



# Action Plan on Active and Healthy Ageing 2023-2026

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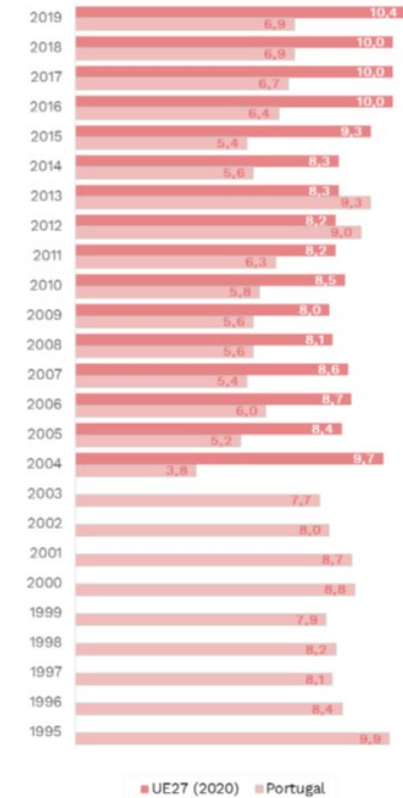
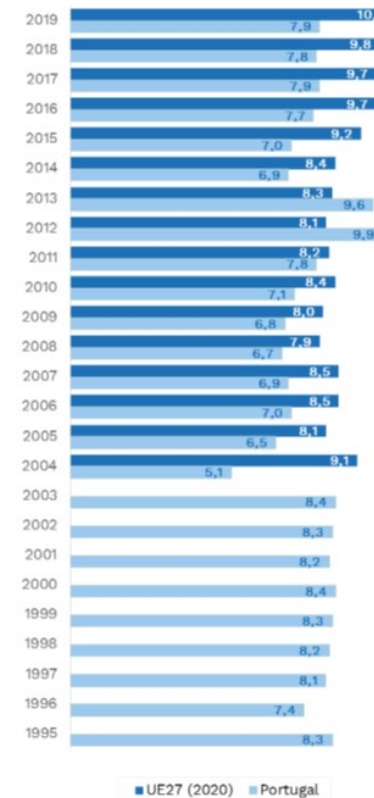
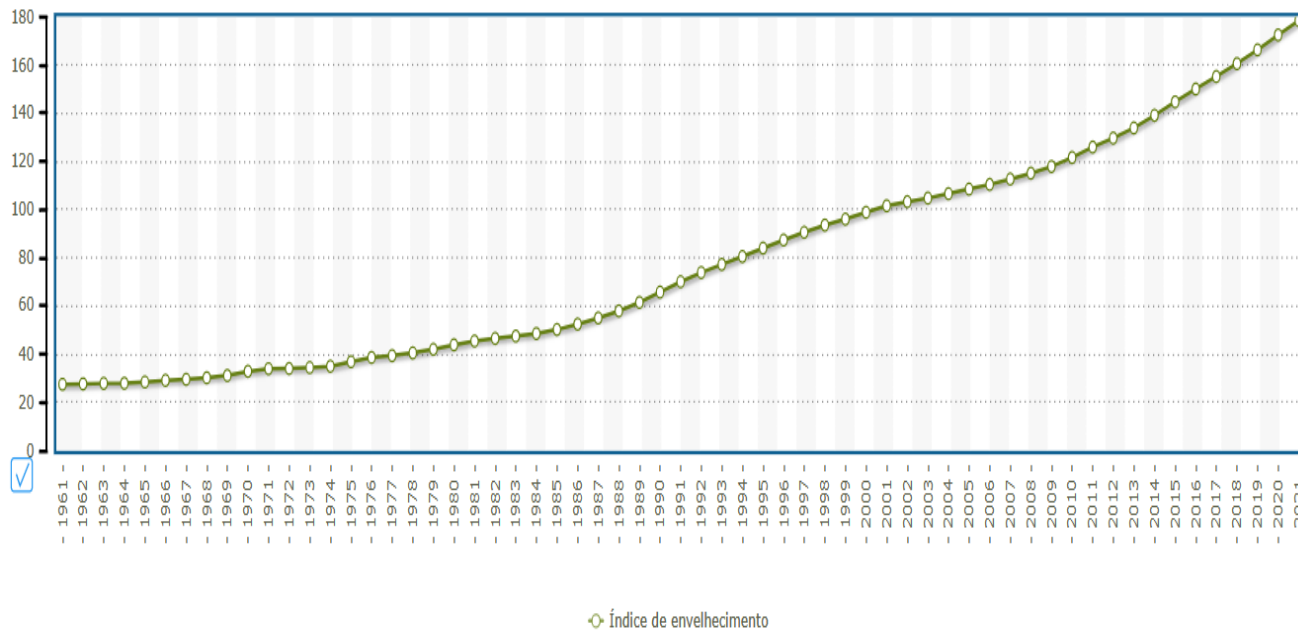
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**10** Final considerations

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# // Introduction

Índice de envelhecimento e outros indicadores de envelhecimento  
Rácio - %



In 2021, the aging index was 178.4%.

In terms of quality of life, Portugal is below the European average.

# // Strategic pillars

## Health and wellness

Promotion of healthy lifestyles and disease prevention

Integrated and long-lasting care

Training caregivers and improvement of care provision conditions

## Autonomy and Independent Living

Independent Living

Safe environments

Accessible environments

## Development and Learning

Lifelong education and training

## Catalysts

A- Science and Innovation

B- Communication, Stereotypes, Education and Literacy

# // Strategic pillars

## Healthy Work Life

Participation in the labor market

Adaptation of professional and local careers

Promoting intergenerational diversity in the workplace

## Income and Economy

Individual income guarantee

Economics of Aging

## Participation in Society

Participation in Society

## Catalysts

A- Science and Innovation

B- Communication, Stereotypes, Education and Literacy

# // Health and wellness

## Promotion of healthy lifestyles and disease prevention

- Health promotion
- Disease prevention
- Early detection and action on the disease

### Priority intervention areas

- Cardiovascular
- Mental illness and dementia
- Oncology
- Musculoskeletal

### Intervening in Habits

- Nutrition
- Physical exercise
- Smoking
- Alcoholism

**Objective:** Reduce early mortality and reduce the burden of disease and dependency

# // Health and wellness

## Integrated and long-lasting care

### Accessibility to care

Support lines and new technologies :

- SNS 24 Line and Counters
- 60 + Line
- Homes and informal caregivers line
- Managers 60+

### Integrated and long-term care reform

- Increase network capacity
- Strengthen the link between Health and Social
- Improve care delivery
- Invest in home care
- Invest in and support informal caregivers

# // Health and wellness

## Formal and informal caregivers

### Formal Caregivers

- Training and capacity building
- Improving working conditions
- Improving careers



### Support to Informal Caregivers

- Support line for informal caregivers
- Integration of informal caregivers into the support network
- Training and training of informal caregivers
- Handbook of good care practices
- Helpful IT applications
- Extend support to caregivers without recognized status
- Caregiver good practice meetings



# // Autonomy and independent living

## Independent Life

Social Radar

Minimizing the impacts of isolation

Collaborative housing and cohousing

Range booster units

Differentiated and multidisciplinary home support



# // Autonomy and independent living

## Safe and accessible environments

Adaptation of homes

- Energy efficiency vouchers

Preventing violence against the elderly

Age-friendly communities

- Free transport



# // Work life

## Participation in the labor market

Professional training and requalification

Promotion of employment after age 50

Flexibility in retirement

Reconciliation of work and family life





# // Income and economy

## Individual income guarantee

### Pension supplements

- Solidarity Supplement for the Elderly
- Free medicines and other technical aids

### Valuation of pensions

- Bigger climb for smaller pensions



# // Income and economy

## Economics of aging

Support for economic development – catalysts

Senior entrepreneurship



# // Participation in society

## Participation in society

Promote volunteering

Participation in political, social and cultural life

Intergenerational programs

Senior Citizen Empowerment



# // Science and innovation

## Science and innovation

Scientific research on aging - providing new solutions and developments for all pillars

New solutions, develop new products or adapt existing products



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CIÊNCIAS E TECNOLOGIA



**ANI** AGÊNCIA NACIONAL  
DE INOVAÇÃO



**PRR**  
Plano de Recuperação  
e Resiliência



PORTUGAL  
**2030**



# // Communication

## Communication, Stereotypes, Education and Literacy

Awareness campaigns

Education and literacy

Fighting stereotypes - ageism



# // Final considerations



Inclusive plan



Society actors



Active role of the population

Plan avoid social inequalities! No one is left behind!

It is time for action and preparation of society for its aging!



Thank you

