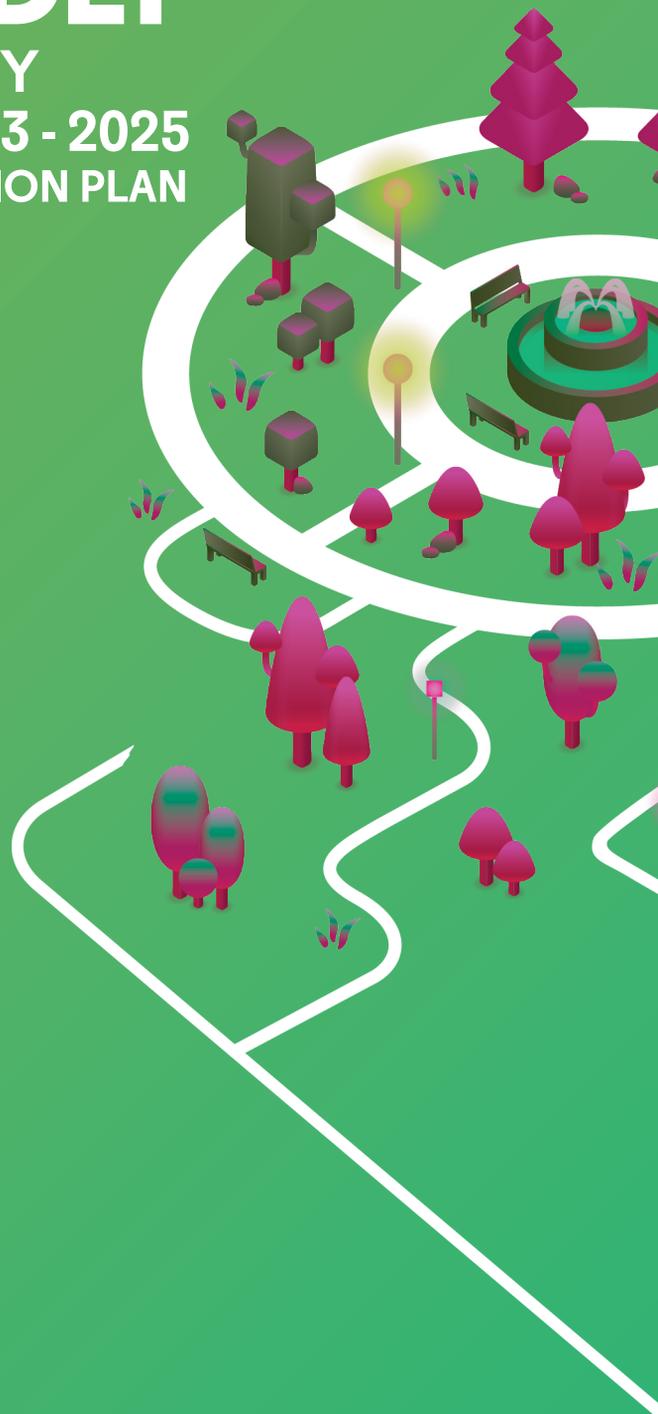


PORTO AGE-FRIENDLY

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 place¹, 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.

¹ 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.

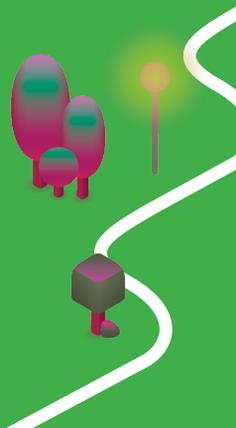
Older people (aged 65 and over) now account for 26% of the Municipality's resident population and the ageing index (number of older people per 100 young people) is 220,4. In both cases, the figures are higher than the national average and have been increasing steadily over the last few decades. The Union 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 city².

²Censos 2021/PORDATA

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

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

In order to draw up this ACTION PLAN “PORTO AGE-FRIENDLY CITY” 2023-2025, the Municipality submitted an application to the Recovery and Resilience Plan (PRR) of the Portuguese Government, financed by the European Union through the Recovery and Resilience Facility, as part of the NextGenerationEU programme, which was approved.



Reference models and local diagnostic documents

Active ageing

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

Age-friendly cities

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

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

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



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

Innovation for ageing populations

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

People

who are supported and cared for according to their needs;

Person-centered services

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

Places

places and environments that are friendly to older people;

Products

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

Policies

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

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

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

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

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

Social Development Plan

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

Porto Social Observatory

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

Porto's Municipal Health Plan, 2022-2024

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

Axis 1 - Growing up and ageing in Porto;

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

Axis 3 - Balanced diet;

Axis 4 - Consumption.

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

Porto. Importa-se

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



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

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

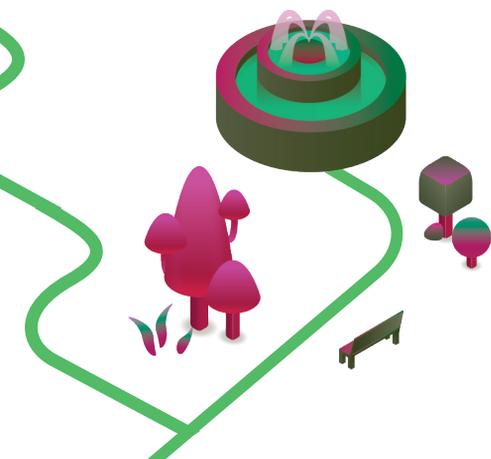
1

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

2

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

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





3

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

4

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

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

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

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

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

Longer life does not necessarily mean better quality of life.

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



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

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



More and more people are asking themselves worrying questions:

Where is the best place to grow old?

How to achieve a good quality of life
as we grow old?

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

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

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

P1 - People

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

Objective	Measure	Activity/Project	Executor	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	• Entidades que integram a Rede Social do Porto
	Provide the first “space for seniors” at the service of the people and the territory, in order to develop activities and projects in collaboration with other community agents	“Espaço Sénior” do Porto	Fundação “la Caixa”	• Câmara Municipal do Porto - Departamento Municipal de Coesão Social
	Develop the talents and purpose of people over 55 by providing services to the local community	55+	Movimento 55+ Associação	• Câmara Municipal do Porto - Departamento Municipal de Coesão Social • BETEL • Médicos do Mundo • EAPN
	Develop capacity-building activities through upcycling (recycling and reuse) of post-consumer textiles and women’s empowerment sessions, involving the beneficiaries themselves as an active part of the solution	“From Granny to Trendy”	1000Rostos Associação Ação Social	• União das Freguesias do Centro Histórico do Porto
	Develop activities where volunteers share their talents with groups of seniors to increase civic participation, reduce isolation and combat ageism	Reformers	Geraçãoreformers, Lda	• Junta de Fregusia de Paranhos • Centro Social da Paróquia da Areosa • BPI Fundação “la Caixa” • Fundação AGEAS
	Promote a community intervention to encourage the participation and social integration of the elderly population of the parish of Massarelos through the art of crochet	“Olhó Nobelo”	Associação de Moradores de Massarelos	• União das Freguesias de Lordelo do Ouro e Massarelos
Empower older people and build communities that foster relationships of mutual help and support	Empower people, involving communities and raising citizens’ awareness	Sempre Acompanhados	Fundação “la Caixa”	• Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Santa Casa da Misericórdia do Porto • Cruz Vermelha Portuguesa Porto
Increase the socio-demographic knowledge of the local elderly population	Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing	Porto. Importa-se	DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.	• Instituto Superior de Serviço Social do Porto • Câmara Municipal do Porto • - Departamento Municipal de Coesão Social
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	• Câmara Municipal do Porto - Departamento Municipal Coesão Social • Juntas de Freguesia • Partidos políticos

Objective	Measure	Activity/Project	Executor	Partners
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	Ágora 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 Cidadina Associação Pedalar Sem Idade Porto	<ul style="list-style-type: none"> • Cycling Without Age • Bicicletas Coelho • União das Freguesias de Aldoar, Foz do Douro e Nevogilde • União das Freguesias de Lordelo do Ouro e Massarelos • Junta de Freguesia de Campanhã • Junta de Freguesia de Bonfim • Junta de Freguesia de Ramalde • Junta de Freguesia de Paranhos
	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 style="list-style-type: none"> • Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade da Boavista
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	
	Provide a diversified arts and entertainment offer: music, dance, theatre, painting, photography, crafts	Academia Inatel - Porto	Fundação Inatel	
	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 style="list-style-type: none"> • Câmara Municipal do Porto • Departamento Municipal de Coesão Social • Direção Municipal de Cultura e Património • Unidade Cuidados Comunidade Cuidar • Universidade Porto • Faculdade Desporto • Clube de Minigolfe do Porto • Fundação Dr. António Cupertino de Miranda
	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 style="list-style-type: none"> • Associação de Solidariedade e Ação Social de Ramalde • Associação de Surdos do Porto

P1 - People

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

Objective	Measure	Activity/Project	Executor	Partners
Encourage lifelong learning	Increase the knowledge of water resources among the elderly population, contributing to the preservation and improvement of the urban water cycle in the city of Porto	Visita guiada à exposição do Pavilhão da Água	Águas e Energia do Porto, E.M.	
	Carry out environmental education and awareness-raising activities on urban waste, targeting the elderly population	“A sustentabilidade não tem idade”	Empresa Municipal de Ambiente do Porto, E.M.	<ul style="list-style-type: none"> • Juntas de Freguesia • DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M. • Ordens Profissionais
	Offer a certified course in innovation and entrepreneurship for the unemployed, retired or those looking for a career change	A.PREENDER Adultos Empreendedores	Porto4Ageing Centro de Competências em Envelhecimento Ativo e Saudável da Universidade do Porto	<ul style="list-style-type: none"> • Universidade do Porto • EIT Health - European Institute of Innovation and Technology • Invicta Angels • Santa Casa da Misericórdia de Ribadouro
	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	
Increase the level of community involvement through volunteering for the elderly population	Encourage volunteers to develop skills in caring for the elderly	Rede local de voluntariado	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
	Promote a network of volunteers for older people	Surpresa Simpática Voluntários da Ucc Boavista Associação de voluntários amigos da comunidade idosa Porto	Unidade de Cuidados na Comunidade da Boavista	<ul style="list-style-type: none"> • Instituições comunitárias • Unidades de Saúde Agrupamento de Centros de Saúde do Porto Ocidental
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 style="list-style-type: none"> • Associação Cuidadores • União das Freguesias de Aldoar, Foz do Douro e Nevogilde
	Promote intervention with older people with neurocognitive disorders and their carer	Cuidar do cuidador	Unidade de Cuidados na Comunidade da Boavista	<ul style="list-style-type: none"> • Hospital Magalhães Lemos -Departamento Neuropsiquiatria e Longevidade, Serviço de Psicogeriatría
Identify cases of social fragility and greater physical and psychological vulnerability	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	

P2 - Person-Centered Services

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

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

P2 - Person-Centered Services

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

Objetive	Measure	Activity/Project	Executor	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 style="list-style-type: none"> • Futebol Clube do Porto • Piscinas de Campanhã • Escola Artística Soares dos Reis • Universidade do Porto • Faculdade de Belas Artes • Escola Artística e Profissional Árvore • Junta de Freguesia de Campanhã
	Implement a project to reduce the number of new cases of dementia in citizens with Mild Cognitive Impairment (MCI)	MIND - Implementação de intervenções não-farmacológicas na prevenção do declínio cognitivo	Agrupamento de Centros de Saúde do Grande Porto V - Porto Ocidental	<ul style="list-style-type: none"> • Universidade do Porto • Faculdade Desporto • Faculdade Psicologia e Ciências da Educação • Neuroinova • Câmara Municipal do Porto • Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude
Strengthening the provision of home care and assistance to dependent older people	Encourage the provision of home care for elderly people with high dependency and low economic resources at times not covered by the formal network	Aproxima	Liga Portuguesa de Profilaxia Social	<ul style="list-style-type: none"> • Câmara Municipal do Porto • Departamento Municipal de Coesão Social • Serviços de saúde
	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)ldade = Felicidade	Médicos do Mundo	<ul style="list-style-type: none"> • Espaço T • Outros parceiros das áreas da saúde, social, empresarial e da própria comunidade
Increase and improve access to health services	Provide a taxi service for travel to and from health facilities at a reduced price	Táxi +65	STCP Serviços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda	<ul style="list-style-type: none"> • Câmara Municipal do Porto • Associações de Táxis.
Improve access to information	Provide a space to improve access to information about local services for older people	Eu estou informado/a!	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
	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 style="list-style-type: none"> • Cruz Vermelha Portuguesa Porto • Centros de Saúde • Câmara Municipal do Porto • Departamento Municipal de Coesão Social • Polícia de Proximidade • Instituições da Rede Social
Create an alternative to institutionalisation and family dependency for the elderly	Provide a personal assistance service to assist older people in carrying out activities that they are unable to carry out on their own due to limitations resulting from their interaction with the environment	Viver em Casa	LongeVidade Cooperativa de Solidariedade Social, CRL	

P3 - Places

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

Objetive	Measure	Activity/Project	Executor	Partners
Promote intergenerational environments	Promoting intergenerational housing	Aconchego	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	• Federação Académica do Porto
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 Partilhadas Seniores	DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.	• Juntas de Freguesia • Instituições Particulares de Solidariedade Social
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 acidente 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.	
Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly	Upgrade public spaces in urban neighbourhoods	Requalificação do espaço público dos bairros municipais	DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.	
	Upgrade sporting equipment to make them accessible	Acessibilidades Equipamentos Desportivos	Ágora Cultura e Desporto do Porto, E.M.	
	Rehabilitate degraded streets, promoting different modes of transport and removing architectural barriers	Rua Direita	Câmara Municipal do Porto - Direção Municipal Desenvolvimento Urbano	
	Implementing a network of routes with a maximum speed limit of 20 kilometres per hour, with priority for pedestrians and soft modes, in a concept of shared public space	Rede 20	GO Porto Gestão e Obras do Porto, E.M.	
	Improve pedestrian accessibility on pavements and pedestrian crossings on various streets in the city	Atravessamento de vias e envolventes	GO Porto Gestão e Obras do Porto, E.M.	
	Implement a system of directional and informative signage to promote pedestrianisation and pedestrian comfort	Projeto Integrado de Sinalização e Informação	Câmara Municipal do Porto - Departamento Municipal do Espaço Público	
	Increasing the number of resting places by installing benches along pedestrian routes to ensure comfortable walking	Porto Pedonal - Pop	Câmara Municipal do Porto - Departamento Municipal do Espaço Público	
	Improve public information at the Campanhã Intermodal Terminal to meet the different needs and abilities of the elderly	Informação ao público no Terminal Intermodal de Campanhã	STCP Serviços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda.	

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	Executor	Partners
Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly	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 Higieneização de Fontes, Fontanários e Bebedouros	Águas e Energia do Porto, E.M.	<ul style="list-style-type: none"> • Câmara Municipal do Porto - Departamento Municipal do Espaço Público
	Equipping the pedestrian underpass to the Campanhã Intermodal Terminal with moving walkways to improve accessibility and comfort for elderly people with reduced mobility	Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã	STCPServiços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda.	<ul style="list-style-type: none"> • Câmara Municipal do Porto
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	<ul style="list-style-type: none"> • Câmara Municipal do Porto - Departamento Municipal da Mobilidade - Departamento Municipal de Espaços Verdes e Gestão de Infraestruturas - Direção Municipal de Cultura e Património - Polícia Municipal • Ágora Cultura e Desporto do Porto, E.M.
	Implement pedestrianisation of public streets	Pedonalização da Rua das Carmelitas	GO Porto Gestão e Obras do Porto, E.M.	
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 style="list-style-type: none"> • Câmara Municipal do Porto - Direção Municipal de Cultura e Património - Departamento Municipal do Espaço Público • Direção Regional de Cultura do Norte
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 style="list-style-type: none"> • Associação Just a Change • Fundação Manuel António da Mota • Grupo de Ação Social do Porto

P4 - Products

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

Objetive	Measure	Activity/Project	Executor	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 style="list-style-type: none"> • Juntas de Freguesia • DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M. • Serviço de Atendimento e Acompanhamento Social do Porto (SAAS Porto)
	Provide a telecare service	Chave de Afetos	Santa Casa da Misericórdia do Porto	<ul style="list-style-type: none"> • Juntas de Freguesia • Polícia de Segurança Pública • IPSSs • Associações de Voluntariado • Universidades
	Provide a telecare service	Projeto de Acompanhamento à Pessoa Idosa (PAPI)	União das Freguesias de Lordelo do Ouro e Massarelos	
Provide a new mobility solution that meets the needs of citizens in areas with limited access/ remote areas	Develop a mobility solution to ensure the connection of areas without public transport to points with public transport by bus, metro and/or train	Táxi + Plataforma de transporte a pedido	STCP Serviços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda.	<ul style="list-style-type: none"> • Câmara Municipal do Porto • Associações de Táxis
Promote the creation and experimentation of new solutions to combat the social isolation of the elderly	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	<ul style="list-style-type: none"> • Parceiros de Capacitação
Implementing new solutions for safety of public spaces, especially for the mobility of the most vulnerable population groups	Producing hydrant covers, fire signs and mobile valve covers using bioplastic material on 3D printers	Wat(t)er FabLab Impressão 3D nas Operações	Águas e Energia do Porto, E.M	
Implementing digital solutions to build cohesive communities and foster mutual aid relationships	Create a platform to identify elderly people in a situation of social isolation and share resources, targeting “neighbours”/volunteers who want to respond to daily living needs	Passaporte do Vizinho Positivo	Centro Social de Soutelo - Centro de Dia e de Convívio da Corujeira	<ul style="list-style-type: none"> • Parceiros locais
	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 style="list-style-type: none"> • Centro Hospitalar Universitário de Santo António - Serviço de Saúde Mental Comunitária do Porto, Hospital Magalhães Lemos
Use environmentally sustainable resources to promote socialisation and value leisure time	Contribute to the fight against social exclusion among the elderly through outdoor walks combined with geocaching, carried out by volunteers in the city of Porto using a specially adapted electric bicycle	Geocaching Sénior	Parábola Cidadina Associação Pedalar Sem Idade Porto	<ul style="list-style-type: none"> • Câmara Municipal do Porto • Cycling Without Age • Bicicletas Coelho • União das Freguesias de Aldoar, Foz do Douro e Nevogilde • Junta da Freguesia do Bonfim

P5 - Policies

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

Objetive	Measure	Activity/Project	Executor	Partners
Ensure timely and appropriate responses to older people in situations of extreme vulnerability	Create an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk	Comissão Municipal de Apoio à Pessoa Idosa	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
Increase the level of motivation for community participation among older people at risk of social isolation	Provide community intervention teams to diagnose and refer to appropriate services provided by the city's social network	Estamos Juntos Comunidade	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	• Juntas de Freguesia
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	• Entidades que integram a Unidade Operacional de Intervenção Seniores e seus Cuidadores da Rede Social do Porto
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	• Entidades que integram o Plano e Ação "Porto Cidade Amiga das Pessoas Idosas" 2023-2025

**Individual project
sheets
P1**

Quem Sou Eu?

1. Intervention Area

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

Objective

To increase social inclusion and participation.

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

Measure

Work on life stories through artistic expression.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The “Quem sou eu?” project is aimed at older people, in close collaboration with the Porto Puppet Theatre. This project for social integration and personal fulfilment, which was launched as a pilot project in the Campanhã area and has since been extended to other areas, has the main objective to tell the “stories” of the life of this population through artistic expression and the use of puppets as a vehicle for inclusion, culminating in public performances. The artistic work includes puppet design, costume, writing, puppet modelling, voice/text work, manipulation techniques, physical work and improvisation, towards a creative process very similar to that developed by the Porto Marionettes team in their creations.

Project/Activity’s Objectives

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

Beneficiaries

Elderly people integrated into a social response

Territorial Impact of the Intervention

Município do Porto

Link

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

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="30"/>
Yearly	<input checked="" type="checkbox"/> 10	<input checked="" type="checkbox"/> 10	<input checked="" type="checkbox"/> 10	

3.2 Other impactful objectives

- Encourage lifelong learning

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

O Porto é Lindo! Roteiros Turísticos +65

1. Intervention Area

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

Objective

To increase social inclusion and participation.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Porto é Lindo! - Roteiros Turísticos +65 aims to provide quality leisure time for the city's elderly, using the movable, immovable, cultural and sacred heritage as a tool for cultural enrichment, socialisation and enhancement of leisure time. Aimed at people over 65, this project offers themed guided tours of different areas, heritage and facilities in the city, encouraging them to reconnect with the city of Porto, which has been the stage for all or part of their lives.

Project/Activity's Objectives

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

Beneficiaries

Citizen over 65

Territorial Impact of the Intervention

Porto

Link

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

3.1 Indicator

Description

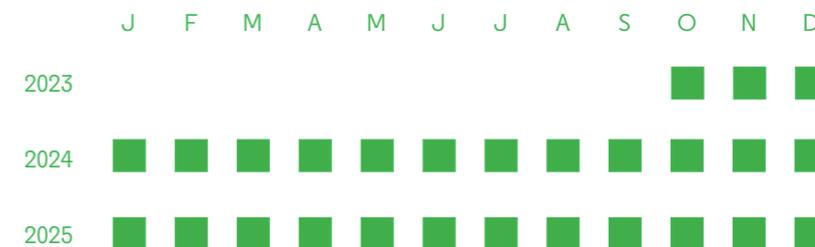
Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="135"/>
Yearly	<input type="text" value="45"/>	<input type="text" value="45"/>	<input type="text" value="45"/>	

3.2 Other impactful objectives

4. Partners

Designation

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

“Espaço Sénior” do Porto

1. Intervention Area

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

Objective

To increase social inclusion and participation.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The Fundação “la Caixa” Spaces are centres at the service of the people and the territory that accompany, promote and encourage the active role and participation of senior citizens in society and, in addition to the catalogue of activities that they make available to their users, they also serve to disseminate good practices in intervention with the elderly population. In Spain, in addition to the 58 Fundação “la Caixa” Spaces managed autonomously by volunteers from the respective space, 3 Fundação “la Caixa” Spaces called “Singulares”, owned and managed directly by the Foundation, have been created in the cities of Girona, Madrid and Murcia.

Project/Activity’s Objectives

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

Beneficiaries

Residents in the municipality of Porto, aged 65 or over

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="1"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

55+

1. Intervention Area

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

Objective

To increase social inclusion and participation.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Residents over 55

Territorial Impact of the Intervention

Porto

Link

www.55mais.pt

3.1 Indicator

Description

Target	2023	2024	2025	Total 570
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	170	190	210	

3.2 Other impactful objectives

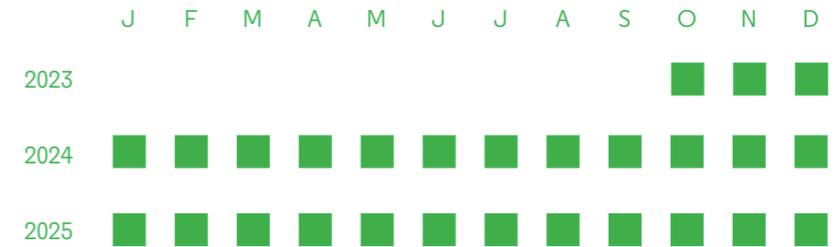
- Empower older people and build communities to foster relationships of mutual help and support.
- To increase the level of community involvement through volunteering among the older population.

4. Partners

Designation

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

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

From Granny to Trendy

1. Intervention Area

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

Objective

To increase social inclusion and participation.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

From Granny to Trendy is a programme of active ageing and empowerment through the up-cycling of second-hand clothes for women over 50 who are no longer active, in a co-implementation model that activates the social network and local communities in which these women live. As a result, we promote new skills by sharing experience and knowledge in an intervention model that promotes social inclusion in the area, combats the stigma of ageism and educates for the preservation of the environment.

Project/Activity's Objectives

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

Beneficiaries

Women over 50, out of active life

Territorial Impact of the Intervention

Porto

Link

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

3.1 Indicator

Description

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

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

55 000,00 €

7. Additional notes

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

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Reformers

1. Intervention Area

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

Objective

To increase social inclusion and participation.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Reformers arises from our belief that there is no age for learning and seeks to combat the ageism and social isolation of the senior population. The project is characterised by a series of recreational and didactic activities that stimulate the cognitive and motor skills of senior citizens, seeking to improve the physical and mental health of this population. Through the sharing of talents, volunteer mentors share something they love to do with groups of seniors, facilitating a class every week for twelve months. Our target group is isolated seniors with little (or no) support network, for whom existing solutions, although important and necessary, are not enough. The 2021 census identified 75,882 people over the age of 60 in the city of Porto, and a large part of this population lives in isolation, with little or no access to existing solutions, and with socialisation difficulties. Our project aims to work with groups of people identified by Porto City Council to reduce the number of over 60s living in isolation in the city. The range of activities on the annual programme includes ballet, swimming, make-up, skating, ceramics and samba classes, among many others, all designed specifically for older people, to help improve their self-esteem and share knowledge to reduce loneliness. These classes of reformers are organised in a community context and have to identify a social problem in their community and solve it with the activity they have learnt - payback. Whatever the activity, mentors will need to work on a range of values and skills such as ageism, gender equality, mental health, creativity and sustainability. In order to address these issues effectively, we have developed an ongoing training programme for volunteer mentors that addresses some of these issues. In order to study the impact of the project on the elderly population, pre- and post-test questionnaires will be administered. These questionnaires will lead to a final impact assessment report which will be made available to the various institutions we work with. We intend to analyse changes in the following indicators: perceived quality of life, perceived level of loneliness, self-esteem and perceived sense of community.

Project/Activity's Objectives

- General objectives:
 - combat ageism and social isolation among the senior population.
- Specific objectives:
 - improve quality of life
 - increase self-esteem
 - reduce rates of loneliness, vulnerability and isolation
 - improved autonomy, mobility, physical and cognitive abilities
 - increased sense of community belonging
- 80 mentors by 2025
- 50 hours of training in 2025
- 960 hours of classes in 2024 + 1920 hours of classes in 2025
- 20 payback actions in 2024 + 40 payback actions in 2025

Beneficiaries

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="950"/>
Yearly	<input type="text" value="50"/>	<input type="text" value="300"/>	<input type="text" value="600"/>	

3.2 Other impactful objectives

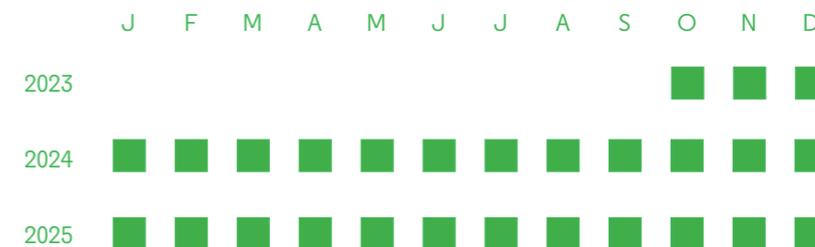
- Empower older people and build communities to foster relationships of mutual help and support.
- Encourage lifelong learning.

4. Partners

Designation

- Junta de Freguesia de Paranhos
- Centro Social da Paróquia da Areosa
- BPI | Fundação "La Caixa"
- Fundação AGEAS

5. Scheduling



6. Estimated investment value

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

Objective

To increase social inclusion and participation.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="63"/>
Yearly	<input type="text" value="20"/>	<input type="text" value="21"/>	<input type="text" value="22"/>	

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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

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Sempre Acompanhados

1. Intervention Area

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

Objective

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

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

Measure

Empower people, involving communities and raising citizens' awareness.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

The programme also aims to promote supportive relationships and the well-being of older people, involving the community and raising awareness among the city's citizens.

It operates along three main Axes: individual (with training to act and assess situations of loneliness, strengthening their skills and confidence), community (based on the endogenous resources of the community and its stakeholders) and society (promotion of actions to inform and raise awareness of the importance of maintaining good interpersonal relationships and the phenomenon of loneliness).

Project/Activity's Objectives

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

Beneficiaries

Citizens over 55 in situations of loneliness

Territorial Impact of the Intervention

Município do Porto

Link

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

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	414
Yearly	138	138	138	

3.2 Other impactful objectives

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

4. Partners

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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Porto. Importa-se

1. Intervention Area

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

Objective

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

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

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

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 900
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	300	300	300	

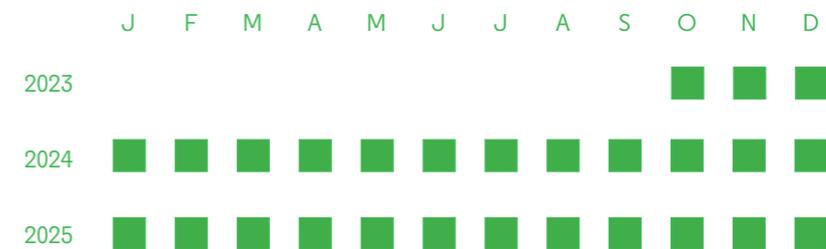
3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

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

5. Scheduling



6. Estimated investment value

7. Additional notes

1. Intervention Area

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

Objective

Strengthen the practice of active citizenship.

WHO Domains

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

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

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

- Designation
- Câmara Municipal do Porto - Departamento Municipal de Coesão Social
 - Juntas de Freguesia
 - Political parties

5. Scheduling

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

6. Estimated investment value

7. Additional notes

No Porto a Vida é Longa

1. Intervention Area

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

Objective

Promote regular physical activity.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity’s Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="2100"/>
Yearly	<input type="text" value="500"/>	<input type="text" value="700"/>	<input type="text" value="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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Pedalar Com Idade

1. Intervention Area

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

Objective

Promote regular physical activity.

WHO Domains

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 130
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	10	40	80	

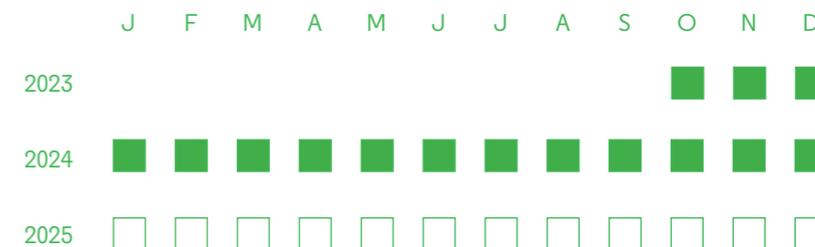
3.2 Other impactful objectives

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

4. Partners

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

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

1. Intervention Area

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

Objective

Promote regular physical activity.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

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

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

Mais Ativos Mais Vividos

1. Intervention Area

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

Objective

Promote regular physical activity.

WHO Domains

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="120"/>
Yearly	<input type="text" value="40"/>	<input type="text" value="40"/>	<input type="text" value="40"/>	

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

Bilhete Postal

1. Intervention Area

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

Objective

Promote intergenerational activities.

WHO Domains

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

Measure

Promote written communication between older people and children.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

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

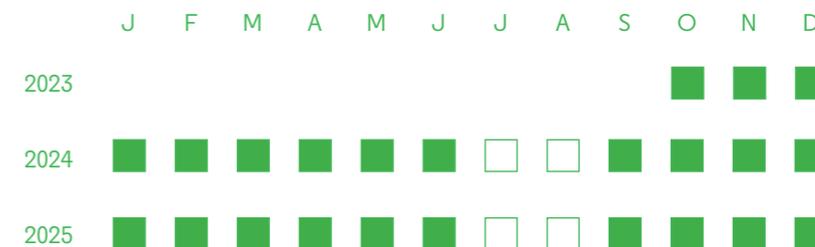
3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

Designation

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

Contas à Vida

1. Intervention Area

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

Objective

Encourage lifelong learning.

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

Measure

Carry out actions to promote financial literacy and digital skills.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Using practical examples from everyday life, the "Contas à Vida" programme aims to provide citizens over 55 with the knowledge and information they need to more consciously manage their savings or improve their financial health. In these free sessions, participants will also have the opportunity to acquire, cumulatively, digital skills to take advantage of these services.

Project/Activity's Objectives

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

Beneficiaries

Porto citizens over 55

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="18"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

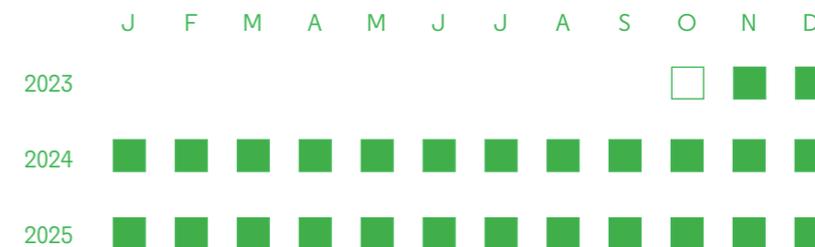
3.2 Other impactful objectives

- Increase social inclusion and participation
- Improve access to information

4. Partners

Designation

5. Scheduling



6. Estimated investment value

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.

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Grupo de Contacto Universidades Sénior/Academias Intergeracionais

1. Intervention Area

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

Objective

Encourage lifelong learning.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

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

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

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

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Academia Inatel Porto

1. Intervention Area

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

Objective

Encourage 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

Measure

Provide a diversified arts and entertainment offer: music, dance, theatre, painting, photography, crafts.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Academia Porto has many years of experience in training in areas such as: IT, painting and drawing, English, dance, yoga, Portuguese literature, creative writing, traditional instruments, organ and piano, among others. In addition to these areas, there has recently been a growing demand for the Curso de Português Língua de Acolhimento. This accumulated experience, combined with the Foundation's image, makes Academia do Porto a benchmark in the field of education in the area where it is located.

Project/Activity's Objectives

- Academia Porto has proven to be a response to the elderly population who come to us with a view to active ageing. The training offered is always based on the three fundamental pillars of active ageing, as defined by the World Health Organisation. These are: health, participation and security. This type of response aims to contribute to the physical and mental health of this population and to counteract the processes of isolation that ultimately lead to mental illness, with devastating consequences for their health, self-esteem and self-fulfilment.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="2080"/>
Yearly	<input type="text" value="560"/>	<input type="text" value="720"/>	<input type="text" value="800"/>	

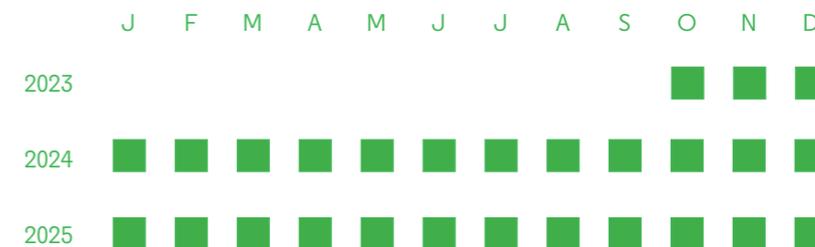
3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

Designation

5. Scheduling



6. Estimated investment value

7. Additional notes

The Academia Inatel is a national project of the Fundação Inatel. It takes place in the various delegations throughout the country, with greater expression in the municipalities of Porto, Lisbon and Braga.

The data presented refer only to the Academia Inatel - Porto.

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Projeto Trajetórias

1. Intervention Area

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

Objective

Encourage 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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="600"/>
Yearly	<input type="text" value="160"/>	<input type="text" value="200"/>	<input type="text" value="240"/>	

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Morfologia das praias pela visão dos seniores

1. Intervention Area

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

Objective

Encourage lifelong learning.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="664"/>
Yearly	<input type="text" value="224"/>	<input type="text" value="220"/>	<input type="text" value="220"/>	

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Visita guiada à exposição do Pavilhão da Água

1. Intervention Area

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

Objective

Encourage lifelong learning.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="725"/>
Yearly	<input type="text" value="75"/>	<input type="text" value="300"/>	<input type="text" value="350"/>	

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

A sustentabilidade não tem idade

1. Intervention Area

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

Objective

Encourage lifelong learning.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

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

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

- Designation
- Juntas de Freguesia
 - DOMUS Social – Empresa de Habitação e Manutenção do Município do Porto, E.M.;
 - Professional associations

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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

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A.PREENDER - Adultos Empreendedores

1. Intervention Area

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

Objective

Encourage 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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Adults over 45

Territorial Impact of the Intervention

Porto

Link

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

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="90"/>
Yearly	<input type="text" value="30"/>	<input type="text" value="30"/>	<input type="text" value="30"/>	

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Programa de Estudos Universitários para seniores da Universidade do Porto

1. Intervention Area

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

Objective

Encourage lifelong learning.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

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

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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Rede Local de Voluntariado

1. Intervention Area

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

Objective

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

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

Measure

Encourage volunteers to develop skills in caring for the elderly.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="18"/>
Yearly	<input type="text" value="4"/>	<input type="text" value="6"/>	<input type="text" value="8"/>	

3.2 Other impactful objectives

- Increase social inclusion and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Surpresa Simpática - Voluntários da Ucc Boavista

Associação de voluntários amigos da comunidade idosa

1. Intervention Area

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

Objective

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

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

Measure

Promote a network of volunteers for older people.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

- Reduce and prevent the risk of loneliness

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total N/A
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	10%	5%	5%	

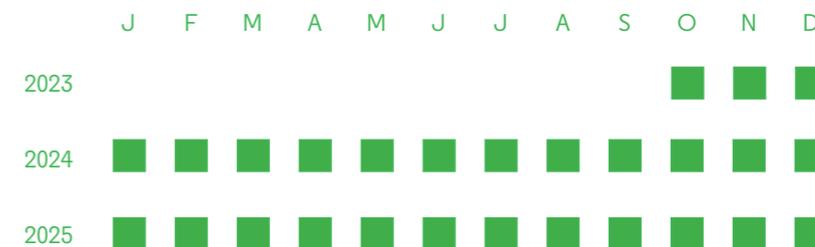
3.2 Other impactful objectives

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

4. Partners

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

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

Apoiar para Cuidar

1. Intervention Area

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

Objective

Promote skills and adequate resources for informal carers.

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

Measure

Provide technical and operational support to informal carers.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

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

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="75"/>
Yearly	<input checked="" type="checkbox"/> 25	<input checked="" type="checkbox"/> 25	<input checked="" type="checkbox"/> 25	

3.2 Other impactful objectives

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

4. Partners

Designation

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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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

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Cuidar do cuidador

1. Intervention Area

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

Objective

Promote skills and adequate resources for informal carers.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

- Reduce stress of the carer.

Beneficiaries

Elderly people with neurocognitive disorders / carers

Territorial Impact of the Intervention

Cedofeita / Foz / Massarelos

Link

3.1 Indicator

Description

Average value of the index obtained by the Zarit scale (scale for assessing carer overload): 3- High Stress; 2-Low Stress; 1-No Stress

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="N/A"/>
Yearly	<input type="text" value="2"/>	<input type="text" value="2"/>	<input type="text" value="1"/>	

3.2 Other impactful objectives

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

4. Partners

Designation

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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Programa Apoio 65 - Idosos em Segurança

1. Intervention Area

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

Objective

Identify cases of social fragility and greater physical and psychological vulnerability.

WHO Domains

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

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

3.2 Other impactful objectives

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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

[Back to the table](#)

**Individual project
sheets
P2**

Estamos Juntos - Bem estar

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

Provide teleconsultation and complementary clinical services.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

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

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

Project/Activity's Objectives

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

Beneficiaries

Citizens participating in the Estamos Juntos - Teleassistência programme

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="200"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

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

4. Partners

- Designation
- Juntas de Freguesia;
 - Domus Social
 - Empresa de Habitação e Manutenção do Município do Porto, E.M.;
 - Serviços de Atendimento e Acompanhamento Social do Porto

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="9"/>
Yearly	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 3	

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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Oficinas da Saúde para Públicos

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="13"/>
Yearly	<input checked="" type="checkbox"/> 3	<input checked="" type="checkbox"/> 5	<input checked="" type="checkbox"/> 5	

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 200
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input type="text" value="0"/>	<input type="text" value="100"/>	<input type="text" value="100"/>	

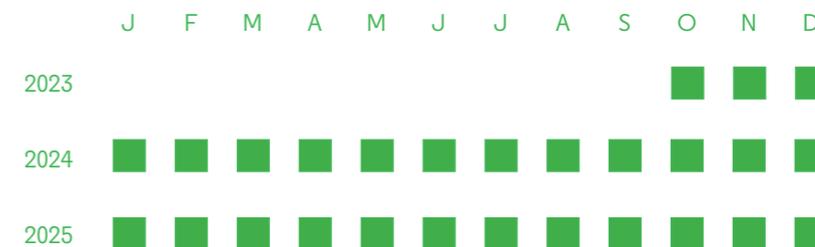
3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

Nutrição Ativa

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

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

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="100"/>
Yearly	<input type="text" value="20"/>	<input type="text" value="40"/>	<input type="text" value="40"/>	

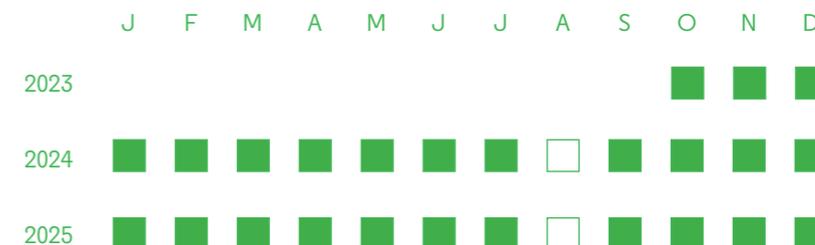
3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

PMPLS - Projeto Municipal de Promoção de Literacia em Saúde

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 25
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	5	10	10	

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

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

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="20"/>
Yearly	<input checked="" type="checkbox"/> 4	<input checked="" type="checkbox"/> 8	<input checked="" type="checkbox"/> 8	

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Porto sem Diabetes

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total <input type="text" value="9"/>
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input checked="" type="text" value="3"/>	<input checked="" type="text" value="3"/>	<input checked="" type="text" value="3"/>	

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

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

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

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

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

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 50
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	10	40	0	

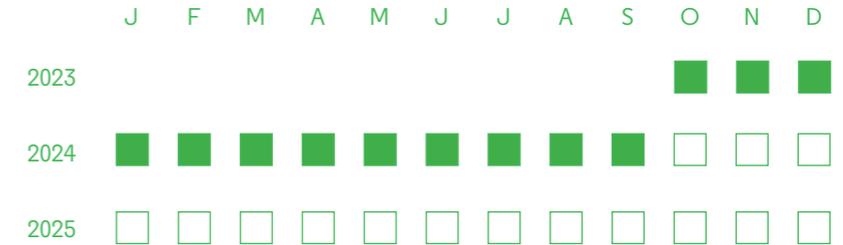
3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

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

5. Scheduling



6. Estimated investment value

7. Additional notes

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

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

1. Intervention Area

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

Objective

Reduce the incidence of disease or ill health.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total N/A
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input checked="" type="text" value="0"/>	<input checked="" type="text" value="50%"/>	<input checked="" type="text" value="80%"/>	

3.2 Other impactful objectives

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

4. Partners

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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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

Aproxima

1. Intervention Area

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

Objective

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

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

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

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

Project/Activity's Objectives

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

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 55
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	12	18	25	

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Terceira (C)Idade=Felicidade

1. Intervention Area

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

Objective

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

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

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

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

Project/Activity's Objectives

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

Beneficiaries

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

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="120"/>
Yearly	<input type="text" value="120"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	

3.2 Other impactful objectives

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

4. Partners

Designation

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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

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

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Táxi +65

1. Intervention Area

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

Objective

Increase and improve access to health services.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Population over 65, living in Porto

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="34500"/>
Yearly	<input type="text" value="16500"/>	<input type="text" value="18000"/>	<input type="text" value="0"/>	

3.2 Other impactful objectives

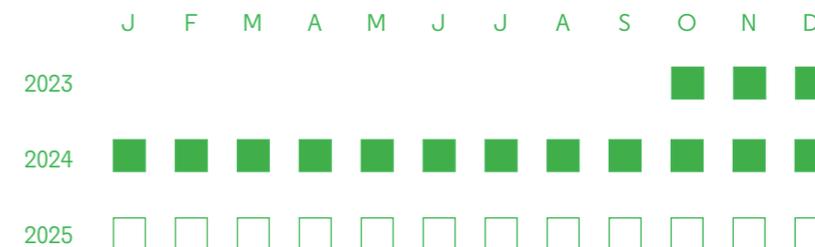
- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health status

4. Partners

Designation

- Câmara Municipal do Porto
- Associações de Táxis

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

Eu estou informado/a!

1. Intervention Area

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

Objective

Improve access to information.

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

Measure

Provide a space to improve access to information about local services for older people.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Less qualified older people tend not to find a range of useful information in a single information centre. This reality is an additional factor of social exclusion and a barrier to meeting their daily needs.

Project/Activity's Objectives

• Provide the city with a place dedicated to the needs of this specific population, with multidisciplinary professionals able to communicate empathetically, building relationships of trust and proximity.

Beneficiaries

People over 55 who want information about issues/programmes for the senior population

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="1"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

• Increase social integration and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Gabinete de Atendimento ao Idoso

1. Intervention Area

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

Objective

Improve access to information.

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity’s Objectives

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

Beneficiaries

Seniors and their families

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total	
Half-yearly	<input type="text" value="120"/>	<input type="text" value="120"/>	<input type="text" value="120"/>	<input type="text" value="120"/>	<input type="text" value="720"/>
Yearly	<input type="text"/>				

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Viver em Casa

1. Intervention Area

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

Objective

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

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

Measure

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

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

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

Beneficiaries

Older adults

Territorial Impact of the Intervention

Porto

Link

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

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="6250"/>
Yearly	<input type="text" value="1750"/>	<input type="text" value="2000"/>	<input type="text" value="2500"/>	

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Individual project sheets P3

Aconchego

1. Intervention Area

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

Objective

Promote intergenerational environments.

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

Measure

Promoting intergenerational housing.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The City Council of Porto, in partnership with the Academic Federation of Porto - FAP Social, launched the "Programa Aconchego" in 2004 to respond to two seemingly disparate problems: the large number of young people who move every year to attend higher education and need accommodation in the Municipality of Porto, and the high percentage of residents over 60 who live in a situation of loneliness and/or social isolation. The Aconchego programme is based on a perspective of intergenerational coexistence and the enhancement of synergies and social resources, promoting the accommodation of university students for one academic year in the homes of senior citizens living in Porto.

From two seemingly insurmountable difficulties, a single solution was found to the problem of housing young university students and the loneliness and/or isolation of senior citizens living in the municipality. In short, the elderly repay the company with accommodation and the young university students repay the accommodation with company and support.

Project/Activity's Objectives

- Reducing situations of loneliness and/or social isolation among senior citizens in the municipality of Porto by integrating higher education students, who do not live in the municipality of Porto, into their residences.

Beneficiaries

Citizens over 60
Higher education students aged between 18 and 35

Territorial Impact of the Intervention

Porto

Link

<https://coesasocial.cm-porto.pt/pessoas-idosas/aconchego>

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	36
Yearly	12	12	12	

3.2 Other impactful objectives

- Increase social integration and participation
- Empower older people and build communities to foster relationships of mutual help and support
- Create an alternative to institutionalisation and family dependency for older people

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Residências Partilhadas Seniores

1. Intervention Area

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

Objective

Provide alternative and innovative housing solutions.

WHO Domains

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

Measure

Ensure decent shared living space adapted to the needs of the elderly population in situations of social, economic and housing deprivation.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The Residências Partilhadas Seniores programme is designed to help the municipality's senior population manage their activities, guaranteeing them a decent living space adapted to their needs. At the same time, the initiative proves to be a successful integrated multidisciplinary response to the well-being and quality of life of the senior population, also by combating social isolation.

Project/Activity's Objectives

- Encourage active ageing;
- Promote the autonomy of the elderly;
- Combat social isolation.

Beneficiaries

Isolated older people living in privately rented accommodation with poor living conditions and few economic resources.

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="27"/>
Yearly	<input checked="" type="checkbox"/> 8	<input checked="" type="checkbox"/> 9	<input checked="" type="checkbox"/> 10	

3.2 Other impactful objectives

- Increase social integration and participation
- Empower older people and build communities to foster relationships of mutual help and support
- Create an alternative to institutionalisation and family dependency for older people

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Guia de prevenção do risco de acidente e de quedas

1. Intervention Area

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

Objective

Reduce the risk of accidents and falls among the elderly population.

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

Measure

Provide information that enables action to be taken on intrinsic and extrinsic risk factors for accidents and falls.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Accidents are the fifth leading cause of death in older people, and falls are the most common cause of accidents in this population. Approximately 30% of people aged 65 and older fall at least once a year, and about 10 to 15% of these falls result in serious injury. Studies confirm that assessing risk factors and implementing fall prevention strategies have helped to reduce traumatic injuries. There are factors that predispose older people to falls, namely those related to physiological changes of the ageing process, specific diseases or the use of medications, and those related to the environment in which older people interact: home, public places, public transport. Examples of environmental risks include slippery floors, uneven surfaces and poor lighting, as well as inappropriate clothing and footwear.

Project/Activity's Objectives

- Reduce the risk of accidents and falls in the elderly population.

Beneficiaries

Residents in the municipality of Porto, aged 65 or over

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total	
Half-yearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	N/A
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	1		

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Guia do Inquilino Sénior

1. Intervention Area

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

Objective

Reduce the risk of accidents and falls among the elderly population.

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

Measure

Develop an explanatory and interactive guide/manual for all local authority tenants over 65 living in social housing.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Domus Social, the company in charge of managing the public housing stock of the Municipality of Porto, provides all new tenants with a manual of good practices for using a house: the “Guia do Inquilino Municipal”. Essentially, it contains suggestions and indications of good practice in order to enjoy a good quality of life and, at the same time, to preserve the housing that has been handed over to the household. This manual covers issues such as hygiene, health, equipment maintenance, community life and security. In 2024, the year in which the Municipal Company celebrates its 20th anniversary, a new Guia do Inquilino Municipal will be developed, to be given not only to new tenants, but also to all those already living in the Municipality’s social housing. Taking advantage of this opportunity, and recognising that the elderly are one of the main groups represented in social housing (a number that tends to increase), Domus Social will produce a sub-manual specifically for the elderly, the “Guia do Inquilino Sénior”. This personalised content will be delivered, together with the Guia Geral, only to households where at least one person over 65 lives. An explanation/presentation of the content will be given to the elderly person at the time of delivery.

Project/Activity’s Objectives

- Reduce risky behaviour and therefore the likelihood of accidents, such as falls, among social housing tenants aged over 65.
- Encourage the adoption of good daily practices in the home that contribute to the well-being and safety of the elderly, as well as the maintenance of the home.

Beneficiaries

Elderly people over 65, living in social housing

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="1"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Identify cases of social fragility and greater physical and psychological vulnerability.

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Requalificação do espaço público dos bairros municipais

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Upgrade public spaces in urban neighbourhoods.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The neighbourhoods to be targeted show signs of disqualification and urban and environmental degradation, such as: a fragmented and discontinuous relationship with their surroundings; the absence of a clear hierarchy within the urban design; conflicts and incompatibilities between planned routes and the routes taken by the population; improper occupation of pedestrian areas and/or green spaces by vehicles; acts of vandalism against public property; insecurity exacerbated by urban and environmental degradation.

Project/Activity's Objectives

- The solutions presented should provide a good functional and aesthetic connection between the spaces, so that everyone can use and enjoy them in complete safety, which implies clear, fast and intuitive routes that allow total mobility for everyone, including the elderly, in accordance with current legislation.

Beneficiaries

Population of neighbourhoods (predominantly) and the city (urban mesh)

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="9"/>
Yearly	<input type="text" value="0"/>	<input type="text" value="3"/>	<input type="text" value="6"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Acessibilidades - Equipamentos Desportivos

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Upgrade sporting equipment to make them accessible.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Legislative Decree No. 163/2006 of 8th of August, as amended by Legislative Decree No. 95/2019 of 18th of July, establishes the legal framework for accessibility to buildings, laying down the rules and technical standards for accessibility to be complied with in the design and construction of public spaces, public facilities, public buildings and homes.

In this context, the management of Ágora - Cultura e Desporto E.M. carried out an assessment of the current accessibility situation in the municipal swimming pool buildings, pavilions and sports fields, which culminated in the preparation of eighteen individual reports.

After analysing the reports, it was found that, with the exception of the Polidesportivo dos Choupos, none of the infrastructures managed by Ágora met the minimum accessibility requirements, mainly due to the fact that most of these buildings were built before the current legislation was published.

Therefore, in order to comply with this legislation, it was decided to intervene in each of these buildings in order to remedy the shortcomings identified.

Project/Activity's Objectives

- Installation of access ramps, handrails and adapted handles;
- Adaptation of toilet facilities for people with reduced mobility;
- Replacement/adaptation of service counters to promote accessibility for wheelchair users;
- Creation of places in the stands for wheelchair users;
- Installation of anti-slip strips on stairs;
- Designation of parking spaces for people with reduced mobility;
- Installation of lifting platforms.

Beneficiaries

Citizens and users of sports facilities.

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 18
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	5	8	5	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

150.000,00 €

7. Additional notes

[Back to the table](#)

Rua Direita

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Rehabilitate degraded streets, promoting different modes of transport and removing architectural barriers.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

A programme aimed at upgrading degraded public spaces, integrated into the fine network of the urban road system. It includes roads, paths, widening of old rural roads, urban areas undergoing transformation or degraded streets in a consolidated mesh.

Project/Activity's Objectives

- The aim of this programme is to intervene in these public spaces in order to improve their services and conditions of use, in a logic of flexible management of the available space, adapted to the reduced cross-sectional profile of these streets, taking into account the accessibility needs of the inhabitants.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="21"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Rede 20

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

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.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The public space in question must be improved in terms of enjoyment, use and environment, with a strong impact on the quality of life of the population, by creating favourable conditions for the coexistence of multiple users, by transforming the road environment into an urban environment, by using road safety instruments, by using traffic calming solutions, by giving priority to pedestrians and soft modes of transport, by establishing a maximum car circulation speed of 20 Km/h ("Rede 20" municipal project).

Project/Activity's Objectives

- Elimination of traditional markings and unevenness between the carriageway and pavements by defining a wide, level surface, shared by different users.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="760"/>
Yearly	<input type="text" value="0"/>	<input type="text" value="760"/>	<input type="text" value="0"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Atravessamento de vias e envolventes

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Improve pedestrian accessibility on pavements and pedestrian crossings on various streets in the city.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The public space in question needs to be improved in terms of its use, with a strong impact on the quality of life of the population, particularly in terms of accessibility and mobility, with traffic calming measures.

Project/Activity's Objectives

- Improve pedestrian accessibility, both on pavements and when crossing the road, in particular by widening, levelling and lowering pavements, laying tactile paving for pedestrian crossings, or raised pedestrian crossings on various streets in the city.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="37"/>
Yearly	<input checked="" type="checkbox"/> 33	<input checked="" type="checkbox"/> 2	<input checked="" type="checkbox"/> 2	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Projeto Integrado de Sinalização e Informação

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Implement a system of directional and informative signage to promote pedestrianisation and pedestrian comfort.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

With the goal of standardising the equipment and content of signage, as well as reducing and regulating the occupation of public space, the Municipality of Porto has developed a signage study aimed at implementing an integrated system of directional and informative signage in the city.

Project/Activity's Objectives

- Aware that the more we know about a place, the more confident and safe we feel in navigating it, and in the case of Porto, due to its peculiar layout, which tends to create an amount of uncertainty and doubt in the face of unfamiliar pedestrian routes, the PISI aims to enable pedestrians to travel comfortably, safely and quickly on foot.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="830"/>
Yearly	<input type="text" value="0"/>	<input type="text" value="830"/>	<input type="text" value="0"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Porto Pedonal - Pop

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Increasing the number of resting places by installing benches along pedestrian routes to ensure comfortable walking.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Drawing up a map showing the network of continuous pedestrian routes and sitting areas in the area, with the objective of establishing criteria for decision-making and types of intervention in the public space, in particular for the installation of benches throughout the city.

Project/Activity's Objectives

- The promotion of pedestrian routes requires the creation of conditions that encourage walking.
- For longer journeys, the existence of rest stops on pedestrian routes, especially for older age groups, is one of the basic conditions for ensuring the comfort of these journeys.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="300"/>
Yearly	<input type="text" value="60"/>	<input type="text" value="120"/>	<input type="text" value="120"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population
- Promote regular physical activity

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Informação ao público no Terminal Intermodal de Campanhã

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Improve public information at the Campanhã Intermodal Terminal to meet the different needs and abilities of the elderly.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The existence of public transport and adequate means of information play a fundamental role in enabling older people to find their way and establish connections with other people, infrastructures and urban services. Information in a bus station, which includes static and dynamic signage, must be compatible and appropriate to the typical limitations of ageing, meaning, it must be in large characters and the main information must be prominent and easy to read and interpret.

Project/Activity's Objectives

- Adaptation of the existing static and dynamic information at the Campanhã Intermodal Terminal to make clearer and more visible the available transport options, timetables and services at the terminal.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="2"/>
Yearly	<input type="text" value="0"/>	<input type="text" value="2"/>	<input type="text" value="0"/>	

3.2 Other impactful objectives

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Percursos Pedonais - Ligações Mecanizadas

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Provide better accessibility between high and low levels and contribute to the safe mobility of the population.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The creation of pedestrian routes with mechanised connections is a solution to the problem of the difference in level between the riverside areas and the higher zones of Porto, at three different points: Miragaia, Palácio de Cristal and Virtudes.

Project/Activity's Objectives

- The principle of this municipal investment is to promote pedestrian mobility by providing these routes with a level of comfort and safety, making walking easier and improving the quality of life of those who use them every day, or opening up the prospect of new routes, regeneration and revitalisation.

Beneficiaries

Local residents and general public

Territorial Impact of the Intervention

Miragaia, Palácio de Cristal e Virtudes

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="N/A"/>
Yearly	<input checked="" type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input checked="" type="checkbox"/> 3	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Plano de Higienização de Fontes, Fontanários e Bebedouros

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Instal new drinking fountains in the main squares, parks and pedestrian and cycle routes of the city of Porto, encouraging the consumption of tap water as a source of hydration - a healthier, cheaper and more environmentally friendly solution.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Porto's Plano de Higienização de Fontes, Fontanários e Bebedouros includes both maintenance and sanitation actions for existing infrastructures of this nature in the city, as well as measures to reinforce the network of drinking fountains in Porto's main squares, parks and pedestrian and cycling circuits. For this goal, this project aims to install more drinking fountains in these locations, with the aim of increasing the availability of these water points in public spaces and encouraging the consumption of tap water, which is accessible to all.

Project/Activity's Objectives

- Improve access to drinking water locations in the city;
- Increase the consumption of tap water as an essential source of hydration for people, especially the elderly, as it is healthier, cheaper and more environmentally friendly.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Target	2023	2024	2025	Total 24
Half-yearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã

1. Intervention Area

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

Objective

Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

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

Measure

Equipping the pedestrian underpass to the Campanhã Intermodal Terminal with moving walkways to improve accessibility and comfort for elderly people with reduced mobility.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

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

Project/Activity's Objectives

- Ensuring accessibility to public transport in Porto by installing moving walkways on the main link between the Campanhã Intermodal Terminal and the STCP urban transport services, the train and the metro, improving accessibility and comfort for people with reduced mobility.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 900000
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="900000"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Zonas Pedonais Temporárias e PlayTime - Parklets Municipais

1. Intervention Area

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

Objective

Increase the use of public pedestrian space.

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

Measure

Promote the pedestrianisation of streets through the creation of temporary pedestrian zones, ensuring that traffic is restricted to pedestrians only.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Under the theme "Rescuing Public Space for Pedestrians", these initiatives aim to dynamize and improve the use of public space, promoting inclusion and accessibility.

Project/Activity's Objectives

- Zonas Pedonais Temporárias are designed to encourage pedestrianisation of streets, ensuring that traffic is restricted to pedestrians only.
- Playtime - a project to install community parklets involves the installation of seating furniture, flower boxes or canopies, in parking spaces on streets with active pedestrian traffic

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="6"/>
Yearly	<input type="text" value="2"/>	<input type="text" value="2"/>	<input type="text" value="2"/>	

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

- Designation
- Câmara Municipal do Porto
 - Departamento Municipal da Mobilidade
 - Departamento Municipal de Espaços Verdes e Gestão de Infraestruturas
 - Direção Municipal de Cultura e Património
 - Polícia Municipal
 - Ágora Cultura e Desporto do Porto, E.M.

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Pedonalização da Rua das Carmelitas

1. Intervention Area

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

Objective

Increase the use of public pedestrian space.

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

Measure

Implement pedestrianisation of public streets.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

In the public space in question, there is a need to implement improvements in terms of enjoyment, usage and the environment, with a strong impact on the population's quality of life.

Project/Activity's Objectives

- Pedestrianisation of the street, encouraging pedestrian use and the enjoyment of the space by users, both as a place to pass through and to stay, allowing diversification of use.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text" value="140"/>	<input type="text"/>	<input type="text" value="140"/>
Yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the elderly population
- Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Fontes Históricas do Porto

1. Intervention Area

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

Objective

Improve public spaces and enhance urban heritage.

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

Measure

Rehabilitate the historic fountains of the city of Porto, promoting the requalification of public spaces and their use by the elderly population.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

In addition to the Plano de Higienezação de Fontes, Fontanários e Bebedouros do Porto, the “Fontes Históricas do Porto” project is underway, which includes actions to rehabilitate this cultural heritage scattered throughout the city. Examples include the work already carried out on the Fonte da Batalha, the Monumento ao Empresário and the Fonte dos Leões. In this way, Águas e Energia do Porto, E.M. intends to continue this work on other important fountains in the city, transforming them into dynamic centres of public space and cultural and leisure activities.

Project/Activity’s Objectives

- Recover Porto’s historical heritage
- Improve water supply structures in public spaces
- Optimise the hydraulic and energy components of historic fountains
- Contribute to the collective enjoyment of public spaces

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

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

3.2 Other impactful objectives

- Increase social integration and participation

4. Partners

- Designation
- Câmara Municipal do Porto
 - Direção Municipal de Cultura e Património
 - Departamento Municipal do Espaço Público
 - Direção Regional de Cultura do Norte

5. Scheduling

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

6. Estimated investment value

7. Additional notes

Porto Amigo

1. Intervention Area

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

Objective

Improve housing conditions for vulnerable elderly people.

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

Measure

Carry out reconstruction, rehabilitation and health improvement works in the homes of people living in poverty and in non-municipal housing.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Through this programme, the Municipality of Porto is committed to responding to the most urgent housing needs, namely the rehabilitation of dilapidated buildings belonging to vulnerable families.
The Porto Amigo programme, as well as improving the living conditions of its beneficiaries, also allows them to remain in their social environment, reinforcing their sense of belonging to the area where they live, combating feelings of isolation and loneliness.

Project/Activity's Objectives

- Improve the living conditions of people who are in a situation of documented economic deprivation, who live in the municipality of Porto, in non-municipal housing.

Beneficiaries

Residents of the city of Porto, living in non-municipal housing, who are in a situation of proven economic deprivation.

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="36"/>
Yearly	<input type="text" value="12"/>	<input type="text" value="12"/>	<input type="text" value="12"/>	

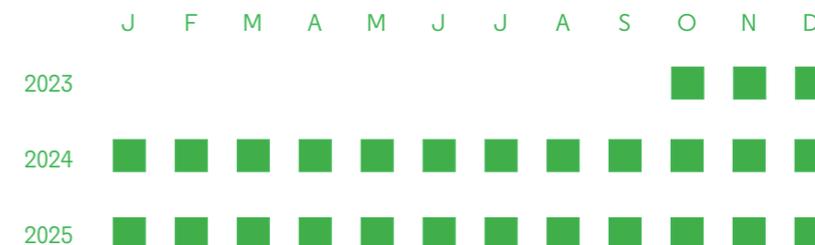
3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health
- Create an alternative to institutionalisation and family dependency for the elderly
- Reduce the risk of accidents and falls in the older population

4. Partners

Designation

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

Individual project sheets P4

Estamos Juntos - Serviço de Teleassistência

1. Intervention Area

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

Objective

Reduce feelings of insecurity among older people at risk of social isolation.

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

Measure

Provide a telecare service.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

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 successful ageing.

The programme is presented as a free solution for the public that integrates a technological and human component, monitoring older people on an ongoing basis.

It aims to be an emergency support service through teleassistance (available 24h/365), which contributes to a greater sense of security and ensures timely assistance in health, safety and housing related incidents. What's more, this response not only combats and prevents social isolation, but also has a human component, sensitive to social constructions and the connection that each person has with their space, allowing them to remain in their own home.

Project/Activity's Objectives

- Promote social inclusion, reduce social isolation and emotional relationships, contribute to a sense of subjective security, which is essential for encouraging older people to stay at home.

Beneficiaries

Residents in the municipality of Porto, aged 65 or over, with non-existent/insufficient social support networks and per capita incomes below the national minimum wage.

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="600"/>
Yearly	<input type="text" value="300"/>	<input type="text" value="200"/>	<input type="text" value="100"/>	

3.2 Other impactful objectives

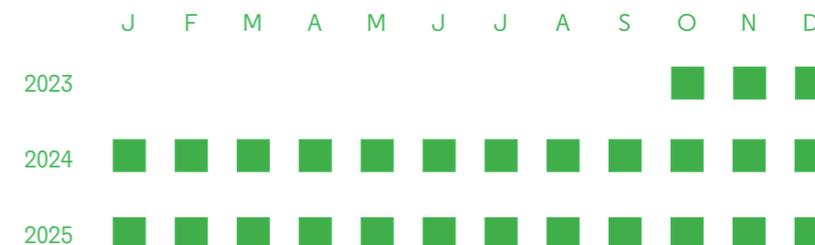
- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health
- Create an alternative to institutionalisation and family dependency for the elderly

4. Partners

Designation

- Juntas de Freguesia
- DOMUS Social
Empresa de Habitação e Manutenção do Município do Porto, E.M.
- Serviço de Atendimento e Acompanhamento Social do Porto

5. Scheduling



6. Estimated investment value

7. Additional notes

Programme supported by the Portuguese Government's Recovery and Resilience Plan (PRR), financed by the European Union through the funds of the Recovery and Resilience Facility, as part of the NextGenerationEU programme.

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Chave de Afetos

1. Intervention Area

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

Objective

Reduce feelings of insecurity among older people at risk of social isolation.

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

Measure

Provide a telecare service.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Considering that this is a transversal need, the SCMP proposes the Chave de Afetos as a differentiating and/or complementary activity to the Programa Municipal do Porto - Estamos Juntos, in order to reach a wider audience and contribute to reducing the number of people at risk.

Project/Activity's Objectives

- Reduce the number of people at risk by:
 - a) Working with community partners to signpost cases and increase support for users;
 - b) A telecare service to check and monitor the situation, respond to emergencies and talk to people, with equipment appropriate to the situation (fixed, mobile, fall sensor);
 - c) Promoting volunteer work.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="42"/>
Yearly	<input checked="" type="checkbox"/> 14	<input checked="" type="checkbox"/> 14	<input checked="" type="checkbox"/> 14	

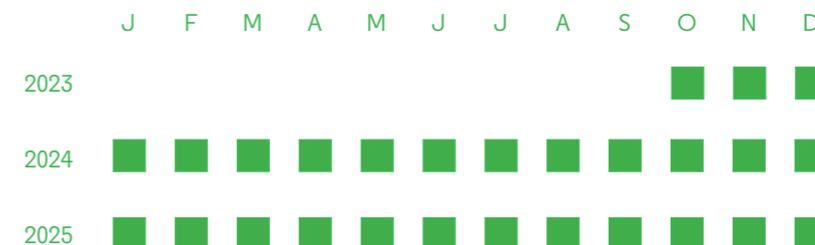
3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health
- Create an alternative to institutionalisation and family dependency for the elderly

4. Partners

- Designation
- Juntas de Freguesia
 - Polícia de Segurança Pública
 - IPSSs
 - Voluntary organisations
 - Universities

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

Projeto de Acompanhamento à Pessoa Idosa (PAPI)

1. Intervention Area

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

Objective

Reduce feelings of insecurity among older people at risk of social isolation.

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

Measure

Provide a telecare service.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The Projeto de Acompanhamento à Pessoa Idosa (hereafter referred to as PAPI), which has been implemented in the parish of Lordelo do Ouro e Massarelos since 2013, has, among other things, a technological component. The telecare for the elderly implemented in this area, which is an initiative of the local autarchy, is seen as a local ageing policy measure, a crucial initiative that provides valuable support and a safety net for the elderly, thus helping to reduce social isolation and feelings of loneliness.

Project/Activity's Objectives

- Reduce social isolation and combating loneliness

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="240"/>
Yearly	<input type="text" value="80"/>	<input type="text" value="80"/>	<input type="text" value="80"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the incidence of illness or deterioration in health
- Create an alternative to institutionalisation and family dependency for the elderly

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Táxi + | Plataforma de transporte a pedido

1. Intervention Area

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

Objective

Provide a new mobility solution that meets the needs of citizens in areas with limited access/remote areas.

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

Measure

Develop a mobility solution to ensure the connection of areas without public transport to points with public transport by bus, metro and/or train.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Transporte de Passageiros Flexível (TPF) is a public transport service that aims to meet the needs of the population in areas where there is low demand for regular public transport, in areas of low population density, or where regular public transport is inadequate or non-existent at certain times.

Ensuring accessible and affordable public transport, in less accessible areas, allows people to move around the city and is crucial for social and civic participation, as well as access to community and health services, which is so important for active ageing.

Project/Activity's Objectives

- Ensure accessibility for the population living in areas without public transport in Porto, through a taxi service (for Cartão Porto. holders) connecting these areas to the nearest point (up to 2 km) with public transport by bus, metro and/or train, at a reduced fixed price (occasional and pass).

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	102 000
Yearly	0	50 000	52 000	

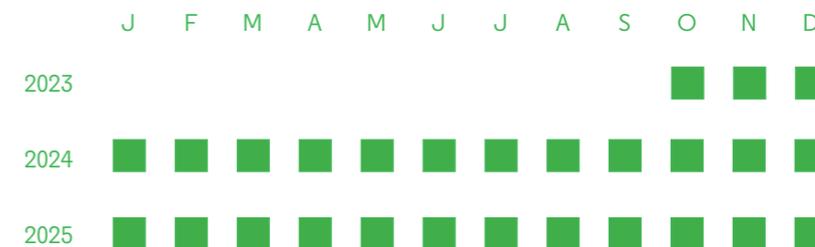
3.2 Other impactful objectives

- Increase social integration and participation
- Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly

4. Partners

Designation

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

Laboratório de Inovação Social do Porto

1. Intervention Area

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

Objective

Promote the creation and experimentation of new solutions to combat the social isolation of the elderly.

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

Measure

Develop a structured experimentation model, based on impact processes and methodologies, to test new responses that contribute to reducing the social isolation of the elderly.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The Laboratório de Inovação Social aims to promote collaborative experimentation with new solutions to social problems in the city of Porto. Starting from a policy of failing fast and well, it proposes to develop a model of structured experimentation - based on processes and methodologies of impact, and on promoting the spill-over of the knowledge generated. It is intended to mobilise and involve all sectors of society in a systemic approach to the city's social problems, which will generate more efficient, effective and sustainable responses and create a virtuous circle of collective learning. There will be two editions of this experimental model until 2025. Each will support new experimental solutions in the field of ageing.

Project/Activity's Objectives

- Promote the generation and experimentation of new solutions to the city's social problems;
- Promote conditions in which new solutions to the city's social problems are focused on addressing their root causes;
- Help local public and private agents to integrate impact in their decision-making;
- Involve agents from different sectors of society in a joint, cross-sectoral approach to social problems in the city of Porto.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="13"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Create an alternative to institutionalisation and family dependency for the elderly

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

Programme supported by the Portuguese Government's Recovery and Resilience Plan (PRR), financed by the European Union through the funds of the Recovery and Resilience Facility, as part of the NextGenerationEU programme.

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

1. Intervention Area

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

Objective

Implementing new solutions for safety of public spaces, especially for the mobility of the most vulnerable population groups.

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

Measure

Producing hydrant covers, fire signs and mobile valve covers using bioplastic material on 3D printers.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Several structures and equipment in the public water supply network on the public highway are made of ferrous materials and are therefore subject to frequent vandalism and their own natural corrosion and deterioration. In this regard, the aim of this project is to remedy these anomalies through the manufacture and installation of 3D bioplastic parts by Águas e Energia do Porto, E.M., thus solving the problems on the public highway and preventing falls and pedestrian accidents, which are more frequent among the most vulnerable sections of the population.

Project/Activity's Objectives

- Improvement of the water supply network's equipment in the public space;
- Repair anomalies and potholes on the public highway;
- Contribute to improving the safety of public spaces, particularly the mobility of the most vulnerable groups, preventing falls and pedestrian accidents.

Beneficiaries

Porto's population, with a particular impact on the elderly

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total			
Half-yearly	<input type="text" value="150"/>	<input type="text" value="130"/>	<input type="text" value="150"/>	<input type="text" value="100"/>	<input type="text" value="150"/>	<input type="text" value="100"/>	<input type="text" value="780"/>
Yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>				

3.2 Other impactful objectives

- Increase social integration and participation
- Reduce the risk of accidents and falls in the older population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Passaporte do Vizinho Positivo

1. Intervention Area

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

Objective

Implementing digital solutions to build cohesive communities and foster mutual aid relationships.

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

Measure

Create a platform to identify elderly people in a situation of social isolation and share resources, targeting "neighbours"/volunteers who want to respond to daily living needs.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Creation of a platform for the identification of elderly people in a situation of social isolation and the sharing of resources aimed at "neighbours"/volunteers, who wish to meet the daily living needs (companionship, shopping, doctor visits, beauty centres, the vet, etc.) of elderly people in a situation of social isolation.

Interested "neighbours"/volunteers who register on the platform will have access to a digital passport that will give them free access to a range of services, following regular validation of the actions carried out.

Project/Activity's Objectives

- The proposed action aims to respond to the social isolation of the elderly population by promoting regular social contact between the elderly and the local community, creating informal support networks that enable involvement in the community and access to neighbourhood services that are essential for the well-being of the elderly.
- In turn, we will also combat the social isolation of "neighbours" who may be in the same situation of social isolation.

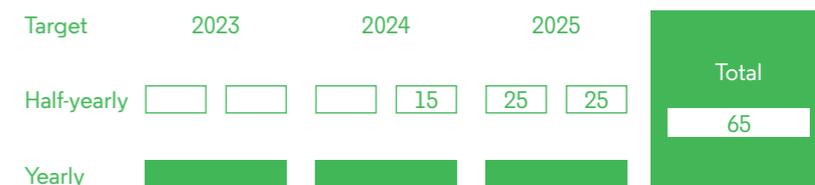
Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description



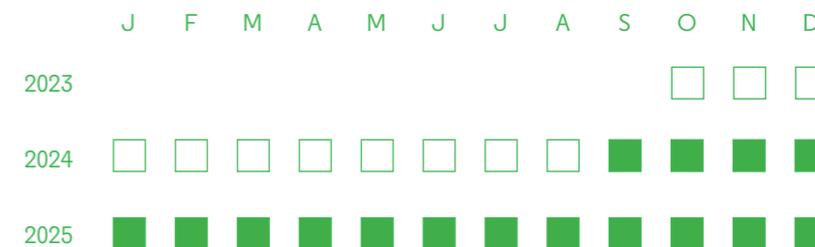
3.2 Other impactful objectives

- Increase social integration and participation
- Increase the level of community involvement through volunteering for the elderly population

4. Partners

Designation

5. Scheduling



6. Estimated investment value

7. Additional notes

[Back to the table](#)

Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade

1. Intervention Area

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

Objective

Implementing digital solutions to build cohesive communities and foster mutual aid relationships.

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

Measure

Implement a digital platform that aggregates community projects/ activities that promote the mental and social well-being of citizens with or without mental illness.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

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

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total N/A
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	<input checked="" type="text" value="0"/>	<input checked="" type="text" value="1"/>	<input checked="" type="text" value="6"/>	

3.2 Other impactful objectives

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

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

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.

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Geocaching Sénior

1. Intervention Area

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

Objective

Use environmentally sustainable resources to promote socialisation and value leisure time.

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

Measure

Contribute to the fight against social exclusion among the elderly through outdoor walks combined with geocaching, carried out by volunteers in the city of Porto using a specially adapted electric bicycle.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Geocaching Sénior consists of a tour on an adapted electric bicycle, where the passenger searches for a hidden box in a particular place of interest. The solution is based on a passport of visits to discover the city's heritage and a digital application accessible to older people. When the visitor finds the hidden box, they discover a stamp with the name of the place inside, with which they record the visit in their passport.

There are few unconstrained solutions that allow older adults to visit a city without mobility restrictions. This bike has two unique components that contribute to greater inclusion: an accessible platform that helps with seating, and a driver who doesn't drive facing backwards to facilitate communication during the tour. The digital application has age-appropriate buttons and font sizes, as well as intuitive features that facilitate technological inclusion, from a lifelong learning perspective.

Project/Activity's Objectives

- Promote knowledge of Porto's natural and cultural heritage.
- Increase the digital inclusion of older people.
- Reduce the social isolation of older people.
- Build intergenerational relationships.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="297"/>
Yearly	<input type="text" value="47"/>	<input type="text" value="100"/>	<input type="text" value="150"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Encourage lifelong learning
- Promote intergenerational environments
- Increase the level of community involvement through volunteering for the elderly population

4. Partners

- Designation
- Câmara Municipal do Porto
 - Cycling Without Age
 - Bicicletas Coelho
 - União das Freguesias de Aldoar, Foz do Douro e Nevogilde
 - Junta da Freguesia do Bonfim

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

**Individual project
sheets
P5**

Comissão Municipal de Apoio à Pessoa Idosa

1. Intervention Area

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

Objective

Ensure timely and appropriate responses to older people in situations of extreme vulnerability.

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

Measure

Create an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The Comissão Municipal de Apoio ao Idoso is the result of the reflection of various professional sectors, which consider that the elderly are a particularly vulnerable group, in need of greater protection from public authorities and society in general. Its intervention is aimed at providing specialised support to the elderly and their formal and informal carers, offering information support, guidance, social referrals and signposting to problem situations. The Comissão will be made up of an Executive Board, representing public and private bodies, and an Advisory Board, representing citizens of recognised importance in the field of intervention with this specific population.

Project/Activity's Objectives

- The Comissão Municipal de Apoio ao Idoso aims to protect and promote the rights of the elderly when their safety, health, social rights and human dignity are at risk.

Beneficiaries

Residents of the municipality of Porto, aged 65 and over

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="8"/>
Yearly	<input checked="" type="checkbox"/> 0	<input checked="" type="checkbox"/> 2	<input checked="" type="checkbox"/> 6	

3.2 Other impactful objectives

- Increase social integration and participation
- Identify cases of social fragility and greater physical and psychological vulnerability

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Estamos Juntos - Comunidade

1. Intervention Area

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

Objective

Increase the level of motivation for community participation among older people at risk of social isolation.

WHO Domains

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

Measure

Provide community intervention teams to diagnose and refer to appropriate services provided by the city's social network.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

There is evidence that a significant proportion of older people at risk of social isolation have no motivation to participate in the community in which they live. Moreover, many of the community actors working with this specific population are unaware of their existence. In order to develop an integrated approach that respects the will and individuality of those affected, it is necessary to overcome this barrier.

Project/Activity's Objectives

- Identifying older people in social isolation
- Offer a set of integrated solutions that can meet their needs and desires
- Refer them to the various community agents in the social network

Beneficiaries

Older people in a situation of social isolation

Territorial Impact of the Intervention

Pilot territory to be defined

Link

3.1 Indicator

Description

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

3.2 Other impactful objectives

- Increase social integration and participation
- Empower older people and build communities to foster relationships of mutual help and support
- Increase the socio-demographic knowledge of the local elderly population
- Identify cases of social fragility and greater physical and psychological vulnerability

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Estamos Juntos - Prevenção e Sensibilização

1. Intervention Area

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

Objective

Raise awareness of ageing issues.

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

Measure

Promote information and awareness-raising actions, aimed at strengthening the rights of older people and promote the full exercise of their citizenship.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The Divisão Municipal de Desenvolvimento e Inovação Social intends to implement a series of large-scale awareness-raising and information campaigns aimed at dispelling the misconceptions and underlying prejudices that contribute to fuelling stereotypes and discrimination against older people, focusing on forms of communication that reinforce the rights of older people and encourage the full exercise of their citizenship, reinforcing the need to reorient direct discourse.

Ageism is reflected in the prejudice and stigmatisation of older people and contributes to increasing social segmentation and to the decline of mutual help and networking between young and old. According to the World Health Organisation (2021), ageism is the most serious form of prejudice (action) against people and involves the simultaneous use of stereotypes (cognitive) and attitudes (affective) in a negative way.

Project/Activity's Objectives

• Promote information, awareness-raising and training actions in the city of Porto, aimed at all citizens, in order to prevent problems related to ageing and ageism.

Beneficiaries

Citizens of the city of Porto

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	12
Yearly	0	6	6	

3.2 Other impactful objectives

- Increase social integration and participation
- Increase exercise of active citizenship.

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Estamos Juntos - Capacitação

1. Intervention Area

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

Objective

Raise the level and knowledge of social intervention agents on the phenomena related to ageing.

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

Measure

Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

Given that the concepts related to ageing, social isolation and unwanted loneliness, as well as the respective measurement methods, vary between theorists and theories, it is impossible to aggregate data and obtain answers that can be interpreted from a global point of view, making it difficult to present data with a fundamental impact on the type of responses available, both at public and private level. It is therefore important to specify certain basic concepts which, due to their ontological and qualitative dimension, are based on complex (inter)subjective, interactive and interpretative components.

Training in specific areas of ageing will be given to technicians and professionals from the different public and private organisations with operational competences in the field of ageing in the city of Porto.

The aim of the training is to train agents to communicate and harmonise procedures for measuring social isolation and unwanted loneliness, as well as to collaborate in the joint definition of a working methodology geared to the individual needs and wishes of people who are isolated or at risk of loneliness.

Project/Activity's Objectives

- Training and definition of a common intervention methodology

Beneficiaries

Professionals and social intervention agents in the field of ageing

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="8"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

- Increase social integration and participation
- Increase the socio-demographic knowledge of the local elderly population

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Fóruns Participativos sobre Envelhecimento Ativo e Saudável na Cidade do Porto

1. Intervention Area

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

Objective

Increase the level of participation of older people in policies aimed at them.

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

Measure

Promote the participation of older people in decision-making on issues that concern them.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The Fóruns Participativos are spaces for discussion, participation and involvement of the older population and the rest of the community in the evaluation of the operationalisation of the "Porto Age-Friendly City" Action Plan 2023-2025. The aim is to identify the perceptions of positive ageing among different target groups and to present a series of proposals for action to promote healthy ageing and combat stereotypes associated with older people.

Project/Activity's Objectives

- Provide a space for discussion, exchange and reflection on active and healthy ageing by addressing subjects that promote its development, as well as encourage the active participation of older people, facilitating a participatory construction strategy.

Beneficiaries

Older people, professionals, entities/ organisations with activities for a senior audience

Territorial Impact of the Intervention

Porto

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total 10
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Yearly	0	5	5	

3.2 Other impactful objectives

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Microsite da Coesão Social do Município do Porto

1. Intervention Area

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

Objective

Disseminate information related to the implementation and evaluation of the Action Plan "Porto Age-Friendly City" 2023-2025.

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

Measure

Provide systematic online information on the activities and projects related to the Action Plan "Porto Age-Friendly City" 2023-2025.

2. Identification and characterisation of the Entity

Name

Legal Nature

Telephone contact

Email address

Link

3. Project / Activity

Name

Context

The microsite makes it possible to promote and highlight the main activities, programmes and projects that are part of the Departamento Municipal de Coesão Social do Município do Porto, providing clear information to the interested public.

Project/Activity's Objectives

- Promote access to information about the activities, programmes and projects that are part of the Action Plan "Porto Age-Friendly City" 2023-2025.

Beneficiaries

Territorial Impact of the Intervention

Link

3.1 Indicator

Description

Target	2023	2024	2025	Total
Half-yearly	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text" value="1"/>
Yearly	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

3.2 Other impactful objectives

4. Partners

Designation

5. Scheduling

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

6. Estimated investment value

7. Additional notes

[Back to the table](#)

Title

Action Plan “Porto Age-Friendly City” 2023-2025

Edition

October 2023

Porto City Council

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PORTO AGE-FRIENDLY

CITY
2023 - 2025
ACTION PLAN

