Action Plan on Active and Healthy Ageing 2023-2026
Agenda

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02 Strategic pillars

03 Health and wellness

04 Autonomy and Independent Living

05 Working Life

06 Income and Economy

07 Participation in Society

08 Science and Innovation

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10 Final considerations
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

<table>
<thead>
<tr>
<th>Priority intervention areas</th>
<th>Intervening in Habits</th>
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<tbody>
<tr>
<td>• Cardiovascular</td>
<td>• Nutrition</td>
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<td>• Mental illness and dementia</td>
<td>• Physical exercise</td>
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<td>• Oncology</td>
<td>• Smoking</td>
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<td>• Musculoskeletal</td>
<td>• Alcoholism</td>
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**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
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
Adaptation of professional careers and workplaces

Adapting careers to the increasing age of workers

Adaptation of workplaces

Promoting health and safety in the workplace

Intergenerationality in the workplace

Combating ageism in the workplace
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

- Promote volunteering
- Participation in political, social and cultural life
- Intergenerational programs
- Senior Citizen Empowerment
Science and innovation

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

New solutions, develop new products or adapt existing products
Communication, Stereotypes, Education and Literacy

Awareness campaigns
Education and literacy
Fighting stereotypes - ageism
Final considerations

Plan avoid social inequalities! No one is left behind!

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