportes Urbanos, Consultoria e Participações, Unipessoal Lda  Nature  Depulation over 65, living in Porto  Territorial Impact of the Intervention  Porto		2 - Transportation	
Provide a taxi service for travel to and from health facilities at a reduced price.    Project/Activity's Objectives		3 - Housing	
Provide a taxi service for travel to and from health facilities at a reduced price.  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  Beneficiaries  Population over 65, living in Porto  Territorial Impact of the Intervention  Porto  Porto	Measure	4 - Social 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  Beneficiaries  Legal Nature  Local business sector  Telephone contact  225071100  Territorial Impact of the Intervention  Porto  Porto			Project/Activity's Objectives
and information  8 · Community and Health Care  2. Identification and characterisation of the Entity  Name STCP Serviços · Transportes Urbanos, Consultoria e Participações, Unipessoal Lda  Beneficiaries  Legal Nature Local business sector  Telephone contact  Z25071100  Territorial Impact of the Intervention  Porto	health facilities at a reduced price.		<ul> <li>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.</li> </ul>
And Health Care  2. Identification and characterisation of the Entity  Name STCP Serviços - Transportes Urbanos, Consultoria e Participações, Unipessoal Lda  Beneficiaries  Legal Nature Local business sector  Telephone contact  Email address  Qeral@stcpservicos.pt  Porto  Porto			
Name  STCP Serviços - Transportes Urbanos, Consultoria e Participações, Unipessoal Lda  Beneficiaries  Legal Nature  Local business sector  Population over 65, living in Porto  Telephone contact  Email address  geral@stcpservicos.pt			
Name  STCP Serviços - Transportes Urbanos, Consultoria e Participações, Unipessoal Lda  Beneficiaries  Legal Nature  Local business sector  Population over 65, living in Porto  Telephone contact  Email address  geral@stcpservicos.pt	2. Identification and cha	aracterisation of the Entity	
Legal Nature  Local business sector  Population over 65, living in Porto  Telephone contact  Email address  geral@stcpservicos.pt  Population over 65, living in Porto  Territorial Impact of the Intervention  Porto		-	Panaficiarias
Telephone contact  Email address  geral@stcpservicos.pt  geral@stcpservicos.pt	Legal		
Email address geral@stcpservicos.pt lerntonal Impact of the Intervention Porto	Nature Local business sector		ropulation over 63, living in rotto
geral@stcpservicos.pt	2250/1100		Territorial Impact of the Intervention
address Link	deral(a)stchservicos.ht		Porto
	address		Link
https://www.stcpservicos.pt/	Link https://www.stcpservicos.pt/		

3. Project / Activity

Táxi +65

Name

Yearly  16500  18000  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	Total 34500  16500  18000  16ber impactful objectives  See social integration and participation Total 34500  16500  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000  18000		Number o	of trips mad	de to an	nd from	health o	entres					
Yearly  16500  18000  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	24500  16500  18000  2 ther impactful objectives  2 se social integration and participation 2 e the incidence of illness or deterioration in health status  Partners  2 ation  • Câmara Municipal do Porto • Associações de Táxis   Scheduling  J F M A M J J A S O N D	Target	202	23		2024			2025				
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	cher impactful objectives  se social integration and participation e the incidence of illness or deterioration in health status  Partners  ation  Câmara Municipal do Porto Associações de Táxis   Scheduling  J F M A M J J A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O N D  I A S O	Half-yearly											
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	se social integration and participation e the incidence of illness or deterioration in health status  Partners ation • Câmara Municipal do Porto • Associações de Táxis  Scheduling  J F M A M J J A S O N E	Yearly	165	00		18000	)		0			1000	
4. Partners  Designation  • Câmara Municipal do Porto • Associações de Táxis   5. Scheduling  J F M A M J J A S O N	Partners  • Câmara Municipal do Porto • Associações de Táxis  Scheduling  J F M A M J J A S O N E	3.2 Othe	r impact	tful obje	ectiv	es							
Designation     Câmara Municipal do Porto     Associações de Táxis	• Câmara Municipal do Porto • Associações de Táxis  Scheduling  J F M A M J J A S O N E						in healt	h status					
• Associações de Táxis  5. Scheduling  J F M A M J J A S O N	• Associações de Táxis  Scheduling  J F M A M J J A S O N E	4. Pa	rtners										
5. Scheduling  J F M A M J J A S O N	Scheduling  J F M A M J J A S O N C  III III III III III III III III III	Designatio	Our				Porto						
J F M A M J J A S O N	J F M A M J J A S O N E		• Asso	ociações	s de I	axıs							
J F M A M J J A S O N	J F M A M J J A S O N E												
J F M A M J J A S O N	J F M A M J J A S O N E												
J F M A M J J A S O N	J F M A M J J A S O N E												
		5. Sc	heduli	ng									
2023	Estimated investment value 270 000,00 €	J	F	M	Α	M	J	J	Α	S	0	N	
	Estimated investment value 270 000.00 €	2023											
2024	Estimated investment value 270 000,00 €	2024											
	Estimated investment value 270 000.00 €					_							
2025	Estimated investment value 270 000.00 €	2025											
6. Estimated investment value 270 000,00 €			timate	ed inv	estr	nen	t val	ue		270 (	00,00	€	
	0 dditional natas	6. Es											
7 Additional mater	Additional notes												
7. Additional notes	INVITAL LIVEOS		dition	al not	es								

# Gabinete de Atendimento ao Idoso

_	
Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
Objective	WHO Domains
Improve access to information.	1 - Outdoor Spaces and Buildings
	2 - Transportation
	3 - Housing
 Measure	4 - Social Participation
Provide an individualised service for older	5 - Respect and Social Inclusion
Provide an individualised service for older people to clarify their rights and refer them to services of interest to them.	6 - Civic Participation and Employment
	7 - Communication and information
	8 - Community and Health Care
2. Identification and characte Name Cruz Vermelha Portuguesa - Delegação do R	
Legal Non-profit Humanitarian Institution	
Telephone 226006353 / 918572104 contact	
Email 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 maint is to provide advice to internal and external services, assistance in obtaining income pround protection against dependency, advice on family support, access to support in the goods, clothing and home textiles, among other services. In addition, all users of the is services can take advantage of the psychological service (cognitive stimulation sessione, tailored to the user and informal counselling for carers), the "Acompanha-me" (a volunteer initiative that accompanies less autonomous users without family supappointments and services) and the "Chamadas de Carinho" project (a volunteer initial makes weekly telephone calls to in-house users with the aim of combating loneliness).	form of in-house ssions at project oport to
Project/Activity's Objectives	
The Gabinete de Apoio ao Idoso is a space specifically dedicated to the elderly (ac and over) or people with chronic illnesses, where they can find support in solving var problems, as well as information on a range of rights and benefits that can help them various areas (services, equipment, health, social security), as well as guidance on internal services of the Porto Delegation of the Portuguese Red Cross.	ious in
Beneficiaries	
Seniors and their families	
erritorial Impact of the Intervention	
Porto	
ink	

#### 3.1 Indicator

Target 2023 2024 2025  Half-yearly 120 120 120 120 120 120 720  Yearly  3.2 Other impactful objectives  Increase social integration and participation  4. Partners  Designation  J F M A M J J A S O N  2023	ther impactful objectives asse social integration and participation  Partners nation  Scheduling	Half-yearly 120 120 120 120 120 120 720  Yearly  3.2 Other impactful objectives  Increase social integration and participation  4. Partners  Designation  J F M A M J J A S O N D  2023  2024  2025		on Face-t	o-face and no	n-face-to-face	consultat	tions and	d referra	als			
Yearly  3.2 Other impactful objectives  Increase social integration and participation  4. Partners  Designation  J F M A M J J A S O N	ther impactful objectives ase social integration and participation  Partners nation  Scheduling	Half-yearly 120 120 120 120 120 120 720  Yearly  3.2 Other impactful objectives  Increase social integration and participation  4. Partners  Designation  J F M A M J J A S O N E 2023  2024  2025	Target	2	2023	2024	ŀ	2	2025				
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	ther impactful objectives  ase social integration and participation  Partners  action  Scheduling	3.2 Other impactful objectives  Increase social integration and participation  4. Partners  Designation  J F M A M J J A S O N E 2023  2024  2025	Half-year	ly 120	120	120	120	120	12	20			
• Increase social integration and participation  4. Partners  Designation  5. Scheduling  J F M A M J J A S O N	Partners nation  Scheduling	• Increase social integration and participation  4. Partners  Designation  5. Scheduling  J F M A M J J A S O N E  2023  2024  2025	Yearly										
4. Partners  Designation  5. Scheduling  J F M A M J J A S O N	Partners  nation  Scheduling	4. Partners  Designation  5. Scheduling  J F M A M J J A S O N E  2023  2024  2025	3.2 Oth	er impa	actful obj	ectives							
Designation  5. Scheduling  J F M A M J J A S O N	Scheduling	<b>5.</b> Scheduling         2023         2024         2025	Increase	social inte	gration and p	articipation							
Designation  5. Scheduling  J F M A M J J A S O N	Scheduling	<b>5.</b> Scheduling         J F M A M J J A S O N I         2023         2024         2025											
Designation  5. Scheduling  J F M A M J J A S O N	Scheduling	<b>5.</b> Scheduling         J F M A M J J A S O N         2023         2024         2025											
5. Scheduling  J F M A M J J A S O N	Scheduling	5. Scheduling  J F M A M J J A S O N E  2023  2024  2025	4. P	artne	rs								
J F M A M J J A S O N		J F M A M J J A S O N I 2023  2024  2025	Designat	ion									
J F M A M J J A S O N		J F M A M J J A S O N I  2023  2024  2025											
J F M A M J J A S O N		J F M A M J J A S O N  2023  2024  2025											
J F M A M J J A S O N		J F M A M J J A S O N  2023  2024  2025											
J F M A M J J A S O N		J F M A M J J A S O N  2023  2024  2025											
	J F M A M J J A S O N I	2023 2024 2025	5. S	chedu	uling								
2023		2024		J F	M	A M	J	J	Α	S	0	N	[
		2024	2023										
		2025											
2024			2024										
2025													
		6. Estimated investment value	2025										
6 Estimated investment value	<b>-</b>		2025										
o. Estillated illyestillelit value	Estimated investment value			İstima	ted inv	estmer	nt val	ue					
7. Additional notes		7 Additional notes	6. E				nt val	ue					
			6. E				nt val	ue					

# Viver em Casa

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
	eate an alternative to institutionalisation	1 - Outdoor Spaces and Buildings
anc	I family dependency for the elderly.	2 - Transportation
		3 - Housing
Ma	asure	4 - Social Participation
Pro	vide a personal assistance service	5 - Respect and Social Inclusion
acti	ssist older people in carrying out vities that they are unable to carry out their own due to limitations resulting	6 - Civic Participation and Employment
fror	n their interaction with environment.	7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	
Legal Natur		
Telep conta	933565793 / 939075650	
Email addre	geral@longevidade into	
Link	www.longevidade.info	

# 3. Project / Activity

Name	Viver em Casa
Context	
Continuing to	o live at home and in the community is still not an option for many older adults, who nalisation or dependency and overburdening of their family as the only solutions nctionality is compromised.
Project/Act	ivity's Objectives
	ts remain in their usual place: their home, their family (if applicable), bourhood, their community.
Beneficiarie	es
Older adults	
Territorial In	npact of the Intervention
Porto	
Link	
www.longevi	dade.info/servicos/viver-em-casa

Target  Half-yearly  Yearly  3.2 Other imp  Increase social ir Reduce the incide	2023 1750		2024			2025			Total	
Yearly  3.2 Other imp  Increase social in									Total	
3.2 Other imp									6250	
Increase social in	pactful ob		2000			2500			0200	
Increase social in		iectiv	res							
				in healt	h status	5				
4. Partne	ers									
Designation										
5. Sched	luling									
J	F M	Α	M	J	J	Α	S	0	N	[
2023										
2024										
2025										
2025										
6. Estim	ated in	vesti	men	t val	ue		27 4	83,58€	)	
7. Additi	ional no	tes								

# Individual project sheets P3

# Aconchego

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WHO	Domains
Pro	mote intergenerational environments.		- Outdoor Spaces nd Buildings
		2	- Transportation
		3	- Housing
Me	asure	4	- Social Participation
	moting intergenerational housing.		- Respect nd Social Inclusion
			- Civic Participation nd Employment
			- Communication nd information
			- Community nd Health Care
2.	Identification and charact	erisation	n of the Entity
Name	Câmara Municipal do Porto - Departamento	Municipal de (	Coesão Social
Legal Natur			
Telep conta			
Email addre	dmcs@cm-norto.nt		
Link	www.cm-porto.pt		

# 3. Project / Activity

-	•
Name	conchego
Context	
launched the "Pi the large number accommodation live in a situation a perspective of resources, prom homes of senior From two seemi housing young of the municipality	cil of Porto, in partnership with the Academic Federation of Porto - FAP Social, rograma Aconchego" in 2004 to respond to two seemingly disparate problems: er of young people who move every year to attend higher education and need in the Municipality of Porto, and the high percentage of residents over 60 who no folloneliness and/or social isolation. The Aconchego programme is based on a finitergenerational coexistence and the enhancement of synergies and social isolating the accommodation of university students for one academic year in the citizens living in Porto.  Ingly insurmountable difficulties, a single solution was found to the problem of university students and the loneliness and/or isolation of senior citizens living in a. In short, the elderly repay the company with accommodation and the young ints repay the accommodation with company and support.
Project/Activi	ty's Objectives
municipality of	ations of loneliness and/or social isolation among senior citizens in the Porto by integrating higher education students, who do not live in the Porto, into their residences.
Beneficiaries	
Citizens over 60 Higher educatio	n students aged between 18 and 35
Territorial Imp	eact of the Intervention
Porto	
Link	

Description	Number o	of access	sion pro	cesses							
Target	202	23		2024	1		2025				
Half-yearly										Total 36	
Yearly	12	2		12			12				
3.2 Other	impact	ful ob	ojecti	ves							
Increase soc     Empower o     Create an al	lder people	e and bu	ild com	munities						nd suppo	ort
4. Par	tners										
Designation	• Fed	eração	o Acad	démica	a do Po	orto					
_											
5. Sch	neduli	ng									
<b>5. Sch</b>	neduli F	ng M	A	М	J	J	A	S	0	N	
J		_	A	М	J	J	A	S	0	N	
J		_	A	M	J	J	A	S	0	N	
J 2023		_	A	M	J	J	A	S	0	N	
J 2023 2024		_	A	M	J	J	A	S	0	N	
J 2023 2024		_	A	M	J	J	A	S	0	N	
2023 2024 2025	F	M					A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F	M ed in	vest				A	S	0	N III	

Back to the table

https://coesaosocial.cm-porto.pt/pessoas-idosas/aconchego

# Idosos na FEUP

			Context
l. Inte	ervention Area		This project aims to comlintergenerational engagem
P1 -	People		Faculdade de Engenharia of activities for older adults for innovation hub, has attractiv
P2 -	Person-Centered Services		mnovation nob, has attractive
P3 -	Places		
P4 -	Products		
P5 -	Policies		
Objecti	ive	WHO Domains	
Promote	intergenerational environments.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Measur	· •	4 - Social Participation	
	intergenerational encounters	5 - Respect and Social Inclusion	Project/Activity's Object
activities	ity settings, offering diverse that promote interaction,	6 - Civic Participation and Employment	A visit to FEUP's facilities poetry readings, a musica
strengthe	ge exchange, and the ning of social bonds between and older adults.	7 - Communication and information	
		8 - Community and Health Care	
2. Ide	entification and charact	erisation of the Entity	1
Name	Faculdade de Engenharia da Universidade	do Porto	Beneficiaries
.egal Nature	Public Foundation under Private Law		Users of social centres, socia
Telephone contact	225 081 400		Territorial Impact of the
Email	respsocial@fe.up.pt		Paranhos, Bonfim, Campanh
ddress	. sapsacidit@re.op.pt		Link
ink	www.fe.up.pt		

# 3. Project / Activity

Name	Idosos na FEUP
Context	
intergenerati Faculdade d activities for	aims to combat the isolation and loneliness of older adults by promoting tonal engagement (elderly-academic community). The project "Idosos na e Engenharia da Universidade do Porto (FEUP)" seeks to complement leisure older adults from social centres and promote their socialisation. FEUP, as an ub, has attractive facilities that provide an ideal setting for such activities.
Project/Act	ivity's Objectives
	EUP's facilities (Library and other key spaces), including a welcome session, dings, a musical performance, and a social gathering with refreshments.
Beneficiarie	es
Users of socia	al centres, social institutions, and parish communities (churches)
Territorial Ir	mpact of the Intervention
Paranhos, Bo	nfim, Campanhã, Ramalde, Cedofeita, Aldoar, Lordelo Ouro.
Link	

## 3.1 Indicator

	Number of par	ticipants in	the activity						
Target	2023		2024		2025				
Half-yearly [								Total 30	
Yearly					30				
3.2 Other	impactful	objectiv	res						
Increase soci     Promote inte			ation						
4. Part	tners								
Designation	• GASPO	RTO							
5. Sch	eduling								
J	F M	Α	М	J	Α	S	0	N	
2023									
2024									
2025									
2020									
	imated i	invest	ment v	alue		1500	0,00€		
6. Esti	imated i litional i		ment v	alue		1 500	0,00€		

# Residências Sénior Partilhadas

Intervention Area		
P1 - People		
P2 - Person-Centered Services		
P3 - Places		
P4 - Products		
P5 - Policies		ı
bjective	WHO Domains	ı
Provide alternative and innovative	1 - Outdoor Spaces and Buildings	ı
housing solutions.	2 - Transportation	ı
	3 - Housing	ı
azcura	4 - Social Participation	
	5 - Respect and Social Inclusion	
adapted to the needs of the elderly	6 - Civic Participation	
	and information	ı
	8 - Community and Health Care	
egal Municipal Company	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	
Municipal Company ture		
ephone 228300000		
geral@Domussocial.pt		
k www.Domussocial.pt		
·		

# 3. Project / Activity

Name	Residências Sénior Partilhadas
Context	
population m	rias Sénior Partilhadas programme is designed to help the municipality's senior nanage their activities, guaranteeing them a decent living space adapted to their e same time, the initiative proves to be a successful integrated multidisciplinary the well-being and quality of life of the senior population, also by combating on.
Project/Act	ivity's Objectives
• Promote th	e active ageing; ne autonomy of the elderly; ocial isolation.
Beneficiarie	es
	r people living in privately rented accommodation with poor living conditions nomic resources.
Territorial Ir	npact of the Intervention
Município do	Porto
Link	,

Description	Number o	or active :	snaredi	residenc	es						
Target	202	23		2024			2025				
Half-yearly										Total	
Yearly	8			9			10			27	
3.2 Other	impact	ful ob	jecti	ves							
Increase soc     Empower of     Create an al	der people	and bui	ld com	munities						nd suppo	rt
	tners										
Designation	1 011.	sh Cou ate Soc									
5. Sch	eduli	ng									
<b>5. Sch</b>	eduli F	ng M	A	M	J	J	A	S	0	N	
J		_	A	М	J	J	A	S	0	N	
J 2023		_	A	M	J	J	A	S	0	N	
J 2023 2024		_	A	M	J	J	A	S	0	N	
J 2023 2024 2025		M					A		000,000		
2023 2024 2025 <b>6.</b> Est	F	M ed inv	west				A				
2023 2024 2025 <b>6.</b> Est	F IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	M ed inv	west				A				
2023 2024 2025 <b>6.</b> Est	F IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	M ed inv	west				A				

# Estrutura Residencial InterGeracional (ERIGE)

			Context
□         P           □         P           □         P           □         P	ntervention Area 21 - People 22 - Person-Centered Services 23 - Places 24 - Products 25 - Policies		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.
	e alternative and innovative ag solutions.	WHO Domains  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing	
Meas	ure a housing solution	4 - Social Participation  5 - Respect and Social Inclusion	Project/Activity's Objectives
that pr	dentification and characte	6 - Civic Participation and Employment 7 - Communication and information 8 - Community and Health Care	Providing an innovative housing solution that promotes integrated and specialised care in an intergenerational setting
Name	Associação das Escolas Jesus, Maria, José o	do Monte Pedral	Beneficiaries
Legal Nature	Private Institution of Social Solidarity		Older adults and university students
Telephor contact	ne 228318554		Territorial Impact of the Intervention
Email address	info@monte-pedral.pt		Municipality of Porto  Link
Link	www.monte-pedral.pt		www.monte-pedral.pt

3. Project / Activity

Name

Estrutura Residencial InterGeracional (ERIGE)

## 3.1 Indicator

	Public presentation						
Target	2023	2024		2025			
Half-yearly [						Total 1	
Yearly				1			
	impactful obj						
Promote inte	ergenerational envir	onments					
4. Parl	tners						
Designation	<ul> <li>Câmara Mu</li> <li>Federação /</li> </ul>		orto				
	• Freguesia d						
5. Sch	eduling						
J	F M	A M	J J	Α	s o	N	I
2023							
2024							
2025							
6. Esti	imated inv	estment	value	[	500 000,00	)€	
7. Add	litional no	tes					

# Guia de prevenção do risco de acidente e de quedas

. I	ntervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		į.
	P5 - Policies		ı
Obje	ctive	WHO Domains	ı
	ce the risk of accidents and falls g the elderly population.	1 - Outdoor Spaces and Buildings	
	J	2 - Transportation	ı
		3 - Housing	ı
Meas	sure	4 - Social Participation	
	de information that enables action	5 - Respect and Social Inclusion	ı
	taken on intrinsic and extrinsic risk s for accidents and falls.	6 - Civic Participation and Employment	
		7 - Communication and information	
		8 - Community and Health Care	ı
<b>2. I</b> Jame	dentification and charact		
_egal	Camara Municipal do Forto - Departamen	to Monicipal de Coesao Social	
legai Nature	Public Entity		
Telepho Contact	225899260		
Email Iddress	dmcs@cm-porto.pt		
_ink	www.cm-porto.pt		

# 3. Project / Activity

Name	Guia de prevenção do risco de acidente e de quedas	
Context		
cause of acc least once a Studies con helped to re namely thos use of medic public place	re the fifth leading cause of death in older people, and falls are the most common cidents in this population. Approximately 30% of people aged 65 and older fall at year, and about 10 to 15% of these falls result in serious injury. If that assessing risk factors and implementing fall prevention strategies have educe traumatic injuries. There are factors that predispose older people to falls, see related to physiological changes of the ageing process, specific diseases or the cations, and those related to the environment in which older people interact: home, ess, public transport. Examples of environmental risks include slippery floors, uneven dipoor lighting, as well as inappropriate clothing and footwear.	
Project/Ac	ctivity's Objectives	
Reduce th	ne risk of accidents and falls in the elderly population.	
Beneficiari	ies	
Residents in	the municipality of Porto, aged 65 or over	
Territorial I	Impact of the Intervention	
Porto		
Link		

## 3.1 Indicator

Descript	ion Guide's								
Target	20	023	2024	1	2025				
Half-year	rly							Total N/A	
Yearly					1			14774	
3.2 Otl	her impac	tful obj	ectives						
	e social integr			n in health stat	US				
4. F	Partners	s							
Designa	tion								
5. S	Schedu	ling							
5. S	<b>Schedu</b> l	ling M	A M	J J	A	S	0	N	D
<b>5. S</b>			A M	J J	A	S	0	N	D
			A M	J J	A .	S	0	N	D
2023			A M	J J	A ]	s	°	N	
2023 2024 2025	J F	M		ot value	A ]		00,00€		
2023 2024 2025 <b>6. E</b>	J F	M	stmer		A				D
2023 2024 2025 <b>6. E</b>	J F	M	stmer		A				D
2023 2024 2025 <b>6. E</b>	J F	M	stmer		A				
2023 2024 2025 <b>6. E</b>	J F	M	stmer		A ]				

# Guia do Inquilino Sénior

T.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
	duce the risk of accidents and falls ong the elderly population.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Mea	asure		4 - Social Participation
	relop an explanatory and interactive		5 - Respect and Social Inclusion
_	de/manual for all local authority tenants r 65 living in social housing.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	on of the Entity
Name			
Legal Natur	Municipal Company		
Telep conta	hone 228300000		
Email addre	geral@Domussocial.pt		
Link	www.Domussocial.pt		

## 3. Project / Activity

Name Guia do	Inquilino Sénior
Context	
of Porto, provides all ne do Inquilino Municipal' order to enjoy a good q handed over to the hor maintenance, commun celebrates its 20th ann given not only to new housing. Taking advant main groups represent produce a sub-manual. This personalised cont	pany in charge of managing the public housing stock of the Municipality ew tenants with a manual of good practices for using a house: the "Guia". Essentially, it contains suggestions and indications of good practice in quality of life and, at the same time, to preserve the housing that has been usehold. This manual covers issues such as hygiene, health, equipment nity life and security. In 2024, the year in which the Municipal Company niversary, a new Guia do Inquilino Municipal will be developed, to be tenants, but also to all those already living in the Municipality's social tage of this opportunity, and recognising that the elderly are one of the ed in social housing (a number that tends to increase), Domus Social will specifically for the elderly, the "Guia do Inquilino Sénior". ent will be delivered, together with the Guia Geral, only to households on over 65 lives. An explanation/presentation of the content will be given the time of delivery.
Project/Activity's C	Objectives
social housing tenants • Encourage the adop	our and therefore the likelihood of accidents, such as falls, among aged over 65. Ition of good daily practices in the home that contribute to the well-e elderly, as well as the maintenance of the home.
Beneficiaries	
Elderly people over 65,	living in social housing
Territorial Impact of	f the Intervention
Porto	

## 3.1 Indicator

	iption P	ublicatio	n of the "G	uia do Inquili	no Sénior	4				
Targe	t	202	.3	2024		202	5			
Half-y	early [								Total 1	
Yearly		0		1		0				
3.2 C	Other in	npact	ful obje	ctives						
			ion and par	ticipation I greater phy	sical and r	svchologic	al vulneral	oility		
· iden	itily cases	OI SOCIAI	iragility and	greater priy	sicai and p	sychologic	ai vuirierai	omity.		
	D									
<b>4.</b>	Part	ners								
Desig	nation									
5.	Sche	eduli	ng							
	J	F	_	A M	J	J A	S	0	N	
2023										
2024							1			
2024										
<ul><li>2024</li><li>2025</li><li>6.</li></ul>	Esti	  mate	d inve	estmen	t valu	le	200	0,00€		
2025 <b>6.</b>			d inve		t valu	le	200	0,00€		

Back to the table

Link

# Zonas Pedonais Temporárias e PlayTime - Parklets Municipais

		•
1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
	ease the use of public	1 - Outdoor Spaces and Buildings
ped	estrian space.	2 - Transportation
		3 - Housing
Mea	asure	4 - Social Participation
Pron	note the pedestrianisation of streets	5 - Respect and Social Inclusion
pede	ugh the creation of temporary estrian zones, ensuring that traffic is	6 - Civic Participation and Employment
restr	icted to pedestrians only.	7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name	Identification and charact	
Legal Nature	Public Entity	
Teleph contac		
Email addre:	ss	
Link	www.cm-porto.pt	

# 3. Project / Activity

Name	Zonas Pedonais Temporárias e PlayTime - Parklets Municipais
Context	
and improve	neme "Rescuing Public Space for Pedestrians", these initiatives aim to dynamize the use of public space, promoting inclusion and accessibility.
Project/Act	tivity's Objectives
ensuring that • Playtime - a	onais Temporárias are designed to encourage pedestrianisation of streets, t traffic is restricted to pedestrians only.  a project to install community parklets involves the installation of seating furniture, sor canopies, in parking spaces on streets with active pedestrian traffic
Beneficiarie	es
Public space	Users
Territorial Ir	mpact of the Intervention
Porto	
Link	

Description	Number of Tacti	cal Urbanism	projects						
Target	2023	2	2024		2025			Total	
Half-yearly [								6	
Yearly	2		2		2				
3.2 Other i	impactful o	bjective	s						
Increase soci	ial integration ar	nd participati	on						
/ D. I	L								
4. Part	iners								
	- Departame	ento Municip ento Municip unicipal de C	oal da Mobilio oal de Espaço	os Verde	s e Gesta	ão de In	fraestrut	uras	
	- Polícia Mu • Ágora Cu		esporto do		, E.M.				
5. Sch			esporto do		, E.M.				
<b>5. Sch</b> ∪	· Ágora Cu	ultura e De	esporto do	Porto		S	0	N	
J	· Ágora Cu	ultura e De		Porto		S	0	N	
J 2023	· Ágora Cu	ultura e De		Porto		S	0	N	
2023 2024	· Ágora Cu	ultura e De		Porto		S	0	N	
2023 2024 2025	• Ágora Cu eduling F M	A I	M J	J J		S	0	N	
2023 2024 2025	· Ágora Cu	A I	M J	J J			00,00€		
2023 2024 2025 <b>6. Esti</b>	• Ágora Cu eduling F M	A I	M J	J J					

# Pedonalização da Rua das Carmelitas

			Conte
1.	Intervention Area		In the
	P1 - People		Ciljoyii
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Ob	jective	WHO Domains	
	rease the use of public destrian space.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	
lmı	plement pedestrianisation	5 - Respect and Social Inclusion	Project
OT p	public streets.	6 - Civic Participation and Employment	• Pede space I
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	erisation of the Entity	
Nam	e GO Porto - Gestão e Obras do Porto, E.M.		
Lega Natu			Genera
Telep conta	phone 228339310		Territo
Emai addr	deral(a)donorto nt		Rua da:
Link			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 sage and the environment, with a strong impact on the population's quality of life.
Project/Acti	ivity's Objectives
	isation of the street, encouraging pedestrian use and the enjoyment of the rs, both as a place to pass through and to stay, allowing diversification of use.
Beneficiarie	es
General Publi	ic
Territorial In	npact of the Intervention
Rua das Carm	nelitas
Link	

## 3.1 Indicator

		h in linear me	tres						
Target	2023		2024	:	2025				
Half-yearly [			40					Total	
Vl								140	
Yearly									
3.2 Other i	mpactit	Ji objecti	ves						
<ul> <li>Increase soci</li> <li>Reduce the reduced</li> </ul>			oation n the elderly po	pulation					
	essibility and	d mobility co	nditions that allo		per use	of urbar	n and pu	blic spa	ces
4. Part	tners								
Designation									
5. Sch	edulin	g							
5. Sch J	edulin F	M A	M J	J	Α	S	0	N	
			M J	J	Α	S	0	N	
J 2023			M J	J	A	S	0	N	
J 2023			M J	J	A	S	0	N	
J 2023 2024			M J	J	A	S	<ul><li>O</li><li></li></ul>	N .	
2023 2024 <b>2</b> 2025	F [	M A	M J		A		000,00		
2023 2024 <b>2</b> 025 <b>(</b>	F [	M A	ment va		A				
2023 2024 <b>2</b> 025 <b>(</b>	F [	M A	ment va		A				
2023 2024 <b>2</b> 025 <b>(</b>	F [	M A	ment va		A				
2023 2024 <b>2</b> 025 <b>(</b>	F [	M A	ment va		A				
2023 2024 <b>2</b> 025 <b>(</b>	F [	M A	ment va		A				

# Aqui mora o bem-estar

. Ir		
• 11	ntervention Area	
P	1 - People	
P	2 - Person-Centered Services	
P	3 - Places	
P	4 - Products	
P	5 - Policies	
bjec	ctive	WHO Domains
Provid	e multi-service spaces dedicated	1 - Outdoor Spaces and Buildings
o activ	ve ageing	2 - Transportation
		3 - Housing
eas	ure	4 - Social Participation
	p spaces that promote active	5 - Respect and Social Inclusion
	althy ageing.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care

# 3. Project / Activity

Name	Aqui mora o bem-estar
Context	
promotes the identified the	cia Familiar – Associação de Socorros Mútuos provides social protection and equality of life for its members and their families. In this context, the organisation eneed to create a space that holistically develops activities in a single location, and all aspects of physical, emotional, and mental well-being.
	e: a senior university, an exercise area, a nutritional space, a canteen, a health nealth promotion sessions), and social tourism. This initiative aims to promote leing.
Project/Act	ivity's Objectives
Combat iso and quality	olation, loneliness, and digital exclusion, promoting self-esteem, health, of life
Beneficiarie	
Older adults	is a second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of the second of t
	npact of the Intervention
Municipality of Link	of Porto and surrounding regions
	abfamiliar.pt/
IIIIps.//www.	abiaiimiai.pu

## 3.1 Indicator

	Number o	of activiti	es avail	able							
Target	202	23		2024			2025				
Half-yearly										Total 8	
Yearly							8			J	
3.2 Other	impact	tful ob	jecti	ves							
Increase soc     Promote rec     Stimulate lif     Reduce the     Improve acc	gular physic elong learn incidence	cal activi ning of illness	ty and he	alth dete	rioratio	n					
4. Par	tners										
Designation	ו										
	neduli										
<b>5. Sch</b>	∟ neduli F	ing M	A	M	J	J	A	S	0	N	
J			A	M	J	J	Α	S	0	N	
J 2023			A .	M	J	J	A	S	0	N	
J 2023 2024			A	M	J	J	A	S	0	N .	
2023 2024 2025	F	M					A				
2023 2024 2025 <b>6.</b> Est	F	M ed in	□ west				A		00,00€		
2023 2024 2025 <b>6.</b> Est	F	M ed in	□ west				A				
2023 2024 2025 <b>6.</b> Est	F	M ed in	□ west				A				
2023 2024 2025 <b>6.</b> Est	F	M ed in	□ west				A				
2023 2024 2025 <b>6.</b> Est	F	M ed in	□ west				A				

# Espaço Cidadania Digital

			Context
. I	ntervention Area		An innovat
P	1 - People		portal. This
P	2 - Person-Centered Services		
P	3 - Places		
P	4 - Products		
P	5 - Policies		
Objec	ctive	WHO Domains	
	e multi-service spaces dedicated ve ageing.	1 - Outdoor Spaces and Buildings	
to deti	ve agenig.	2 - Transportation	
		3 - Housing	
<b>Meas</b>	ure	4 - Social Participation	
	nent a free advisory service to assist	5 - Respect and Social Inclusion	Project/A
older p	people in accessing digital services.	6 - Civic Participation and Employment	Promoting     through
		7 - Communication and information	
		8 - Community and Health Care	
2. le	dentification and characte	erisation of the Entity	•
lame	Cesae Digital - Centro para o Desenvolvime	ento de Competências Digitais	Beneficiar
egal lature	Public Legal Entity, Non-Profit		Residents o
elephoi ontact	ne 226 195 200		Territorial
mail	esae@cesae.pt		City of Port
ddress	· · · · · · · · · · · · · · · · · · ·		Link
ink	www.cesaedigital.p/		

# 3. Project / Activity

Name	Espaço Cidadania Digital
Context	
adults by as	we, inclusive intervention project offering free and permanent support to older ssisting them in accessing online services such as the National Health System initiative addresses the digital modernisation and empowerment of older adults, active ageing and combating social isolation.
Project/Ac	tivity's Objectives
	g digital inclusion and active citizenship while reducing social isolation echnology use
Beneficiari	es
Residents of	Porto, particularly older adults
Territorial I	mpact of the Intervention
City of Porto	
Link	

## 3.1 Indicator

pactful object information learning solutions to built		2025		Total 3
information learning		3		
information learning		3		3
information learning				
learning				
	d cohesive communi	ties and foster m	nutual suppoi	rt networks
ers				
Parish counc	ils and local asso	ciations		
ransii counc	iis ai iu iocai asso	Clations		
uling				
F M	A M J	J A	S O	N
ated inve	estment val	ue	50 000,00	0€
ated inve		ue	50 000,00	0€
	Parish counc	Parish councils and local asso	Parish councils and local associations  Uling	Parish councils and local associations  Uling

# Requalificação do espaço público dos bairros municipais

L.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
) Dbj	ective	WHO Domains
Pror	mote accessibility and mobility	1 - Outdoor Spaces and Buildings
urba	ditions that allow the proper use of an and public spaces by people of all s, especially the elderly.	2 - Transportation
		3 - Housing
/lea	asure	4 - Social Participation
Upg	rade public spaces in urban	5 - Respect and Social Inclusion
	hbourhoods.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
2.	Identification and charact	
lame	Domus Social – Empresa de Habitação e M	anutenção do Município do Porto, E.M.
egal lature	Municipal Company	
elepł onta	none ct 228300000	
mail ddre	geral@Domussocial nt	
ink	www.Domussocial.pt	

# 3. Project / Activity

Name	Requalificação dos espaço público dos bairros municipais
Context	
degradation, absence of a planned rout areas and/or	urhoods to be targeted show signs of disqualification and urban and environmental such as: a fragmented and discontinuous relationship with their surroundings; the clear hierarchy within the urban design; conflicts and incompatibilities between tes and the routes taken by the population; improper occupation of pedestrian green spaces by vehicles; acts of vandalism against public property; insecurity by urban and environmental degradation.
Project/Act	ivity's Objectives
between the implies clear	ons presented should provide a good functional and aesthetic connection a spaces, so that everyone can use and enjoy them in complete safety, which , fast and intuitive routes that allow total mobility for everyone, including the cordance with current legislation.
Beneficiarie	es ·
Population of	f neighbourhoods (predominantly) and the city (urban mesh)
Territorial Ir	mpact of the Intervention
Porto	
Link	

Target 2023 2024 2025  Half-yearly	
Yearly  3.2 Other impactful objectives  Increase social integration and participation Reduce the risk of accidents and falls in the elderly population  4. Partners  Designation  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	
3.2 Other impactful objectives  Increase social integration and participation Reduce the risk of accidents and falls in the elderly population  4. Partners  Designation  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	
<ul> <li>• Increase social integration and participation</li> <li>• Reduce the risk of accidents and falls in the elderly population</li> <li>4. Partners</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>6. Estimated investment value</li> <li>24 134 476,94 €</li> </ul>	
• 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 ○ N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
4. Partners  Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  24 134 476,94 €	
2023 2024 2025 2025 6. Estimated investment value 24 134 476,94 €	
2024	
6. Estimated investment value 24 134 476,94 €	
6. Estimated investment value 24 134 476,94 €	
6. Estimated investment value 24 134 476,94 €	
7. Additional notes	
7. Additional notes	

# Acessibilidades - Equipamentos Desportivos

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
	mote accessibility and mobility	1 - Outdoor Spaces and Buildings
urb	aditions that allow the proper use of an and public spaces by people of all es, especially the elderly.	2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
Upg	grade sporting equipment to make	5 - Respect and Social Inclusion
thei	m accessible.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name	Identification and characte	erisation of the Entity
Legal Natur	Municipal Company	
Telep conta		
Email addre	deral@adoranorto.nt	
Link	https://www.agoraporto.pt	

# 3. Project / Activity

Name	Acessibilidades - Equipamentos Desportivos
Context	
95/2019 of 18 down the rule construction of In this contex of the current sports fields, a After analysin Choupos, no requirements legislation wa Therefore, in	ecree No. 163/2006 of 8th of August, as amended by Legislative Decree No. 8th of July, establishes the legal framework for accessibility to buildings, laying as and technical standards for accessibility to be complied with in the design and of public spaces, public facilities, public buildings and homes.  It, the management of Ágora - Cultura e Desporto E.M. carried out an assessment at accessibility situation in the municipal swimming pool buildings, pavilions and which culminated in the preparation of eighteen individual reports.  In the reports, it was found that, with the exception of the Polidesportivo dos one of the infrastructures managed by Ágora met the minimum accessibility and the fact that most of these buildings were built before the current is published.  Order to comply with this legislation, it was decided to intervene in each of these order to remedy the shortcomings identified.
Project/Act	ivity's Objectives
<ul><li>Adaptation</li><li>Replaceme</li><li>Creation of</li><li>Installation</li><li>Designatio</li></ul>	of access ramps, handrails and adapted handles; of toilet facilities for people with reduced mobility; int/adaptation of service counters to promote accessibility for wheelchair users; f places in the stands for wheelchair users; of anti-slip strips on stairs; n of parking spaces for people with reduced mobility; of lifting platforms.
Beneficiarie	s
Citizens and u	users of sports facilities.
Territorial In	npact of the Intervention
Porto	
Link	

## 3.1 Indicator

	Number of i	interventions	to be carried o	ut on spor	ts equipr	nent			
Target	2023	i	2024		2025				
Half-yearly								Total	
Yearly	5		8		5			18	
3.2 Othe	r impactf	ul objecti	ives						
	ocial integratio			anulation					
Reduce the	FISK OF ACCIDE	ents and falls i	in the elderly po	pulation					
4 D									
<b>4.</b> Pa Designatio	rtners								
Designatio	n								
5. Sc	hedulin	ıg							
J	F	M A	M J	J	Α	S	0	N	I
2023									
									Г
2024									
2024									
2025	imated		tment vs	alua		150			
2025 <b>Es</b>	timated		tment va	alue		150.	000,00	€	

# Rua Direita

1. Intervention Area

P1-	People		
P2 -	Person-Centered Services		
P3 -	Places		
P4 -	Products		
P5 -	Policies		
Object		WH	IO Domains  1 - Outdoor Spaces
	accessibility and mobility ns that allow the proper use of		and Buildings
	d public spaces by people of all pecially the elderly.		2 - Transportation
			3 - Housing
Measui	<b>'</b> A		4 - Social Participation
Rehabilit	ate degraded streets, promoting		5 - Respect and Social Inclusion
	modes of transport and garchitectural barriers.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2. Ide	entification and charact		
Legal		-	
Nature	Public Entity		
Telephone contact	220100220		
Email address			
Link	www.cm-porto.pt		

# 3. Project / Activity

Name	Rua Direita
Context	
of the urban	e aimed at upgrading degraded public spaces, integrated into the fine network road system. It includes roads, paths, widening of old rural roads, urban areas ransformation or degraded streets in a consolidated mesh.
Project/Act	ivity's Objectives
services and adapted to th	this programme is to intervene in these public spaces in order to improve their conditions of use, in a logic of flexible management of the available space, he reduced cross-sectional profile of these streets, taking into account the needs of the inhabitants.
Beneficiarie	es
Inhabitants in	the areas affected
Territorial In	npact of the Intervention
Porto	
ink	

Description	Number o	f projects in	nplemented	ł						
Target	202	.3	2024	1		2025				
Half-yearly									Total	
Yearly	7		7			7			21	
3.2 Other	impact	ful objec	ctives							
Increase soc	ial integrat	ion and part	icipation							
Reduce the				lerly popu	ulation					
4. Par	tners									
Designation	1									
5. Sch	eduli	ng								
	-	M A	M	J	J	Α	S	0	N	
J	F									
	F									
	F									
2023	F									
2023										
2023										
2023 2024 2025										
2023 2024 2025		ed inve	stmer	nt val	ue		300	00 0004	<b>■</b>	
2023 2024 2025 <b>6. Est</b>	imate			nt val	ue		300	00 0004	<b>■</b>	
2023 2024 2025 <b>6. Est</b>	imate	ed inve		■ nt val	ue		300	00 0004	<b>■</b>	
2023 2024 2025 <b>6. Est</b>	imate			■ nt val	ue		300	00 0004	<b>■</b>	
2023 2024 2025 <b>6. Est</b>	imate			nt val	ue		300	00 0004	€	
2023 2024 2025 <b>6. Est</b>	imate			nt val	ue		300	00 0004	€	

# Rede 20

		Context
<ul> <li>Intervention Area</li> <li>P1 - People</li> <li>P2 - Person-Centered Services</li> <li>P3 - Places</li> <li>P4 - Products</li> </ul>		The public sp with a strong for the coexi environment priority to pe speed of 20 k
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.	WHO Domains  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing	
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.	4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Project/Act  • Elimination pavements b
2. Identification and characte  Name GO Porto - Gestão e Obras do Porto, E.M.  Legal Municipal Company	erisation of the Entity	Beneficiarie
Nature Telephone contact  Email address  Geral@goporto.pt		Territorial Ir  Porto  Link
Link		

# 3. Project / Activity

Name	Rede 20
Context	
with a strong for the coexi environment, priority to pe	bace in question must be improved in terms of enjoyment, use and environment, impact on the quality of life of the population, by creating favourable conditions stence of multiple users, by transforming the road environment into an urban by using road safety instruments, by using traffic calming solutions, by giving destrians and soft modes of transport, by establishing a maximum car circulation (m/h ("Rede 20" municipal project).
Project/Act	ivity's Objectives
	of traditional markings and unevenness between the carriageway and y defining a wide, level surface, shared by different users.
Beneficiarie	es .
General publi	ic
Territorial In	npact of the Intervention
Porto	
Link	

## 3.1 Indicator

<b>-</b> ,	0007		0004		0005				
Target	2023		2024		2025			T	
Half-yearly								Total	
V I	0		7/0		0			760	
Yearly	0		760		0				
3.2 Other	impactful	objectiv	ves						
	ial integration a			oulation					
4 -									
	tners								
Designation									
5. Sch	eduling	l							
<b>5. Sch</b>	eduling		M J	J	A	S	0	N	
J			M J	J	Α	S	0	N	
J 2023			M J	J	A	S	0	N	
J 2023			M J	J	A	S	0	N	
J 2023 2024			M J	J	A	S	0	N .	
J 2023 2024 2025	F M	A			A				
J 2023 2024 2025		A			A		000,00		
2023 2024	F M	A A			A				
2023 2024	F M	A A			A				
2023 2024	F M	A A			A				
2023 2024	F M	A A			A				
2023 2024	F M	A A			A				

# Atravessamento de vias e envolventes

			Context
P1-	Person-Centered Services		The public space in question need the quality of life of the population calming measures.
P4 -	Places Products Policies		
Measui Improve on paven on variou	accessibility and mobility as that allow the proper use of d public spaces by people of all pecially 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  erisation of the Entity	Project/Activity's Objective  • Improve pedestrian accessibili in particular by widening, levellir pedestrian crossings, or raised p
Name	GO Porto - Gestão e Obras do Porto, E.M.		Beneficiaries
Legal Nature Telephone	Municipal Company		General public
contact	228339310		Territorial Impact of the Inte
Email address Link	geral@goporto.pt		Porto  Link

# 3. Project / Activity

Name	Atravessamento de vias e envolventes
Context	
The public sp	ace in question needs to be improved in terms of its use, with a strong impact on life of the population, particularly in terms of accessibility and mobility, with traffic sures.
Improve pe	ivity's Objectives  Independent of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of the control of t
	oy widening, levelling and lowering pavements, laying tactile paving for cossings, or raised pedestrian crossings on various streets in the city.
Beneficiarie	s
General publi	c
Territorial In	npact of the Intervention
Porto	
Link	

## 3.1 Indicator

Descrip	LIOIT	er of interve	ntions						
Target	20	023	2024	ŀ	2025				
Half-yea	arly							Total 37	
Yearly		33	2		2				
3.2 Ot	her impa	ctful ob	jectives						
	se social integ								
Reduce	e the risk of ac	ccidents and	d falls in the eld	erly population	on				
4. I	Partner	S							
Designa	ation								
5. \$	Schedu	ling							
5. \$	Schedu	ling M	A M	J J	A	S	0	N	
			A M	J J	А	S	0	N	[
2023			A M	J J	A	S	0	N	
2023 2024			A M	J J	A	S	0	N .	
2023 2024			A M	J J	A	S	<ul><li>O</li><li>I</li><li>I</li><li>I</li></ul>	N .	
2023 2024 2025	J F	M	A M						
2023 2024 2025 <b>6.</b> I	J F	M	estmer						
2023 2024 2025 <b>6.</b> I	J F	M	estmer						
2023 2024 2025 <b>6.</b> I	J F	M	estmer						
2023 2024 2025 <b>6.</b> I	J F	M	estmer						
2023 2024 2025 <b>6.</b> I	J F	M	estmer						

# Projeto Integrado de Sinalização e Informação

Pro	ojeto integrado de Sina	lização e informação	Name	Projeto Integrado de Sinalização e Informação
			Context	
1.	Intervention Area		_	oal of standardising the equipment and content of signage, as well as reducing
	P1 - People		_	ting the occupation of public space, the Municipality of Porto has developed a udy aimed at implementing an integrated system of directional and informative the city.
	P2 - Person-Centered Services		signage iii	the City.
	P3 - Places			
	P4 - Products			
	P5 - Policies			
Obje	ective	WHO Domains		
condurba	note accessibility and mobility ditions that allow the proper use of an and public spaces by people of all s, especially the elderly.	1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing		
Mea	sure	4 - Social Participation		
and pede	ement a system of directional informative signage to promote estrianisation and pedestrian comfort.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Aware th navigating amount of	at the more we know about a place, the more confident and safe we feel in it, and in the case of Porto, due to its peculiar layout, which tends to create an uncertainty and doubt in the face of unfamiliar pedestrian routes, the PISI aims to destrians to travel comfortably, safely and quickly on foot.
2.	Identification and character	erisation of the Entity		
Name	Câmara Municipal do Porto - Departamento	o Municipal do Espaço Público	Beneficiar	ies
Legal Nature	Public Entity		Public space	e users
Teleph contac	1920100220		Territorial	Impact of the Intervention
Email			Porto	
addres	55		Link	
Link	www.cm-porto.pt			

3. Project / Activity

Projeto Integrado de Sinalização e Informação

## 3.1 Indicator

Target 2023 2024 2025  Half-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 N  2023  2024  2025  6. Estimated investment value 2100 000,00 €  7. Additional notes		Number	of devices	s to be i	nstalled ass	ociated wit	h pedesti	rian sign	alling		
Half-yearly  0 830  3.2 Other impactful objectives  Increase social integration and participation Reduce the risk of accidents and falls in the elderly population  4. Partners  Designation  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Target	202	23		2024		2025				
3.2 Other impactful objectives  Increase social integration and participation Reduce the risk of accidents and falls in the elderly population  4. Partners  Designation  J F M A M J J A S O N  2023  2024  6. Estimated investment value	Half-yearly										
3.2 Other impactful objectives  Increase social integration and participation Reduce the risk of accidents and falls in the elderly population  4. Partners  Designation  J F M A M J J A S O N  2023  2024  6. Estimated investment value	Yearly	0			830		0			830	
<ul> <li>Increase social integration and participation</li> <li>Reduce the risk of accidents and falls in the elderly population</li> <li>4. Partners</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>2026</li> <li>Estimated investment value</li> <li>2 100 000,00 €</li> </ul>				iectiv							
• 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  2023  2024  2025  6. Estimated investment value  2 100 000,00 €											
Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €						population					
Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €											
Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €	/ Da										
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €											
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €	Designatio	n									
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €											
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €											
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €											
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  2 100 000,00 €											
2023	5. Sc	heduli	ng								
2024											
2025			М	Α	М	J J	Α	S	0	N	
2025	J		М	Α	М	J J	Α	S	0	N	Г
6. Estimated investment value 2100 000,00 €	J 2023		М	Α	М	J J	Α	S	0	N	
	J 2023		M	A	M	J J	A	S	0	N	
	2023 2024		M	A	M	J	A	S		N .	
7. Additional notes	2023 2024 2025	F					A				
	2023 2024 2025	F IIII					A				
	2023 2024 2025	F IIII					A				
	2023 2024 2025	F IIII					A				
	2023 2024 2025	F IIII					A				
	2023 2024 2025	F IIII					A				

# Porto Pedonal - Pop

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
	mote accessibility and mobility		1 - Outdoor Spaces and Buildings
of u	ditions that allow the proper use rban and public spaces by people II ages, especially the elderly.		2 - Transportation
			3 - Housing
Mai	asure		4 - Social Participation
	reasing the number of resting places		5 - Respect and Social Inclusion
by i	nstalling benches along pedestrian tes to ensure comfortable walking.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
<b>2.</b>	Identification and characte		
Name		Municipal	do Espaço Publico
Legal Natur			
Telep conta	1.220100220		
Email addre			
Link	www.cm-porto.pt		

# 3. Project / Activity

ame	Porto Pedonal - Pop
Context	
area, with th	a map showing the network of continuous pedestrian routes and sitting areas in the e objective of establishing criteria for decision-making and types of intervention in pace, in particular for the installation of benches throughout the city.
roject/Ac	tivity's Objectives
roject/Ac	tivity's Objectives
encourage • For longe	otion of pedestrian routes requires the creation of conditions that walking. r journeys, the existence of rest stops on pedestrian routes, especially e groups, is one of the basic conditions for ensuring the comfort of these
eneficiari	es
Public space	users
erritorial l	mpact of the Intervention
Porto	
ink	

Target 2023 2024 2025  Half-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  J F M A M J J A S N N  2023  2024  2025  6. Estimated investment value	Half-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  J F M A M J J A S O N  2023  2024  6. Estimated investment value	cription N								
Half-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  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Half-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  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value		Number of b	enches to be insta	led					
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  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Half-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  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	get	2023	20	24	2025				
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  J F M A M J J A S O N  2023  2024  6. Estimated investment value	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  J F M A M J J A S O N  2023  2024  6. Estimated investment value	f-yearly	у							
<ul> <li>• Increase social integration and participation</li> <li>• Reduce the risk of accidents and falls in the elderly population</li> <li>• Promote regular physical activity</li> <li>4. Partners</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>6. Estimated investment value</li> <li>100 000,00 €</li> </ul>	<ul> <li>Increase social integration and participation</li> <li>Reduce the risk of accidents and falls in the elderly population</li> <li>Promote regular physical activity</li> </ul> 4. Partners Designation J F M A M J J A S O N 2023 2024 2025 6. Estimated investment value 100 000,00 €	rly	60	12	0	120				
<ul> <li>Reduce the risk of accidents and falls in the elderly population</li> <li>Promote regular physical activity</li> <li>4. Partners</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> <li>100 000,00 €</li> </ul>	<ul> <li>Reduce the risk of accidents and falls in the elderly population</li> <li>Promote regular physical activity</li> </ul> 4. Partners Designation J F M A M J J A S O N 2023 2024 2024 6. Estimated investment value 100 000,00 €	Other in	er impactfu	ıl objectives						
Designation  5. Scheduling  J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value	Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	Reduce the risk	he risk of accide	nts and falls in the e	lderly population	n				
5. Scheduling  J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value	5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	Partr	artners							
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	signation	ion							
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €									
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €									
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €									
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €									
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  100 000,00 €	Sche	chedulin	a						
2023  2024  2025  6. Estimated investment value  100 000,00 €	2023  2024  2025  6. Estimated investment value  100 000,00 €				J J	А	S	0	N	
2024	2024			101 /( 101	0 0	7.	3		-	
6. Estimated investment value 100 000,00 €	6. Estimated investment value 100 000,00 €	.3								
6. Estimated investment value 100 000,00 €	6. Estimated investment value 100 000,00 €	24								
6. Estimated investment value 100 000,00 €	6. Estimated investment value 100 000,00 €					_				
		.5								
		Estir	stimated	l investme	nt value		100 (	00.00	€	
7. Additional notes	7. Additional notes							,		
		A .I .I*	dditional	l notes						
		Addı								
		Addi								
		Addi								
		Addi								

# Informação ao público no Terminal Intermodal de Campanhã

L.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		ı
Эbj	ective	WHO Domains	ı
Pro	mote accessibility and mobility	1 - Outdoor Spaces and Buildings	
urba	ditions that allow the proper use of an and public spaces by people of all s, especially the elderly.	2 - Transportation	l
		3 - Housing	ı
Me:	asure	4 - Social Participation	
	rove public information	5 - Respect and Social Inclusion	
at th to m	ne Campanhã Intermodal Terminal neet the different needs and abilities ne elderly.	6 - Civic Participation and Employment	l
	,	7 - Communication and information	ı
		8 - Community and Health Care	
<b>2.</b> Name	Identification and charact		
		isolitoria e Participações, Onipessoai Lua	
₋egal Natur			
Telepl conta	1225071100		
Email addre	geral@stcnservicos.nt		

# 3. Project / Activity

Name	Informação ao público no Terminal Intermodal de Campanhã
Nume	
Context	
role in enabl infrastructure dynamic sign	ce of public transport and adequate means of information play a fundamental ling older people to find their way and establish connections with other people, es and urban services. Information in a bus station, which includes static and nage, must be compatible and appropriate to the typical limitations of ageing, must be in large characters and the main information must be prominent and easy interpret.
Project/Act	tivity's Objectives
	n of the existing static and dynamic information at the Campanhā Intermodal make clearer and more visible the available transport options, timetables and he terminal.
Beneficiarie	es
Campanhã Ir	ntermodal Terminal users
Territorial Ir	mpact of the Intervention
Terminal Inte	ermodal de Campanhã

## 3.1 Indicator

	1011 01 34	tistactio	on Surve	ys (scor	ed from	0 to 3)				
202	3		2024			2025				
0			2			0				
mpacti	ful obj	ectiv	es/es							
ners										
edulii	ng									
edulii F	ng M	Α	М	J	J	Α	S	0	N	С
		A	М	J	J	A	S	0	N	D
		A	M	J	J	A	S	0	N	
		A	M	J	J	A	\$	0	N	
	M					A				
	0 mpact	0 mpactful obj	0 mpactful objectiv	0 2 mpactful objectives	0 2 mpactful objectives	0 2 mpactful objectives	0 2 0 mpactful objectives	0 2 0 mpactful objectives	0 2 0 mpactful objectives	Total 2 0 mpactful objectives

# Percursos Pedonais - Ligações Mecanizadas

		Context
1. Intervention Area		The creation of ped
P1 - People		different points: Mira
P2 - Person-Centered Services		
P3 - Places		
P4 - Products		_
P5 - Policies		
Objective	WHO Domains	
Promote accessibility and mobility	1 - Outdoor Spaces and Buildings	
conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Provide better accessibility between high	5 - Respect and Social Inclusion	Project/Activity's
and low levels and contribute to the safe mobility of the population.	6 - Civic Participation and Employment	The principle of the these routes with a lequality of life of thos.
	7 - Communication and information	regeneration and re
	8 - Community and Health Care	
2. Identification and charact	erisation of the Entity	
Name GO Porto - Gestão e Obras do Porto, E.M.		Beneficiaries
Legal Nature  Municipal Company		Local residents and g
Telephone contact 228339300		Territorial Impact
Email geral@goporto.pt		Miragaia, Palácio de
address		Link
ink https://goporto.pt/grandes-intervencoes/p	percursos-pedonais-ligacoes-mecanizadas	

# 3. Project / Activity

Name	Percursos Pedonais - Ligações Mecanizadas
Context	
of the differ	n of pedestrian routes with mechanised connections is a solution to the problem rence in level between the riverside areas and the higher zones of Porto, at three ints: Miragaia, Palácio de Cristal and Virtudes.
Project/Ac	ctivity's Objectives
these route quality of lif	ciple of this municipal investment is to promote pedestrian mobility by providing s with a level of comfort and safety, making walking easier and improving the fe of those who use them every day, or opening up the prospect of new routes, on and revitalisation.
Beneficiari	ies
Local reside	ents and general public
Territorial	Impact of the Intervention
Miragaia, Pa	alácio de Cristal e Virtudes
Link	

## 3.1 Indicator

	Number	of units in op	eration				
Target	202	23	2024	20	)25		
Half-yearly							otal
Yearly	1		2		3		N/A
3.2 Other		ful obje					
Increase so	cial integra	tion and part	ticipation				
			lls in the elderly p	opulation			
4. Pai	rtners						
Designatio	n						
5. Scl	heduli	ng					
J	F	M A	A M J	J	A S	0	N
2023							
2024							
2024							
2024	l III	ed inve	estment v	alue	42	50 000,00	€
		ed inve		alue	42	50 000,00	€

# Plano de Higienização de Fontes, Fontanários e Bebedouros

1. In	ntervention Area		
	L - People		
	2 - Person-Centered Services		
P3	3 - Places		
P4	1 - Products		
P5	5 - Policies		
Objec	tive	WH	IO Domains
Promot	e accessibility and mobility		1 - Outdoor Spaces and Buildings
urban a	ons that allow the proper use of and public spaces by people of all specially the elderly.		2 - Transportation
2900, 00			3 - Housing
Measu	ıre		4 - Social Participation
	ew drinking fountains in the main		5 - Respect and Social Inclusion
	s, parks and pedestrian and cycle of the city of Porto, encouraging		6 - Civic Participation and Employment
of hydra	sumption of tap water as a source ation - a healthier, cheaper and nvironmentally friendly solution.		7 - Communication and information
more er	ivinorimentally mentally solution.		8 - Community and Health Care
<b>2.</b> Id	lentification and characte	erisati	ion of the Entity
Legal Nature	Municipal company (local business sector)		
Telephon contact	e 225190800		
Email address	geral@aguasdoporto.pt		
Link	https://www.aguasdoporto.pt/		

# 3. Project / Activity

Name	Plano de Higienização de Fontes, Fontanários e Bebedouros
Context	
and sanitisati to reinforce and cycling of locations, with	de Higienização de Fontes, Fontanários e Bebedouros includes both maintenance fon actions for existing infrastructures of this nature in the city, as well as measures the network of drinking fountains in Porto's main squares, parks and pedestrian circuits. For this goal, this project aims to install more drinking fountains in these th the aim of increasing the availability of these water points in public spaces and the consumption of tap water, which is accessible to all.
Project/Act	rivity's Objectives
<ul> <li>Increase th</li> </ul>	ccess to drinking water locations in the city; ne consumption of tap water as an essential source of hydration for people, e elderly, as it is healthier, cheaper and more environmentally friendly.
Beneficiarie	es
Porto's public	
Territorial Ir	mpact of the Intervention
Porto	

Description Number of drinking water points installed in public spaces (AEdP's responsibility)  Target 2023 2024 2025  Half-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  J F M A M J J A S O N  2023  2024	Descrip		la consideration of	f -1-21-2									
Half-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 J F M A M J J A S O N  2023  2024  3024  42 000,00 €													
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  J F M A M J J A S O N  2023  2024  3024  42 000,00 €	Target		202	23		2024			2025				
Promote regular physical activity Increase social integration and participation Reduce the incidence of illness or deterioration in health  Partners  Designation Câmara Municipal do Porto Departamento Municipal do Espaço Público   Scheduling JFMAMJJASON  2023  6. Estimated investment value  42 000,00 €	Half-ye	arly											
<ul> <li>Promote regular physical activity</li> <li>Increase social integration and participation</li> <li>Reduce the incidence of illness or deterioration in health</li> <li>4. Partners</li> <li>Designation</li> <li>Câmara Municipal do Porto  Departamento Municipal do Espaço Público</li> <li>5. Scheduling</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>2024</li> <li>42 000,00 €</li> </ul>	Yearly		7			5			12				
<ul> <li>Increase social integration and participation</li> <li>Reduce the incidence of illness or deterioration in health</li> <li>4. Partners</li> <li>Designation <ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal do Espaço Público</li> </ul> </li> <li>5. Scheduling <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> <li>2025</li> <li>2025</li> <li>2026</li> <li>42 000,00 €</li> </ul> <li>6. Estimated investment value</li>	3.2 O	ther ir	npact	ful ob	jecti	ves							
Designation  • Câmara Municipal do Porto • Departamento Municipal do Espaço Público  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  42 000,00 €	Increa	ase socia	l integra	tion and	particip		ı in healt	h					
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  42 000,00 €	4.	Part	ners										
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  42 000,00 €	Design	ation						5					
J F M A M J J A S O N  2023  2024			- Dep	artamen	to Mun	icipal do	) Espaço	Público	)				
J F M A M J J A S O N  2023  2024													
J F M A M J J A S O N  2023  2024													
J F M A M J J A S O N  2023  2024													
J F M A M J J A S O N  2023  2024	E	Cab.	:اا <b>:</b>										
2023  2024	<b>J</b> .			_						C			
2024		J	F	M	Α	М	J	J	А	S	O	N	
2025	2023												
6. Estimated investment value 42 000,00 €													
	2024												
7. Additional notes	2025	Esti	mate	ed in	vest	men	  nt val	Ue		42 00	00,00€		
	2025 <b>6.</b>					men		Ue		42 00	00,00€		
	2025 <b>6.</b>					men	ut val	ue		42 00	00,00 €		
	2025 <b>6.</b>					men	ut val	Ue		42 00	00,00 €		
	2025 <b>6.</b>					men	t val	Ue		42 00	00,00 €		
	2025 <b>6.</b>					men	ut val	Ue		42 00	00,00 €		
	2025 <b>6.</b>					men	ut val	Ue		42 00	00,00 €		

Back to the table

Link

# Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã

			Con
1. In	tervention Area		Acc a cit
P]	- People		and desi
P2	- Person-Centered Services		dista and
P3	- Places		
P4	- Products		_
P5	- Policies		
Objec	tive	WHO Domains	
	e accessibility and mobility	1 - Outdoor Spaces and Buildings	
urban a	nd public spaces by people of all specially the elderly.	2 - Transportation	
		3 - Housing	
Measu	ıre	4 - Social Participation	
the Can moving and con	ng the pedestrian underpass to npanhã Intermodal Terminal with walkways to improve accessibility nfort for elderly people with I mobility.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community	Proj • E the ser red
<b>2. Id</b> Name Legal Nature	entification and character  STCP Serviços - Transportes Urbanos, Consult  Local business sector		Ben: Car
Telephon	225071100		Terr
	and Ortonomicon at	_	Terr
Email address	geral@stcpservicos.pt		Link

## 3. Project / Activity

Name

Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã

## xt

s to public transport is an important factor in active ageing, as the ability to move around has a major impact on access to community and health services, as well as on the social vic participation of older people. Terminals and interfaces should be easily accessible and ned for older people, minimising the extra effort of transfers in terms of size, time, and ce. The use of ramps, lifts and moving walkways are ways of minimising this inconvenience proving the mobility of people with reduced mobility.

## t/Activity's Objectives

ring accessibility to public transport in Porto by installing moving walkways on in link between the Campanhã Intermodal Terminal and the STCP urban transport es, the train and the metro, improving accessibility and comfort for people with ed mobility.

## ciaries

anhã Intermodal Terminal users

## rial Impact of the Intervention

al Intermodal de Campanhã

## 3.1 Indicator

	n Count of	people usin	g the convey	or belts						
Target	202	23	2024			2025				
Half-yearly	,								Total 00000	
Yearly	0	)	0		9	00000				
3.2 Othe	er impac	tful obje	ctives							
		ation and par								
Reduce th	e risk of acc	idents and fa	Ills in the eld	erly popi	ulation					
4. Pa	rtners									
Designatio	• Câr	mara Mun	icipal do l	Porto						
Г С.		•								
	:heduli		A M		J	Α	S	0	N	[
	JF	IVI F	-\ IVI	J	J	A	3		IN	, ,
2023										L
2024										
2025										
		ed inve	stmen	t val	ue		909	465,00	€	
6. Es	timate									
		al note								

# Fontes Históricas do Porto

1. Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
Objective	WHO Domains
Improve public spaces and enhance urban heritage.	1 - Outdoor Spaces and Buildings
and enhance orban nemage.	2 - Transportation
	3 - Housing
Measure	4 - Social Participation
Rehabilitate the historic fountains of the	5 - Respect and Social Inclusion
city of Porto, promoting the requalification of public spaces and their use by the	6 - Civic Participation and Employment
elderly population.	7 - Communication and information
	8 - Community and Health Care
2. Identification and characte Name Águas e Energia do Porto, E.M.	erisation of the Entity
Legal Nature  Municipal company (local business sector)	
Telephone contact 225190800	
Email geral@aguasdoporto.pt	

# 3. Project / Activity

Name	Fontes Históricas do Porto
Context	
"Fontes Historicultural heriton the Fonte Águas e Ener	to the Plano de Higienização de Fontes, Fontanários e Bebedouros do Porto, the óricas do Porto" project is underway, which includes actions to rehabilitate this age scattered throughout the city. Examples include the work already carried out da Batalha, the Monumento ao Empresário and the Fonte dos Leões. In this way, rgia do Porto, E.M. intends to continue this work on other important fountains in the ming them into dynamic centres of public space and cultural and leisure activities.
Project/Act	tivity's Objectives
<ul> <li>Improve w</li> <li>Optimise t</li> </ul>	orto's historical heritage ater supply structures in public spaces the hydraulic and energy components of historic fountains a to the collective enjoyment of public spaces
Beneficiarie	es
Porto's public	С
Territorial Ir	mpact of the Intervention
Porto	
Link	

## 3.1 Indicator

	ption N										
Target		2023	3	2024	ŀ		2025				
Half-ye	early [									Total 3	
Yearly		1		1			1				
3.2 C	Other in	npacti	ul obje	ectives							
• Incre	ease social	integrati	on and pa	rticipation							
4.	Parti	ners									
Desig	nation			nicipal do							
				ipal de Cultu Municipal do			•				
		• Direc	ão Reg	ional de C	ultura	do No	rte				
_	•										
5.	Sche J	edulir F	_	A M			A	S	0	N	Г
0007	J	Г	IVI .	A IVI	J	J	A	3		IN	D
2023											
2024											
2025											
6.	Estir	nate	d inve	estmer	nt val	ue		75 00	00,00€	;	
<b>U.</b>	Add	itiona	al not	es							
•	, laa										
7.	/ tuu										
•	, ida										
•	- Tidai										

# Requalificação de Jardins e Espaços Públicos

		Context
1. Intervention Ar	ea	According to the World H
P1 - People		to "age in place." Based of Senhora do Porto, Praça de
P2 - Person-Centered S	Services	
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
Improve public spaces and enhance urban heritage	1 - Outdoor Spaces and Buildings	
and enhance orbannemage	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Renovate public gardens and	d spaces.  5 - Respect and Social Inclusion	Project/Activity's Obj
	6 - Civic Participation and Employment	Renovating public gard fostering urban and soc and social exclusion
	7 - Communication and information	and social exclosion
	8 - Community and Health Care	
2. Identification a	and characterisation of the Entity	'
Name GO Porto - Gestão e C	Obras do Porto, E.M.	Beneficiaries
Legal Municipal Company		Local residents, including
Telephone contact		Territorial Impact of th
Email		City of Porto
address geral@goporto.pt		Link
Link		

# 3. Project / Activity

lame	Requalificação de Jardins e Espaços Públicos
Context	
role in the motor to "age in pla	the World Health Organisation (2008), the external environment plays a crucial obility, independence, and quality of life of older adults, influencing their ability ace." Based on this premise, the project involves the redevelopment of Jardim lorto, Praça da Corujeira and Praça da República.
roject/Act	ivity's Objectives
	g public gardens and green spaces to create leisure and comfort areas, rban and social integration for older adults and helping prevent loneliness exclusion
eneficiarie	es
Local residen	ts, including older adults, children, and families
erritorial In	npact of the Intervention
City of Porto	
ink	

## 3.1 Indicator

Description [	Number of red	developmer	nt interventions						
Target	2023		2024	2	2025				
Half-yearly								Total 3	
Yearly					3				
3.2 Other i	mpactful	objecti	ves						
Increase socia     Reduce the ris     Improve acce     of all ages, par	sk of accident ssibility and n	ts and falls a nobility con	mong older adu		an space	es are su	vitable fo	or peopl	е
4. Part	ners								
Designation	• Câmara	a Municip	oal do Porto						
5. Sch	eduling	J							
J	F M	1 A	M J	J	Α	S	0	N	
2023									
2023									
2024 2025	mated	invest	ment va	lue		9 000	0,00€		
2024	mated		ment va	lue		9 000	0,00€		

# Porto Amigo

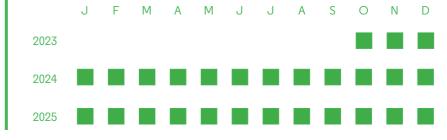
. Ir	ntervention Area		
P:	l - People		
P	2 - Person-Centered Services		
P	3 - Places		
P4	4 - Products		
P	5 - Policies		
Objec	tive	WH	IO Domains
Improv	e housing conditions		1 - Outdoor Spaces and Buildings
for vuln	erable elderly people.		2 - Transportation
			3 - Housing
Meası	INO.		4 - Social Participation
	ut reconstruction, rehabilitation		5 - Respect and Social Inclusion
and hea	alth improvement works		6 - Civic Participation
	omes of people living in poverty non-municipal housing.		and Employment
			7 - Communication and information
			8 - Community and Health Care
2. Ic	dentification and characte		
egal lature	Public Entity		
elephon ontact	e 225899260		
mail ddress	dmcs@cm-porto.pt		
ink	www.cm-porto.pt		

3. P	roject / Activity
Name	Porto Amigo
Context	
urgent ho vulnerable The Porto allows the	his programme, the Municipality of Porto is committed to responding to the most busing needs, namely the rehabilitation of dilapidated buildings belonging to a families.  Amigo programme, as well as improving the living conditions of its beneficiaries, also meto remain in their social environment, reinforcing their sense of belonging to the eathey live, combating feelings of isolation and loneliness.
Project/A	activity's Objectives
	e the living conditions of people who are in a situation of documented economic on, who live in the municipality of Porto, in non-municipal housing.
Beneficia	ries
	of the city of Porto, living in non-municipal housing, who are in a situation of proven deprivation.
Territoria	Impact of the Intervention
Porto	
Link	

3.1 Indica	itor			
Description	Number of applicat	ions approved, accordi	ng to eligibility criteria	ì
Target	2023	2024	2025	
Half-yearly				Total 36
Yearly	12	12	12	
3.2 Other	impactful obj	ectives		
Reduce the     Create an a	Iternative to institutio	participation or deterioration in healt onalisation and family de	ependency for the elde	erly

## 4. Partners

# 5. Scheduling



Estimated investment value

135.000€

# 7. Additional notes

Back to the table

https://coesaosocial.cm-porto.pt/pessoas-idosas/porto-amigo

# Engenharia Repara

Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
Objective	WHO Domains
Improve housing conditions	1 - Outdoor Spaces and Buildings
for vulnerable elderly people.	2 - Transportation
	3 - Housing
Measure	4 - Social Participation
Carry out free home repairs for vulnerable	5 - Respect and Social Inclusion
older adults, fostering intergenerational engagement through university students.	6 - Civic Participation and Employment
	7 - Communication and information
	8 - Community and Health Care
2. Identification and charact lame Faculdade de Engenharia da Universidade	
egal Public Foundation under Private Law	
elephone 225 081 400 ontact	
mail respsocial@fe.up.pt	
ink www.fe.up.pt	

# S. Project / Activity

Name	Engenharia Repara
Context	
Jontext	
do Porto (F engineers to	the Volunteer Programme at the Faculdade de Engenharia da Universidade EUP), the "Engenharia Repara" project leverages the expertise of (future) of assist socially and/or economically disadvantaged older adults by carrying out repairs and providing simple technical solutions for specific needs.
Project/Act	tivity's Objectives
Minor hon among oth	ne repairs, such as fixing a door hinge, installing a tap, tuning a television, ners
Beneficiari	es
Older adults	(in private homes) or institutions in economic hardship
erritorial l	mpact of the Intervention
Freguesias d	le Paranhos, Bonfim, Campanhã, Ramalde, Cedofeita, Aldoar, Lordelo Ouro.
ink	

## 3.1 Indicator

Description [	Number of voluntee	r hours			
Target	2023	2024	2025		
Half-yearly					Total
V 1			00		80
Yearly			80		
	mpactful obje				
Promote inter	generational activit	ies			
4. Part	ners				
Designation	• GASPORTO	)			
-	GASI ORTO	,			
5. Sch	eduling				
J	F M	A M J	J A	S C	) N
2023					
2024					
2024					_
2025					'
6. Esti	mated inv	estment v	alue	750,00€	
7. Add	itional not	es			

# Individual project sheets P4

# Estamos Juntos - Serviço de Teleassistência

Intervention Area

	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WH	IO Domains
	uce feelings of insecurity among er people at risk of social isolation.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Mea	isure		4 - Social Participation
	ide a telecare service.		5 - Respect and Social Inclusion
			6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
	Identification and charact		
Name	Câmara Municipal do Porto - Departamento		
Name Legal	Câmara Municipal do Porto - Departamento		
Name Legal Nature Teleph	Câmara Municipal do Porto - Departamento Public Entity		
<b>2.</b> Name Legal Nature Teleph contac Email	Câmara Municipal do Porto - Departamento  Public Entity  none 225899260		

## **Project / Activity**

Estamos Juntos - Serviço de Teleassistência Name

## 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

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	
Half-yearly				Total
, , , ,				600
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

## **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	А	M	J	J	А	5	O	N	D
2023												
2024												
2025												

Estimated investment value

508 168,00 €

## 7. Additional notes



# **Chave de Afetos**

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	jective	WHO Domains	
Reduce feelings of insecurity among older people at risk of social isolation.		1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
/le	asure	4 - Social Participation	
	vide a telecare service.	5 - Respect and Social Inclusion	
		6 - Civic Participation and Employment	
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	erisation of the Entity	•
lame	Santa Casa da Misericórdia do Porto		
egal latur			
elep onta	hone 220924422		
mail ddre	deral(a)scmn nt		

## 5. Proiect / Activity

lame	Chave de Afetos
Context	
a different	ig that this is a transversal need, the SCMP proposes the Chave de Afetos as iating and/or complementary activity to the Programa Municipal do Porto Juntos, in order to reach a wider audience and contribute to reducing the number it risk.
Project/Ac	ativitu's Objectives
roject/Ad	ctivity's Objectives
a) Workin b) A telec talk to pe	the number of people at risk by:  ng with community partners to signpost cases and increase support for users;  care service to check and monitor the situation, respond to emergencies and  sople, with equipment appropriate to the situation (fixed, mobile, fall sensor);  ting volunteer work.
Beneficiar	ies
Porto's citiz	ens
erritorial	Impact of the Intervention
Concelho d	lo Porto
ink	
https://www	w.scmp.pt/pt-pt/acao-social/programa-chave-de-afetos_9

## 3.1 Indicator

Description	Number of new acti	ve services		
Target	2023	2024	2025	
Half-yearly				Total 42
Yearly	14	14	14	
3.2 Other	impactful obj	ectives		
Increase soc	cial integration and p	articipation		

# 4. Partners

Designation
-------------

• Parish Councils

• Reduce the incidence of illness or deterioration in health

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

- Police
- IPSS
- Voluntary organisations
- Universities

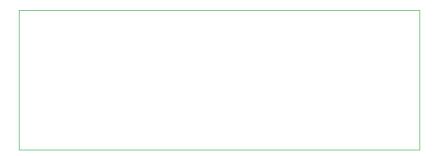
# 5. Scheduling

	J	Г	IVI	А	IVI	J	J	А	3	O	IN	D
2023												
2024												
2025												

6. Estimated investment value

23 520,00€

## 7. Additional notes



# Projeto de Acompanhamento à Pessoa Idosa (PAPI)

I. Intervention Area    p1 - People				Context
Reduce feelings of insecurity among older people at risk of social isolation.    1 - Outdoor Spaces and Buildings		P1 - People P2 - Person-Centered Services P3 - Places P4 - Products		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
older people at risk of social isolation.  2 - Transportation  3 - Housing  4 - Social Participation  5 - Respect  5 - Respect  6 - Civic Participation  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  Beneficiaries  People over 65  Telephone  contact  951557471  Territorial Impact of the Intervention  Freguesia de Lordelo do Ouro e Massarelos  Link	_		1 - Outdoor Spaces	
Provide a telecare service.  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  Beneficiaries  People over 65  Telephone contact  Email address  geral@lordeloouromassarelos.pt  Link			2 - Transportation	
Provide a telecare service.  and Social Inclusion  6 · Civic Participation and Employment  7 · Communication and information and information and Health Care  2. Identification and characterisation of the Entity  Name União das Freguesias de Lordelo do Ouro e Massarelos  Beneficiaries  Beneficiaries  People over 65  Territorial Impact of the Intervention  Freguesia de Lordelo do Ouro e Massarelos  Link	Mea	sure	4 - Social Participation	
2. Identification and characterisation of the Entity  Name União das Freguesias de Lordelo do Ouro e Massarelos  Beneficiaries  Beneficiaries  Beneficiaries  People over 65  Telephone contact  Freguesia de Lordelo do Ouro e Massarelos  Email address  geral@lordeloouromassarelos.pt  Link	Provi	de a telecare service.		Project/Activity's Objectives
Name União das Freguesias de Lordelo do Ouro e Massarelos  Beneficiaries  Legal Nature  People over 65  Telephone contact  961557471  Territorial Impact of the Intervention  Freguesia de Lordelo do Ouro e Massarelos  Link			and Employment  7 - Communication and information  8 - Community	Reduce social isolation and combating loneliness
Legal Nature  Local Autarchy  People over 65  Telephone contact  Email address  geral@lordeloouromassarelos.pt  Beneficiaries  People over 65  Territorial Impact of the Intervention  Freguesia de Lordelo do Ouro e Massarelos  Link				
Nature  Telephone contact  Frequesia de Lordelo do Ouro e Massarelos  Geral@lordeloouromassarelos.pt  Territorial Impact of the Intervention  Freguesia de Lordelo do Ouro e Massarelos  Link	Name	União das Freguesias de Lordelo do Ouro e	Massarelos	Beneficiaries
contact    96155/4/1		Local Autarchy		People over 65
geral@lordeloouromassarelos.pt  Link		1961557471		Territorial Impact of the Intervention
address Link		geral@lordeloouromassarelos.pt		Freguesia de Lordelo do Ouro e Massarelos
Link https://www.uf-lordeloouromassarelos.pt/	addres	s E		Link
	Link	https://www.uf-lordeloouromassarelos.pt/		

3. Project / Activity

Name

Projeto de Acompanhamento à Pessoa Idosa (PAPI)

Descrip	otion N	umber o	of active	equipm	nents							
Target		202	23		2024			2025				
Half-ye	arly										Total	
Yearly		80	)		80			80			210	
3.2 O	ther in	npact	tful ob	ojecti	ves							
• Redu	ase social ce the inc te an alter	idence	of illness	or dete	erioration			ncy for t	he elde	rly		
4.	Partı	ners										
Design	ation [											
	idtioii											
	idiloii											
5		الماداة	ina									
5.	Sche		_	٨	M			Λ.		0	N	
		eduli	i <b>ng</b>	A	M	J	J	A	S	0	N	
<b>5.</b> 2023	Sche		_	A	M	J	J	A	S	0	N	
	Sche		_	A	M	J	J	A	S	0	N	
2023	Sche		_	A	M	J	J	A	S	0	N	
2023 2024 2025	Sche	F	M					A	S	0	N	
2023 2024 2025	Sche	F	M					A	S	0	N	

# Laboratório de Inovação Social do Porto

1. Int	ervention Area		
P1 -	People		
P2 -	Person-Centered Services		
P3 -	Places		
P4 -	Products		
P5 -	Policies		
Object	ive	WH	IO Domains
Promote the creation and experimentation of new solutions to combat the social isolation of the elderly.			1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Measui	re		4 - Social Participation
	a structured experimentation		5 - Respect and Social Inclusion
model, b methodo	ased on impact processes and logies, to test new responses that the to reducing the social isolation		6 - Civic Participation and Employment
of the eld	_		7 - Communication and information
			8 - Community and Health Care
Name	entification and characte		
Legal Nature	Public Entity		
Telephone contact	225899260		
Email address	dmcs@cm-porto.pt		
Link	www.cm-porto.pt		

## 3. Proiect / Activity

0. 1.0	ect / Activity
Name	aboratório de Inovação Social do Porto
Context	
new solutions to well, it propose methodologies intended to mol problems, which virtuous circle of There will be to	o de Inovação Social aims to promote collaborative experimentation with o social problems in the city of Porto. Starting from a policy of failing fast and is to develop a model of structured experimentation - based on processes and of impact, and on promoting the spill-over of the knowledge generated. It is bilise and involve all sectors of society in a systemic approach to the city's social h will generate more efficient, effective and sustainable responses and create a of collective learning.  In our ditions of this experimental model until 2025. Each will support new plutions in the field of ageing.
Project/Activi	ity's Objectives
Promote condaddressing the Help local pule. Involve agent	generation and experimentation of new solutions to the city's social problems; ditions in which new solutions to the city's social problems are focused on leir root causes; blic and private agents to integrate impact in their decision-making; is from different sectors of society in a joint, cross-sectoral approach to social he city of Porto.
Beneficiaries	
General public	
Territorial Imp	pact of the Intervention
Porto	
11.1	

## 3.1 Indicator

Description	Number of	pilot projec	ts supporte	d in the	field of	the elde	rly			
Target	2023	3	2024			2025				
Half-yearly						<b>-</b>			Total	
riali-yeariy [	L								13	
Yearly	7		6			0				
3.2 Other	impactf	ul objec	tives							
Increase soci	al integratio	on and parti	cipation							
Create an alt				family d	epende	ncy for t	he elde	rly		
4. Par	tners									
Designation	• Capac	ity Building	Partners							
5. Sch	edulir	na								
J	F	M A	М	J	J	Α	S	0	N	
	·			Ü	Ü	,,	J			
2023										
2024										
2025										
6. Esti	imato	d inve	stman	t val			070	7/7 00	0	
o. Esti	mate	u ilive:	Stilleli	t vai	UE		239	763,90	€	
7 4.1.	litiona	al note	S							
7. Add										
/. Add										
Programme su										1
	e European	Union throu								to
Programme su financed by the	e European	Union throu								t o

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https://coesaosocial.cm-porto.pt/laboratorio-de-inovacao-social/laboratorio-de-inovacao-social

# Programa + Vida aos Anos

P1 -			
	People		
P2 -	Person-Centered Services		
P3 -	Places		
P4 -	Products		
P5 -	Policies		
<b>Object</b> i	ive	WHO Domains	
Promote	the creation and	1 - Outdoor Spaces and Buildings	
	entation of new solutions to he social isolation of the elderly.	2 - Transportation	
		3 - Housing	
Measur	re	4 - Social Participation	
Organise	capacity-building bootcamps	5 - Respect and Social Inclusion	
	people, focusing on neurship and social innovation	6 - Civic Participation and Employment	
	egrating personal development borative practices to encourage	7 - Communication	
	ion of community projects.	and information	
		8 - Community and Health Care	

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 social innovation projects generated	d
Target	2023 2024	2025
11.16		Total
Half-yearly		6 140 30
Yearly	0 0	6 140 30
3.2 Other	r impactful objectives	
Increase sc	ocial integration and participation	
Stimulate li	ifelong learning	
4. Pa	rtners	
Designatio	n • MAGNA Consultores	
	Associação Desportiva Impact Life     Social Investors	
5. Sc	heduling	
J	I F M A M J J	A S O N
2023		
2024		
2024		
2025		
<i>(</i>		
6. Es	timated investment value	65 000,00 €
7. Ad	ditional notes	

# Wat(t)er FabLab - Impressão 3D nas Operações

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	O Domains
	plementing new solutions for safety of		1 - Outdoor Spaces and Buildings
	olic spaces, especially for the mobility he most vulnerable population groups.		2 - Transportation
			3 - Housing
Me	asure		4 - Social Participation
Prod	ducing hydrant covers, fire signs mobile valve covers using bioplastic		5 - Respect and Social Inclusion
	erial on 3D printers.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	on of the Entity
Name	Águas e Energia do Porto, E.M.		
Legal Natur	Municipal company (local husiness sector)		
Telep conta	1225190800		
Email addre	geral@aguasdonorto.nt		
Link	https://www.aguasdoporto.pt/		

# 3. Project / Activity

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 Âguas 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.  **roject/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.  **eneficiaries**  Perto's population, with a particular impact on the elderly*  **erritorial Impact of the Intervention**  **Details**  **Porto's population, with a particular impact on the elderly**  **Erritorial Impact of the Intervention**  **Details**  **Provision of the Intervention**  **	Name	Wat(t)er FabLab - Impressão 3D nas Operações
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 Âguas 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.  **roject/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.  **Porto's population, with a particular impact on the elderly**  Perritorial Impact of the Intervention	Santaut	
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 Âguas 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.  **Topical Contraction of the population   **Topical Contraction 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.**  **Perrois of the population, with a particular impact on the elderly**  **Perrois population, with a particular impact on the elderly**  **Perrois of the Intervention**	ontext	
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.  eneficiaries  Porto's population, with a particular impact on the elderly  erritorial Impact of the Intervention	are made o own natura these anon e Energia o falls and p	of ferrous materials and are therefore subject to frequent vandalism and their al corrosion and deterioration. In this regard, the aim of this project is to remedy nalies through the manufacture and installation of 3D bioplastic parts by Águas do Porto, E.M., thus solving the problems on the public highway and preventing pedestrian accidents, which are more frequent among the most vulnerable
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.  eneficiaries  Porto's population, with a particular impact on the elderly  erritorial Impact of the Intervention	Project/A	etivity's Objectives
eneficiaries  Porto's population, with a particular impact on the elderly  erritorial Impact of the Intervention	Improver     Repair an	ment of the water supply network's equipment in the public space; nomalies and potholes on the public highway;
Porto's population, with a particular impact on the elderly erritorial Impact of the Intervention		
Porto's population, with a particular impact on the elderly erritorial Impact of the Intervention		
erritorial Impact of the Intervention	Beneficiar	ies
·	Porto's pop	ulation, with a particular impact on the elderly
Darka	erritorial	Impact of the Intervention
	Porto	

Target 2023 2024 2025  Half-yearly 150 130 150 100 150 100  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  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value 3500,00 €  7. Additional notes	Description	Number of anor	nalies fixed					
Half-yearly 150 130 150 100 150 100 780  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  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Target	2023	2024	2025				
3.2 Other impactful objectives  Increase social integration and participation Reduce the risk of accidents and falls in the older population  4. Partners  Designation  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Half-yearly	150 130	150 100	150 1	00			
<ul> <li>Increase social integration and participation</li> <li>Reduce the risk of accidents and falls in the older population</li> <li>4. Partners</li> <li>Designation</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> <li>3 500,00 €</li> </ul>	Yearly							
• 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  2023  2024  2025  6. Estimated investment value  3 500,00 €	3.2 Othe	r impactful c	bjectives					
4. Partners  Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  3500,00 €								
Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  3 500,00 €	Reduce the	risk of accidents	and falls in the older po	pulation				
Designation  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  3 500,00 €								
5. Scheduling  J F M A M J J A S ○ N  2023  2024  2025  6. Estimated investment value	4. Pa	rtners						
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  3 500,00 €	Designatio	n						
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  3 500,00 €								
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  3 500,00 €								
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  3 500,00 €								
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  3 500,00 €								
2023 2024 2025 2025 6. Estimated investment value 3 500,00 €	5. Sc	heduling						
2024	J	F M	A M J	J A	S O	N		
6. Estimated investment value 3500,00 €	2023							
6. Estimated investment value 3 500,00 €					_ =			
6. Estimated investment value 3 500,00 €	2024							
	2025							
7. Additional notes	6. Es	timated i	nvestment v	alue	3 500,00 €	3 500,00 €		
		ditional r	notes					
7. Additional notes	/. Ad	aitionai i	10103					
		ditional r	otes					
	/. Ad							
	/. Ad							

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Link

# **ACAMAI**

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
lmp	olementar novas soluções	1 - Outdoor Spaces and Buildings
em	segurança do espaço público, particular a mobilidade dos grupos is vulneráveis da população.	2 - Transportation
		3 - Housing
Ma	asure	4 - Social Participation
Map	o, identify, and automatically classify	5 - Respect and Social Inclusion
acc	oility barriers, promoting urban essibility and improving circulation ditions for all citizens.	6 - Civic Participation and Employment
COIT	utions for all citizens.	7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	
Legal Natur	Private Non-Profit Entity	
Telep conta		
Email addre	nresidencia@tundacaoternandonessoa.nt	mariajoao@ufp.edu.pt
Link	https://www.ufp.pt	

## 3. Project / Activity

f the need for proper accessibility (e.g., missing ramps and potholes on pavements) when planning safe and inclusive tifying and classifying mobility obstacles will enable the en-label accessibility database for Porto and a platform using cessibility information from GSV images.  The stop develop strategies and implement changes that ensuranced mobility—can navigate the city without difficulty.
d potholes on pavements) when planning safe and inclusive tifying and classifying mobility obstacles will enable the en-label accessibility database for Porto and a platform using cessibility information from GSV images.
nce solution to map and automatically identify mobility l/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

Target	2023	2024	2025			
iaiget	2020	ZUZT	2020		Total	
Half-yearly	0 0	0 0	0	0		
					100	
Yearly			100			
3.2 Other	· impactful obj	ectives				
Increase soci	ial integration and part	ticination				
Reduce the	risk of accidents and fa	lls among older adults. conditions, ensuring urba	en snaces and n	ıblic ərəəs ər	re suitable for	
	ages, particularly the e		ят зрасез апо ро	iblic aleas al	e soliable loi	
	_					
4. Pa	rtners					
Designation	Câmara Munic	ipal do Porto				
E C-I	ll <u>-</u>					
5. Scl	heduling					
<b>5. SCI</b>	_	A M J	J A	S	O N	
J	_	A M J	J A	S	O N	
	_	A M J	J A	S [	O N	
J	_	A M J	J A	s [	O N	
J 2023	_	A M J	J A	S [	O N	
J 2023	_	A M J	J A	S [	O N	
2023 2024 2025	F M					
2023 2024 2025	F M	A M J			O N	
2023 2024 2025 <b>6.</b> Est	F M	estment val				
2023 2024 2025 <b>6.</b> Est	F M	estment val				
2023 2024 2025 <b>6.</b> Est	F M	estment val				
2023 2024 2025 <b>6.</b> Est	F M	estment val				
2023 2024 2025 <b>6.</b> Est	F M	estment val				

# Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade

1. l	ntervention Area	
F	P1 - People	
F	2 - Person-Centered Services	
F	23 - Places	
F	94 - Products	
P	P5 - Policies	
Objec	ctive	WHO Domains
	menting digital solutions to build ive communities and foster mutual	1 - Outdoor Spaces and Buildings
aid rel	ationships.	2 - Transportation
		3 - Housing
Meas	III'A	4 - Social Participation
Impler	ment a digital platform that	5 - Respect and Social Inclusion
activit	gates community projects/ ies that promote the mental and well-being of citizens with or	6 - Civic Participation and Employment
	ut mental illness.	7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Io	dentification and characte	-
Legal Nature	Entity with administrative autonomy	
Telepho contact	ne 226167515	
Email address	aces.portoocidental@arsnorte.min-saude.p	t

Link

https://acesportoocidental.org/pt/

## 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

### ink

(em construção)

Description	Implement	ation of the di	gital platform					
Target	2023		2024	20	)25			
Half-yearly [							Total 1	
Yearly	0		1		0			
3.2 Other	impactf	ul objecti	ves					
<b>4.</b> Part Designation	Ocine		ar Universiti Mental Comuni				es Lemo	os
5. Sch	edulir	ıg						
<b>5. Sch</b> <sub>J</sub>	edulir F	ig M A	M J	J	A S	0	N	
		_	M J	J	A S	0	N	
J		_	M J	J	A S	0	N	
J 2023		_	M J	J	A S	<ul><li>O</li><li>I</li><li>I</li><li>I</li></ul>	N .	

## 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.

# Freebird Club Porto

			Context
1.	Intervention Area		The Freek
	P1 - People		a trusted r
	P2 - Person-Centered Services		This club members
	P3 - Places		members
	P4 - Products		.
	P5 - Policies		
Obj	ective	WHO Domains	
lmp	plementing digital solutions to build	1 - Outdoor Spaces and Buildings	
	nesive communities and foster mutual relationships.	2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	
Fos	ter social connections, digital	5 - Respect and Social Inclusion	Project/A
50,	usion, and tourism for individuals over combating loneliness and promoting ntal health.	6 - Civic Participation and Employment	Comba while ponew op
IIIei	itarricatti.	7 - Communication and information	mental
		8 - Community and Health Care	
2.	Identification and characte	erisation of the Entity	•
Name		-	Beneficia
Legal Natur	Cocial Impact Startup		People ag
Telep conta	1 + 44 (U) 5308 181 139		Territoria
Email	potor@thefroebi-delish		City of Po
addre	peter@thefreebirdclub.com		Link
Link	https://freebirdclub.com/		

# 3. Project / Activity

	, o ,
Name	Freebird Club Porto
Context	
host one anoth	Club is designed to empower and enable people over 50 to travel, connect, meet, ner, find travel companions, and participate in online events (webinars) as part of bership-based community.
members with	rs people in this age group to offer and book, for example, guest rooms for fellow a similar interests. Hosts can set their own prices, and only verified and approved be Freebird Club can make reservations.
Project/Activ	vity's Objectives
while promo	loneliness among older adults and fostering meaningful social connections oting social and digital inclusion. Additionally, the initiative provides unities for tourism, travel, and socialisation that contribute to improved th
Beneficiaries	5
People aged 5	0 and over
Territorial Im	pact of the Intervention
City of Porto	
Link	

## 3.1 Indicator

Target		2023	3	2024		20	)25				
larget		2020	,	2027		20	720			Total	
Half-yea	rly [							┚┃		200	
V I		0		0		0	00	_		200	
Yearly		0		0		2	00				
3.2 Ot	her ir	npactf	ul obje	ctives							
• Increas	se socia	l integratio	on and part	ticipation							
4. I	Part	ners									
Designa	ation	• Fund	ação Ag	eas							
			rprise Ire	eland							
		Nesta     Foun	a ders Fac	ctorv							
		• UKRI		,							
_											
5. \$	Sche	edulir	ıg								
	J	F	M A	M M	J	J	Α	S	0	N	[
2023											
2024											Г
2027											
2025											
6. I	Esti	mated	d inve	stmen	ıt valu	е					
		•-•									
_	Add	itiona	ıl note	es							
7. /											
7. /											
7. /											
7. /											

# Pedalar Sem Idade Porto

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
	environmentally sustainable purces to promote socialisation and	1 - Outdoor Spaces and Buildings
valu	ue leisure time.	2 - Transportation
		3 - Housing
M <sub>O</sub> :	asure	4 - Social Participation
Cor	ntributing to the fight against social	5 - Respect and Social Inclusion
ride	usion of older adults through outdoor is on electric bicycles adapted for this cose, conducted by volunteers in the	6 - Civic Participation and Employment
	of Porto.	7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	
Legal Natur		
Telep conta	916614056	
Email addre	silvia@nedalarsemidade.nt	
Link	https://pedalarsemidade.pt/	

# 3. Project / Activity

N.	Pedalar Sem Idade Porto
Name	redaiar Sem idade Porto
Context	
searches for visits to disco the visitor fin which they re There are fe restrictions. accessible pl to facilitate c	Idade Porto consists of a tour on an adapted electric bicycle, where the passenger a hidden box in a particular place of interest. The solution is based on a passport of over the city's heritage and a digital application accessible to older people. When hids the hidden box, they discover a stamp with the name of the place inside, with ecord the visit in their passport.  We unconstrained solutions that allow older adults to visit a city without mobility. This bike has two unique components that contribute to greater inclusion: an latform that helps with seating, and a driver who doesn't drive facing backwards communication during the tour. The digital application has age-appropriate buttons is, as well as intuitive features that facilitate technological inclusion, from a lifelong spective.
Project/Act	tivity's Objectives
Increase the Reduce the	nowledge of Porto's natural and cultural heritage. ne digital inclusion of older people. e social isolation of older people. generational relationships.
Beneficiarie	es
People over 5	55
Territorial Ir	mpact of the Intervention
Porto	
Link	
https://peda	larsemidade.pt/

Description	Number of p	participants							
Target	2023		2024		2025				
Half-yearly [								Total 297	
Yearly	47		100		150				
3.2 Other i	impactfu	ul object	ives						
Increase soci     Encourage lii     Promote inte     Increase the	felong learni rgeneration	ing al environme	ents	h voluntee	ering for t	he elde	rly popu	lation	
	tners								
Designation	Carrie	ara Munic ng Withou	ipal do Port	0					
		_							
J		n <b>g</b> M A	M J	J	A	S	0	N	
J		_	M J	J	А	S	0	N	
J 2023		_	M J	J	A	S	0	N	_
2023 2024		_	M J	J	A	S	0	N	
2023 2024 2025	F	M A	M J		A		<ul><li>○</li><li>■</li><li>00 €</li></ul>	N III	
2023 2024 2025  6. Esti	F	M A	tment v		A			N	

# Individual project sheets P5

# Comissão Municipal de Apoio à Pessoa Idosa

			Context
1.	Intervention Area		The Com
	P1 - People		protectio specialise
	P2 - Person-Centered Services		support, o
	P3 - Places		represent populatio
	P4 - Products		_
	P5 - Policies		
Obj	jective	WHO Domains	
	sure timely and appropriate responses	1 - Outdoor Spaces and Buildings	
	nerability.	2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	
Cre	eate an organisation that promotes	5 - Respect and Social Inclusion	Project/ <i>l</i>
safe	rights of older people when their ety, health, social rights and human nity are at risk.	6 - Civic Participation and Employment	• The Co elderly w
4.9	,	7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	erisation of the Entity	'
Name			
1			Beneficia
Legal Natur	Public Entity		Residents
Telep conta	hone 225899260		Territoria
Emai	dmcs@cm-porto.pt		Porto
addre	ess and a second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of the second point of		Link
Link	www.cm-porto.pt		

# 3. Project / Activity

Name	Comissão Municipal de Apoio à Pessoa Idosa
Context	
sectors, whice protection from specialised support, guid made up of an	o Municipal de Apoio ao Idoso is the result of the reflection of various professional h consider that the elderly are a particularly vulnerable group, in need of greater om public authorities and society in general. Its intervention is aimed at providing upport to the elderly and their formal and informal carers, offering information lance, social referrals and signposting to problem situations. The Comissão will be n Executive Board, representing public and private bodies, and an Advisory Board, citizens of recognised importance in the field of intervention with this specific
	ivity's Objectives são 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.
Beneficiarie	es
Residents of t	the municipality of Porto, aged 65 and over
erritorial In	npact of the Intervention
Porto	
ink	

## 3.1 Indicator

	JII Moniber o	of meetings	S							
Target	202	23	2024	-		2025				
Half-yearl	у 🔲								Total 8	
Yearly	0		2			6			Ü	
3.2 Oth	er impact	ful obje	ectives							
	social integra			rical and	l navoho	ological v	u Inoral	hility		
• Identify (	cases of social	tragility an	a greater pny	sicai and	psycho	ological v	/uinerai	ollity		
4. P	artners									
Designati	ion									
5. S	cheduli	ng								
5. S	cheduli		A M	J	J	A	S	0	N	
			A M	J	J	A	S	0	N	
<b>5. So</b>			A M	J	J	A	S	0	N	
			A M	J	J	A	S	0	N	
2023 2024 [			A M	J	J	A	S	0	N	
2023			A M	J	J	A	S	0	N	
2023 2024 [ 2025 <b> </b>		M				A	S	0	N	
2023 2024 [ 2025 <b>]</b> <b>6. E</b>	J F	M [	estmen			A	S	0	N	

# Estamos Juntos - Prevenção e Sensibilização

1. I	ntervention Area		The
F	P1 - People		ser the disc
F	P2 - Person-Centered Services		rigl to r
F	P3 - Places		Age
F	P4 - Products		you for
F	P5 - Policies		(co
Obje	ctive	WHO Domains	
Raise a	awareness of ageing issues.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Meas	THE A	4 - Social Participation	
	ote information and awareness-	5 - Respect and Social Inclusion	Proj
the rig	actions, aimed at strengthening thts of older people and promote	6 - Civic Participation and Employment	• P
the full	l exercise of their citizenship.	7 - Communication and information	
		8 - Community and Health Care	
<b>2.</b> Name	dentification and characte		<b> </b>
	Câmara Municipal do Porto - Departamento	Municipal de Coesão Social	Ben
Legal Nature	Public Entity		Cit
Telepho contact	ne 225899260		Terr
Email address	dmcs@cm-porto.pt		Por
Link	www.cm-porto.pt		

# 3. Project / Activity

Name	Estamos Juntos - Prevenção e Sensibilização
Context	
series of land the misconor discrimination rights of older to reorient did Ageism is reincreasing so young and of form of prejudice.	Municipal de Desenvolvimento e Inovação Social intends to implement a rge-scale awareness-raising and information campaigns aimed at dispelling teptions and underlying prejudices that contribute to fuelling stereotypes and an against older people, focusing on forms of communication that reinforce the er people and encourage the full exercise of their citizenship, reinforcing the need irect discourse.  Effected in the prejudice and stigmatisation of older people and contributes to ocial segmentation and to the decline of mutual help and networking between lid. According to the World Health Organisation (2021), ageism is the most serious udice (action) against people and involves the simultaneous use of stereotypes and attitudes (affective) in a negative way.
Project/Act	tivity's Objectives
	nformation, awareness-raising and training actions in the city of Porto, aimed at n order to prevent problems related to ageing and ageism.
Beneficiarie	
Citizens of th	ne city of Porto
Territorial Ir	mpact of the Intervention
Porto	
Link	

## 3.1 Indicator

	Tromber of action	ns/trainings carried o	out				
Target	2023	2024		2025			
Half-yearly [						Total	
Yearly	0	6		6		12	
3.2 Other	impactful o	bjectives					
	ial integration and						
Increase exer	rcise of active citi	izensnip.					
4 5							
	tners						
Designation							
5. Sch	eduling						
<b>5. Sch</b>	eduling	A M	J J	A	S O	N	
J		A M	J J	Α	s o	N	
J 2023		А М	J J	A	s o	N	
J 2023 2024		A M	J J	A	s o	N	
J 2023 2024		A M	J J	A	S O	N	
2023 2024	F M	A M		A	S O		
2023 2024	F M	nvestment v		A			
2023 2024	F M	nvestment v		A			
2023 2024	F M	nvestment v		A			
2023 2024	F M	nvestment v		A			
2023 2024 2025 6. Esti	F M	nvestment v		A			

# Estamos Juntos - Capacitação

. Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
	W//10.5
<b>D</b> bjective	WHO Domains
Raise the level and knowledge of social intervention agents on the phenomena	1 - Outdoor Spaces and Buildings
related to ageing.	2 - Transportation
	3 - Housing
Manager 1	4 - Social Participation
Measure	5 - Respect
Train agents with a view to harmonising intervention procedures and measuring	and Social Inclusion
the main problems of this target group.	6 - Civic Participation and Employment
	7 - Communication and information
	8 - Community and Health Care
Identification and charact	and Health Care
Câmara Municipal do Porto - Departament	
egal	
ature Public Entity	
elephone 225899260 contact	
mail dmcs@cm-porto.pt	
ink www.cm-porto.pt	

# 3. Project / Activity

Name	Estamos Juntos - Capacitação
Context	
the respective aggregate date it difficult to public and protection their ontologicand interpret. Training in specifierent public in the city of I. The aim of the measuring see definition of a second control of the city of I. The aim of the city of I. The aim of the city of I. The aim of the city of I. The aim of the city of I. The aim of the city of I. The aim of the city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I. The city of I.	e concepts related to ageing, social isolation and unwanted loneliness, as well as e measurement methods, vary between theorists and theories, it is impossible to the and obtain answers that can be interpreted from a global point of view, making present data with a fundamental impact on the type of responses available, both at invate level. It is therefore important to specify certain basic concepts which, due to ical and qualitative dimension, are based on complex (inter)subjective, interactive active components.  Describe areas of ageing will be given to technicians and professionals from the lic and private organisations with operational competences in the field of ageing Porto.  The training is to train agents to communicate and harmonise procedures for ocial isolation and unwanted loneliness, as well as to collaborate in the joint a working methodology geared to the individual needs and wishes of people who are at risk of loneliness.
Project/Act	ivity's Objectives
Training an	d definition of a common intervention methodology
Beneficiarie	es
Professionals	and social intervention agents in the field of ageing
Territorial In	npact of the Intervention
Porto	
Link	

## 3.1 Indicator

		000	~~		0004			0005				
Target		202	23		2024	-		2025			T	
Half-yea	arly [										Total	
Yearly		0			2			6			8	
								U				
3.2 Ot	ner in	праст	ITUI OD	jecti	ves							
Increase     Increase						the loca	al elderly	/ popula	tion			
	D 1 -											
	Partı	ners										
Designa	ation											
5. \$	Sche											
	J	F	M	Α	М	J	J	Α	S	0	N	
2023												
2024												
2025												
	Estir	nate	ed in	vest	men	nt val	ue					
6. I			ed inv		men	nt val	ue					

# Fóruns Participativos sobre Envelhecimento Ativo e Saudável na Cidade do Porto

P1 - People P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies  Chief people in policies airned at them.  WHO Domains Increase the level of participation of older people in policies airned at them.  2 - Transportation 3 - Housing 4 - Social Participation of older people in decision-making on issues that concern them.  Measure  Promote the participation of older people in decision-making on issues that concern them.  A - Social Inclusion and information and information and information B - Community and Health Care  Project/Activity's Objectives  Project	<i>Λ</i> ι	ivo e Sabuavei ila Oldac		Context
Dbjective  WHO Domains  Increase the level of participation of older people in policies aimed at them.  1 · Outdoor Spaces and Buildings 2 · Transportation 3 · Housing  4 · Social Participation of older people in decision-making on issues that concern them.  5 · Respect and Social Inclusion of older people in decision-making on issues that concern them.  7 · Community and Employment 8 · Community and Health Care  2. Identification and characterisation of the Entity Name Câmara Municipal do Porto · Departamento Municipal de Coesão Social  Beneficiaries  Clider people, professionals, entitiez/ organ  Telephone contact  Email address  dmcs@cm porto.pt  Link  Link	<b>1.</b>	P1 - People P2 - Person-Centered Services P3 - Places		The aim is to identify the perceptions of pos to present a series of proposals for action to p
Increase the level of participation of older people in policies aimed at them.    2 - Transportation				1
Legal Nature Public Entity Older people, professionals, entities/ organ Telephone contact Email address  Description of the Intervention  Porto Link	Mea Pror of ol on is	ease the level of participation of older ple in policies aimed at them.  ASURE  note the participation der people in decision-making ssues that concern them.	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	Project/Activity's Objectives  • Provide a space for discussion, exchange as by addressing subjects that promote its dever participation of older people, facilitating a participation of older people.
Nature  Telephone contact  Email address  Territorial Impact of the Intervention  Porto  Link	Name	Câmara Municipal do Porto - Departamento	o Municipal de Coesão Social	Beneficiaries
Email address    Porto		Public Entity		Older people, professionals, entities/ organisa
address dmcs@cm-porto.pt  Link		1225899260		Territorial Impact of the Intervention
		dmcs@cm-porto.pt		
	Link	www.cm-porto.pt		LIIIK

# 3. Project / Activity

Name

cipativos are spaces for discussion, participation and involvement of the olde ne rest of the community in the evaluation of the operationalisation of the "Portor" Action Plan 2023-2025.  entify the perceptions of positive ageing among different target groups ances of proposals for action to promote healthy ageing and combat stereotypes lider people.
ne rest of the community in the evaluation of the operationalisation of the "Portor".  Action Plan 2023-2025.  Entify the perceptions of positive ageing among different target groups ances of proposals for action to promote healthy ageing and combat stereotypes.
ider people.
ry's Objectives
te for discussion, exchange and reflection on active and healthy ageing objects that promote its development, as well as encourage the active older people, facilitating a participatory construction strategy.
ofessionals, entities/ organisations with activities for a senior audience
act of the Intervention

## 3.1 Indicator

Tanana (	0/	007		0004			0000				
Target	20	023		2024	+		2025			Total	
Half-yearly	y									10	
Yearly		0		5			5				
3.2 Othe	er impad	ctful o	bjecti	ves							
	artner	S									
Designation	on										
5. Sc	chedu	ling									
	chedu	ling M	Α	М	J	J	Α	S	0	N	[
			Α	М	J	J	Α	S	0	N	
2023			A	M	J	J	A	S	0	N	
			A	M	J	J	A	S	0	N	
2023			A	M	J	J	A	S	0	N	
2023 2024 2025		M					A	S		N	
2023 2024 2025 <b>6. E</b> s	stimat	M		men			A	S	0	N	
2023 2024 2025	J F	M					A	S		N	
2023 2024 2025 <b>6. E</b> s	J F	M		men			A	S		N	
2023 2024 2025 <b>6. E</b> s	stimat	M		men			A	S	0	N	
2023 2024 2025 <b>6. E</b> s	stimat	M		men			A	S		N	

# Microsite da Coesão Social do Município do Porto

			Context
1.	Intervention Area		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
	P1 - People		projects that are part of the Department of Monte, part of the providing clear information to the interested public.
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WHO Domains	
Disse imple Actio	eminate information related to the ementation and evaluation of the on Plan "Porto Age-Friendly City" -2025.	1 - Outdoor Spaces and Buildings 2 - Transportation 3 - Housing	
Mea	sure	4 - Social Participation	
the a	de systematic online information on ctivities and projects related to the on Plan "Porto Age-Friendly City" -2025.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Project/Activity's Objectives  Promote access to information about the activities, programmes and projects that are par of the Action Plan "Porto Age-Friendly City" 2023-2025.
	Identification and charact		
Name	Câmara Municipal do Porto - Departament	o Municipal de Coesão Social	Beneficiaries
Legal Nature	Public Entity		General public
Teleph contac	1225899260		Territorial Impact of the Intervention
Email	dmcs@cm-porto.pt		Porto
addres	S		Link
Link	www.cm-porto.pt		

3. Project / Activity

Microsite da Coesão Social do Município do Porto

Name

	Informati	on on th	e Action	Plan "D	orto Aga	-Friend	ly City"	2023-20	25		
Description	is availab	le on the	Coesã	o Social	microsi	te.	ily City				
Target	202	23		2024			2025				
										Total	
Half-yearly											
										1	
Yearly	0	)		1			0				
3.2 Other	impact	tful ok	ojecti	ves							
4. Pai	tners										
Designation	• Entit	ies invol	ved in th	ne Actior	n Plan "F	Porto Ag	je-Frienc	lly City"			
	2023-2	.023									
5 Scl	neduli	ina									
	neduli										
<b>5. Scl</b>	neduli	ing M	A	M	J	J	A	S	0	N	
J			A	М	J	J	A	S	0	N	
J			A	M	J	J	A	S	0	N	
J 2023			A	M	J	J	A	S	0	N	
J 2023			A	M	J	J	A	S	0	N	
J 2023 2024			A	M	J	J	A	S	0	N	
2023 2024 2025	F	M					A	S	0	N	
2023 2024 2025		M					A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S	0	N	
2023 2024 2025	F	M ed in	vest				A	S		N .	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S		N .	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S		N .	

# Série Documental "Porto Cidade Amiga das Pessoas Idosas"

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	O Domains
Diss	seminate information related to the		1 - Outdoor Spaces and Buildings
Acti	olementation and evaluation of the ion Plan "Porto Age-Friendly City" 3-2025.		2 - Transportation
			3 - Housing
Mea	asure		4 - Social Participation
	duce and distribute a documentary		5 - Respect and Social Inclusion
serie Idos	es "Porto Cidade Amiga das Pessoas sas".		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and charact		-
Legal Natur			
Telepl conta			
Email addre	dmcs@cm-norto.nt		
Link	www.cm-porto.pt		

## 3. Project / Activity

5. 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

			ased							
202	23		2024	1		2025				
							<u> </u>		Total	
									12	
0			0			12				
impact	ful ob	jecti	ves							
tners										
			A -4:	- DI "D	)t - A	. F.:	L. O'L. "	0007.00	05	
• Entiti	es involv	ed in th	ne Actioi	n Plan "P	orto Age	e-Friend	ly City"	2023-20	25	
eduli	na									
eduli		٨	M			٨	c		N	
eduli F	ng M	A	М	J	J	А	S	0	N	
		Α	М	J	J	Α	S	0	N	
		A	М	J	J	A	S	0	N	
		A	M	J	J	A	S	0	N	
		A	M	J	J	A	S	0	N .	
		A	M	J	J	A	S	0	N	
F	M					A	S	0	N	
	M					A	S	0	N	
F	M ed inv	□ West				A	S		N	
	impact	impactful ob	impactful objecti	impactful objectives	impactful objectives	impactful objectives	impactful objectives	impactful objectives	o 0 12 impactful objectives	0 0 12 impactful objectives

Back to the table

https://coesaosocial.cm-porto.pt/pessoas-idosas/porto-cidade-amiga-das-pessoas-idosas

# Radar Social Criação de equipas para projeto piloto

	an project priore
1. Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	1
P5 - Policies	
Objective	WHO Domains
Implement a municipal social geo- referencing system to identify individ	1 - Outdoor Spaces and Buildings
families, and groups experiencing vulnerability and social exclusion.	2 - Transportation
	3 - Housing
Measure	4 - Social Participation
Identify new cases of social vulnerabili	ity, 5 - Respect and Social Inclusion
map and geo-reference social support services at local and regional levels.	6 - Civic Participation and Employment
	7 - Communication and information
	8 - Community and Health Care
	nracterisation of the Entity
	паттепто монистрат не соезао зостат
Legal Nature Public Entity	
Telephone contact 225899260	
Email dmcs@cm-porto.pt	
Link www.cm-porto.pt	

# 3. Project / Activity

Name	Radar Social - Criação de equipas para projeto piloto
Context	
and individ	Social initiative aims to identify and map social vulnerabilities at both the household dual levels, whenever possible. The collected data may be integrated into official social on systems, facilitating a comprehensive analysis that cross-references existing support with identified needs. This is a broad-ranging measure designed to enhance social reactures.
D / A	
• Identify,	ctivity's Objectives  inform, guide, and refer vulnerable individuals to the appropriate social services or partners within the Social Network through the activation of the integrated system.
Beneficia	ries
	s, families, and groups experiencing social vulnerability, ot have an active family support process
Territorial	Impact of the Intervention
City of Por	rto
Link	

3.1 Indica	tor	
Description	Number of identified individuals aged 65 and over	
Target	2023 2024 2025	
Half-yearly		Total 800
Yearly	0 0 800	
3.2 Other	impactful objectives	
Improve soc	cio-demographic knowledge of the elderly population in F	Porto
4. Par	tners	
Designation	Members of the Porto Local Social Action Council	
5. Sch	neduling	
J	F M A M J J A	S O N D
2023		
2024		
2021		
2025		
6. Est	imated investment value	214.400,00€
7. Ad	ditional notes	
7. Au		

## Title

Action Plan "Porto Age-Friendly City" 2023-2025

## 2nd Edition

May 2025 Porto City Council

## Coordination

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# PORTO AGE-FRIENDLY

