PORTO
AGE-FRIENDLY









Porto.

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Rui Moreira
Mayor of the Porto City Council

# Porto is a city of everyone and for everyone.

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

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

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

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

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



Fernando Paulo
Councillor for Education and Social
Cohesion of the Porto City Council

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

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

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

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

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

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

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

#### Context

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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



#### Reference models and local diagnostic documents

#### **Active ageing**

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

#### **Age-friendly cities**

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

- outdoor spaces and buildings;
- transportation;
- housing;
- social participation;

- respect and social inclusion;
- civic participation and employment;
- communication and information;
- · community and health care.

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



#### Innovation for ageing populations

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

#### People

who are supported and cared for according to their needs;

#### Person-centered services

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

#### **Places**

places and environments that are friendly to older people;

#### **Products**

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

#### **Policies**

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

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

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

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

#### Social Development Plan

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

#### **Porto Social Observatory**

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

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

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

- Axis 1 Growing up and ageing in Porto;
- Axis 2 Emotional, psychological and social well-being;
- Axis 3 Balanced diet:
- Axis 4 Consumption.

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

#### Porto. Importa-se

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



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

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

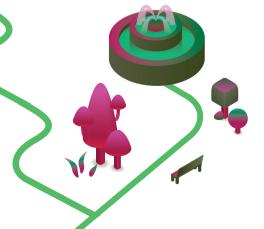
1

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

2

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

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





3

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

4

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

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

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

# Some considerations for the successful implementation of the Action Plan "Porto Age-Friendly City"

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

### Longer life does not necessarily mean better quality of life.

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



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

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



More and more people are asking themselves worrying questions:

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

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

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

Objetive	Measure	Activity/Project	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"	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> </ul>
	Develop the talents and purpose of people over 55 by providing services to the local community	55+	Movimento 55+ Associação	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> <li>BETEL</li> <li>Médicos do Mundo</li> <li>EAPN</li> </ul>
	Develop capacity-building activities through upcycling (recycling and reuse) of post-consumer textiles and women's empowerment sessions, involving the beneficiaries themselves as an active part of the solution	"From Granny to Trendy"	1000Rostos Associação Ação Social	• União das Freguesias do Centro Histórico do Porto
	Develop activities where volunteers share their talents with groups of seniors to increase civic participation, reduce isolation and combat ageism	Reformers	Geração reformers, Lda	<ul> <li>Junta de Fregusia de Paranhos</li> <li>Centro Social da Paróquia da Areosa</li> <li>BPI   Fundação "la Caixa"</li> <li>Fundação AGEAS</li> </ul>
	Promote a community intervention to encourage the participation and social integration of the elderly population of the parish of Massarelos through the art of crochet	"Olhó Nobelo"	Associação de Moradores de Massarelos	• União das Freguesias de Lordelo do Ouro e Massarelos
Empower older people and build communities that foster relationships of mutual help and support	Empower people, involving communities and raising citizens' awareness	Sempre Acompanhados	Fundação "la Caixa"	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> <li>Santa Casa da Misericórdia do Porto</li> <li>Cruz Vermelha Portuguesa   Porto</li> </ul>
Increase the socio-demographic knowledge of the local elderly population	Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing	Porto. Importa-se	DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.	<ul> <li>Instituto Superior</li> <li>de Serviço Social do Porto</li> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> </ul>
Strengthen the practice of active citizenship	Promote training activities for active, informed, socially responsible and inclusive citizenship in order to strengthen the social intervention of institutionalised elderly people	POLIS	Santa Casa da Misericórdia do Porto	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal Coesão Social</li> <li>Juntas de Freguesia</li> <li>Partidos políticos</li> </ul>

Objetive	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 Citadina Associação Pedalar Sem Idade Porto	<ul> <li>Cycling Without Age</li> <li>Bicicletas Coelho</li> <li>União das Freguesias de Aldoar, Foz do Douro e Nevogilde</li> <li>União das Freguesias de Lordelo do Ouro e Massarelos</li> <li>Junta de Freguesia de Campanhã</li> <li>Junta de Freguesia de Bonfim</li> <li>Junta de Freguesia de Ramalde</li> <li>Junta de Freguesia de Paranhos</li> </ul>
	Provide a senior exercise programme that aims to equip participants with tools to ensure physical self-defence and mental health	SaudavelMente	Ágora Cultura e Desporto do Porto, E.M.	
	Develop regular exercise in an informal, recreational and intergenerational setting	Mais Ativos Mais Vividos	Universidade Porto - Faculdade Desporto	
Promote intergenerational activities	Promote written communication between older people and children	Bilhete Postal	Unidade de Cuidados na Comunidade da Boavista	<ul> <li>Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade da Boavista</li> </ul>
Encourage lifelong learning	Carry out actions to promote financial literacy and digital skills	Contas à Vida	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
	Set up a Contact Group to encourage reflection on the role of the city's Senior Universities to promote the creation of new lifelong learning solutions	Grupo de Contacto Universidades Seniores/ Academias Intergeracionais	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
	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> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> <li>Direção Municipal de Cultura e Património</li> <li>Unidade Cuidados</li> <li>Comunidade Cuidar</li> <li>Universidade Porto</li> <li>Faculdade Desporto</li> <li>Clube de Minigolfe do Porto</li> <li>Fundação Dr. António Cupertino de Miranda</li> </ul>
	Carry out environmental education and awareness-raising activities related to water resources, targeting the elderly population, during bathing season	Morfologia das praias pela visão dos seniores	Águas e Energia do Porto, E.M.	<ul> <li>Associação de Solidariedade e Ação Social de Ramalde</li> <li>Associação de Surdos do Porto</li> </ul>

Objetive	Measure	Activity/Project	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> <li>Juntas de Freguesia</li> <li>DOMUS Social</li> <li>Empresa de Habitação e Manutenção do Município do Porto, E.M.</li> <li>Ordens Profissionais</li> </ul>
	Offer a certified course in innovation and entrepreneurship for the unemployed, retired or those looking for a career change	A.PREENDER Adultos Empreendedores	Porto4Ageing Centro de Competências em Envelhecimento Ativo e Saudável da Universidade do Porto	<ul> <li>Universidade do Porto</li> <li>EIT Health - European Institute of Innovation and Technology</li> <li>Invicta Angels</li> <li>Santa Casa da Misericórdia de Riba d'Ave</li> </ul>
	Offer, based on a gerontological approach, a variety of themes in the different disciplines, study and leisure visits, as well as exchanges between national and international universities	Programa de Estudos Universitários para Seniores da Universidade do Porto	Universidade do Porto - Faculdade de Letras	
Increase the level of community involvement through volunteering	Encourage volunteers to develop skills in caring for the elderly	Rede local de voluntariado	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	
for the elderly population	Promote a network of volunteers for older people	Surpresa Simpática Voluntários da Ucc Boavista Associação de voluntários amigos da comunidade idosa Porto	Unidade de Cuidados na Comunidade da Boavista	<ul> <li>Instituições comunitárias</li> <li>Unidades de Saúde</li> <li>Agrupamento de Centros</li> <li>de Saúde do Porto Ocidental</li> </ul>
Promote skills and adequate resources for informal carers	Provide technical and operational support to informal carers	Apoiar para Cuidar	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude	<ul> <li>Associação Cuidadores</li> <li>União das Freguesias de Aldoar,</li> <li>Foz do Douro e Nevogilde</li> </ul>
	Promote intervention with older people with neurocognitive disorders and their carer	Cuidar do cuidador	Unidade de Cuidados na Comunidade da Boavista	Hospital Magalhães Lemos     -Departamento Neuropsiquiatria     e Longevidade, Serviço de Psicogeriatria
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.

Objetive	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> <li>Juntas de Freguesia</li> <li>DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.</li> <li>Serviço de Atendimento e Acompanhamento Social do Porto (SAAS Porto)</li> </ul>
	Provide a health promotion programme that includes training, skills development and health literacy	(i)PSS - Intervenção de Promoção de Saúde para Seniores	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude	
	Provide a training programme for the adult and elderly population that aims to equip participants with the knowledge and skills to play a more active role in promoting their own health	Oficinas da Saúde para Públicos	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude	
	Create, implement and monitor a training model for institutions that care for the elderly, providing their professionals with information on the importance of assessing and preventing malnutrition	ENPI Promoção da avaliação, monitorização e intervenção precoces na avaliação do risco nutricional da população sénior do concelho	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude	
	Provide users of Porto's municipal swimming pools with a training and awareness programme on the importance of maintaining a healthy nutritional status	Nutrição Ativa	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude	
	Implementing the National Health Education, Literacy and Self-Care Programme at the local level, with the aim of promoting health literacy among citizens and increasing their autonomy and responsibility in the area of health	PMPLS - Projeto Municipal de Promoção de Literacia em Saúde	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude	
	Include older people in the Porto Fast Track City	Porto, Cidade sem SIDA (iniciativa Fast-track Cities)	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude	
	Increase older people's knowledge and understanding of diabetes and its prevention and early detection	Porto sem Diabetes	Câmara Municipal do Porto - Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude	

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> <li>Futebol Clube do Porto</li> <li>Piscinas de Campanhã</li> <li>Escola Artística Soares dos Reis</li> <li>Universidade do Porto</li> <li>Faculdade de Belas Artes</li> <li>Escola Artística e Profissional Árvore</li> <li>Junta de Freguesia de Campanhã</li> </ul>
	Implement a project to reduce the number of new cases of dementia in citizens with Mild Cognitive Impairment (MCI)	MIND - Implementação de intervenções não-farmacológicas na prevenção do declínio cognitivo	Agrupamento de Centros de Saúde do Grande Porto V - Porto Ocidental	<ul> <li>Universidade do Porto</li> <li>Faculdade Desporto</li> <li>Faculdade Psicologia e Ciencias da Educação</li> <li>Neuroinova</li> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal da Promoção da Saúde e Qualidade de Vida e Juventude</li> </ul>
Strengthening the provision of home care and assistance to dependent older people	Encourage the provision of home care for elderly people with high dependency and low economic resources at times not covered by the formal network	Aproxima	Liga Portuguesa de Profilaxia Social	<ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> <li>Serviços de saúde</li> </ul>
	Provide a multidisciplinary team to provide health care (nursing, psychology, physiotherapy and occupational therapy) to older people in situations of isolation and social vulnerability	Terceira (C)Idade = Felicidade	Médicos do Mundo	<ul> <li>Espaço T</li> <li>Outros parceiros das áreas da saúde, social, empresarial e da própria comunidade</li> </ul>
Increase and improve access to health services	Provide a taxi service for travel to and from health facilities at a reduced price	Táxi +65	STCP Serviços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda	<ul><li>Câmara Municipal do Porto</li><li>Associações de Táxis.</li></ul>
Improve access to information	Provide 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> <li>Cruz Vermelha Portuguesa   Porto</li> <li>Centros de Saúde</li> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal de Coesão Social</li> <li>Polícia de Proximidade</li> <li>Instituições da Rede Social</li> </ul>
Create an alternative to institutionalisation and family dependency for the elderly	Provide a personal assistance service to assist older people in carrying out activities that they are unable to carry out on their own due to limitations resulting from their interaction with the environment	Viver em Casa	LongeVidade Cooperativa de Solidariedade Social, CRL	

Objetive	Measure	Activity/Project	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.	<ul> <li>Juntas de Freguesia</li> <li>Instituições Particulares</li> <li>de Solidariedade Social</li> </ul>
Reduce the risk of accidents and falls among the elderly population	Provide information that enables action to be taken on intrinsic and extrinsic risk factors for accidents and falls	Guia de prevenção do risco de 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	Upgrade public spaces in urban neighbourhoods	Requalificação do espaço público dos bairros municipais	DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.	
public spaces by people of all ages, especially the elderly	Upgrade sporting equipment to make them accessible	Acessibilidades Equipamentos Desportivos	Ágora Cultura e Desporto do Porto, E.M.	
	Rehabilitate degraded streets, promoting different modes of transport and removing architectural barriers	Rua Direita	Câmara Municipal do Porto - Direção Municipal Desenvolvimento Urbano	
	Implementing a network of routes with a maximum speed limit of 20 kilometres per hour, with priority for pedestrians and soft modes, in a concept of shared public space	Rede 20	GO Porto Gestão e Obras do Porto, E.M.	
	Improve pedestrian accessibility on pavements and pedestrian crossings on various streets in the city	Atravessamento de vias e envolventes	GO Porto Gestão e Obras do Porto, E.M.	
	Implement a system of directional and informative signage to promote pedestrianisation and pedestrian comfort	Projeto Integrado de Sinalização e Informação	Câmara Municipal do Porto - Departamento Municipal do Espaço Público	
	Increasing the number of resting places by installing benches along pedestrian routes to ensure comfortable walking	Porto Pedonal - Pop	Câmara Municipal do Porto - Departamento Municipal do Espaço Público	
	Improve public information at the Campanhã Intermodal Terminal to meet the different needs and abilities of the elderly	Informação ao público no Terminal Intermodal de Campanhã	STCP Serviços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda.	

Objetive	Measure	Activity/Project	Executor	Partners
Promote accessibility and mobility conditions that allow the proper use of urban and	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.	
public spaces by people of all ages, especially the elderly	Instal new drinking fountains in the main squares, parks and pedestrian and cycle routes of the city of Porto, encouraging the consumption of tap water as a source of hydration - a healthier, cheaper and more environmentally friendly solution	Plano de Higienização de Fontes, Fontanários e Bebedouros	Águas e Energia do Porto, E.M.	Câmara Municipal do Porto     Departamento Municipal do Espaço Público
	Equipping the pedestrian underpass to the Campanhã Intermodal Terminal with moving walkways to improve accessibility and comfort for elderly people with reduced mobility	Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã	STCP Serviços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda.	• Câmara Municipal do Porto
Increase the use of public pedestrian space	Promote the pedestrianisation of streets through the creation of temporary pedestrian zones, ensuring that traffic is restricted to pedestrians only	Zonas Pedonais Temporárias e PlayTime - Parklets Municipais	Câmara Municipal do Porto - Departamento Municipal do Espaço Público	Câmara Municipal do Porto Departamento Municipal da Mobilidade Departamento Municipal de Espaços Verdes Gestão de Infraestruturas Direção Municipal de Cultura e Património Polícia Municipal  Ágora Cultura e Desporto do Porto, E.M.
	Implement pedestrianisation of public streets	Pedonalização da Rua das Carmelitas	GO Porto Gestão e Obras do Porto, E.M.	
Improve public spaces and enhance urban heritage	Rehabilitate the historic fountains of the city of Porto, promoting the requalification of public spaces and their use by the elderly population	Fontes Históricas do Porto	Águas e Energia do Porto, E.M.	<ul> <li>Câmara Municipal do Porto</li> <li>Direção Municipal de Cultura e Património</li> <li>Departamento Municipal do Espaço Público</li> <li>Direção Regional de Cultura do Norte</li> </ul>
Improve housing conditions for vulnerable elderly people	Carry out reconstruction, rehabilitation and health improvement works in the homes of people living in poverty and in non-municipal housing	Porto Amigo	Câmara Municipal do Porto - Departamento Municipal de Coesão Social	<ul> <li>Associação Just a Change</li> <li>Fundação Manuel António da Mota</li> <li>Grupo de Ação Social do Porto</li> </ul>

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> <li>Juntas de Freguesia</li> <li>DOMUS Social</li> <li>Empresa de Habitação e Manutenção do Município do Porto, E.M.</li> <li>Serviço de Atendimento e Acompanhamento Social do Porto (SAAS Porto)</li> </ul>
	Provide a telecare service	Chave de Afetos	Santa Casa da Misericórdia do Porto	<ul> <li>Juntas de Freguesia</li> <li>Polícia de Segurança Pública</li> <li>IPSSs</li> <li>Associações de Voluntariado</li> <li>Universidades</li> </ul>
	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> <li>Câmara Municipal do Porto</li> <li>Associações de Táxis</li> </ul>
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	• 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	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	• Parceiros locais
relationships	Implement a digital platform that aggregates community projects/ activities that promote the mental and social well-being of citizens with or without mental illness	Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade	Agrupamento de Centros de Saúde do Grande Porto V - Porto Ocidental	<ul> <li>Centro Hospitalar Universitário de Santo António</li> <li>Serviço de Saúde Mental Comunitária do Porto, Hospital Magalhães Lemos</li> </ul>
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 Citadina Associação Pedalar Sem Idade Porto	<ul> <li>Câmara Municipal do Porto</li> <li>Cycling Without Age</li> <li>Bicicletas Coelho</li> <li>União das Freguesias de Aldoar, Foz do Douro e Nevogilde</li> <li>Junta da Freguesia do Bonfim</li> </ul>

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	<ul> <li>Entidades que integram         a Unidade Operacional         de Intervenção Seniores         e seus Cuidadores         da Rede Social do Porto</li> </ul>
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?

increase social inclusion d participation.  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  Identification and characterisation of the Entity  e Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  phone act  225899260		
P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies  increase social inclusion d participation.  P3 - Housing 1 - Outdoor Spaces and Buildings 2 - Transportation 3 - Housing 4 - Social Participation  Pork on life stories ough artistic expression.  Identification and characterisation of the Entity  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Public Entity  Identification and characterisation of the Entity  Identification and Entity and E	L. Intervention Ar —	ea
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P4 - Products P5 - Policies    P5 - Policies   P5 - Policies	P2 - Person-Centered S	Services
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act  il dmcs@cm-porto.pt  ess	legal Public Entity	
ess dmcs@cm-porto.pt	Telephone 225899260	
www.cm-porto.pt	Email dmcs@cm-porto.pt	
···	ink www.cm-porto.pt	

#### 3. Project / Activity

Name	Quem Sou Eu?
Context	
The "Quem Porto Puppe This project project in the objective to use of pupp The artistic work, manip	sou eu?" project is aimed at older people, in close collaboration with the et Theatre.  It for social integration and personal fulfilment, which was launched as a pilot the Campanhā area and has since been extended to other areas, has the main tell the "stories" of the life of this population through artistic expression and the ets as a vehicle for inclusion, culminating in public performances.  Work includes puppet design, costume, writing, puppet modelling, voice/text buildion techniques, physical work and improvisation, towards a creative process to that developed by the Porto Marionettes team in their creations.
Project/Ac	tivity's Objectives
	aim of the "Quem sou eu?" project is to work on the life stories of older people stic expression.
Beneficiari	es
Elderly peop	ole integrated into a social response
Territorial I	mpact of the Intervention
Município d	o Porto
ink	
https://coos	ansocial comporto ot/passoasidosas/quam-sou-au

	Number	of participants	S						
Target	202	23	2024		2025				
Half-yearly	у							Total 30	
Yearly	10	0	10		10				
3.2 Oth	er impac	tful objec	tives						
Encourage	ge lifelong lea	arning							
	artners								
Designati	on • Tea	tro de Mar	ionetas c	lo Porto					
5. Sc	cheduli	ina							
	J F		М	J J	А	S	0	N	
2023									
2020									
2024									
2025									
	stimate	ed inve	stmen	t value	<b>!</b>	30 00	00€		
		ed inves		t value		30 00	00€		

## O Porto é Lindo! Roteiros Turísticos +65

			Context
	Intervention Area P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies		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.
Obje	ective	WHO Domains	
	ncrease social inclusion participation.	1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing	
Mea	isure	4 - Social Participation	
throu	ouraging socialisation ugh guided tours of different Ilematic spaces in the City.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Project/Activity's Objectives  • Increase socialisation, strengthen sense of ownership of the city and reduce risk of social isolation.
2.	Identification and charact	terisation of the Entity	
Name	Câmara Municipal do Porto - Departamen	to Municipal de Coesão Social	Beneficiaries
Legal Nature	Public Entity		Citizen over 65
Teleph contac	1995899960		Territorial Impact of the Intervention
Email addres	dmcs@cm-porto.pt		Porto Link
Link	www.cm-porto.pt		https://coesaosocial.cm-porto.pt/pessoas-idosas/o-porto-e-lindo

3. Project / Activity

Name

O Porto é Lindo! Roteiros Turísticos +65

alf-yearly 45 45 45  2 Other impactful objectives  Partners esignation • Rede Social do Porto  Scheduling  J F M A M J J A S O N E	Target		JI VISILS II	nade								
alf-yearly 45 45 45  2 Other impactful objectives  Partners esignation • Rede Social do Porto  Scheduling  J F M A M J J A S O N E		202			2024			2025				
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Partners  esignation Rede Social do Porto  Scheduling JFMAMJJASONI  1023	Yearly	45	5		45			45				
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124	5. Scł	neduli	ing									
				Α	М	J	J	Α	S	0	N	
	J			A	M	J	J	Α	S	0	N	
25	J 2023			A	M	J	J	A	S	0	N	
	J 2023			A	M	J	J	A	S	0	N	
	J 2023 2024			A	M	J	J	A	S	0	N	
. Estimated investment value 60 000,00 €	J 2023 2024 2025	F	M					A				
	2023 2024 2025 <b>6. Est</b>	F	M ed in	west				A				
	5 Cal	ار باد	inc									
Fetimated investment value	J 2023 2024 2025	F	M					A				
. Estimated investment value 60 000,00 €	J 2023 2024 2025	F	M					A				

## "Espaço Sénior" do Porto

•	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
)bj	ective	WHO Domains	
	ncrease social inclusion participation.	1 - Outdoor Spaces and Buildings	
unu	participation.	2 - Transportation	ı
		3 - Housing	ı
4ea	asure	4 - Social Participation	ı
	ride the first "space for seniors" se service of the people and the	5 - Respect and Social Inclusion	ı
terri	tory, in order to develop activities projects in collaboration with other	6 - Civic Participation and Employment	
	imunity agents.	7 - Communication and information	
		8 - Community and Health Care	
	Identification and charac	terisation of the Entity	
ame	Fundação "la Caixa"		
.egal lature	Foundation		
elepl onta	none ct		
mail ddre	Into portugal(a)contact tundacaolacaiya c	org	
ink	www.fundacaolacaixa.pt		

## 3. Project / Activity

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

#### 3.1 Indicator

Descri	ption	Opening	of the "E	spaço S	Sénior"							
Target	:	202	23		2024			2025				
Half-ye	early [										Total 1	
Yearly		0			0			1				
3.2 C	Other in	npact	ful ob	jecti	ves							
and:	ower olde support ourage life easing cor	elong lea	rning							tual help	)	
4.	Part	ners										
Desig	nation	• Cân	nara M	unicip	oal do	Porto	~ .					
		– Del	partame	nto Mu	nicipal c	de Coes	ao Socia	al				
5.	Sche	duli	ina									
0.	J	F	M	Α	М	.1	J	Α	S	0	N	[
0007	Ü		1-1	, (		Ü	Ü	,,	3			
2023												
2024												
2024 2025												
	Esti		  ed inv		men	☐ ☐ at val	Ue					
2025	Estii				men		Ue					

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	O Domains
To ir	ncrease social inclusion		1 - Outdoor Spaces and Buildings
and	participation.		2 - Transportation
			3 - Housing
Mea	asure		4 - Social Participation
Dev	elop the talents and purpose		5 - Respect and Social Inclusion
	eople over 55 by providing services ne local community.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	on of the Entity
Name	Movimento 55+ Associação		_
Legal Nature	Association		
Telepl contac			
Email addre	info@55mais.pt		

Link

www.55mais.pt

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

#### 3.1 Indicator

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

- 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.

#### **Partners**

- Designation

   Câmara Municipal do Porto

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

## 5. Scheduling

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

#### Estimated investment value

7. Additional notes

Back to the table

Link

www.55mais.pt

## From Granny to Trendy

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

#### 3 Project / Activity

Name F	From Granny to Trendy
Context	
up-cycling of se implementation women live. As a result, we model that pror	or Trendy is a programme of active ageing and empowerment through the econd-hand clothes for women over 50 who are no longer active, in a continuous model that activates the social network and local communities in which these promote new skills by sharing experience and knowledge in an intervention motes social inclusion in the area, combats the stigma of ageism and educates tion of the environment.
Project/Activi	ity's Objectives
- 2 photo sess - 1 photo exhii - 1 fashion sho - Later integra repair or reuse • Objectives: re increased self	
Beneficiaries	
Women over 50	, out of active life
erritorial Imp	pact of the Intervention
Porto	
Link	

Descripti												
	on N	umber o	of partic	ipants								
Target		202	23		2024	-		2025				
											Total	
Half-year	ly										82	
	_										82	
Yearly		22	2		30			30				
3.2 Oth	ner in	npact	ful ok	oiecti	ves							
• Empowe				ild com	munities	to foste	r relatio	nships o	fmutual	help an	d suppo	rt
Encoura	ige ille	iong lea	ming									
4. P	artı	ners										
Designat	ion [		~ 1	_								
Designat	.1011	• Uni	ão das	Fregu	esias o	do Cei	ntro H	istóric	o do P	orto		
5. S	che	duli	ng									
5. S	che	duli F	ng M	А	М	J	J	А	S	0	N	
			_	А	М	J	J	А	S	0	N	
			_	Α	М	J	J	Α	S	0	N	
2023			_	A	M	J	J	A	S	0	N	
2023			_	A	M	J	J	A	S	0	N	
2023			_	A	M	J	J	A	S	0	N	
2023			_	A	M	J	J	A	S	0	N	
2023 2024   2025	J	F	M					A	s	0	N	
2023 2024   2025	J	F	M		M			A		00,00€		
2023 2024   2025	J	F	M					A				
2023 2024   2025   <b>6. E</b>	Stir	F III	M ed in	vest				A				
2023 2024 2025   <b>6. E</b>	Stir	F III	M	vest				A				
2023 2024 2025 <b>6. E</b> <b>7. A</b>		mate	M ed in	vest	men	at va	lue		55 00	00,00 €		
2023 2024 2025   <b>6. E</b>	J	mate	M ed in	vest	emen	at va	lue	g the est	55 00	00,00 €	ent	
2023 2024 2025 6. E 7. A	J Stir ddi	mate tion	M  ed in  al no	vest	emen	at va	lue obtaining vary according to the control of the	g the est	55 00	00,00 €	ent	
2023 2024 2025 6. E 7. A The achiev for the act	J Stir Addi	mate tion	M  al not referred unt of in the in SRC	vest  otes  objectivestmerol terms,	emen	sed on coted may be the le	lue bbtaining vary accevel of in	g the est	55 00	00,00 €	ent	
2023 2024 2025 6. E 7. A The achiev for the act to be defined as a control of the act to be defined as a con	J Stir Addi	mate tion	M  al not referred unt of in the in SRC	vest  otes  objectivestmerol terms,	emen	sed on coted may be the le	lue bbtaining vary accevel of in	g the est	55 00	00,00 €	ent	
2023 2024 2025 6. E 7. A The achiev for the act to be defined to be defi	J Stir Addi	mate tion	M  al not referred unt of in the in SRC	vest  otes  objectivestmerol terms,	emen	sed on coted may be the le	lue bbtaining vary accevel of in	g the est	55 00	00,00 €	ent	

Back to the table

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

#### Reformers

1. Int	tervention Area		
P1	- People		
P2	- Person-Centered Services		
P3	- Places		
P4	- Products		
P5	- Policies		
Object	ive	WH	O Domains
	ase social inclusion		1 - Outdoor Spaces and Buildings
and part	icipation.		2 - Transportation
			3 - Housing
Measu	<b>*</b>		4 - Social Participation
	activities where volunteers		5 - Respect and Social Inclusion
share the	eir talents with groups of seniors se civic participation, reduce		6 - Civic Participation and Employment
isolation	and combat ageism.		7 - Communication and information
			8 - Community and Health Care
2. Ide	entification and characte	risati	on of the Entity
Name	GeraçãoReformers Lda		
Legal Nature	Company		
Telephone contact	919329976		
Email address	joana@m-trf.org		
Link	www.reformers.pt		

#### 3. Project / Activity

Name	Reformers

#### Context

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

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

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

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

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

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

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

#### Project/Activity's Objectives

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

#### Beneficiaries

Link

www.reformers.pt

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

#### Territorial Impact of the Intervention

Cidade do Porto

Back to the table

#### 3.1 Indicator

Description Number of seniors impacted								
Target	2023	2024	2025					
Half-yearly				Total				
Yearly	50	300	600	950				

#### 3.2 Other impactful objectives

- $\bullet \ \, \text{Empower older people and build communities to foster relationships of mutual help and support.}$
- Encourage lifelong learning.

#### 4. Partners

#### Designation

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

#### 5. Scheduling

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

#### 6. Estimated investment value

210 000,00 €

#### 7. Additional notes

#### Latest news:

https://expresso.pt/longevidade/2023-08-03-Nao-ha-idade-para-sonhar-seniores-escolhem-o-que-querem-aprender-do-surf-a-bicicleta-3b389599

https://portocanal.sapo.pt/noticia/316575

https://sic.pt/programas/casafeliz/faco-agora-coisas-que-nunca-fiz-na-vida-a-casa-feliz-levou-as-avos-a-voar/https://www.rtp.pt/play/p11142/e716375/a-nossa-tarde (minuto 16 a 35)

## Olhó Nobelo

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
	ncrease social inclusion		1 - Outdoor Spaces and Buildings
and	participation.		2 - Transportation
			3 - Housing
Mo	asure		4 - Social Participation
Pror	mote a community intervention		5 - Respect and Social Inclusion
and	ncourage the participation social integration of the elderly sulation of the parish of Massarelos		6 - Civic Participation and Employment
	ough the art of crochet		7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	risati	ion of the Entity
Name	Associação de Moradores de Massarelos		
Legal Natur	Association		
Telep conta	1226095541		
Email addre	ammassarelos@gmail.com		
Link	https://www.facebook.com/associacaomora	dores.ma	ssarelos

#### 3. Project / Activity

Name	Olhó Nobelo
Context	
during the crochet. D social isola is a great a art. The pr Massarelos to take par	roject developed in the Social Centre of the Residents' Association of Massarelos, pandemic, with the aim of combating the social isolation of the beneficiaries through buring the prolonged confinement of the elderly, a strategy to alleviate and combat tition was needed, which was exacerbated by the pandemic situation. Crochet was and and effective strategy and has made this project an example of intervention through oject was set up with the users of the Social Centre of the Residents' Association of is in mind, but was later extended to the whole community and anyone who wanted rt. In this way, the project began to enrich itself in terms of sharing knowledge and itergenerational moments.
Project/A	ctivity's Objectives
<ul><li>Tackle se</li><li>Active p</li><li>Promote</li><li>Involve t</li></ul>	e social inclusion and participation through the arts ocial isolation and inactivity articipation of the users of the Centro de Convívio e a therapeutic activity the local community est use of community facilities
Beneficia	ries
Elderly res	idents of Massarelos
Territorial	Impact of the Intervention
Freguesia	de Massarelos
_ink	

Descrip	otion N	lumber (	of elderly	y people	involved	d						
Target		202	23		2024			2025				
Half-yea	arly [										Total 63	
Yearly		20	)		21			22				
3.2 O	ther ir	npact	tful ok	ojecti	ves							
• Empo	ower olde	er people	e and bu	ild com	munities	to foste	r relatio	nships of	f mutual	help an	d suppo	rt
4.	Part	ners										
Design	ation	ا ا ا	ão dos	Erogu	esias c	da Lara	طمام ط	o Our	Ma	ccaral		
			ao uas	riego	Colas C	TO LOI	a <del>c</del> io a	O O O I C	J E Ivia	33ai Ci	03	
		01111										
		0111										
		01111										
		O1111										
		0111										
<b>5.</b> :	Sche		ing									
5.			i <b>ng</b>	A	M	J		A	S	0	N	
	Sche	eduli	_	A	M			A	S	0	N	
2023	Sche	eduli	_	A	M			A	S	0	N	
2023	Sche	eduli	_	A	M			A	S	0	N	
<b>5.</b> 2023 2024 2025	Sche	eduli	_	A	M			A	S	0	N	
2023 2024 2025	Sche	eduli F	M		M III	J	J	A	S	0	N	
2023 2024 2025	Sche	eduli F	M			J	J	A	S	0	N	
2023 2024 2025 <b>6.</b>	Sche	eduli F	M ed in	vest		J	J	A	S		N	

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 - Ioan of premises	
Algodões Selva - donation of material	

## Sempre Acompanhados

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WH	IO Domains
Emp	power older people and build		1 - Outdoor Spaces and Buildings
	munities that foster relationships utual help and support.		2 - Transportation
			3 - Housing
Maa			4 - Social Participation
	ower people, involving communities		5 - Respect and Social Inclusion
and	raising citizens' awareness.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
<b>2.</b> Name	Identification and characte	erisati	ion of the Entity
Legal Nature	Foundation		
Teleph contac	one		
Email addres	seniores@fundacaolacaixa.org		
Link	www.fundacaolacaixa.pt		

lame	Sempre Acompanhados
Context	
of Porto is 2013 and The "Sen response is an activ choices. E interventi to decisio The prog people, in It operate loneliness resources and raise	companhados is a programme of the Fundação "la Caixa", of which the Municipality is a strategic partner. The methodology was developed and implemented in Spain in aunched in Porto in 2022, specifically in the Freguesias do Centro Histórico e Bonfirm appre Acompanhados" programme aims to offer an innovative and differentiated to situations of loneliness among the elderly population of Porto, in which the person e subject and protagonist of their transformation, in their ageing process and in their ach person's narrative, history, desires and interests are the fundamental basis of the on, which aims to empower them to develop key competences that are fundamental n-making in situations of isolation and unwanted loneliness.  Transme also aims to promote supportive relationships and the well-being of older volving the community and raising awareness among the city's citizens. It is along three main Axes: individual (with training to act and assess situations of the community and its stakeholders) and society (promotion of actions to inform awareness of the importance of maintaining good interpersonal relationships and the non of loneliness).
To pronintervent	note supportive relationships and well-being among older people through an on that empowers people, involves the community and raises awareness among order to prevent and alleviate different situations of loneliness.
To pronintervent	note supportive relationships and well-being among older people through an on that empowers people, involves the community and raises awareness among
To pronintervent	note supportive relationships and well-being among older people through an on that empowers people, involves the community and raises awareness among a order to prevent and alleviate different situations of loneliness.

#### Territorial Impact of the Intervention

Município do Porto

#### ink

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

Descri	iption	umberd	л зорро									
Targe	t	202	23		2024	ŀ		2025				
Half-y	early [										Total 414	
Yearly		13	8		138			138				
3.2 C	Other in	npact	tful ok	ojecti	ves							
	ease socia					resider	nt elderly	/ popula	tion			
		- uoog	. артто п		90 00		0.00,	уророла				
4.	Part	ners										
Desig	nation				oal do		~ .					
		– De	partame	ento Mu	nicipal c	de Coes	ão Soci	al				
		• San	ta Cas	a da N	liseric	órdia d	do Por	to				
					1iseric Portug				do Por	to		
									do Por	to		
									do Por	to		
_	6.1	• Cru	z Vern						do Por	to		
5.	Sche	• Cru	z Vern	nelha l	Portug	uesa	Deleg	jação d				
	<b>Sche</b>	• Cru	z Vern			uesa		jação d	do Por	to	N	[
<b>5.</b> 2023		• Cru	z Vern	nelha l	Portug	uesa	Deleg	jação d			N	
2023		• Cru	z Vern	nelha l	Portug	uesa	Deleg	jação d			N	
2023 2024		• Cru	z Vern	nelha l	Portug	uesa	Deleg	jação d			N	
		• Cru	ing M	A A	M	J	J	jação d			N	
2023 2024 2025 <b>6.</b>	J	• Cru	ing M	A A vest	M	J	J	jação d			N	
2023 2024 2025 <b>6.</b>	Estin	• Cru	ing M	A A vest	M	J	J	jação d			N	
2023 2024 2025 <b>6.</b>	Estin	• Cru	ing M	A A vest	M	J	J	jação d			N III	
2023 2024 2025 <b>6.</b>	Estin	• Cru	ing M	A A vest	M	J	J	jação d			N	

# Porto. Importa-se

P1 - People  P2 - Person-Centered Services  P3 - Places  P4 - Products  P5 - Policies  Objective  WHO Domains  Increase the socio-demographic knowledge of the local elderly population.  2 - Transportation  3 - Housing  4 - Social Participation and Social Inclusion and Employment Tistuations of risk and social isolation of elderly people living in social housing.  Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.  Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.  Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.  Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.  Characterise, identify and intervene in situations and Employment  7 - Community and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  DOMIUS Social - Empress de Habilitação a Manutenção do Município do Porto, E.M.  Legal  Municipal Company  Telephone  Single elderly people over 70 and couples over 75 living in social input in propertion of the Intervention in elderification and couples over 75 living in social input in propertion of the Intervention in elderification and couples over 75 living in social input in propertion of the Intervention in elderification and couples over 75 living in social input in propertion of the Intervention in elderification and couples over 75 living in social input in propertion in the intervention in elderification in the intervention in eld				Context
P2 - Person-Centered Services  P3 - Places  P4 - Products  P5 - Policies    1 - Outdoor Spaces and Buildings	1.			"Porto. Importa-se" aims to respond to a universe of more than 2 process that forms an extended network of partners and proximity at single people over 70 and couples over 75.
P3 - Places P4 - Products P5 - Policies  Objective WHO Domains Increase the socio-demographic knowledge of the local elderly population.  1 - Outdoor Spaces and Buildings 2 - Transportation 3 - Housing 4 - Social Participation 5 - Respect and Social Inclusion and Social inclusion of elderly people living in social housing.  For Communication and Employment 7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity Name DOMUS Social - Empress de Habitação e Manutenção do Município do Porto, E.M.  Beneficiaries  Single elderly people over 70 and couples over 75 living in social Impact of the Intervention Porto Link				atamigo pospio etc. 10 and ecopios etc. 10.
P4 - Products  P5 - Policies  WHO Domains Increase the socio-demographic knowledge of the local elderly population.  P-7 - Control of the local elderly population.  P-8 - Policies  WHO Domains Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies  Neasure  P-9 - Policies  Neasure Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly population.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly social solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly social solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly solutions.  P-9 - Policies Increase the socio-demographic knowledge of the local elderly solutions and at these studies and studies interesting with the SSSP, cartes out distinct the local elderly solutions and studies in				
P5 - Policies   WHO Domains		P3 - Places		
Objective  WHO Domains  Increase the socio-demographic		P4 - Products		
Increase the socio-demographic   1 - Outdoor Spaces and Buildings   2 - Transportation   3 - Housing   4 - Social Participation   5 - Respect and Social Inclusion   6 - Civic Participation   6 - Civic Participation and Employment   7 - Communication and information   8 - Community   9		P5 - Policies		
Increase the socio-demographic knowledge of the local elderly population.    A-Social Participation   3 - Housing	Obje	ective	WHO Domains	
Measure  Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.  5 - Respect and Social Inclusion 6 - Civic Participation and Employment 7 - Communication and Employment 8 - Community and Health Care  2. Identification and characterisation of the Entity Name DOMUS Social - Empresa de Habitação e Manutenção do Municipio do Porto, E.M.  Beneficiaries  Single elderly people over 70 and couples over 75 living in social address  Territorial Impact of the Intervention  Porto  Link	1			
Measure  Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.  6 - Civic Participation and Employment 7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  DOMUS Social - Empresa de Habitação e Manutenção do Municipio do Porto, E.M.  Beneficiaries  Single elderly people over 70 and couples over 75 living in social maddress  Telephone contact  geral@domussocial.pt  4 - Social Participation 5 - Respect and Social Inclusion 6 - Civic Participation and Employment 7 - Communication and Employment 8 - Community and Health Care  1 - Domus Social, in partnership with the ISSSP, carries out directions with elderly and isolated municipal tenants. The by Domus Social are home to around 30 thousand residents. The propose of the policy policy interventions and identifies the following as the main areas of intervention economic resources; monitoring by local structures; legal su  Beneficiaries  Single elderly people over 70 and couples over 75 living in soc  Territorial Impact of the Intervention  Porto  Link			2 - Transportation	
Measure         Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.       5 - Respect and Social Inclusion         6 - Civic Participation and Employment by Domus Social, in partnership with the ISSSP, carries out dire interventions with elderly and isolated municipal tenants. The phomus Social are home to around 30 thousand residents, isolated elderly people.         7 - Communication and information and information and Health Care       8 - Community and Health Care         2. Identification and characterisation of the Entity       Beneficiaries         Legal Nature       Municipal Company         Telephone contact       228330000         Telephone contact       Qeral@domussocial.pt         Image:			3 - Housing	
Characterise, identify and intervene in situations of risk and social isolation of elderly people living in social housing.  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  DOMUS Social - Empresa de Habitação e Manutenção do Município do Porto, E.M.  DOMUS Social - Empresa de Habitação e Manutenção do Município do Porto, E.M.  Desployment  Domus Social, in partnership with the ISSSP, carries out dire interventions with elderly and isolated municipal tenses it ustions mobilises sever and identifiest the following as the main areas of intervention economic resources; monitoring by local structures; legal su su destinations and identifiest the following as the main areas of intervention economic resources; monitoring by local structures; legal su su destinations and identifiest the following as the main areas of intervention economic resources; monitoring by local structures; legal su su destinations and identifiest the following as the main areas of intervention economic resources; monitoring by local structures; legal su su destinations and identifiest the following as the main areas of intervention economic resources; monitoring by local structures; legal su such as the following as the main areas of intervention economic resources; monitoring by local structures; legal su such as the following as the main areas of intervention economic resources; monitoring by local structures; legal su such as the following as the main areas of intervention intervention and learning areas of intervention and learning areas of intervention intervention intervention and learning areas of intervention intervention intervention and solutions and intervention and solutions and intervention and solutions areas of intervention intervention intervention intervention and learning areas of intervention intervention intervention and learning areas of intervention intervention intervention and learning areas of interventi	Mea	isure	4 - Social Participation	
elderly people living in social housing.  6 - Civic Participation and Employment  7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  DOMUS Social – Empresa de Habitação e Manutenção do Município do Porto, E.M.  Beneficiaries  Single elderly people over 70 and couples over 75 living in soc  Telephone contact  Email address  Geral@domussocial.pt  1 - Communication and information 8 - Community and Health Care  8 - Community and Health Care  8 - Community and Health Care  8 - Community and Health Care 9 - The intervention aimed at these situations mobilises sever and identifies the following as the main areas of intervention economic resources; monitoring by local structures; legal su  Beneficiaries  Single elderly people over 70 and couples over 75 living in soc  Territorial Impact of the Intervention  Porto  Link	Cha	racterise, identify and intervene in		Project/Activity's Objectives
7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name DOMUS Social - Empresa de Habitação e Manutenção do Município do Porto, E.M.  Beneficiaries  Single elderly people over 70 and couples over 75 living in soc  Telephone contact  Email address  geral@domussocial.pt  To communication and information 8 - Community and Health Care  1				Domus Social, in partnership with the ISSSP, carries out direct interventions with elderly and isolated municipal tenants. The 5 by Domus Social are home to around 30 thousand residents, of v
2. Identification and characterisation of the Entity  Name DOMUS Social - Empresa de Habitação e Manutenção do Município do Porto, E.M.  Beneficiaries  Single elderly people over 70 and couples over 75 living in soc  Telephone contact  Email address  geral@domussocial.pt  Link				
Name  DOMUS Social – Empresa de Habitação e Manutenção do Município do Porto, E.M.  Beneficiaries  Single elderly people over 70 and couples over 75 living in soc  Telephone contact  Email address  geral@domussocial.pt  DOMUS Social – Empresa de Habitação e Manutenção do Município do Porto, E.M.  Beneficiaries  Single elderly people over 70 and couples over 75 living in soc  Territorial Impact of the Intervention  Porto  Link				economic resources; monitoring by local structures; legal supp
Legal Nature  Municipal Company  Single elderly people over 70 and couples over 75 living in soc  Telephone contact  Email address  geral@domussocial.pt  Beneficiaries  Single elderly people over 70 and couples over 75 living in soc  Territorial Impact of the Intervention  Porto  Link	2.	Identification and characte	erisation of the Entity	-
Nature  Telephone contact  Email address  Geral@domussocial.pt  Telephone contact  Link	Name	DOMUS Social – Empresa de Habitação e M	lanutenção do Município do Porto, E.M.	Beneficiaries
contact  Email address  Geral@domussocial.pt  Porto  Link		Municipal Company		Single elderly people over 70 and couples over 75 living in social h
geral@domussocial.pt  Link		1 228330000		Territorial Impact of the Intervention
Link		geral@domussocial.pt		Porto
Link https://www.domussocial.pt/projetos-sociais/porto-importa-s	addres	SS		Link
	Link	https://www.domussocial.pt/		https://www.domussocial.pt/projetos-sociais/porto-importa-se-2

3. Pr	oject / Activity
Name	Porto. Importa-se
Context	
process that	orta-se" aims to respond to a universe of more than 2,000 people, in a continuous forms an extended network of partners and proximity services. This project is aimed ople over 70 and couples over 75.
Project/Ac	tivity's Objectives
intervention by Domus S isolated eld • The intervand identific	ocial, in partnership with the ISSSP, carries out direct technical and social as with elderly and isolated municipal tenants. The 50 housing estates managed iocial are home to around 30 thousand residents, of whom around 7% are erly people.  Ivention aimed at these situations mobilises several meetings with local agents es the following as the main areas of intervention: health; social responses; esources; monitoring by local structures; legal support
Beneficiari	es
Single elder	ly people over 70 and couples over 75 living in social housing
Territorial I	mpact of the Intervention
Porto	
11.1	

Target  Half-yearly  Yearly  3.2 Other importance of the content o	2023 300 pactful obje	30	00		300			Total	
Yearly  3.2 Other imp			00		300				
3.2 Other im			00		300	_			
	pactful obj				000				
Increase social in		ectives							
	iclusion and part	ticipation							
1 Doubs									
4. Partn									
	Instituto Sup Câmara Mu			Social	do Po	orto			
	- Departament	o Municipa	al de Coesá	ão Social					
5. Scheo									
J	F M	A M	J	J	Α	S	0	N	_
2023									
2024									
2025									
2020			_						
							20.00.0		
6. Estim	ated inv	estme	ent va	lue		74 00	00,00€		
	ated inv		ent va	lue		74 00	JU,0U €		

# **POLIS**

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
	engthen the practice		1 - Outdoor Spaces and Buildings
ота	ctive citizenship.		2 - Transportation
			3 - Housing
Me	asure		4 - Social Participation
	mote training activities for active,		5 - Respect and Social Inclusion
incl	rmed, socially responsible and usive citizenship in order to strengthen social intervention of institutionalised		6 - Civic Participation and Employment
	erly people.		7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	ion of the Entity
Name	Santa Casa da Misericórdia do Porto		
Legal Natur			
Telep conta			
Email addre	scmn@scmn.nt		
Link	www.scmp.pt		

## 3. Project / Activity

Name	POLIS
Context	
in Portugal. ( for the Elderl individuality a In this regard inevitably, alt	the most recent census (2021), there are 2.424.122 people aged 65 and over Of these, around 100.000 live in an institutional setting (Residential Structures y). Living in these collective contexts implies, with some ease, the loss of some and, with it, of habits, routines and other elements of citizenship.  I, the relationship with the city as a habitat that structures citizenship is, almost tered. The political experience, as the maximum exponent of the same civic is also changed. Usually for the worse.
Project/Act	ivity's Objectives
Encourage     of the comm	ctive political citizenship older RSE residents to participate in the political and social issues munity tergenerational around political debate
Beneficiarie	es .
Elderly RSE re	esidents
Territorial In	npact of the Intervention
Porto - Estruti	ura Residencial para Pessoas Idosas da Santa Casa da Misericórida do Porto
Link	

#### 3.1 Indicator

	NUTIBEL OF EIGH	erly participants						
Target	2023	2024		2025				
Half-yearly [					_		Total 60	
Yearly	0	30		30			60	
3.2 Other i								
Increase soci	al inclusion and	d participation						
	ao.os.o ac	, partio, patier						
4. Part	ners							
Designation	• Câmara	Municipal do l	Porto					
		mento Municipal d de Freguesia	e Coesão Soci	al				
	• Political	parties						
5. Sch	eduling							
<b>5. Sch</b>	eduling F M		J J	Α	S	0	N	[
J			J J	A	S	0	N	
J 2023			J J	A	S	0	N	
J 2023 2024			J J	A	S	0	N .	
J 2023 2024			J J	A	S	<ul><li>O</li><li></li><li></li></ul>	N .	
J 2023 2024	F M			A		0,00€	N .	
2023 2024	F M	A M		A			N .	

# No Porto a Vida é Longa

			Context
1. In	tervention Area		The main mission of the "No Porto a Vida é Longa" programme is to activities for the elderly population of the municipality of Porto, contr
P]	l - People		more comprehensive sporting response for these citizens.
P2	2 - Person-Centered Services		
P3	3 - Places		
P2	1 - Products		
P5	5 - Policies		
Objec	tive	WHO Domains	
Promot	e regular physical activity.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Measu	Jre	4 - Social Participation	
Develop	o regular sports activities for	5 - Respect and Social Inclusion	Project/Activity's Objectives
activitie	esidents over the age of 60. The es will be prepared and led by professionals and aim to improve	6 - Civic Participation and Employment	Its main objective is to encourage the adoption of a healthy and a the elderly population of the city of Porto, with the aim of providing prepared by exercise professionals. These varied activities take pla
	ty, strength and endurance.	7 - Communication and information	sports centres and are aimed at promoting physical activity, contrib ageing by improving physical fitness and thus quality of life.
		8 - Community and Health Care	<ul> <li>The programme is exclusively for residents of the municipality of people over the age of 60 can register.</li> </ul>
2. ld	lentification and characte	erisation of the Entity	
Name	Ágora - Cultura e Desporto do Porto, E.M.		
	rigola Contola Couperto de l'orte, Em il		Beneficiaries
Legal Nature	Municipal Company		Residents over 60
Telephon contact	e 226199860		Territorial Impact of the Intervention
Email	geral@agoraporto.pt		Porto
address	35. anguagoraporto-pt		Link
Link	https://www.agoraporto.pt		https://www.agoraporto.pt/desporto/programas-de-atividade-fisica

# 3. Project / Activity

	•
Name	No Porto a Vida é Longa
Context	
activities for	ssion of the "No Porto a Vida é Longa" programme is to provide regular sporting the elderly population of the municipality of Porto, contributing to a certified and ehensive sporting response for these citizens.
Project/Act	tivity's Objectives
the elderly p prepared by sports centre ageing by in • The progra	opective is to encourage the adoption of a healthy and active lifestyle by opulation of the city of Porto, with the aim of providing access to activities exercise professionals. These varied activities take place in various municipal es and are aimed at promoting physical activity, contributing to successful approving physical fitness and thus quality of life.  amme is exclusively for residents of the municipality of Porto, therefore only the age of 60 can register.
Beneficiario	es
Residents ov	er 60
Territorial Ir	mpact of the Intervention
Porto	
Link	

Description [	Number of parti	cipants in	the progr	ramme						
Target	2023		2024			2025				
Half-yearly									Total 2100	
Yearly	500		700			900				
3.2 Other i	mpactful o	bjectiv	ves							
Increase socia     Reduce the in     Reduce the ris	cidence of illne	ss or dete	rioration i							
4. Part	ners									
Designation										
5. Sch	eduling									
<b>5. Sch</b> o	eduling	A	M	J	J	A	S	0	N	
		A	М	J	J	A	S	0	N	
J 2023		A	М	J	J	A	S	0	N	
J		A	M	J	J	A	S	0	N	
J 2023 2024		A	M	J	J	A	S	0	N	
J 2023 2024 2025						A	S 84 0		N	
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	nvest				A			N	
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	nvest				A			N	
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	nvest				A			N	
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	nvest				A			N III	

# Pedalar Com Idade

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
Pro	mote regular physical activity.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Mea	asure		4 - Social Participation
	ourage regular physical activity,		5 - Respect and Social Inclusion
pro: inte	mote intergenerational outdoor raction and improve the mental		6 - Civic Participation and Employment
and	physical health of older people.		7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	ion of the Entity
Name	Parábola Citadina Associação - Pedalar Sem	ldade Port	0
Legal Natur	Non-profit Association		
Telep conta	1916614056		
Email addre	silvia@pedalarsemidade.pt		
Link	https://pedalarsemidade.pt/		

# 3. Project / Activity

Name	Pedalar Com Idade
Context	
programme of electric bike of the front seat safe because young again, The rides are by a specialised	ingthens the lower limbs, which is essential to prevent unintentional falls. The offers older people the opportunity to practise adapted cycling by riding a certified (three-seat trishaw) under the guidance of experienced younger riders who sit on of the bike. The modality includes a personalised training plan and the elderly feel as 3-wheeled bike doesn't overbalance. With the help of the electric motor, they feel as they seem to have the strength they used to have when they were pedalling, weekly and last one hour. The rides are organised by a coordinator and supervised at in physical education and rehabilitation, who carries out and supervises the training plans. We provide training, accompany the rides, validate the routes, m, take out insurance and maintain the vehicle.
Project/Act	ivity's Objectives
intergenerat	or COM Idade programme aims to encourage regular physical activity, promote ional interaction in the outdoors and improve the mental and physical health of expanding programme (particularly in relation to the lower limbs).
Beneficiarie	es
People over 5	55
Territorial In	npact of the Intervention
Porto	
_ink	

3.1 Indicate	or	
Description [	Number of personalised physical plans	
Target	2023 2024 2025	T
Half-yearly		Total
Yearly	10 40 80	
3.2 Other i	mpactful objectives	
Reduce the in     Reduce the ris	al inclusion and participation cidence of illness or deterioration in health sk of accidents and falls among older people generational environments	
4. Part	ners	
Designation	<ul><li>Cycling Without Age</li><li>Bicicletas Coelho</li><li>União das Freguesias de Aldoar, Foz do</li></ul>	Douro e Nevogilde
	• União das Freguesias de Lordelo do Oui	
	• Junta de Freguesia de Campanhã	
	Junta de Freguesia de Bonfim     Junta de Freguesia de Ramalde	
	Junta de Freguesia de Paranhos	
5. Scho	eduling	
J	F M A M J J A	S O N D
2023		
2024		
2025		
6. Esti	mated investment value	20 000,00 €
7. Add	itional notes	

Back to the table

https://pedalarsemidade.pt/

# SaudavelMente

1. Int	ervention Area	
P1-	People	
P2 -	Person-Centered Services	
P3 -	Places	
P4 -	Products	
P5 -	Policies	
Object	ive	WHO Domains
Promote	regular physical activity.	1 - Outdoor Spaces and Buildings
		2 - Transportation
		3 - Housing
Measui		4 - Social Participation
	senior exercise programme	5 - Respect and Social Inclusion
that aims	to equip participants with tools physical self-defence	6 - Civic Participation
	tal health.	and Employment  7 - Communication
		and information
		8 - Community and Health Care
2. Ide	entification and characte	erisation of the Entity
varrie		
Name Legal Nature	Municipal Company	
Legal		
Legal Nature Telephone		

# 3. Project / Activity

This programme is characterised by the improvement of active ageing, but also by the implementation of attitudes and actions that promote self-defence, improve physical condition and strengthen the immune system. In this sense, the objectives of this municipal programme focus on promoting conviviality and socialisation among the various participants, in order to reduce social isolation, increase proximity among the seniors of our Municipality, and improve personal self-esteem.  Project/Activity's Objectives  The "Saudavelmente" programme is a sports programme for the elderly that aims to equip its participants with the tools to ensure physical and psychological self-defence. This non-competitive physical activity allows the whole body to develop harmoniously, increasing physical endurance and strengthening all the muscles, with nothing more than the pursuit of skill and dexterity.  Beneficiaries  Citizens over 60  Ferritorial Impact of the Intervention		
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.  Seneficiaries  Critizens over 60  Territorial Impact of the Intervention  Porto	Name	SaudavelMente
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 convivality and socialisation among the various participants, in order to reduce social isolation, increase proximity among the seniors of our Municipality, and improve personal self-esteem.  Project/Activity's Objectives  The "Saudavelmente" programme is a sports programme for the elderly that aims to equip its participants with the tools to ensure physical and psychological self-defence. This non-competitive physical activity allows the whole body to develop harmoniously, increasing physical endurance and strengthening all the muscles, with nothing more than the pursuit of skill and dexterity.  Beneficiaries  Citizens over 60  Ferritorial Impact of the Intervention  Porto	Context	
The "Saudavelmente" programme is a sports programme for the elderly that aims to equip its participants with the tools to ensure physical and psychological self-defence. This non-competitive physical activity allows the whole body to develop harmoniously, increasing physical endurance and strengthening all the muscles, with nothing more than the pursuit of skill and dexterity.  Beneficiaries  Citizens over 60  Ferritorial Impact of the Intervention	implementati and strengthe focus on pro- reduce social	on of attitudes and actions that promote self-defence, improve physical condition on the immune system. In this sense, the objectives of this municipal programme moting conviviality and socialisation among the various participants, in order to isolation, increase proximity among the seniors of our Municipality, and improve
to equip its participants with the tools to ensure physical and psychological self-defence.  This non-competitive physical activity allows the whole body to develop harmoniously, increasing physical endurance and strengthening all the muscles, with nothing more than the pursuit of skill and dexterity.  Beneficiaries  Citizens over 60  Ferritorial Impact of the Intervention	Project/Act	ivity's Objectives
Citizens over 60  Ferritorial Impact of the Intervention  Porto	to equip its  This non-co	participants with the tools to ensure physical and psychological self-defence. ompetitive physical activity allows the whole body to develop harmoniously, physical endurance and strengthening all the muscles, with nothing more than
Territorial Impact of the Intervention  Porto	Beneficiarie	es .
Porto	Citizens over	60
	Territorial In	npact of the Intervention
ink	Porto	
	Link	

Total 1800 500 700 S ation in health e older population	Half-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									
Total 1800 500 700  Sation in health e older population	Half-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  J F M A M J J A S O N  2023	2020		2024		2025				
1800 1800 1800 ation in health e older population	Half-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  J F M A M J J A S O N  2023			2021		2020			Total	
ation in health e older population	Secretary  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  J F M A M J J A S O N  2023									
ation in health e older population	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  Partners  Designation  J F M A M J J A S O N  2023	500		600		700				
ation in health e older population	<ul> <li>Increase social inclusion and participation</li> <li>Reduce the incidence of illness or deterioration in health</li> <li>Reduce the risk of accidents and falls in the older population</li> </ul> 4. Partners Designation J F M A M J J A S O N 2023 2024					700				
e older population	Reduce the incidence of illness or deterioration in health Reduce the risk of accidents and falls in the older population  4. Partners  Designation  J F M A M J J A S O N  2023	ımpactıu	орјест	ves						
e older population	• Reduce the risk of accidents and falls in the older population  4. Partners  Designation  5. Scheduling  J F M A M J J A S O N  2023				nealth					
1 J A S O N	Designation  5. Scheduling  J F M A M J J A S O N  2023									
∕ J J A S O N	Designation  5. Scheduling  J F M A M J J A S O N  2023									
∕ J J A S O N	5. Scheduling  J F M A M J J A S O N  2023	tners								
1 J A S O N	5. Scheduling  J F M A M J J A S O N  2023									
∕ J J A S O N	J F M A M J J A S O N 2023 2024	<b>'</b>								
1 J A S O N	J F M A M J J A S O N 2023 2024									
∕ J J A S O N	J F M A M J J A S O N 2023									
1 J A S O N	J F M A M J J A S O N 2023									
M J J A S O N	J F M A M J J A S O N 2023									
A J J A S O N	J F M A M J J A S O N 2023									
	2023	edulina	4							
	2024						6			
				М	J J	А	S	0	N	
				М	J J	А	S	0	N	
	2025			М	J J	A	S	0	N	
				М	J J	A	S	0	N	
				M	J J	A	S	0	N	
	6. Estimated investment value 45 000€			M	J J	A	S	0	N	
ent value 45 000€	10 0000	F	M A	::		A			N	
ent value 45 000€	7. Additional notes	F N	A A	tment		A			N	
				М	J J	A	S	0	N	
	6. Estimated investment value 45 none			M	J J	A	S	0	N	
ent value 45,000€		F	M A	::		A			N	
ent value 45 000€		F	M A	::		A			N	
	J 2023 2024		impactfu cial inclusion as incidence of il risk of acciden	impactful objecti cial inclusion and participa incidence of illness or dete risk of accidents and falls i	impactful objectives  cial inclusion and participation incidence of illness or deterioration in larisk of accidents and falls in the older p	impactful objectives  cial inclusion and participation incidence of illness or deterioration in health risk of accidents and falls in the older population  tners	impactful objectives  cial inclusion and participation incidence of illness or deterioration in health risk of accidents and falls in the older population  tners	impactful objectives  cial inclusion and participation incidence of illness or deterioration in health risk of accidents and falls in the older population  tners	impactful objectives  cial inclusion and participation incidence of illness or deterioration in health risk of accidents and falls in the older population  tners	impactful objectives  cial inclusion and participation incidence of illness or deterioration in health risk of accidents and falls in the older population  tners

# Mais Ativos Mais Vividos

		Con
I. Intervention Area		The Mas
P1 - People		Spor
P2 - Person-Centered Services		
P3 - Places		
P4 - Products		
P5 - Policies		
<b>Objective</b>	WHO Domains	
Promote regular physical activity.	1 - Outdoor Spaces and Buildings	
	2 - Transportation	
	3 - Housing	
<b>1</b> easure	4 - Social Participation	
Develop regular exercise in an informal,	5 - Respect and Social Inclusion	Proj
recreational and intergenerational setting.	6 - Civic Participation and Employment	• T fu
	7 - Communication and information	
	8 - Community and Health Care	
2. Identification and characters  Iame FADEUP - Faculdade de Desporto da Univer	erisation of the Entity	Bei
egal ature Public foundation governed by private law		Peo
elephone 220425200		Terr
mail ddress  msantos@fade.up.pt / mjcarvalho/reit.up.p	t	Por
nk https://sigarra.up.pt/fadeup/pt/web_page.	inicial	Link

# 3. Project / Activity

Name	Mais Ativos Mais Vividos
Context	
The plannin	g, preparation and supervision of the sessions is carried out by students from the Physical Activity, Exercise and Health, as well as students from the Bachelor's in ince.
Project/Ac	tivity's Objectives
function,	objectives of the programme are to increase well-being, improve cognitive prevent falls and maintain functionality in performing daily tasks that are to the quality of life of older people.
Beneficiari	es
People aged	l 65 and over living in the community
Territorial I	mpact of the Intervention
Porto	
Link	

Description	Number o	or registe	rea par	ucipants							
Target	202	23		2024			2025				
Half-yearly										Total	
Yearly	40	)		40			40			120	
3.2 Other	impact	ful ob	jecti	ves							
Increase soc     Reduce the i     Reduce the i     Promote inter	ncidence o	of illness dents an	or dete d falls a	erioration							
4. Par	tners										
Designation											
E Col											
	neduli									N	
<b>5. Sch</b> ∪	neduli F	ng M	A	M	J	J	A	S	0	N	
			A	М	J	J	A	S	0	N	
J 2023			A	M	J	J	A	S	0	N	
J 2023 2024			A	M	J	J	A	S	0	N	
J 2023 2024			A	M	J	J	A	S	0	N	
J 2023 2024 2025		M					A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	M ed in	vest				A	S	0	N	
J 2023 2024 2025	F IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6. Est</b>	F IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	M ed in	vest				A	S		N III	
2023 2024 2025 <b>6. Est</b>	F IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII	M ed in	vest				A	S		N	

# **Bilhete Postal**

			Context
1.	Intervention Area		Correspond
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	jective	WHO Domains	
Pro	omote intergenerational activities.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Ме	asure	4 - Social Participation	
	mote written communication between	5 - Respect and Social Inclusion	Project/Ad
old	er people and children.	6 - Civic Participation and Employment	Encourage     and socio     in the cor
		7 - Communication and information	"""
		8 - Community and Health Care	
<b>2.</b> Name	Identification and charact		
Lega Natui	Public Entity		Beneficiar
Telep conta	phone 223394157		Territorial
Emai	lucc hoavista@arsnorte min-saude nt		Cedofeita
addre	#SS		Link
Link			

# 3. Project / Activity

5. Project / Activity
Name Bilhete Postal
Context
Correspondence by post between children in the third year of school at the Boavista Community Care Unit (CCU) and elderly people involved in active ageing projects.
Project/Activity's Objectives
<ul> <li>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.</li> </ul>
Beneficiaries
Elderly / children
Territorial Impact of the Intervention
Cedofeita
Link

Target 2023 2024 2025  Half-yearly 34 38 38  3.2 Other impactful objectives  Increase social inclusion and participation  4. Partners  Designation • Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.  5. Scheduling  J F M A M J J A S O N  2023  2024  6. Estimated investment value  7. Additional notes		Number	oi particip	Darits							
Yearly  34  38  3.2 Other impactful objectives  Increase social inclusion and participation  4. Partners  Designation  Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Target	202	23		2024	2	2025				
3.2 Other impactful objectives  Increase social inclusion and participation  4. Partners  Designation  • Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.  5. Scheduling  J F M A M J J A S O N  2023  2024  6. Estimated investment value	Half-yearly										
Increase social inclusion and participation  4. Partners  Designation     • Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.  5. Scheduling     J F M A M J J A S O N 2023 2024 2025 6. Estimated investment value	Yearly	34	1		38		38				
4. Partners  Designation • Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.  5. Scheduling  J F M A M J J A S O N  2023  2024  6. Estimated investment value	3.2 Othe	r impact	tful ob	jective	es						
Designation  • Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.  5. Scheduling  J F M A M J J A S O N  2023  2024  6. Estimated investment value	Increase so	ocial inclusio	on and pa	rticipatio	n						
Designation  • Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.  5. Scheduling  J F M A M J J A S O N  2023  2024  6. Estimated investment value											
Designation  • Escola Básica do Parque Escolar da Unidade de Cuidados na Comunidade Boavista.  5. Scheduling  J F M A M J J A S O N  2023  2024  6. Estimated investment value											
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	4. Pa	rtners									
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Designatio					olar da	Unida	ade de	e Cuid	ados	
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value		na (	Comun	idade E	Boavista.						
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value											
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value											
J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value											
2023 2024 2025  6. Estimated investment value											
2024  2025  6. Estimated investment value	5. Sc	heduli	ing								
6. Estimated investment value				A	M J	J	A	S	0	N	-
6. Estimated investment value	·			А	M J	J	Α	S	0	N	
6. Estimated investment value	2023			A	M J	J	A	S	0	N	[
	2023			A	M J	J	A	S	0	N	
7. Additional notes	2023			A	M J	J	A	S	0	N	
	2023 2024 2025	F	M				A	S	0	N	
	2023 2024 2025 <b>6.</b> Es	F Timate	M ed inv	westn			A	S	0	N	
	2023 2024 2025	F	M				A	S	0	N	
I .	2023 2024 2025 <b>6.</b> Es	F Timate	M ed inv	westn			A	S	0	N	
	2023 2024 2025 <b>6.</b> Es	F Timate	M ed inv	westn			A	S		N	

# Contas à Vida

1. Int	tervention Area		
P1	- People		
P2	- Person-Centered Services		
P3	- Places		
P4	- Products		
P5	- Policies		
Object	ive	WF	IO Domains
Encoura	ge lifelong learning.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Measu	ra		4 - Social Participation
	t actions to promote financial		5 - Respect and Social Inclusion
	nd digital skills.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2. Ide	entification and characte		
Legal Nature	Public Entity		
Telephone contact	225899260		
Email address	dmcs@cm-porto.pt		
Link	www.cm-porto.pt		

# 3. Project / Activity

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

Description	Number o	f financial I	literacy	labs						
Target	202	3		2024		2025				
Half-yearly									Total	
Yearly	4			7		7				
3.2 Other	impact	ful obje	ective	es						
	rtners									
Designation		ng								
Designation	1		A	M J	J	A	S	0	N	[
Designation  5. Scl	neduli		A	M J	J	A	S	0	N	
Designation  5. Scl	neduli		A	M J	J	A	S	0	N	

# 7. Additional notes

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

# Grupo de Contacto Universidades Sénior/Academias Intergeracionais

			Cont
1.	Intervention Area		The re
	P1 - People		partic
	P2 - Person-Centered Services		with gene
	P3 - Places		a hea
	P4 - Products		.
	P5 - Policies		
Obj	ective	WHO Domains	
Enc	ourage lifelong learning.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Mea	asure	4 - Social Participation	
refle Univ	up a Contact Group to encourage ection on the role of the city's Senior versities to promote the creation of	5 - Respect and Social Inclusion  6 - Civic Participation and Employment	Proje • Thi Sénio
new	lifelong learning solutions.	7 - Communication and information	imple
		8 - Community and Health Care	
<b>2.</b>	Identification and charact		
Name		to Municipal de Coesao Social	Bene
Legal Nature			Resid
Teleph contac	225899260		Territ
Email addre	dmcs@cm-norto nt		Porto
Link	www.cm-porto.pt		

# 3. Project / Activity

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

## 3.1 Indicator

Description [	Number of meetin	gs held			
Target	2023	2024	2025		
Half-yearly [					Total 6
Yearly	0	3	3		
3.2 Other	impactful ob	jectives			
Increase soci	ial inclusion and pa	rticipation			
4. Par	tners				
Designation					
5. Sch	eduling F M	A M J	J A	S C	) N D
2023	F IVI	A M U	J A	5 [	, N D
2024					
2025					
6. Esti	imated in	vestment va	lue		
7. Add	litional no	tes			

# **Academia Inatel Porto**

1. Intervention Area

P1 - People

P2 -	Person-Centered Services		
P3 -	Places		
P4 -	Products		
P5 -	Policies		
Objecti	ve	WH	O Domains
Encouraç	ge lifelong learning.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Measur	re		4 - Social Participation
Provide a	diversified arts and entertainment		5 - Respect and Social Inclusion
	sic, dance, theatre, painting, phy, crafts.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2. Ide	entification and characte	risati	on of the Entity
Name	Fundação Inatel		
Legal Nature	Legal person governed by private law and by	public uti	lity
Telephone contact	220007990		
Email address	inatel.porto@inatel.pt		
Link			

# 3. Project / Activity

Name	Academia Inatel Porto
Context	
drawing, Eng organ and pid demand for the This accumula	orto has many years of experience in training in areas such as: IT, painting and plish, dance, yoga, Portuguese literature, creative writing, traditional instruments, ano, among others. In addition to these areas, there has recently been a growing the Curso de Português Língua de Acolhimento.  Iated experience, combined with the Foundation's image, makes Academia do annark in the field of education in the area where it is located.
Project/Act	ivity's Objectives
us with a vi fundament These are: to the phys isolation th	Porto has proven to be a response to the elderly population who come to ew to active ageing. The training offered is always based on the three al pillars of active ageing, as defined by the World Health Organisation. health, participation and security. This type of response aims to contribute ical and mental health of this population and to counteract the processes of at ultimately lead to mental illness, with devastating consequences for their esteem and self-fulfilment.
Beneficiarie	es
Seniors	
Territorial In	npact of the Intervention
Porto	
Link	

3.1 Ind	icator										
Descript	ion Nun	nber of train	ees								
Target		2023		2024	ŀ		2025				
Half-year	rly									Total 2080	
Yearly		560		720			800				
3.2 Oth	ner imp	oactful c	bjecti	ives							
Increase	e social in	clusion and	participa	tion							
4. P	Partne	ers									
Designa	tion .	Juntas d	e Frequ	Jesia							
5. S	chec	luling									
	J	F M	Α	M	J	J	Α	S	0	N	D
2023											
2024											
2025											
6. E	stim	ated i	nvest	tmen	ıt va	lue		542.	000,00	€	
7. A	\ddit	ional n	otes								
The Acad	emia Inat	al is a nation	al projec	t of the F	iundacão	n Inatel					

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.

# Projeto Trajetórias

			Context
1. lı	ntervention Area		An education/training and leisure programme for people aged 55 and over who are unemployed
_	71 - People		and/or retired.  It aims to develop integration and combat isolation activities.
_	2 - Person-Centered Services		
	73 - Places		
	4 - Products		
			1
P	5 - Policies		
Objec	ctive	WHO Domains	
Encou	rage lifelong learning.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Meas	ure	4 - Social Participation	
	e a diversified offer of education/	5 - Respect and Social Inclusion	Project/Activity's Objectives
trainin older p	g in the different areas of interest to people.	6 - Civic Participation and Employment	Provide activities that stimulate participants cognitively, physically and intellectually     Promote the fight against isolation and healthy socialisation
		7 - Communication and information	
		8 - Community and Health Care	
2. le	dentification and charact	erisation of the Entity	1
Name	União das Freguesias de Aldoar, Foz do Dou		
Legal			Beneficiaries
Nature	Autarchy		People over 55
Telephoi contact	ne 226198270		Territorial Impact of the Intervention
Email	and of the of an arrival deat		UF Territory and neighbouring areas
address	geral@uf-aldoarfoznevogilde.pt		Link
Link			

3. Project / Activity

Projeto Trajetórias

Description									
	Registration forn	n and attendanc	ce at sessi	ons					
Target	2023	202	24		2025				
		,				_,		Total	
Half-yearly						_		600	
Yearly	160	20	0		240				
3.2 Other	impactful o	bjectives							
Increase soci	al inclusion and p	participation							
4 David	L								
4. Par	tners								
Designation		Municipal do							
		unicipal de Cu ento Municipal							
	• Unidade	de Cuidado	s na Co	munic	dade C	uidar			
		lade do Port de Desporto	to						
		Minigolfe c	lo Porto	,					
	Fulldação	DI. AIILOIII	o Cupei	rtino d	le Mira	nda			
5. Sch		DI. AIIIOIII	o Cupei	rtino d	le Mira	inda			
<b>5. Sch</b>	eduling	A M	o Cupei	rtino d		inda S	0	N	
J	eduling						0	N	
J	eduling						0	N	
J 2023	eduling						0	N	
J 2023	eduling						0	N	
J 2023 2024	eduling						0	N	
J 2023 2024 2025	eduling F M	A M	J	J		S			
J 2023 2024 2025	eduling	A M	J	J		S	318,000		
2023 2024 2025 <b>6. Est</b>	eduling F M	A M	J	J		S			

# Morfologia das praias pela visão dos seniores

		Context
<ul> <li>Intervention Area</li> <li>P1 - People</li> <li>P2 - Person-Centered Services</li> <li>P3 - Places</li> <li>P4 - Products</li> <li>P5 - Policies</li> </ul>		As part of the Bandeira session was held in 202 evolution over the years on Porto's beaches, as translated into Portugu da Água and Asas de R coming years, the Bandactions aimed at senior
Objective  Encourage lifelong learning.	WHO Domains  1 - Outdoor Spaces and Buildings	
Magazina	2 - Transportation  3 - Housing  4 - Social Participation	
Measure  Carry out environmental education and awareness-raising activities related to water resources, targeting the elderly population, during bathing season.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Project/Activity's O  • Promote active ageir under the bandeira azu
2. Identification and charact  Name Águas e Energia do Porto, E.M.	erisation of the Entity	Beneficiaries
Legal Nature  Municipal Company (local business sector)		Seniors
Telephone contact 934440072		Territorial Impact of
Email servico.educativo@pavilhaodaagua.pt		Porto Link
Link https://pavilhaodaagua.pt		Link

# 3. Project / Activity

Name	Morfologia das praias pela visão dos seniores
Context	
session was evolution ov on Porto's b translated in da Água and coming year	e Bandeira Azul Programme and under the annual theme "Geodiversity", a training held in 2023, especially aimed at senior citizens, about Porto's beaches and their er the years. Afterwards, they produced a mini-documentary about their experiences seaches, as well as their concerns for future generations. The documentary was not portuguese sign language and published on the social networks of Pavilhão di Asas de Ramalde on 26 July to commemorate World Grandparents' Day. In the rest, the Bandeira Azul Programme, developed by the AEdP, should continue these and at senior citizens.
Project/Ac	tivity's Objectives
	active ageing by involving senior citizens in environmental education activities andeira azul programme.
Beneficiari	es
Seniors	
Territorial I	mpact of the Intervention
Porto	
Link	

#### 3.1 Indicator

	Number of senior	rs covered						
Target	2023	2024		2025				
Half-yearly							Total 664	
Yearly	224	220		220				
3.2 Other i	mpactful ob	ojectives						
Increase social	al inclusion and p	articipation						
4. Part	ners							
Designation		io de Solidarie		ão Soc	ial de l	Ramalo	de	
	Associaçã	io de Surdos do	Porto					
5. Sch	eduling							
J	F M	A M	J J	Α	S	0	N	
J 2023	F M	A M	J J	Α	S	0	N	
	F M	A M	J J	A	S	0	N	
2023	F M	A M	J J	A	S	<ul><li>O</li><li></li></ul>	N	
2023 2024		A M		A	S		N .	
2023 2024		□ ■ I		A			N	

# Visita guiada à exposição do Pavilhão da Água

		Context
1. Intervention Area		The guided tour of the Pavilhão da Água o a river as its leitmotif, presenting the impo
P1 - People		and drawing on Portuguese people's stro
P2 - Person-Centered Services		
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
Encourage lifelong learning.	1 - Outdoor Spaces and Buildings	
	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Increase the knowledge of water	5 - Respect and Social Inclusion	Project/Activity's Objectives
resources among the elderly population, contributing to the preservation and	6 - Civic Participation and Employment	Promote active ageing by involving se leisure and cultural activities
improvement of the urban water cycle in the city of Porto.	7 - Communication	Promote socialisation     Encourage lifelong learning
and only on onto.	and information	Raise awareness of water conservation
	8 - Community and Health Care	
2. Identification and charac	Starisation of the Entity	'
2. Identification and charac	terisation of the Littly	
Name Águas e Energia do Porto, E M		
Name Águas e Energia do Porto, E.M.		Beneficiaries
Name Águas e Energia do Porto, E.M.  Legal Nature  Municipal Company (local business sect	or)	Beneficiaries  Senior population
Legal Nature  Municipal Company (local business sect Telephone	or)	
Legal Nature  Municipal Company (local business sect  Telephone contact  934440072  Fmail	or)	Senior population
Legal Nature  Municipal Company (local business sect	or)	Senior population  Territorial Impact of the Intervention

3. Project / Activity

Visita guiada à exposição do Pavilhão da Água

#### 3.1 Indicator

	Number of senio	ors entries at the Pa	avilhão da Ágı	Ja				
Target	2023	2024		2025				
Half-yearly [							Total	
Yearly	75	300		350			725	
3.2 Other i				000				
• Increase soci	al inclusion and	participation						
4. Part	ners							
Designation								
_								
5. Sch	eduling							
		А М	J J	А	S	0	N	ı
J								
2023								
2023		::						
2023 2024 2025		::						
2023 2024 2025	mated in	nvestmen	t value					
2023 2024 2025  6. Esti	mated in		t value	•				
2023 2024 2025  6. Esti			t value	•				
2023 2024 2025  6. Esti			t value	•				
2023 2024 2025  6. Esti			t value					

# A sustentabilidade não tem idade

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
Enc	ourage lifelong learning.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Mo	asure		4 - Social Participation
Car	ry out environmental education and		5 - Respect and Social Inclusion
	reness-raising activities on urban te, targeting the elderly population.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisat	ion of the Entity
Name	Empresa Municipal de Ambiente do Porto, E	.M.	
Legal Natur	Municipal Company		
Telep conta			
Email addre	geral@portoambiente.pt		
Link	https://www.portoambiente.pt/		

# 3. Project / Activity

Name	A sustentabilidade não tem idade
Context	
Every day, a comply with a The priority in non-complian instead of the EMAP's prop email/app) s disposal equ	team goes through the city's streets and identifies offences such as failure to waste disposal and storage regulations, or dumping waste on public roads. It is to sensitise and inform citizens about the good practices they should adopt. If nece is detected, the option of attending environmental training courses is offered a automatic initiation of the relevant administrative offence procedure. Therefore, posal would be to create a pool of Senior Agents responsible for reporting (via lituations of non-compliance with waste disposal rules, anomalies/breakage of ipment, abandoned bags, the presence of animal waste and/or cigarette butts, iting to a more pleasant city for everyone.
Project/Act	ivity's Objectives
<ul><li>Involve the</li><li>Valuing the</li></ul>	e to an active ageing project use citizens in a valid way for a more sustainable city eir knowledge, experience and civic role in the community eness of good environmental practices
Beneficiarie	es
Seniors	
Territorial Ir	npact of the Intervention
Porto	
Link	

Descriptio	n Awarene	ss-raising l	kits for distri	bution to s	enior ag	ents				
Target	202	23	20	24		2025				
									Total	
Half-yearly	'								500	
Yearly	0	)	20	00		300				
3.2 Othe	er impact	tful obj	ectives							
Increase s	ocial inclusio	on and par	ticipation							
			,							
4. Pa	rtners									
Designation	0011	ntas de F MUS So	reguesia							
			C1a1 Habitação e	Manuten	ção do N	Municípi	io do Po	orto, E.M	1.;	
	• Pro	fessiona	al associat	tions						
5 <b>S</b> a	hoduli	ina								
	heduli	_	Λ Μ			٨	c		N	
	:heduli	ing M	A M	J	J	A	S	0	N	
		_	A M	J	J	A	S	0	N	
2023		_	A M	J	J	A	S	0	N	
2023		_	A M	J	J	A	S	0	N	
2023		_	A M	J	J	A	S	0	N	
2023 2024 2025	J F	M				A	S	0	N	
2023 2024 2025		M				A	S	0	N	
2023 2024 2025 <b>6.</b> Es	J F	M ed inv	vestme			A	S	0	N	
2023 2024 2025 6. Es 7. Ac	stimate	M ed inv	vestme	ent va	lue	A	S	0	N	
2023 2024 2025 6. Es 7. Ac	F	M ed inv	vestme tes	ent va	lue	A	S	0	N	
2023 2024 2025 6. Es 7. Ac	stimate	M ed inv	vestme tes	ent va	lue	A	S	0	N	

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

# A.PREENDER - Adultos Empreendedores

			Context
1.	Intervention Area		Several studies
	P1 - People		age group place
	P2 - Person-Centered Services		retrain and ena
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WHO Domains	
Enc	ourage lifelong learning.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Mo:	asure	4 - Social Participation	
	er a certified course in innovation	5 - Respect and Social Inclusion	Project/Activ
and une	entrepreneurship for the mployed, retired or those looking a career change.	6 - Civic Participation and Employment	A.Preender i adults over 45 careers. It is als
1010	, career change.	7 - Communication and information	to keep people stimulate the c
		8 - Community and Health Care	
2.	Identification and charac	terisation of the Entity	
Name	Centro de Competências em Envelhecir	_	Beneficiaries
Legal Natur			Adults over 45
Telepl conta			Territorial Im
Email			Porto
addre	norto4ageing@reit up nt		Link
Link	https://www.porto4ageing.up.pt/		https://page.pe

# 3. Project / Activity

Name	A.PREENDER - Adultos Empreendedores
Context	
times more su age group pla an older targe	es have shown that people over 45 who start their own business are two to three processful than those under 30. However, training and requalification policies for this accel little emphasis on innovation and entrepreneurship. A.Preender aims to offer et group, often neglected by innovation support programmes, the opportunity to hable them to start their own business.
Project/Acti	ivity's Objectives
adults over 48 careers. It is a to keep peop	r is a free introductory course in innovation and entrepreneurship aimed at 5 with ambitions to start their own business, challenge themselves or change also suitable for people who are retired or unemployed. A.Preender aims also suitable and relevant in the labour market, promote healthy lifestyles and development of innovative solutions, making use of valuable experience.
Beneficiarie	s
Adults over 45	5
Territorial In	npact of the Intervention
Porto	
Link	
https://page.i	norto4ageing.com/1e7e5.lgn/apreender

#### 3.1 Indicator

Descrip	otion N	lumber c	of Partici	pants in	the Progra	arrime						
Target		202	23		2024		:	2025				
Half-ye	arly [										Total	
Yearly		30	)		30			30			90	
3.2 O	Alaa si isa			: <b>!</b> :				30				
• Increa	ase social	linclusio	n and pa	articipati	ion							
4.	Parti	nars										
Design	lation			ade do 1 - Furo	Porto pean In	nstitute	of Ir	nova	ion ar	nd Tecl	hnolog	V
					Associa							4 Y
				a da M	lisericó	rdia de	e Riba	a d'Av	Э			
				a da M	lisericó	rdia de	e Riba	a d'Av	е			
				a da M	lisericó	rdia de	e Riba	a d'Av	Э			
<b>5</b>	Saha	• Sant	ta Cas	a da M	lisericó	rdia de	e Riba	a d'Av	e 			
5.	Sche	• Sant	ng									
5.	<b>Sche</b>	• Sant	ta Cas	a da M	lisericó: M				e S	0	N	
		• Sant	ng							0	N	
2023		• Sant	ng							0	N .	
2023 2024		• Sant	ng							0	N	
2023 2024		• Sant	ng							0	N	
2023 2024 2025	J	• Sant	ng M	A		J	J		S	O 	N .	
2023 2024 2025 <b>6.</b>		• Sant	ng M	A	M	J	J		S		N .	
2023 2024 2025 <b>6.</b>	J	• Sant	ng M	A	M	J	J		S		N .	
2023 2024 2025 <b>6.</b>		• Sant	ng M	A	M	J	J		S		N .	
2023 2024 2025 <b>6.</b>		• Sant	ng M	A	M	J	J		S		N .	
2023 2024 2025 <b>6.</b>		• Sant	ng M	A	M	J	J		S		N	
2023 2024 2025 <b>6.</b>		• Sant	ng M	A	M	J	J		S		N	

# Programa de Estudos Universitários para seniores da Universidade do Porto

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
End	courage lifelong learning.	1 - Outdoor Spaces and Buildings
		2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
Offe	er, based on a gerontological	5 - Respect and Social Inclusion
diff	oroach, a variety of themes in the erent disciplines, study and leisure ts, as well as exchanges between	6 - Civic Participation and Employment
	onal and international universities.	7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name		
Natur		
Telep conta	hone 226077152	
Email addre	Luec@letras.un.nt	
Link	https://ser.letras.up.pt/uec/	

# 3. Project / Activity

Name Programa de Estudos Universitários para seniores da Universidade do Porto
--

#### Context

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

People over 55

#### Territorial Impact of the Intervention

Norte de Portugal, com incidência no distrito do Porto

#### Link

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

#### 3.1 Indicator

Target	2023	2024		2025		
Half-yearly [						otal 50
Yearly	150	150		150		00
3.2 Other i	impactful ob	jectives				
Increase soci	al inclusion and p	articipation				
4. Part	iners					
Designation						
	eduling					
J	F M	A M	J J	A S	0	N
2023						
2024						
2025						
6. Esti	mated in	vestmen	t value			
	ا م م ما	atos				
7. Add	litional no	) les				

# Rede Local de Voluntariado

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
	rease the level of community		1 - Outdoor Spaces and Buildings
	olvement through volunteering the elderly population.		2 - Transportation
			3 - Housing
Mor	asure		4 - Social Participation
	ourage volunteers to develop skills in		5 - Respect and Social Inclusion
	ng for the elderly.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	erisati	ion of the Entity
Name			
			ao 000000 0001a.
Legal Natur			
Telepl conta			
Email addre	dmcs@cm-porto pt		
Link	www.cm-porto.pt		

# 3. Project / Activity

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

#### 3.1 Indicator

Doscript	ion N	ımber c	of training	g activit	ies							
Target		202	23		2024			2025				
Half-year	rly _										Total 18	
Yearly		4			6			8				
3.2 Oth	ner im	pact	ful ob	jecti	ves							
• Increase	e social	inclusio	n and pa	rticipat	ion							
4. P	artr	ers										
Designa	tion											
	L											
5. S	che	duli	ng									
	J	F	М	Α	М	J	J	Α	S	0	N	
2023												
0004												
2024												
2024 2025												
2025	Estin	nate	ed inv	/est	men	at val	ue					
2025 <b>6. E</b>			ed inv		men	nt val	ue					

Back to the table

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

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

ASSU	ciação de voluntarios	anngos	Name	amigos da comunidade idosa
da co	munidade idosa		Context	
1. Interest of the property of	tervention Area - People - Person-Centered Services - Places - Products - Policies	WHO Domains  1 - Outdoor Spaces and Buildings  2 - Transportation	Carrying ou Managing th Recruitment	It home visits to elderly people living in the former geographical area of Cedofeita.  ne volunteer process.  It and solicitation, training, integration, planning visits, monitoring/follow-up, and service meetings.
people.	re a network of volunteers for older entification and characte	3 - Housing  4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care		ctivity's Objectives  and prevent the risk of loneliness
Name	Unidade de Cuidados na Comunidade da Bo	avista	Beneficiari	es
Legal Nature	Public Entity		Older peopl	e
Telephone contact	223394157		Territorial I	mpact of the Intervention
Email address	ucc.boavista@arsnorte.min-saude.pt		Cedofeita Link	
Link				

**Project / Activity** 

Name

Surpresa Simpática - Voluntários da Ucc Boavista - Associação de voluntários

Half-yearly	Total N/A
Half-yearly  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 Saúd	N/A
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 Saúd	N/A
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 Saúd	
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 Saúd	
<ul> <li>3.2 Other impactful objectives</li> <li>Increase social integration and participation</li> <li>Reduce the incidence of illness or deterioration in health status</li> <li>4. Partners</li> <li>Designation         <ul> <li>Community institutions</li> <li>Health Units of the Agrupamento de Centros de Saúd</li> </ul> </li> </ul>	de
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 Saúd	de
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 Saúd	de
Reduce the incidence of illness or deterioration in health status  4. Partners  Designation     Community institutions     Health Units of the Agrupamento de Centros de Saúd	de
<ul> <li>Partners</li> <li>Designation         <ul> <li>Community institutions</li> <li>Health Units of the Agrupamento de Centros de Saúd</li> </ul> </li> </ul>	de
Designation  • Community institutions  • Health Units of the Agrupamento de Centros de Saúd	de
Designation  • Community institutions  • Health Units of the Agrupamento de Centros de Saúd	de
Designation  • Community institutions  • Health Units of the Agrupamento de Centros de Saúd	de
Health Units of the Agrupamento de Centros de Saúd	de
Health Units of the Agrupamento de Centros de Saúd	de
	ue
ac i cita collacilità	
5. Scheduling	
• • • • • • • • • • • • • • • • • • •	
J F M A M J J A S O	N
2023	
_	
2024	
2025	
6. Estimated investment value	
6. Estimated investment value	
6. Estimated investment value  7. Additional notes	

# Apoiar para Cuidar

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WH	IO Domains
	note skills and adequate resources		1 - Outdoor Spaces and Buildings
for in	formal carers.		2 - Transportation
			3 - Housing
Man	sure		4 - Social Participation
			5 - Respect and Social Inclusion
Provide technical and operational support to informal carers.			6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	risati	on of the Entity
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção da S	aúde e Q	ualidade de Vida e Juventude
Legal Nature	Public Entity		
Teleph contac	220100220		
Email addres	dmpsqvj@cm-porto.pt		
Link	www.cm-porto.pt		

#### Project / Activity

o. Projec	Ct / Activity
Name	oiar para Cuidar
Context	
(IC) and provides caring and for self support sessions). and is presented a the basis of the in	aims to promote the health, wellbeing and quality of life of Informal Carers support in two main areas: individual and group training (for the act of f-care) and overload relief (through the short break service and emotional This initiative has been developed on the basis of the experience gained as a reinforcement of the support provided to ICs, having been designed on creasing burden that many have felt during the pandemic, with a potential in their health, quality of life and level of well-being.
Project/Activity	's Objectives
	ality of life and well-being of informal carers vities of informal carers by providing them with technical support
Beneficiaries	
Informal carers age	ed 65 or over living in the municipality of Porto
Territorial Impa	ct of the Intervention
Porto	
Link	

#### 3.1 Indicator

Description	Number of Informal C	arers aged 65 and over	r covered by the program	me's actions
Target	2023	2024	2025	
Half-vearly				Total
rian yearry	75			
Yearly	25	25	25	
Half-yearly Yearly	25	25	25	

#### 3.2 Other impactful objectives

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

#### **Partners**

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

# 5. Scheduling

	J	F	IVI	А	ΙVΙ	J	J	А	5	O	IN	D
2023												
2024												
2025												

## Estimated investment value

150 000,00 €

#### 7. Additional notes

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

# Cuidar do cuidador

P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies   Objective  WHO Domains Promote skills and adequate resources for informal carers.  1 - Outdoor Spaces and Buildings 2 - Transportation 3 - Housing	Intervent health ce Lemos H
P2 - Person-Centered Services  P3 - Places  P4 - Products  P5 - Policies  WHO Domains  Promote skills and adequate resources for informal carers.  1 - Outdoor Spaces and Buildings  2 - Transportation	Lemos H
P3 - Places P4 - Products P5 - Policies  WHO Domains Promote skills and adequate resources for informal carers.  1 - Outdoor Spaces and Buildings 2 - Transportation	
P4 - Products P5 - Policies  WHO Domains  1 - Outdoor Spaces and Buildings for informal carers.  2 - Transportation	
P5 - Policies  WHO Domains  1 - Outdoor Spaces and Buildings for informal carers.  2 - Transportation	
Objective  WHO Domains  1 · Outdoor Spaces and Buildings  for informal carers.  2 · Transportation	
Promote skills and adequate resources for informal carers.  1 · Outdoor Spaces and Buildings  2 · Transportation	
Promote skills and adequate resources for informal carers.  2 - Transportation	
2 - Transportation	
3 - Housing	
U Troosing	
Measure 4 - Social Participation	
Promote intervention with older people 5 - Respect and Social Inclusion	Project//
with neurocognitive disorders and their carers.  6 - Civic Participation and Employment	• Reduce
7 - Communication and information	
8 - Community and Health Care	
2. Identification and characterisation of the Entity	'
Name Unidade de Cuidados na Comunidade da Boavista	Benefici
Legal Nature Public Entity	Elderly pe
Telephone contact 223394157	Territoria
Email	Cedofeit
address ucc.boavista@arsnorte.min-saude.pt	Link
Link	

# 3. Project / Activity

Name	Cuidar do cuidador
Context	
Intervention	with elderly people with neurocognitive disorders and their carers at home, in a or by telephone. Joint project with the psychogeriatric service of the Magalhães tal.
Project/Act	ivity's Objectives
Reduce stre	ess of the carer.
Beneficiarie	es s
Elderly peopl	e with neurocognitive disorders / carers
Territorial In	npact of the Intervention
Cedofeita / F	oz / 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				
Half-yearly				Total N/A			
Yearly	2	2	1				
3.2 Other impactful objectives							

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

# 4. Partners

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

# 5. Scheduling

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

# 6. Estimated investment value

7. Additional notes

# Programa Apoio 65 - Idosos em Segurança

lr	ntervention Area	
P.	l - People	
] P:	2 - Person-Centered Services	
P	3 - Places	
] P	1 - Products	
P	5 - Policies	
bjec	tive	WHO Domains
	r cases of social fragility and	1 - Outdoor Spaces and Buildings
	physical and psychological	2 - Transportation
		3 - Housing
		4 - Social Participation
Meası		5 - Respect
through	pment of police intervention n awareness-raising activities	and Social Inclusion  6 - Civic Participation
visits w	ng various safety tips, or through ith evaluation, signposting,	and Employment
monito	ring and referral of older people.	7 - Communication and information
		8 - Community and Health Care

# 3. Project / Activity

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

Description	水										
Target	202	23		2024	-		2025				
Half-yearly										Total	
Yearly											
3.2 Other	impact	tful ob	jectiv	ves							
	tners										
<b>4.</b> Par											
Designation		ng									
Designation			A	M	J	J	A	S	0	N	D
Designation  5. Sch	neduli		A	M	J	J	A	S	0	N	D
Designation  5. Sch	neduli		A	M	J	J	A	S	0	N	D
Designation  5. Sch	neduli		A	M	J	J	A	S	0	N	D

# 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.

# Individual project sheets P2

# Estamos Juntos - Bem estar

P1 - People   diseases by offering the b opporturity to receive twe from professionals hired for the more professionals hired for the prossibility of telecons the impact of travel time, of their level of autonomy, Teleconsultation combine Porto's senior citizens, wil allowing members to accept with the goal of intervention onset of illness, or minimis    P5 - Policies   WHO Domains   1 - Outdoor Spaces and Buildings   2 - Transportation   3 - Housing   4 - Social Participation   3 - Housing   4 - Social Participation   6 - Civic Participation   6 - Civic Participation   6 - Civic Participation   7 - Communication   8 - Community			Context
P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies  WHO Domains P6 - Policies  WHO Domains P7 - Policies  WHO Domains P7 - Policies  WHO Domains P7 - Policies  P6 - Policies  WHO Domains P7 - Policies  WHO Domains P7 - Policies  P7 - Policies  P8 - Policies  P8 - Policies  P9 - Policies  P8 - Policies  P9 - Policies  Provide the incidence of disease or ill health. P9 - Povide teleconsultation and complementary clinical services. P9 - Povide teleconsultation and complementary clinical services. P1 - Povide teleconsultation and complementary clinical services. P2 - Identification and characterisation of the Entity Policies  P2 - Transportation A - Sespect And Social Inclusion A - Civic Participation And Employment A - Communication A - Civic Participation And Employment A - Communication A - Civic Participation And Employment A - Communication A - Civic Participation A - Civic Participation And Employment A - Communication A - Civic Participation A - Civic	1. Intervention Area		
P2 - Person-Centered Services  P3 - Places  P4 - Products  P5 - Policies    P4 - Products   P5 - Policies    P5 - Policies   P6 - Policies   P6 - Policies   P6 - Policies   P6 - Policies   P7 - P0 -	P1 - People		opportunity to receive two
P3 - Places  P4 - Products  P5 - Policies    P5 - Policies   P6 - Policies   P7 - Policies   P7 - Policies   P7 - P0 -	P2 - Person-Centered Services		The possibility of telecons
P4 - Products  P5 - Policies  WHO Domains  Reduce the incidence of disease or ill health.  P5 - Respect and Social Participation  P6 - Civic Participation and complementary clinical services.  Provide teleconsultation and complementary clinical services.  Provide teleconsultation and complementary clinical services.  Project/Activity's Obj  Strengthen the sense of by providing preventive and social participation and information  Reduce the incidence of disease or ill health.  Project/Activity's Obj  Strengthen the sense of by providing preventive and social participation.  Strengthen the sense of by providing preventive and social participation.  Strengthen the sense of by providing preventive and social participation.  Strengthen the sense of by providing preventive and social participation.  Community and Health Care  Sense pect and Social force or incidence and social participation.  Strengthen the sense of by providing preventive and social participation.  Community and Health Care  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Citizens participating in the Department of the Citizens participation in the Department of the Depart	P3 - Places		of their level of autonomy.  Teleconsultation combines
Descrive  WHO Domains  Reduce the incidence of disease or ill health.  1 - Outdoor Spaces and Buildings 2 - Transportation 3 - Housing  4 - Social Participation 5 - Respect and Social Inclusion complementary clinical services.  Provide teleconsultation and complementary clinical services.  6 - Civic Participation and Employment 7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Cittzens participating in the Porto  Implementary Clinical Services  Cittzens participating in the Porto  Link	P4 - Products		Porto's senior citizens, wit allowing members to acce
Reduce the incidence of disease or ill health.  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing  4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and complementary clinical services.  6 - Civic Participation and Employment  7 - Communication and information and information and Health Care  2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Territorial Impact of the Porto  Link	P5 - Policies		with the goal of intervention onset of illness, or minimising
Reduce the incidence of disease or ill health.  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing  4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and complementary clinical services.  6 - Civic Participation and Employment  7 - Communication and information and information and Health Care  2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Territorial Impact of the Porto  Link	Objective	WHO Domains	
Provide teleconsultation and complementary clinical services.  Provide teleconsultation and complementary clinical services.  Project/Activity's Obj and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Telephone contact  Telephone contact  225899260  Territorial Impact of the Entity  Porto  Link	_		
Measure  Provide teleconsultation and complementary clinical services.  6 - Civic Participation and Employment 7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Entity  Territorial Impact of the Entity  Identification and characterisation of the Entity  Link		and Buildings	
Measure  Provide teleconsultation and complementary clinical services.  6 - Civic Participation and Employment 7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Câmara Municipal de Coesão Social  Beneficiaries  Citizens participating in the Câmara Municipal de Coesão Social  Citizens participating in the Câmara Municipal de Coesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participating in the Câmara Municipal de Côesão Social  Citizens participation.		2 - Transportation	
Measure       5 - Respect and Social Inclusion         Provide teleconsultation and complementary clinical services.       6 - Civic Participation and Employment         7 - Communication and information       8 - Community and Health Care         2. Identification and characterisation of the Entity         Name       Câmara Municipal do Porto - Departamento Municipal de Coesão Social         Beneficiaries         Legal Nature       Public Entity         Telephone contact       225899260         Email address       dmcs@cm-porto.pt     Territorial Impact of the Link		3 - Housing	
Provide teleconsultation and complementary clinical services.  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Legal Nature  Public Entity  Territorial Impact of the Entity  Identification and characterisation of the Entity  Link	Moscure	4 - Social Participation	
complementary clinical services.  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Legal Nature  Public Entity  Telephone contact  225899260  Territorial Impact of the Entity  Ames@cm-porto.pt  Link			Project/Activity's Obj
2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Legal Nature Public Entity  Telephone contact  Identification and characterisation of the Entity  Link			Strengthen the sense of
and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Camail address  Territorial Impact of the Coesão Social  Link			
2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Contact  Email address  and Health Care  Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Contact  Porto  Link			
2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Beneficiaries  Citizens participating in the Coesão Social  Territorial Impact of the Coesão Social  Address description de Coesão Social  Beneficiaries  Citizens participating in the Coesão Social  Link			
Legal Nature Public Entity  Citizens participating in the  225899260  Territorial Impact of the  Porto  Admcs@cm-porto.pt  Link			
Nature Public Entity  Telephone contact  Email address  dmcs@cm-porto.pt  Citizens participating in the citizens participating par	Land		Beneficiaries
contact  Email address  dmcs@cm-porto.pt    Porto	Nature Public Entity		Citizens participating in th
address Link	Telephone contact 225899260		Territorial Impact of th
Link	dmcs@cm-norto nt		Porto
Link www.cm-porto.pt	address address		Link
	Link www.cm-porto.pt		

# 3. Project / Activity

Name	Estamos Juntos - Bem estar
Context	
diseases by of opportunity to from profession. The possibility the impact of of their level of Teleconsultation Porto's senior allowing mem with the goal of the possibility of the possibility.	Juntos - Bem estar programme aims to prevent the onset or progression of ffering the beneficiaries of the Estamos Juntos - Teleassistência programme the processive two consultations per year, remotely and/or in person, at their home, conals hired for this purpose.  By of teleconsultation aims to bring health services closer to citizens, minimising travel time, costs and difficulties, and giving beneficiaries a positive perception of autonomy.  Con combines, once again, the technological component with projects aimed at a citizens, without compromising the quality of the service and data protection, abers to access a professional service by telephone or using telecare equipment, of intervention, prevention or diagnosis of their health, trying to avoid the risk or s, or minimising the impact of illness on their wellbeing and autonomy.
Project/Acti	vity's Objectives
	the sense of security of older people in a situation of social isolation preventive clinical services to ensure their autonomy, well-being rticipation.
Beneficiarie	s
Citizens partic	cipating in the Estamos Juntos - Teleassistência programme
Territorial Im	npact of the Intervention
Porto	
Link	

Description	Number of acc	cession pro	cesses							
Target	2023		2024			2025				
Half-yearly [									Total 200	
Yearly	0		100			100				
3.2 Other i	impactful	objecti	ves							
Increase soci     Increase and     Reduce the fe	improve acce	ss to health	services		at risk o	f social is	solation			
4. Parl	tners									
Designation	Juntas     Domus     Empresa c     Serviço	Social de Habitaçã	ão e Man						do Po	orto
<b>5. Sch</b>	eduling		М	J	J	A	S	0	N	[
J	_		М	J	J	A	S	0	N	
J 2023	_		M	J	J	A	S	0	N	
J 2023 2024	_		M	J	J	A	S	0	N	
2023 2024	_	1 A				A		00,00 €		
2023 2024	F M	invest				A				

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

_		
l.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obje	ective	WHO Domains
Red	uce the incidence of disease	1 - Outdoor Spaces and Buildings
or ill	health.	2 - Transportation
		3 - Housing
Mea	asure	4 - Social Participation
Prov	ide a health promotion programme	5 - Respect and Social Inclusion
that	includes training, skills development health literacy.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name	Identification and charact  Câmara Municipal do Porto  - Departamento Municipal da Promoção da	
Legal Nature	Public Entity	
Teleph contac		
Email addres	dmpsqvj@cm-porto.pt	
Link	www.cm-porto.pt	

# 3. Project / Activity

,	,
Name	(i)PSS - Intervenção de Promoção de Saúde para Seniores
Context	
physical activit safety conditio positive feeling with groups of invited to activ	undamental aspects of this life stage, covering topics such as healthy eating, by, maintaining cognitive function, strategies for dealing with natural changes, and social integration and participation, in order to promote and reinforce as associated with ageing. The initiative takes place over 10 sessions (1h30 each) people attending day centres in the city (or similar), where the participants are ely participate in discussing and developing the themes, based on group work, dagogical perspective to promote health and well-being.
Project/Activ	vity's Objectives
healthy ageing	o increasing knowledge on a wide range of issues related to active and g, enabling participants to make informed choices that promote the adoption tyles at this stage of the life cycle.
Beneficiaries	
-	or over, who are autonomous, that attend social responses aimed at the senior ne municipality of Porto.
Territorial Im	pact of the Intervention
Porto	
Link	

#### 3.1 Indicator

ol objection and particip			3	Tot	
	ves		3		
	ves		3	7	
n and particip	pation				
g					
	M J	J	A S	0	N [
l •	ment va	lue			
Invest					
I invest I notes					
		M A M J	M A M J J	M A M J J A S	M A M J J A S O

# Oficinas da Saúde para Públicos

			Context
1.	ntervention Area		A training programme aimed at the adult population that aims to equip participants with the knowledge and skills to take a more active role in promoting their own health, in a dynamic
	P1 - People		process of increasing health literacy, encouraging the adoption of healthy lifestyles.
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ctive	WHO Domains	
Reduction or ill h	ce the incidence of disease	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Meas	sure	4 - Social Participation	
Provid	le a training programme for the	5 - Respect and Social Inclusion	Project/Activity's Objectives
equip	and elderly population that aims to participants with the knowledge kills to play a more active role in	6 - Civic Participation and Employment	Increase health literacy to promote healthy lifestyles     Increase the autonomy of individuals and their communities to promote their health
	oting their own health.	7 - Communication and information	
		8 - Community and Health Care	
2. I	dentification and charact	erisation of the Entity	•
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção d	a Saúde e Qualidade de Vida e Juventude	Beneficiaries
Legal Nature	Public Entity		General public
Telepho contact	1920100220		Territorial Impact of the Intervention
Email	dmpsqvj@cm-porto.pt		Porto
address			Link
Link	www.cm-porto.pt		

3. Project / Activity

Name

Oficinas da Saúde para Públicos

#### 3.1 Indicator

Total 13  Other impactful objectives  crease social integration and participation  Partners ignation  Scheduling  J F M A M J J A S O N D 3		Number o	f Workshops	developed	d involvir	g partic	ipants a	ged 65 o	or over		
Other impactful objectives  crease social integration and participation  Partners ignation  Scheduling  J F M A M J J A S O N E	Target	202	3	2024	ŀ		2025				
Other impactful objectives  crease social integration and participation  Partners ignation  Scheduling  J F M A M J J A S O N E	Half-yearly										
Partners ignation  Scheduling  J F M A M J J A S O N E	Yearly	3		5			5				
Partners ignation  Scheduling  J F M A M J J A S O N E	3.2 Other	rimpact	ful objec	tives							
Scheduling  J F M A M J J A S O N D  3	Increase so	cial integrat	ion and part	icipation							
Scheduling  J F M A M J J A S O N D  3											
Scheduling  J F M A M J J A S O N I											
Scheduling  J F M A M J J A S O N I  3 4	4. Pa	rtners									
J F M A M J J A S O N E	Designatio	n									
J F M A M J J A S O N I											
J F M A M J J A S O N   3											
J F M A M J J A S O N   3											
J F M A M J J A S O N I											
4	5. Sc	heduli	ng								
4	J	F	M A	M	J	J	Α	S	0	N	I
	2023										
	2024										
5	2021										
	2025										
Estimated investment value			مريدا	stmer	ıt val	ue					
Latinated investinent value	6. Es	timate	a inve								
Estimated investment value	2024			stmer	III	ue					
Estimated investinent value	6. Es	timate	a inve								

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

L. Ir	ntervention Area	
P:	1 - People	
P	2 - Person-Centered Services	
P	3 - Places	
P	4 - Products	
P	5 - Policies	
Objec	tive	WHO Domains
	e the incidence of disease	1 - Outdoor Spaces and Buildings
or ill he	alth.	2 - Transportation
		3 - Housing
Meası		4 - Social Participation
Create, model t elderly, with inf	implement and monitor a training for institutions that care for the providing their professionals formation on the importance of and preventing malnutrition.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care
lame egal lature	Câmara Municipal do Porto - Departamento Municipal da Promoção da Public Entity	_
elephon	ne -	
ontact	220100220	
mail ddress	dmpsqvj@cm-porto.pt	

## 3. Project / Activity

Name

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

#### Context

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

#### Project/Activity's Objectives

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

#### Beneficiaries

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

#### Territorial Impact of the Intervention

Porto	
Link	

#### 3.1 Indicator

Description	Number of pe	ople over 65	involved in th	e project					
Target	2023		2024		2025				
Half-yearly								Total 200	
Yearly	0		100		100				
3.2 Other	impactful	objectiv	/es						
Increase soc	ial integration	and particip	ation						
	tners								
Designation									
5. Sch	eduling	I							
J	F M	1 A	M J	J	Α	S	0	N	
2023									
2024									
Z0Z+									
2025									
6. Est	imated	invest	ment va	lue		124	445,69	€	
7. Add	ditional	notes							

# Nutrição Ativa

P1 - People P2 - Person-Centered Services P3 - Places P4 - Products	
P3 - Places	
P4 - Products	
P5 - Policies	
Objective W	HO Domains
Reduce the incidence of disease	1 - Outdoor Spaces and Buildings
or ill health.	2 - Transportation
	3 - Housing
Measure	4 - Social Participation
Provide users of Porto's municipal	5 - Respect and Social Inclusion
swimming pools with a training and awareness programme on the importance	6 - Civic Participation
of maintaining a healthy nutritional status.	and Employment 7 - Communication
	and information
	8 - Community and Health Care

# 3. Project / Activity

Name	Nutrição Ativa
Context	
assess, in to raise av (young pe nutritional time, it is p	amme is aimed at the users of Porto's Municipal swimming pools, its objectives are to an individual context, the nutritional status and eating habits of children and adults, wareness of the importance of maintaining a healthy nutritional status, and to train ople, adults and parents) in healthy and conscious eating practices through a weekly re-education programme and/or parental training in a group context. At the same planned to refer users with specific, pre-identified risk factors to nutritional counselling test of reference.
Project/A	activity's Objectives
-	
	track changes in nutritional status and eating habits health literacy in food and nutrition
Beneficia	ries
Users and	guardians of users of Porto's Municipal swimming pools
Territorial	Impact of the Intervention
Porto	
Link	

#### 3.1 Indicator

Target												
larger		202	23		2024			2025				
Half-ye	early [										Total	
Vl		20	n		40			40			100	
Yearly								40				
	Other in											
• Incre	ease social	l integra	tion and	particip	ation							
4.	Parti	ners										
	nation [											
Desig	ilation											
5	Scho	duli	ina									
5.	Sche			Δ	M	.1	.1	Δ	<u> </u>	0	N	
	<b>Sche</b>	eduli	ing M	A	М	J	J	A	S	0	N	
<b>5.</b> 2023				A	М	J	J	A	S	0	N	
				A	M	J	J	A	S	0	N	
2023 2024				A	M	J	J	A	S	0	N	
2023				A	M	J	J	A	S	0	N	
2023 2024	J	F	M		M III			A	S	0	N	
2023 2024 2025 <b>6.</b>	J	F I	M ed in	■ vest				A	S	0	N	

# PMPLS - Projeto Municipal de Promoção de Literacia em Saúde

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
	luce the incidence of disease	1 - Outdoor Spaces and Buildings
oril	l health.	2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
Imp	lementing the National Health	5 - Respect and Social Inclusion
Prod	cation, Literacy and Self-Care gramme at the local level, with the of promoting health literacy among	6 - Civic Participation and Employment
citiz	responsibility in the area of health.	7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	risation of the Entity
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção da Sa	aúde e Qualidade de Vida e Juventude
Legal Natur		
Telep conta	1990100990	
Email addre	dmnsavi@cm-norto.nt	
Link	www.cm-porto.pt	

## 3. Project / Activity

#### Context

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

#### Project/Activity's Objectives

- Increase the population's health literacy levels in order to promote healthy lifestyles
- $\bullet \ \ \text{Increase the autonomy of individuals and their communities in promoting their health} \\$

#### Beneficiaries

General public		

#### Territorial Impact of the Intervention

Porto			

#### Link

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

#### 3.1 Indicator

	2023	202	!4	2025				
Half-yearly [							Total 25	
Yearly	5	10		10				
3.2 Other i	impactful ol	ojectives						
Increase soci	al integration and	l participation						
4. Part	tners							
Designation								
5. Sch	eduling							
J	F M	A M	J .	J A	S	0	N	
2023								
_								
2024								
2025	mated in	vestme	nt value					
	mated in		nt value	<b>a</b>				

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

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

# 3. Project / Activity

lame	Porto, Cidade sem SIDA (iniciativa Fast-track Cities)
Context	
since 2017. the HIV/AID previously si that 95% of p by health ser	een a Fast Track City ("Cidade na Via Rápida para Acabar com a Epidemia VIH") Together with a large group of cities around the world, it has committed to ending IS epidemic by 2030. In June 2021, UNAIDS redefined the 90-90-90 targets it had igned up to, to be achieved by 2020, to 95-95-95 (to be achieved by 2025), meaning beople living with HIV know their diagnosis; 95% of those diagnosed are followed up rvices, doing antiretroviral therapy; and 95% of those on treatment have a sustainably viral load, and, in December 2021, the city of Porto renewed its commitment to help se goals.
roject/Ac	tivity's Objectives
	by 2025 the targets proposed by UNAIDS, known as 95-95-95
eneficiari	es
General pub	slic
erritorial l	mpact of the Intervention
Porto	
ink	

#### 3.1 Indicator

		202	23		2024	1		2025				
Half-ye	early [										Total 20	
Yearly		4	ļ		8			8			20	
3.2 O	ther ir	npac	tful ol	ojecti	ves							
• Incre	ease socia	l integra	ation and	l partici <sub>l</sub>	oation							
4.	Part	ners										
Desigr	nation											
5.	Sche	eduli	ing									
	Sche	eduli F	ing M	A	М	J	J	A	S	0	N	
<b>5.</b> 2023				A	М	J	J	A	S	0	N	
				A	M	J	J	A	S	0	N	
2023				A	M	J	J	A	S	0	N	
2023 2024		F	M					A	S	0	N	

Back to the table

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

# Porto sem Diabetes

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
Rec	duce the incidence of disease	1 - Outdoor Spaces and Buildings
oril	ll health.	2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
'	rease older people's knowledge	5 - Respect and Social Inclusion
and	understanding of diabetes its prevention and early detection.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	erisation of the Entity
Name	Câmara Municipal do Porto	
Legal Natur		
Telepl conta		
Email addre	dmpsqui@cm-porto pt	

# 3. Project / Activity

Name	Porto sem Diabetes
Context	
year in the Mactivities, the	Municipality between the 14th and 30th of that month, through a series of concerted e overall aim of which is to contribute to a better knowledge and understanding of among citizens, as well as its prevention and early detection.
Project/Ac	tivity's Objectives
and Porto Contribut	wareness and knowledge of diabetes mellitus (DM) among the general public City Council staff te to the prevention and early detection of type 2 DM a Diabetes strategic council
Beneficiari	es
General pub	blic
Territorial I	mpact of the Intervention
Porto	
Link	
https://coes	aosocial.cm-porto.pt/saude/porto-sem-diabetes

#### 3.1 Indicator

	on Num	ber of activiti	es carried	out involving	participa	ants age	a oo an	d over		
Target		2023	2	2024		2025				
Half-year	ly								Total 9	
Yearly		3		3		3			,	
3.2 Oth	ner imp	actful ob	jective	s						
Increase	e social inte	egration and	participati	on						
4. P	artne	ers								
Designat	tion									
5. S	ched	uling								
	J I	F M	Α	M J	J	Α	S	0	N	
2023										
2023										L
2024	Stima	ated in		nent va	lue					
2024 2025 <b>6. E</b>		ated in		nent va	lue					

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

l. In	tervention Area		
P1	- People		
P2	- Person-Centered Services		
P3	- Places		
P4	- Products		
P5	- Policies		
Object	tive	WH	IO Domains
Reduce	the incidence of disease		1 - Outdoor Spaces and Buildings
or ill hea	llth.		2 - Transportation
			3 - Housing
Measu	ıre		4 - Social Participation
Train pro	ofessionals in emotional literacy		5 - Respect and Social Inclusion
through using co	a set of preventive measures ognitive training strategies, an itinerary about the brain and		6 - Civic Participation and Employment
	ns associated with ageing.		7 - Communication and information
			8 - Community and Health Care
2. ld	entification and characte	erisati	ion of the Entity
Name	Câmara Municipal do Porto - Departamento Municipal da Promoção da	Saúde e Q	ualidade de Vida e Juventude
₋egal Nature	Public Entity		
Telephone contact	220100220		
Email address	dmpsqvj@cm-porto.pt		
_ink	www.cm-porto.pt		

## **Project / Activity**

Name

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

#### Context

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

#### Project/Activity's Objectives

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

#### Beneficiaries

Professionals who work closely with vulnerable groups

#### Territorial Impact of the Intervention

	•		
Porto			
Link			

ion and Co	er of Emotiona ognitive Declin	l Literacy ne Prevention Wo	kshops held				
2	2023	2024	:	2025			
rly						Total	
	3	5		5			
her impa	ctful obje	ctives					
e social integ	gration and pa	rticipation					
Partner	rs						
tion							
Schedu	ıling						
		A M J	J	Α	s o	N	0
Estima	ted inve	estment v	alue				
	her impa e social inter  Partner tion	her impactful objete social integration and partners tion  Scheduling	and the special integration and participation  Partners  tion  Scheduling	as a state of the	and the second integration and participation  Partners  Tion  Scheduling	and the second integration and participation  Partners  tion  Scheduling	Total  13  3 5 5  her impactful objectives e social integration and participation  Partners  tion  Scheduling

# Pro\_ldos@

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WH	IO Domains
Redu	uce the incidence of disease		1 - Outdoor Spaces and Buildings
or ill l	health.		2 - Transportation
			3 - Housing
Mea	sure		4 - Social Participation
Prom	ote the provision of individual mental		5 - Respect and Social Inclusion
	h services and group activities ed to the arts and physical activity.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
<b>2.</b> Name	Identification and characte		
Legal	PSSI		
Nature			
Telepho contact	1995303036		
Email addres	fiosedesafios@fiosedesafios.com		
Link	www.fiosedesafios.com		

# 3. Project / Activity

lame Pro_ldos@	
Context	
There is a lack of social resources and an exhausted capacity of support structures for elderly, especially with regard to mental health in primary health care; a high incidence mood disorders, especially depression and medication use; the presence of a diagnost dementia; and the deterioration of the physical condition of the elderly. Pro_ldos@ focon mental and physical health, intervening to prevent depression and suicide and to constigma and social exclusion.	ce of sis of suses
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	3
Beneficiaries	
Elderly People	
erritorial Impact of the Intervention	
Campanhã	
ink	

_	Number of	elderly peop	le involved	l					
Target	2023		2024		20	25			
Half-yearly							H	Total 50	
Yearly	10		40		(	)			
3.2 Other in	mpactf	ul object	ives						
Increase social	l integratio	n and partic	ipation						
4. Part	ners								
Designation	• Junta	de Fregu	esia de	Camp	anhã				
	• Futeb	ol Clube	do Porto	o - Pisc	inas de	Campar	nhã		
		a Artística		res do:	s Reis				
		ersidade d dade de Bela							
	• Escol	a Artística	e Profis	sional	Árvore				
5. Sch	edulin	ıg							
<b>5. Sch</b>	edulin	M A	М	J	J	A S	0	N	D
		_	М	J	J	A S	0	N	D
J		_	M	J	J	A S	<ul><li></li></ul>	N	D
J 2023		_	M	J	J	A S		N	D
2023 2024 2025	F	_					0	N .	

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		
Obj	ective	WH	IO Domains
	duce the incidence of disease		1 - Outdoor Spaces and Buildings
oril	l health.		2 - Transportation
			3 - Housing
Mea	asure		4 - Social Participation
Imp	lement a project to reduce		5 - Respect and Social Inclusion
	number of new cases of dementia itizens with Mild Cognitive Impairment		6 - Civic Participation and Employment
(IVIC	21).		7 - Communication and information
			8 - Community and Health Care
2.	Identification and charact	erisati	ion of the Entity
Name	Agrupamento de Centros de Saúde (ACeS)	) Grande Po	orto V - Porto Ocidental
Legal Natur			
Telep conta	1226167515		
Email addre	aces portoocidental@arsporte min-saude r	ot	

Link

https://acesportoocidental.org/pt/

# Project / Activity

Name

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

#### Context

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

#### Project/Activity's Objectives

- Meet with partners to involve them in the implementation of the project, namely to collaborate in the identification and referral of users diagnosed with MCI and to optimise the necessary technical, material, human and financial resources.
- Create the project link/platform
- Train the operational team about the project, neuropsychological tests and the various activities that make up the project.
- · Implementation of the MIND intervention, which consists of five components:
- cognitive domain
- physical activity
- promotion of the mediterranean diet through cooking session  $% \left\{ 1,2,\ldots ,n\right\}$
- user training to adapt to cognitive decline
- early diagnosis and timely treatment of hearing impairment  $% \left( 1\right) =\left( 1\right) \left( 1\right)$

#### Beneficiaries

(under constrution)

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

#### Territorial Impact of the Intervention

Porto			
Link			
LINK			

	% of citizens	annually refe	erred with M	CI integrate	d into the	MIND pı	roject		
Target	2023		2024		2025				
Half-yearly [							-	Total N/A	
Yearly	0		50%		80%				
3.2 Other i	impactfu	l objecti	ves						
Promote regular      Part  Designation	tners  • Univer	sidade do		iências da	Educação				
		a Munici	pal do Por Qualidade				rto		
5. Sch	• Câmar	ra Munici o da Saúde e	Qualidade	de Vida, Ju	ventude e	Despor	rto .		
<b>5. Sch</b> ∪	· Câmar - Pelouro	ra Munici o da Saúde e	Qualidade		ventude e	Despor	rto	N	D
J	· Câmar - Pelouro	ra Munici <sub>l</sub> o da Saúde e	Qualidade	de Vida, Ju	ventude e	Despor		N .	D
	· Câmar - Pelouro	ra Munici <sub>l</sub> o da Saúde e	Qualidade	de Vida, Ju	ventude e	Despor		N	D
J 2023	· Câmar - Pelouro	ra Munici <sub>l</sub> o da Saúde e	Qualidade	de Vida, Ju	ventude e	Despor		N .	D

#### 7. Additional notes

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

# Aproxima

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WHO	Domains
care	ngthening the provision of home and assistance to dependent r people.	and	Outdoor Spaces d Buildings Transportation
		3 -	Housing
Enco for el and l	burage the provision of home care derly people with high dependency ow economic resources at times not red by the formal network.	5-6 and 6-0 and 7- and 8-0	Respect I Social Inclusion Civic Participation I Employment Communication I information Community I Health Care
<b>2.</b> Name Legal Nature	Identification and charact  Liga Portuguesa de Profilaxia Social  Private Social Solidarity Institution	erisation	of the Entity
Teleph contac	one 223324445		
Email Iddres	intervencao@Lpps.pt		
_ink	https://lpps.pt/		

lame	Aproxima
Context	
birth rate. effective girther munical average, willonger, but Since 2001 close to the capacity for not only to is a reality environme and to reas services. The running for running for the munical average services and to reas services. The running for the munical average services are services.	as an ageing population due to the increase in average life expectancy and the low This trend, together with a negative natural balance, has contributed to a negative rowth of the Portuguese population. cipality of Porto has the highest ageing index (220,94) compared to the national ith the parishes of the Centro Histórico do Porto standing out. So people are living that doesn't always mean a better quality of life or better health. The Portuguese Social Prophylaxis League (LPPS) has been carrying out activities a elderly population, which has allowed it to deepen its knowledge and improve its ir intervention. This has challenged us to think about strategies that can contribute improving the quality of life, but also to reducing the isolation and loneliness, which for many seniors. It is also possible to contribute to their continuity in their home to by providing assistance and care at critical times, such as evenings and weekends, ch as many people as possible on low incomes who do not have access to private the Aproxima project, approved by the Fundo ao Associativismo Portuense, has been almost two years. It currently has its own funding, which has not allowed it to reach a mber of seniors/dependents.
roject/A	ctivity's Objectives
developmon psycholog collaborati dignity of the and mainte responding Sunday, an	n objectives of this proposal are to ensure the well-being and individual ent of the people receiving care, in a climate of emotional, physical and ical security, through personalised and individualised care, while seeking close ion, whenever possible, with the family or existing network. It prioritises the the person and guarantees the care/assistance that is essential for their wellbeing enance in their context, at times of the day when the formal care network is not g. It operates almost 365 days a year, except for Christmas, New Year and Easter id provides assistance with meals, medication management, personal hygiene art, among other things.
eneficia	ies
Elderly peo	pple / dependants
erritorial	Impact of the Intervention
União de F	reguesias do Centro Histórico do Porto
ink	

Half-yearly  12  18  25  3.2 Other impactful objectives  Increase social integration and participation Reduce the incidence of illness or deterioration in health status  4. Partners  Designation Câmara Municipal do Porto Departamento Municipal de Coesão Social Health services  5. Scheduling J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value	Description	Number o	of people	e covere	ed							
Yearly  12  18  25  3.2 Other impactful objectives  Increase social integration and participation Reduce the incidence of illness or deterioration in health status  4. Partners  Designation Câmara Municipal do Porto Departamento Municipal de Coesão Social Health services  5. Scheduling J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value	Target	202	23		2024	ŀ		2025			<b>.</b>	
<ul> <li>J. F. M. A. M. J. J. A. S. O. N. I. M. J. J. A. S. O. N. I. 2023</li> <li>2024</li> <li>6. Estimated investment value</li> <li>98 120,00 €</li> </ul>	Half-yearly [											
<ul> <li>Increase social integration and participation</li> <li>Reduce the incidence of illness or deterioration in health status</li> <li>4. Partners</li> <li>Designation         <ul> <li>Câmara Municipal do Porto</li></ul></li></ul>	Yearly	12	2		18			25				
<ul> <li>Reduce the incidence of illness or deterioration in health status</li> <li>4. Partners</li> <li>Designation  <ul> <li>Câmara Municipal do Porto</li></ul></li></ul>	3.2 Other i	impact	tful ob	ojecti	ves							
<ul> <li>4. Partners</li> <li>Designation <ul> <li>Câmara Municipal do Porto</li></ul></li></ul>	Increase soci	ial integra	tion and	particip	oation							
Designation  • Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Health services   5. Scheduling  J F M A M J J A S O N E 2023  2024  2025  6. Estimated investment value	Reduce the in	ncidence	of illness	or dete	erioration	n in heal	th status	5				
Designation  • Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Health services   5. Scheduling  J F M A M J J A S O N E 2023  2024  2025  6. Estimated investment value												
Designation  • Câmara Municipal do Porto - Departamento Municipal de Coesão Social • Health services   5. Scheduling  J F M A M J J A S O N E 2023  2024  2025  6. Estimated investment value												
- Departamento Municipal de Coesão Social  • Health services  5. Scheduling  J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value	4. Part	tners										
- Departamento Municipal de Coesão Social  • Health services  5. Scheduling  J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value	Designation	. Câ	N	1	ما مام	Dauta						
5. Scheduling  J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value  98 120,00 €	2 00.ga	Oui					ão Soci	al				
J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value  98 120,00 €		• Hea	lth ser	vices								
J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value  98 120,00 €												
J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value  98 120,00 €												
J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value  98 120,00 €												
J F M A M J J A S O N E  2023  2024  2025  6. Estimated investment value  98 120,00 €												
2024 2025  6. Estimated investment value  98 120,00 €												
2023 2024 2025  6. Estimated investment value  98 120,00 €	5. Sch	eduli	ıng									
2024 2025  6. Estimated investment value  98 120,00 €				Α	М	J	J	А	S	0	N	Г
2025  6. Estimated investment value  98 120,00 €				Α	M	J	J	Α	S	0	N	[
2025  6. Estimated investment value  98 120,00 €	J			Α	M	J	J	Α	S	0	N	
6. Estimated investment value 98 120,00 €	J			Α	М	J	J	Α	S	0	N	
6. Estimated investment value 98 120,00 €	J 2023			A	M	J	J	A	S	0	N	
	J 2023			A	M	J	J	A	S	0	N	
	2023 2024			A	M	J	J	A	S	0	N	
7. Additional notes	2023 2024 2025	F	M					A	S	0	N	
7. Additional notes	2023 2024 2025	F	M					A				
	2023 2024 2025 <b>6. Esti</b>	F IIII	M ed in	west				A				
	2023 2024 2025 <b>6. Esti</b>	F IIII	M ed in	west				A				
	2023 2024 2025 <b>6. Esti</b>	F IIII	M ed in	west				A				
	2023 2024 2025 <b>6. Esti</b>	F IIII	M ed in	west				A				

Back to the table

https://lpps.pt/aproxima/

# Terceira (C) Idade = Felicidade

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	jective	WHO Domains
Stre	engthening the provision of home	1 - Outdoor Spaces and Buildings
	e and assistance to dependent er people.	2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
	vide a multidisciplinary team to	5 - Respect and Social Inclusion
pro phy	vide health care (nursing, psychology, rsiotherapy and occupational therapy)	6 - Civic Participation and Employment
	l social vulnerability.	7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name	Identification and charact	
_egal	l	
Vatur		
Telep conta	968702491 act	
Emai addre	sara moura@medicosdomundo nt	
ink	https://www.medicosdomundo.pt/	

# 3. Project / Activity

lame	Terceira (C)Idade=Felicidade
Context	

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

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

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

#### Project/Activity's Objectives

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

#### Beneficiaries

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

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

#### Territorial Impact of the Intervention

Porto			
Link			

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

Description	Number of elderly	people monitored					
Target	2023	2024	2025				
Half-yearly [						Total	
Yearly	120	0	0			120	
3.2 Other i	mpactful ob	jectives					
Increase soci	al integration and p	participation					
		or deterioration in he	alth status				
	icidence of filliess	01 4010110141101111110					
	iciderice of illiness						
	icidence of limess						
	icidence of filliess						
	iners						
4. Part							
	ners	consortium/form	al partner of t	his pro	oject)		
4. Part	• Espaço t (c	consortium/form			oject)		
4. Part	• Espaço t (c	consortium/form			oject)		
4. Part	• Espaço t (c	consortium/form			oject)		
4. Part	• Espaço t (c	consortium/form			oject)		
4. Part	• Espaço t (c	consortium/form			oject)		
4. Part	• Espaço t (c	consortium/form			oject)		
<b>4.</b> Part Designation	• Espaço t (c • Partners fro and comm	consortium/form			oject)		
4. Part Designation	• Espaço t (c • Partners fro and comm	consortium/form om the health, so unity sectors.	ocial, econom	ic			
<b>4.</b> Part Designation	• Espaço t (c • Partners fro and comm	consortium/form om the health, so unity sectors.		ic	oject)	N	
4. Part Designation	• Espaço t (c • Partners fro and comm	consortium/form om the health, so unity sectors.	ocial, econom	ic		N	
4. Part Designation	• Espaço t (c • Partners fro and comm	consortium/form om the health, so unity sectors.	ocial, econom	ic		N	
4. Part Designation	• Espaço t (c • Partners fro and comm	consortium/form om the health, so unity sectors.	ocial, econom	ic		N I	

#### 6. Estimated investment value

1/17	.000€
140.	JUUU-E

#### 7. Additional notes

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

# Táxi +65

			Context
P1 - P2 - P3 - P4 -	People Person-Centered Services Places Products Policies		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.
Measur  Provide a	and improve access 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	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.
2. Ide Name Legal Nature Telephone contact Email address	STCP Serviços - Transportes Urbanos, Consu  Local business sector  225071100  geral@stcpservicos.pt	-	Beneficiaries  Population over 65, living in Porto  Territorial Impact of the Intervention  Porto
Link	https://www.stcpservicos.pt/		Link

3. Project / Activity

Táxi +65

Name

## 3.1 Indicator

Description	Number o	of trips ma	ade to a	and from	health (	centres					
Target	202	23		2024			2025				
Half-yearly										Total 84500	
Yearly	165	00		18000	)		0			1000	
3.2 Other	impact	tful ob	jectiv	ves							
Increase so     Reduce the					in heal	h status	5				
4. Pa	rtners										
Designatio	- Cu.	mara Mı			Porto						
	• Asso	ociaçõe	es de	Táxis							
5. Sc	heduli	ng									
J	F	М	Α	M	J	J	Α	S	0	N	
2023											
2024											
0005											
2025											L
6. Es	timated investment value					270 000,00 €					
		al na	tas								
7 Ad	dition										
7. Ad	dition	ai iio									
7. Ad	dition	ai iio									
7. Ad	dition	ai iio									

# Eu estou informado/a!

			Context
1.	Intervention Area		Less quali
	P1 - People		and a barr
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WHO Domains	
lmp	prove access to information.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	
Prov	vide a space to improve access	5 - Respect and Social Inclusion	Project/ <i>l</i>
	nformation about local services older people.	6 - Civic Participation and Employment	Provide multidisc of trust ar
		7 - Communication and information	J. C. C. G. C.
		8 - Community and Health Care	
2.	Identification and charac	eterisation of the Entity	'
Name			
	·	into Monicipal de Coesão Social	Beneficia
Legal Natur	Dublic Entity		People ov
Telep conta	1 2258992611		Territoria
Email	dmcs@cm-porto.pt		Porto
addre	ess		Link
Link	www.cm-porto.pt		

# 3. Project / Activity

Name	Eu estou informado/a!
Context	
in a single inf	d older people tend not to find a range of useful information ormation centre. This reality is an additional factor of social exclusion to meeting their daily needs.
Provide the	ivity's Objectives e city with a place dedicated to the needs of this specific population, with nary professionals able to communicate empathetically, building relationships proximity.
Beneficiarie	es
People over 5	55 who want information about issues/programmes for the senior population
Territorial Ir	npact of the Intervention
Porto	
Link	

			iiiioiiiia		ervice o	entre				
202	23		2024			2025				
0			1			0			<u> </u>	
impaci	tful obj	jectiv	/es							
J.a		ou. crosp	u							
tners										
n										
neduli	ing									
			B 4	100	100	Λ.			4.4	
F	М	Α	М	J	J	А	S	0	N	
	M	Α	[V]	J	J	А	S	0	N	
	M	A	M	J	J	A	S		N	
	M	A	М	J	J	A	S		N	
	M	A	M	J			S			
F							S			
							S			
F							S			
	impact cial integral	0 impactful objectal integration and portners	o impactful objective cial integration and participe rtners	0 1 rimpactful objectives cial integration and participation rtners	o 1  impactful objectives cial integration and participation  rtners	o 1  impactful objectives cial integration and participation  rtners	0 1 0 rimpactful objectives cial integration and participation	o 1 0 rimpactful objectives cial integration and participation	o 1 0  rimpactful objectives cial integration and participation	Total  1  0  1  0  impactful objectives  cial integration and participation  There

# Gabinete de Atendimento ao Idoso

. I	ntervention Area	
F	P1 - People	
F	22 - Person-Centered Services	
F	23 - Places	
F	P4 - Products	
F	95 - Policies	
) bje	ctive	WHO Domains
Impro	ve access to information.	1 - Outdoor Spaces and Buildings
		2 - Transportation
		3 - Housing
1eas	ure	4 - Social Participation
Provid	e an individualised service for older	5 - Respect and Social Inclusion
	e to clarify their rights and refer o services of interest to them.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community

### 3. Project / Activity

	Gabinete de Atendimento ao Idoso
Context	
is to provide and protect goods, cloth services can home, tailor (a voluntee appointment	te de Atendimento ao Idoso has been in existence since 2010 and its main function e advice to internal and external services, assistance in obtaining income protection ion against dependency, advice on family support, access to support in the form of hing and home textiles, among other services. In addition, all users of the in-house in take advantage of the psychological service (cognitive stimulation sessions at red to the user and informal counselling for carers), the "Acompanha-me" project in initiative that accompanies less autonomous users without family support to its and services) and the "Chamadas de Carinho" project (a volunteer initiative that dly telephone calls to in-house users with the aim of combating loneliness).
Project/Ac	tivity's Objectives
The Gabinand over) or problems, a various area.	nete de Apoio ao Idoso is a space specifically dedicated to the elderly (aged 65 repeople with chronic illnesses, where they can find support in solving various as well as information on a range of rights and benefits that can help them in as (services, equipment, health, social security), as well as guidance on the vices of the Porto Delegation of the Portuguese Red Cross.
The Gabin and over) on problems, a various area internal serv	nete de Apoio ao Idoso is a space specifically dedicated to the elderly (aged 65 r people with chronic illnesses, where they can find support in solving various as well as information on a range of rights and benefits that can help them in as (services, equipment, health, social security), as well as guidance on the vices of the Porto Delegation of the Portuguese Red Cross.
The Gabin and over) on problems, a various area internal services.  Beneficiaria	nete de Apoio ao Idoso is a space specifically dedicated to the elderly (aged 65 r people with chronic illnesses, where they can find support in solving various as well as information on a range of rights and benefits that can help them in as (services, equipment, health, social security), as well as guidance on the vices of the Porto Delegation of the Portuguese Red Cross.
The Gabinand over) on problems, a various area internal serious.  Beneficiaria.  Seniors and	nete de Apoio ao Idoso is a space specifically dedicated to the elderly (aged 65 r people with chronic illnesses, where they can find support in solving various as well as information on a range of rights and benefits that can help them in as (services, equipment, health, social security), as well as guidance on the vices of the Porto Delegation of the Portuguese Red Cross.

### 3.1 Indicator

					ions an					
Target	202	3	2024		2	2025				
Half-yearly	120	120	120	120	120	12	20		Total 720	
Yearly										
3.2 Other	impact	ful obj	ectives							
Increase soc	cial integrati	ion and p	participation							
4. Par	tners									
Designation										
Designation	'									
Designation										
Designation										
Designation										
	nedulii	ng								
		ng M	A M	J	J	A	S	0	N	
5. Scł	nedulii		A M	J	J	A	S	0	N	
<b>5. Sch</b>	nedulii		A M	J	J	A	S	0	N	
<b>5. Sch</b> J 2023	nedulii		A M	J	J	A	S	0	N	
<b>5. Sch</b> J 2023	nedulii		A M	J	J	A	S	0	N	
5. Sch 2023 2024 2025	nedulii F	M	A M			A	S	0	N	

# Viver em Casa

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

# 3. Project / Activity

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

D	Δ.		r							
Description	Average	monthly ho	ours of pe	rsonal assist	ance					
Target	202	23	2	024		2025				
				, —					Total	
Half-yearly									6250	
Yearly	175	50	2	2000		2500				
						2000				
3.2 Other	impact	tful obj	ective	S						
Increase so	cial integra	ation and p	participation	on						
Reduce the					lth status	5				
4. Pai	tners									
Designatio	ו									
5. Scl	neduli	ing								
	neduli		Δ	M I		^	C		N	
<b>5. Scl</b>	neduli	ing M	A N	M J	J	A	S	0	N	
J			A N	M J	J	A	S	0	N	
J			A N	M J	J	Α	S	0	N	
J 2023			A M	M J	J	A	S	0	N	
J 2023			A N	M J	J	A	S	0	N	
J 2023 2024			A 1	M J	J	A	S	0	N	
2023 2024 2025	F	M				A	S	0	N	
2023 2024 2025	F	M		M J		A		0		
2023 2024 2025 <b>6.</b> Est	F	M ed inv	estm			A				
2023 2024 2025 <b>6.</b> Est	F	M ed inv	estm			A				
2023 2024 2025 <b>6.</b> Est	F	M ed inv	estm			A				
2023 2024 2025 <b>6.</b> Est	F	M ed inv	estm			A				
2023 2024 2025 <b>6.</b> Est	F	M ed inv	estm			A				
2023 2024 2025 <b>6.</b> Est	F	M ed inv	estm			A				
2023 2024 2025 <b>6.</b> Est	F	M ed inv	estm			A				

# Individual project sheets P3

# Aconchego

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
Pro	mote intergenerational environments.		1 - Outdoor Spaces and Buildings
			2 - Transportation
			3 - Housing
Mar	asure		4 - Social Participation
	moting intergenerational housing.		5 - Respect and Social Inclusion
1101	noting intergenerational neconing.		6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2.	Identification and characte	risati	on of the Entity
Name	Câmara Municipal do Porto - Departamento I	Municipal	de Coesão Social
Legal Natur			
Telep conta			
Email addre			
Link	www.cm-porto.pt		

# 3. Project / Activity

Name	Aconchego
Context	
launched the the large nun accommodal live in a situal a perspective resources, pr homes of sen From two see housing your the municipal	uncil of Porto, in partnership with the Academic Federation of Porto - FAP Social, "Programa Aconchego" in 2004 to respond to two seemingly disparate problems: niber of young people who move every year to attend higher education and need dion in the Municipality of Porto, and the high percentage of residents over 60 who tion of loneliness and/or social isolation. The Aconchego programme is based on a of intergenerational coexistence and the enhancement of synergies and social omoting the accommodation of university students for one academic year in the ior citizens living in Porto.  Temingly insurmountable difficulties, a single solution was found to the problem of ag university students and the loneliness and/or isolation of senior citizens living in lity. In short, the elderly repay the company with accommodation and the young dents repay the accommodation with company and support.
Project/Act	ivity's Objectives
municipality	of Porto by integrating higher education students, who do not live in the of Porto, into their residences.
Beneficiarie	es
Citizens over Higher educa	60 Ition students aged between 18 and 35
Territorial In	npact of the Intervention
Porto	
Link	

	ption N	lumber (	of access	sion pro	cesses							
Target		202	23		2024	4		2025				
Half-ye	early [										Total 36	
Yearly		12	2		12			12				
3.2 C	Other in	mpac	tful ok	ojecti	ives							
• Emp	ease socia ower olde ete an alte	er peopl	e and bu	ild com	munitie						nd suppo	ort
4.	Part	ners										
Design	nation	• Fed	leração	o Aca	démic	a do Po	orto					
5.	Sche	eduli	ing									
5.	<b>Sche</b>	eduli F	ing M	A	М	J	J	A	S	0	N	
<b>5.</b> 2023				A	М	J	J	A	S	0	N	
2023				Α	М	J	J	Α	S	0	N	
2023				A	М	J	J	A	S	0	N	
2023 2024				A	M	J	J	A	S	0	N	
		F	M					A	S	0	N	
2023 2024 2025	J	F	M ed in	vest	l Imer			A	S	0	N	
2023 2024 2025 <b>6.</b>	Estin	F	M ed in	vest	l Imer			A	S	0	N	
2023 2024 2025 <b>6.</b>	Estin	F	M ed in	vest	l Imer			A	S	0	N	
2023 2024 2025 <b>6.</b>	Estin	F	M ed in	vest	l Imer			A	S	0	N III	

Back to the table

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

# Residências Partilhadas Seniores

		Context
1. Intervention Area		The Residência
P1 - People		needs. At the s
P2 - Person-Centered Servi	ces	social isolation
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
Provide alternative and innovativ housing solutions.	1 - Outdoor Spaces and Buildings	
	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Ensure decent shared living space	5 - Respect and Social Inclusion	Project/Activ
adapted to the needs of the elder population in situations of social, economic and housing deprivation	6 - Civic Participation	Encourage a     Promote the     Combat soci
economic and neconing deprivation	7 - Communication and information	Combatace
	8 - Community and Health Care	
2. Identification and	characterisation of the Entity	'
	e Habitação e Manutenção do Município do Porto, E.M.	Beneficiaries
Legal Municipal Company Nature		Isolated older p and few econor
Telephone 228300000		Territorial Imp
Email geral@domussocial.pt		Município do Po
address		Link
_ink www.domussocial.pt		

# 3. Project / Activity

lame	Residências Partilhadas Seniores
Context	
population m needs. At the	cias Partilhadas Seniores programme is designed to help the municipality's senior sanage their activities, guaranteeing them a decent living space adapted to their esame time, the initiative proves to be a successful integrated multidisciplinary the well-being and quality of life of the senior population, also by combating in.
roject/Act	ivity's Objectives
<ul> <li>Promote th</li> </ul>	active ageing; e autonomy of the elderly; cial isolation.
eneficiarie	es .
	people living in privately rented accommodation with poor living conditions omic resources.
erritorial In	npact of the Intervention
Município do	Porto
ink	

Target 2023 2024 2025  Half-yearly	Half-yearly 8 9 10  3.2 Other impactful objectives  Increase social integration and participation Empower older people and build communities to foster relationships of mutual help and support Create an alternative to institutionalisation and family dependency for older people  4. Partners  Designation Juntas de Freguesia Private Social Solidarity Institutions  5. Scheduling J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value		ion Nu	ımber c	of active	shared	residenc	es						
Yearly  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  Juntas de Freguesia Private Social Solidarity Institutions  5. Scheduling  J F M A M J J A S O N  2023  6. Estimated investment value	Yearly  8  9  10  3.2 Other impactful objectives  Increase social integration and participation Empower older people and build communities to foster relationships of mutual help and support Create an alternative to institutionalisation and family dependency for older people  4. Partners  Designation  Juntas de Freguesia Private Social Solidarity Institutions  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  175 000,00 €	Target		202	23		2024			2025				
<ul> <li>Increase social integration and participation</li> <li>Empower older people and build communities to foster relationships of mutual help and support</li> <li>Create an alternative to institutionalisation and family dependency for older people</li> <li>4. Partners</li> <li>Designation</li> <li>Juntas de Freguesia</li> <li>Private Social Solidarity Institutions</li> <li>5. Scheduling</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> <li>175 000,00 €</li> </ul>	<ul> <li>Increase social integration and participation</li> <li>Empower older people and build communities to foster relationships of mutual help and support</li> <li>Create an alternative to institutionalisation and family dependency for older people</li> <li>4. Partners</li> <li>Designation</li> <li>Juntas de Freguesia</li> <li>Private Social Solidarity Institutions</li> <li>5. Scheduling</li> <li>J F M A M J J A S O N</li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> <li>175 000,00 €</li> </ul>	Half-year	rly _											
<ul> <li>Increase social integration and participation</li> <li>Empower older people and build communities to foster relationships of mutual help and support</li> <li>Create an alternative to institutionalisation and family dependency for older people</li> <li>Partners</li> <li>Designation         <ul> <li>Juntas de Freguesia</li> <li>Private Social Solidarity Institutions</li> </ul> </li> <li>5. Scheduling         <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> </ul> <li>6. Estimated investment value</li>	<ul> <li>Increase social integration and participation</li> <li>Empower older people and build communities to foster relationships of mutual help and support</li> <li>Create an alternative to institutionalisation and family dependency for older people</li> <li>Partners</li> <li>Designation         <ul> <li>Juntas de Freguesia</li> <li>Private Social Solidarity Institutions</li> </ul> </li> <li>5. Scheduling         <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> </ul> <li>6. Estimated investment value</li>	Yearly		8			9			10				
<ul> <li>Empower older people and build communities to foster relationships of mutual help and supports. Create an alternative to institutionalisation and family dependency for older people.</li> <li>4. Partners</li> <li>Designation  <ul> <li>Juntas de Freguesia</li> <li>Private Social Solidarity Institutions</li> </ul> </li> <li>5. Scheduling  <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> <li>2025</li> <li>2025</li> <li>2026</li> <li>2026</li> <li>2030</li> <li>2000,00 €</li> </ul> <li>6. Estimated investment value</li>	<ul> <li>Empower older people and build communities to foster relationships of mutual help and support</li> <li>Create an alternative to institutionalisation and family dependency for older people</li> <li>4. Partners</li> <li>Designation  <ul> <li>Juntas de Freguesia</li> <li>Private Social Solidarity Institutions</li> </ul> </li> <li>5. Scheduling  <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> <li>2025</li> <li>Estimated investment value</li> </ul> <li>175 000,00 €</li>	3.2 Oth	ner im	pact	ful ob	jecti	ves							
Designation  • Juntas de Freguesia • Private Social Solidarity Institutions  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	Designation  • Juntas de Freguesia • Private Social Solidarity Institutions  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value	• Empow	er older	people	and bu	ild com	munities						d suppo	rt
Private Social Solidarity Institutions  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  175 000,00 €	• Private Social Solidarity Institutions  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  175 000,00 €													
5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  175 000,00 €	5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  175 000,00 €	Designa												
2023 2024 2025 2025 6. Estimated investment value  175 000,00 €	2023 2024 2025 2025 6. Estimated investment value  175 000,00 €	5. S	iche	duli	ng									
2024	2024		J	F	M	Α	М	J	J	Α	S	0	N	ı
2025	2025	2023												
6. Estimated investment value 175 000,00 €	6. Estimated investment value 175 000,00 €													
		2024												
7. Additional notes	7. Additional notes				d in	vest	men	t val	ue		175	000,00	€	
		2025	Stin	nate	ea iii									
		2025 <b>6.</b> E				otes								
		2025 <b>6.</b> E				otes								

# Guia de prevenção do risco de acidente e de quedas

l.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Эbj	ective	WHO Domains	
	luce the risk of accidents and falls	1 - Outdoor Spaces and Buildings	
amo	ong the elderly population.	2 - Transportation	
		3 - Housing	
Mea	asure	4 - Social Participation	
	vide information that enables action	5 - Respect and Social Inclusion	
	e taken on intrinsic and extrinsic risk ors for accidents and falls.	6 - Civic Participation and Employment	
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	terisation of the Entity	ı
Name	Câmara Municipal do Porto - Departament	to Municipal de Coesão Social	
egal Natur			
Telepl conta	hone 225899260		
Email addre	dmcc@cm-porto pt		
ink	www.cm-porto.pt		

# 3. Project / Activity

Name	Guia de prevenção do risco de acidente e de quedas
Context	
cause of acci least once a y Studies confi helped to re- namely those use of medica public places	the fifth leading cause of death in older people, and falls are the most common idents in this population. Approximately 30% of people aged 65 and older fall at lear, and about 10 to 15% of these falls result in serious injury.  Irm that assessing risk factors and implementing fall prevention strategies have duce traumatic injuries. There are factors that predispose older people to falls, a related to physiological changes of the ageing process, specific diseases or the lations, and those related to the environment in which older people interact: home, a public transport. Examples of environmental risks include slippery floors, uneven poor lighting, as well as inappropriate clothing and footwear.
Project/Act	ivity's Objectives
Reduce the	e risk of accidents and falls in the elderly population.
Beneficiarie	es
Residents in t	he municipality of Porto, aged 65 or over
Ferritorial In	npact of the Intervention
Porto	
اماد	

### 3.1 Indicator

Doscript	ion Guide'	's publication	1						
Target	2	2023	2024	1	2025				
Half-year	rly							Total N/A	
Yearly					1				
3.2 Otl	her impa	ctful obj	ectives						
		gration and p	participation or deterioratio	n in health sta	tus				
4. F	Partner	rs							
Designa	tion								
5. S	Schedu	ıling							
	J F	М	A M	J J	Α	S	0	N	[
2023									
2024									
2025		ted inv	ovestmer	■ □		10 0	00,00€		
		ted inv		■ □		1000	00,00 €	;	
2025 <b>6. E</b>				■ □		10 00	00,00 €		
2025 <b>6. E</b>				■ □		1000	00,00 €	;	
2025 <b>6. E</b>				■ □	,	1000	00,00 €		

# Guia do Inquilino Sénior

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

# 3. Project / Activity

N.I.	Coin de la soiline Cánine
Name	Guia do Inquilino Sénior
Context	
of Porto, provide Inquiline I order to enjo handed over maintenance celebrates it given not on housing. Taki main groups produce a su This persona where at leas	II, the company in charge of managing the public housing stock of the Municipality vides all new tenants with a manual of good practices for using a house: the "Guia Municipal". Essentially, it contains suggestions and indications of good practice in ya good quality of life and, at the same time, to preserve the housing that has been to the household. This manual covers issues such as hygiene, health, equipment of the nousehold. This manual covers issues such as hygiene, health, equipment of the nousehold. This manual covers issues such as hygiene, health, equipment of the nousehold. This manual covers issues such as hygiene, health, equipment of the nousehold. This manual covers issues such as hygiene, health, equipment of the nousehold. This manual specifically to a local industrial manual specifically for the elderly, and recognising that the elderly are one of the represented in social housing (a number that tends to increase), Domus Social will be manual specifically for the elderly, the "Guia do Inquilino Sénior".  Ilised content will be delivered, together with the Guia Geral, only to households to one person over 65 lives. An explanation/presentation of the content will be given to person at the time of delivery.
Project/Act	ivity's Objectives
social housir • Encourage	ky behaviour and therefore the likelihood of accidents, such as falls, among ag tenants aged over 65.  The adoption of good daily practices in the home that contribute to the wellfety of the elderly, as well as the maintenance of the home.
Beneficiarie	es
Elderly peop	le over 65, living in social housing
Territorial Ir	npact of the Intervention
Porto	
Link	

### 3.1 Indicator

Descri	ption P	ublicatio	on of the "	Guia d	lo Inquili	no Séni	or"					
Target		202	23		2024			2025				
Half-ye	early [										Total	
Yearly		0			1			0				
3.2 C	ther ir	npact	ful obj	ectiv	ves							
	ase socia					rical and	d payaba	ological v	u Inorah	.: :+.,		
• Ideni	tify cases	or social	Tragility a	na gre	ater pny	sicai and	a psycho	ological	/Uinerac	outy.		
<u> </u>	Parti											
<b>4.</b>		ners										
Design	nation											
5.	Sche	duli	ng									
	J	F	М	Α	М	J	J	Α	S	0	N	
2023												
2024												
2025												
	Estir	mate	ed inv	est	men	t val	ue		2 00	0,00€		
6.				toc								
<ul><li>6.</li><li>7.</li></ul>	Addi	ition	al no	162								
	Addi	ition	al no	res								
	Addi	ition	al no	ies								
	Addi	ition	al no	les								
	Addi	ition	al no									

# Requalificação do espaço público dos bairros municipais

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
	mote accessibility and mobility	1 - Outdoor Spaces and Buildings
urba	ditions that allow the proper use of an and public spaces by people of all s, especially the elderly.	2 - Transportation
		3 - Housing
Mea	asure	4 - Social Participation
Upg	rade public spaces in urban	5 - Respect and Social Inclusion
neig	hbourhoods.	6 - Civic Participation and Employment
		7 - Communication and information
		8 - Community and Health Care
<b>2.</b> Name	Identification and charact  DOMUS Social – Empresa de Habitação e N	-
Legal Nature	Municipal Company	
Teleph contac	1.228300000	
Email addres	geral@domussocial.pt	
Link	www.domussocial.pt	

# 3. Project / Activity

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

Description	Number of so	cial housing	g project	s under	way					
Target	2023		2024			2025				
Half-yearly [									Total 9	
Yearly	0		3			6			j	
3.2 Other i	mpactful	objecti	ves							
Increase social	al integration	and particin	oation							
Reduce the ri				erly pop	oulation					
4. Part	ners									
Designation										
5 Sch	edulina									
	eduling									
<b>5. Sch</b>		) M A	M	J	J	A	S	0	N	-
J			М	J	J	A	S	0	N	
J			М	J	J	A	S	0	N	
J 2023			M	J	J	A	S	0	N	
J 2023			M	J	J	A	S	0	N	
J 2023 2024			M	J	J	A	S	0	N	
J 2023 2024 2025	F N	A A				A				
J 2023 2024 2025		A A				A		34 476,		
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	invest	<b>I</b>			A				
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F N	invest	<b>I</b>			A				
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	invest	<b>I</b>			A				
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	invest	<b>I</b>			A				
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	invest	<b>I</b>			A				
2023 2024 <b>2</b> 025 <b>6. Esti</b>	F M	invest	<b>I</b>			A				

Back to the table

Link

# Acessibilidades - Equipamentos Desportivos

1. Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
Objective	WHO Domains
Promote accessibility and mobility	1 - Outdoor Spaces and Buildings
conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.	2 - Transportation
	3 - Housing
M	4 - Social Participation
Measure  Upgrade sporting equipment to make them accessible.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care
	acterisation of the Entity
	Lad*is
Legal Nature  Municipal Company	
Telephone contact 226199860	
Email geral@agoraporto.pt	
Link https://www.agoraporto.pt	

# 3. Project / Activity

Name	Acessibilidades - Equipamentos Desportivos
Context	
95/2019 of 1 down the rule construction In this contex of the curren sports fields, After analysin Choupos, no requirements legislation wa Therefore, in	Decree No. 163/2006 of 8th of August, as amended by Legislative Decree No. 8th of July, establishes the legal framework for accessibility to buildings, laying es and technical standards for accessibility to be complied with in the design and of public spaces, public facilities, public buildings and homes.  It, the management of Ágora - Cultura e Desporto E.M. carried out an assessment at accessibility situation in the municipal swimming pool buildings, pavilions and which culminated in the preparation of eighteen individual reports.  In the reports, it was found that, with the exception of the Polidesportivo dosone of the infrastructures managed by Ágora met the minimum accessibility, and the to the fact that most of these buildings were built before the current as published.  Order to comply with this legislation, it was decided to intervene in each of these order to remedy the shortcomings identified.
Project/Act	ivity's Objectives
<ul><li>Adaptation</li><li>Replaceme</li><li>Creation o</li><li>Installation</li><li>Designation</li></ul>	n of access ramps, handrails and adapted handles; n of toilet facilities for people with reduced mobility; ent/adaptation of service counters to promote accessibility for wheelchair users; if places in the stands for wheelchair users; n of anti-slip strips on stairs; on of parking spaces for people with reduced mobility; of lifting platforms.
Beneficiarie	es
Citizens and	users of sports facilities.
Territorial Ir	mpact of the Intervention
Porto	
Link	

### 3.1 Indicator

			ons to be carried o					
Target	20	23	2024	203	25			
Half-yearly	у						otal	
							18	
Yearly	Ę	5	8	5				
3.2 Oth	er impac	tful objec	ctives					
		ation and part						
Reduce to	he risk of acc	idents and fa	Ills in the elderly p	opulation				
4. Pa	artners	<b>;</b>						
Designati	on							
		•						
	chedul							
	J F	M A	A M J	J /	A S	0	N	
2023								Г
_								
_							_	_
2024 [								
2024 [ 2025 [		ad inve	stment v	alue	150	.000.00€		
2024 [ 2025 [ <b>6. E</b> s			estment v	alue	150	.000,00 €		
		ed inve		alue	150	.000,00 €	<u> </u>	
2024 [ 2025 [ <b>6. E</b> s				alue	150	.000,00 €	2	
2024 [ 2025 [ <b>6. E</b> s				alue	150	.000,00 €	<u> </u>	
2024 [ 2025 [ <b>6. E</b> s				alue	150	.000,00 €	<u> </u>	
2024 [ 2025 [ <b>6. E</b> s				alue	150	.000,00 €		

# Rua Direita

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WHO Domains	
	mote accessibility and mobility	1 - Outdoor Spaces and Buildings	
urba	ditions that allow the proper use of an and public spaces by people of all s, especially the elderly.	2 - Transportation	
		3 - Housing	
Mea	asure	4 - Social Participation	
Reha	abilitate degraded streets, promoting	5 - Respect and Social Inclusion	
diffe	erent modes of transport and oving architectural barriers.	6 - Civic Participation and Employment	
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact		7
ivame	Câmara Municipal do Porto - Direção Muni	icipal de Desenvolvimento Orbano	_
Legal Nature	Public Entity		
Teleph contac			]
Email addre	ss		
Link	www.cm-porto.pt		

# 3. Project / Activity

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

Allf-yearly 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	200. iptioi	Number of	projects imp	lemented						
Allf-yearly 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7										
J F M A M J J A S O N  O23  O24  O25	Target	2023	3	2024		2025				
Gearly  7  7  7  7  7  7  7  7  7  7  7  7  7	Half washir				1		_, I		Total	
Increase social integration and participation Reduce the risk of accidents and falls in the elderly population  Partners  Designation  J F M A M J J A S O N  023	пан-уеагіу								21	
Increase social integration and participation Reduce the risk of accidents and falls in the elderly population  B. Partners  Designation  J. F. M. A. M. J. J. A. S. O. N.  1023  1024  1025	Yearly	7		7		7				
Increase social integration and participation Reduce the risk of accidents and falls in the elderly population  B. Partners  Designation  J. F. M. A. M. J. J. A. S. O. N.  1023  1024  1025	7.0.04			•						
Partners  Designation  J F M A M J J A S O N  023  024  025	3.2 Otner	ımpactı	rui object	ives						
Designation  Designation  J F M A M J J A S O N  Designation  J F M A M J J A S O N  Designation  J F M A M J J A S O N  Designation  Designation					1.11					
Designation  Desig	Reduce the	risk of accid	lents and talls	in the elderly po	opulation					
Designation  Desig										
Designation  Desig	4 5									
5. Scheduling  J F M A M J J A S O N  023  024  025	4. Pa	rtners								
J F M A M J J A S O N 023 024 025	Designatio	n T								
J F M A M J J A S O N 023 024 025										
J F M A M J J A S O N 023 024 025										
J F M A M J J A S O N 023 024 025										
J F M A M J J A S O N 023 024 025										
J F M A M J J A S O N 023 024 025										
J F M A M J J A S O N 023 024 025										
J F M A M J J A S O N 023 024 025										
023	5 Sal	adulir	•							
024	5. Scl	nedulir	ng							
024				M J	J	A	S	0	N	
025	J			M J	J	A	S	0	N	
	J			M J	J	A	S	0	N	
	J 2023			M J	J	A	S	0	N	
Fetimated investment value	J 2023			M J	J	A	S	0	N	
Fetimated investment value	J 2023 2024			M J	J	A	S	0	N	
b. Estimated investment value 30 000 000€	2023 2024 2025	F	M A			A	S	0	N	
	2023 2024 2025	F	M A			A				
7. Additional notes	2023 2024 2025 <b>6.</b> Est	F	M A	tment va		A				
	2023 2024 2025 <b>6.</b> Est	F	M A	tment va		A				
	2023 2024 2025 <b>6.</b> Est	F	M A	tment va		A				
	2023 2024 2025 <b>6.</b> Est	F	M A	tment va		A				
	2023 2024 2025 <b>6.</b> Est	F	M A	tment va		A				
	2023 2024 2025 <b>6.</b> Est	F	M A	tment va		A				

# Rede 20

		Context		
<ul> <li>Intervention Area</li> <li>P1 - People</li> <li>P2 - Person-Centered Services</li> <li>P3 - Places</li> <li>P4 - Products</li> <li>P5 - Policies</li> </ul>		The public space in ques with a strong impact on the coexistence of n environment, by using repriority to pedestrians an speed of 20 Km/h ("Rede		
Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.	WHO Domains  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing			
Measure  Implementing a network of routes with a maximum speed limit of 20 kilometres per hour, with priority for pedestrians and soft modes, in a concept of shared public space.  2. Identification and characters	4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Project/Activity's C  • Elimination of tradit pavements by definin		
Name GO Porto - Gestão e Obras do Porto, E.M.		Beneficiaries		
Nature Municipal Company		General public		
Telephone contact		Territorial Impact of t		
Email geral@goporto.pt		Porto		
Link		Link		

# 3. Project / Activity

Name	Rede 20
Context	
with a strong for the coes environment priority to p	space in question must be improved in terms of enjoyment, use and environment, g impact on the quality of life of the population, by creating favourable conditions existence of multiple users, by transforming the road environment into an urban t, by using road safety instruments, by using traffic calming solutions, by giving edestrians and soft modes of transport, by establishing a maximum car circulation Km/h ("Rede 20" municipal project).
Project/Ac	tivity's Objectives
	on of traditional markings and unevenness between the carriageway and by defining a wide, level surface, shared by different users.
Beneficiari	es
General pub	olic
Territorial I	mpact of the Intervention
Porto	
Link	

### 3.1 Indicator

	ption R										
Target	:	202	23	202	:4		2025				
Half-ye	early [									Total 760	
Yearly		0		760	0		0				
3.2 C	Other in	npact	tful obje	ectives							
				articipation falls in the el	lderly pop	ulation					
Neuc	oce the na	K OI BCCI	dents and	ians in the er	чену рор	olation					
4.	Part	norc									
<b>T.</b> Desigi		liei 3									
Desigi	ilation										
5.	Sche	eduli	ng								
	J	F	М	A M	J	J	Α	S	0	N	
2023											
2024											
0005							_				
2025											
	Esti	mate	d inv	estme	nt val	Ue		450	000,00		
<ul><li>2025</li><li>6.</li><li>7.</li></ul>			ed inv		nt val	Ue		450	000,00	€	

# Atravessamento de vias e envolventes

			Context
1.	Intervention Area		The public space in question needs to be the quality of life of the population, parti
	P1 - People		calming measures.
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WHO Domains	
	mote accessibility and mobility ditions that allow the proper use of	1 - Outdoor Spaces and Buildings	
urb	an and public spaces by people of all s, especially the elderly.	2 - Transportation	
		3 - Housing	
Mea	asure	4 - Social Participation	
	rove pedestrian accessibility	5 - Respect and Social Inclusion	Project/Activity's Objectives
	pavements and pedestrian crossings arious streets in the city.	6 - Civic Participation and Employment	Improve pedestrian accessibility, bo in particular by widening, levelling and pedestrian crossings, or raised pedest
		7 - Communication and information	, , , , , , , , , , , , , , , , , , , ,
		8 - Community and Health Care	
2.	Identification and charact	erisation of the Entity	1
Name	GO Porto - Gestão e Obras do Porto, E.M.		Beneficiaries
Legal Natur	Municipal Company		General public
Telep conta	19983393111		Territorial Impact of the Interven
Email	deral@donorto.nt		Porto
addre	SS C C C C C C C C C C C C C C C C C C		Link
Link			

# 3. Project / Activity

The public space in question needs to be improved in terms of its use, with a strong impact or the quality of life of the population, particularly in terms of accessibility and mobility, with traffic calming measures.  Project/Activity's Objectives  Improve pedestrian accessibility, both on pavements and when crossing the road, in particular by widening, levelling and lowering pavements, laying tactile paving for pedestrian crossings, or raised pedestrian crossings on various streets in the city.  Beneficiaries  General public  Ferritorial Impact of the Intervention  Porto	Context  The public space in question needs to be improved in terms of its use, with a strong impact of the quality of life of the population, particularly in terms of accessibility and mobility, with trafficalming 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 factile paving for pedestrian crossings, or raised pedestrian crossings on various streets in the city.  Deneficiaries  General public  Territorial Impact of the Intervention	Name	Atravessamento de vias e envolventes
The public space in question needs to be improved in terms of its use, with a strong impact or 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.  Seneficiaries  General public  Ferritorial Impact of the Intervention  Porto	The public space in question needs to be improved in terms of its use, with a strong impact of the quality of life of the population, particularly in terms of accessibility and mobility, with trafficalming 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.  Dene ficiaries  General public  Ferritorial Impact of the Intervention  Porto	varne	Attavessamento de vias e envolventes
the quality of life of the population, particularly in terms of accessibility and mobility, with traffic calming measures.  Project/Activity's Objectives  Improve pedestrian accessibility, both on pavements and when crossing the road, in particular by widening, levelling and lowering pavements, laying tactile paving for pedestrian crossings, or raised pedestrian crossings on various streets in the city.  Beneficiaries  General public  Ferritorial Impact of the Intervention  Porto	the quality of life of the population, particularly in terms of accessibility and mobility, with trafficalming measures.  Project/Activity's Objectives  Improve pedestrian accessibility, both on pavements and when crossing the road, in particular by widening, leveling and lowering pavements, laying tactile paving for pedestrian crossings, or raised pedestrian crossings on various streets in the city.  Deneficiaries  General public  Ferritorial Impact of the Intervention  Porto	Context	
Improve pedestrian accessibility, both on pavements and when crossing the road, in particular by widening, levelling and lowering pavements, laying tactile paving for pedestrian crossings, or raised pedestrian crossings on various streets in the city.  Beneficiaries  General public  Territorial Impact of the Intervention  Porto	• 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.  Deneficiaries  General public  Ferritorial Impact of the Intervention  Porto	the quality o	f life of the population, particularly in terms of accessibility and mobility, with traffic
Beneficiaries  General public  Territorial Impact of the Intervention  Porto	pedestrian crossings, or raised pedestrian crossings on various streets in the city.  Deneficiaries  General public  Territorial Impact of the Intervention  Porto	Improve p	pedestrian accessibility, both on pavements and when crossing the road,
General public  Ferritorial Impact of the Intervention  Porto	General public Ferritorial Impact of the Intervention Porto		
Ferritorial Impact of the Intervention Porto	erritorial Impact of the Intervention	3eneficiari	es
Porto	Porto	General pub	lic
		Territorial I	mpact of the Intervention
	ink	Porto	
	ınk		

### 3.1 Indicator

Target Half-yearly Yearly 3.2 Other	202		2	2024			2025	_		Total	
Yearly	33									Total	
	33							_		37	
3.2 Other				2			2				
	impact	ful obje	ective	es.							
Increase soc     Poduce the relationships					rly pop	ulation					
Reduce the r	TSK Of accid	dents and 1	ralis in th	ie elde	rly popi	Jiation					
	_										
	tners										
Designation											
5. Sch	eduli	20									
J. JCII	F		A	М	.i	J	А	S	0	N	ı
	'	141	А	141	O	O	A	3		IN	
2023											
2024											
2025											
6. Est	imate	d inv	estm	nent	t val	ue		1 12	L 000,0	0€	
7. Add	dition										

# Projeto Integrado de Sinalização e Informação

Pr	ojeto integrado de Sina	ilzação e informação	Name	Projeto Integrado de Sinalização e Informação
			Context	
1.	Intervention Area			goal of standardising the equipment and content of signage, as well as reducing
	P1 - People		_	iting the occupation of public space, the Municipality of Porto has developed a udy aimed at implementing an integrated system of directional and informative the city.
	P2 - Person-Centered Services		signage in	the city.
	P3 - Places			
	P4 - Products			
	P5 - Policies			
Obj	ective	WHO Domains		
con	mote accessibility and mobility ditions that allow the proper use of an and public spaces by people of all s, especially the elderly.	1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing		
Mea	asure	4 - Social Participation		
and	lement a system of directional informative signage to promote estrianisation and pedestrian comfort.  Identification and characte	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Aware the navigating amount of	nat the more we know about a place, the more confident and safe we feel in jit, and in the case of Porto, due to its peculiar layout, which tends to create an uncertainty and doubt in the face of unfamiliar pedestrian routes, the PISI aims to destrians to travel comfortably, safely and quickly on foot.
Name				
	Camara Monicipal do Forto - Departamento	reformelpar do Espaço i obileo	Beneficia	ries
Legal Natur	Public Entity		Public space	ce users
Telepl conta	1220100220		Territorial	Impact of the Intervention
Email			Porto	
addre	ss		Link	
Link	www.cm-porto.pt			

3. Project / Activity

Projeto Integrado de Sinalização e Informação

### 3.1 Indicator

	TTOTTIBET	or devices	s to be i	installed as	ssociate	ed with	pedestr	ian sign	alling		
Target	202	23		2024			2025				
Half-yearly										Total	
Yearly	0			830			0			830	
3.2 Other		ful ob	iectiv								
Increase so     Reduce the					ly popu	ulation					
4. Par	tners										
Designation											
5. Sch		na									
	rliibar										
o. ocr	neduli F		Α	М	J	J	Α	S	0	N	
J		M	Α	M	J	J	Α	S	0	N	ı
J			Α	М	J	J	A	S	0	N	
J 2023			A	M	J	J	A	S	0	N	
J 2023 2024			A	M	J	J	A	S	0	N .	
2023 2024 2025	F	M					A				
2023 2024 2025		M					A		0 000,0		
2023 2024 2025	F	M ed inv					A				
2023 2024 2025	F	M ed inv					A				
2023 2024 2025	F	M ed inv					A				
2023 2024 2025	F	M ed inv					A				

# Porto Pedonal - Pop

. Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
Objective	WHO Domains
Promote accessibility and mobility	1 - Outdoor Spaces and Buildings
conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.	2 - Transportation
	3 - Housing
Measure	4 - Social Participation
Increasing the number of resting places	5 - Respect and Social Inclusion
by installing benches along pedestrian routes to ensure comfortable walking.	6 - Civic Participation and Employment
	7 - Communication and information
	8 - Community and Health Care
L. Identification and charact	
egal Public Entity lature	
elephone 220100220	
mail ddress	
ink www.cm-porto.pt	

# 3. Project / Activity

Name Porto Pedonal - Pop
Context
Drawing up a map showing the network of continuous pedestrian routes and sitting areas in the area, with the objective of establishing criteria for decision-making and types of intervention in the public space, in particular for the installation of benches throughout the city.
Project/Activity's Objectives
The promotion of pedestrian routes requires the creation of conditions that encourage walking. For longer journeys, the existence of rest stops on pedestrian routes, especially for older age groups, is one of the basic conditions for ensuring the comfort of these journeys.
Beneficiaries
Public space users
Territorial Impact of the Intervention
Porto
Link

2023	es to be installed				
	2024	20	)25		
				Total	
60	120	1	20		
npactful ob	jectives				
k of accidents and	d falls in the elderly	population			
ners					
adulina					
F M	A M	J J	A S	O N	
	vestment	value	100	000,00€	
mated inv					
mated inv itional no	4				
	mpactful object of a control of the	mpactful objectives al integration and participation sk of accidents and falls in the elderly lar physical activity  ners  eduling	mpactful objectives al integration and participation sk of accidents and falls in the elderly population lar physical activity  ners	mpactful objectives  al integration and participation sk of accidents and falls in the elderly population lar physical activity  ners  eduling	mpactful objectives  al integration and participation sk of accidents and falls in the elderly population lar physical activity  ners  eduling

# Informação ao público no Terminal Intermodal de Campanhã

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	ective	WHO Domains
Pro	mote accessibility and mobility	1 - Outdoor Spaces and Buildings
urb	ditions that allow the proper use of an and public spaces by people of all s, especially the elderly.	2 - Transportation
		3 - Housing
Mea	asure	4 - Social Participation
Imp	rove public information	5 - Respect and Social Inclusion
at th to m	ne Campanhã Intermodal Terminal neet the different needs and abilities ne elderly.	6 - Civic Participation and Employment
01 11	ic cideny.	7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	
Vame	STCP Serviços - Transportes Urbanos, Consu	ultoria e Participações, Unipessoal Lda
.egal latur	I ocal business sector	
Telep conta	hone 225071100 ct	
Email addre	geral@stcnservicos.nt	
Link	https://www.stcpservicos.pt/	

# 3. Project / Activity

Name	Informação ao público no Terminal Intermodal de Campanhã
Context	
role in enal infrastructu dynamic si	nce of public transport and adequate means of information play a fundamental bling older people to find their way and establish connections with other people, tres and urban services. Information in a bus station, which includes static and gnage, must be compatible and appropriate to the typical limitations of ageing, a must be in large characters and the main information must be prominent and easy linterpret.
Adaptation	ctivity's Objectives on of the existing static and dynamic information at the Campanhã Intermodal
	make clearer and more visible the available transport options, timetables and the terminal.
Beneficiar	ies
Campanhã	Intermodal Terminal users
Territorial	Impact of the Intervention
Terminal In	termodal de Campanhã
Link	

### 3.1 Indicator

	Jiassilicatii	OII OI Satisia	action Surve	eys (scoi	ed from	0 to 3)				
Target	2023	3	2024	ŀ		2025				
Half-yearly									Total	
Yearly	0		2			0			2	
3.2 Other in	mpactf	ul objec	tives							
4. Part	ners									
Designation										
5. Sche	edulir	ng								
<b>5. Sch</b> e	edulir F		М	J	J	Α	S	0	N	
			М	J	J	Α	S	0	N	
J 2023			. M	J	J	A	S	0	N	
J			M	J	J	A	S	0	N	[
J 2023			M	J	J	A	S		N .	
2023 2024 2025	F	M A	M U			A		100,00		
2023 2024 2025	F matec	M A	stmen			A				

# Percursos Pedonais - Ligações Mecanizadas

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

# 3. Project / Activity

lame	Percursos Pedonais - Ligações Mecanizadas
Context	
of the differe	of pedestrian routes with mechanised connections is a solution to the problem ence in level between the riverside areas and the higher zones of Porto, at three nts: Miragaia, Palácio de Cristal and Virtudes.
Project/Act	tivity's Objectives
these routes quality of life	ple of this municipal investment is to promote pedestrian mobility by providing with a level of comfort and safety, making walking easier and improving the e of those who use them every day, or opening up the prospect of new routes, n and revitalisation.
Beneficiari	es
Local resider	nts and general public
erritorial l	mpact of the Intervention
Miragaia, Pal	lácio de Cristal e Virtudes
ink	

### 3.1 Indicator

Description	Number	of units in op	peration						
Target	202	23	2024		202	5			
Half-yearly								otal	
V 1			0		7			N/A	
Yearly	1		2		3				
3.2 Othe	rımpacı	тиі обје	ctives						
Increase so     Reduce the				erly popula	tion				
4 5									
	rtners								
Designatio	n								
5. Sc	heduli	ng							
C	J F	M	A M	J	J A	S	0	N	
2023									
0004									
2024 _									
2025									
6. Es	timate	d inve	estmen	t valu	<b>A</b>	4.05	50 000,00	ı e	
o. <u>L</u> s	·	, a	)	t valo		720	0 000,00	, 0	
7. Ad	ldition	al not	es						

# Plano de Higienização de Fontes, Fontanários e Bebedouros

L. In	tervention Area		
P1	- People		
P2	- Person-Centered Services		
P3	- Places		
P4	- Products		
P5	- Policies		
Object	tive	WH	IO Domains
	e accessibility and mobility		1 - Outdoor Spaces and Buildings
conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly.			2 - Transportation
<b>.</b>	. ,		3 - Housing
Measu	re		4 - Social Participation
Instal ne	w drinking fountains in the main		5 - Respect and Social Inclusion
routes o	parks and pedestrian and cycle f the city of Porto, encouraging sumption of tap water as a source		6 - Civic Participation and Employment
of hydra	tion - a healthier, cheaper and vironmentally friendly solution.		7 - Communication and information
			8 - Community and Health Care
2. Id	entification and characte	erisati	on of the Entity
Legal Nature	Municipal company (local business sector)		
Telephone contact	225190800		
Email address	geral@aguasdoporto.pt		
Link	https://www.aguasdoporto.pt/		

# 3. Project / Activity

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

Description Number of drinking water points installed in public spaces (AEdP's responsibility)  Target 2023 2024 2025  Half-yearly 7 5 12  3.2 Other impactful objectives  • Promote regular physical activity • Increase social integration and participation • Reduce the incidence of illness or deterioration in health  4. Partners  Designation • Câmara Municipal do Porto • Departamento Municipal do Espaço Público  5. Scheduling  J F M A M J J A S O N  2023  2024	Description in public spaces (AEdP's responsibility)  Target 2023 2024 2025  Half-yearly 7 5 12  3.2 Other impactful objectives  Promote regular physical activity Increase social integration and participation Reduce the incidence of illness or deterioration in health  4. Partners  Designation Câmara Municipal do Porto Departamento Municipal do Espaço Público  5. Scheduling  J F M A M J J A S O N  2023	3.1 Inc	_											
Half-yearly 7 5 12  3.2 Other impactful objectives  Promote regular physical activity Increase social integration and participation Reduce the incidence of illness or deterioration in health  4. Partners  Designation  Câmara Municipal do Porto Departamento Municipal do Espaço Público  5. Scheduling  J F M A M J J A S O N  2023	Half-yearly 7 5 12  3.2 Other impactful objectives  Promote regular physical activity Increase social integration and participation Reduce the incidence of illness or deterioration in health  4. Partners  Designation Câmara Municipal do Porto Departamento Municipal do Espaço Público  5. Scheduling J F M A M J J A S O N  2023  2024  3024  42 000,00 €	Descript												
Yearly  7  5  12  3.2 Other impactful objectives  • Promote regular physical activity • Increase social integration and participation • Reduce the incidence of illness or deterioration in health  4. Partners  Designation • Câmara Municipal do Porto • Departamento Municipal do Espaço Público  5. Scheduling  J F M A M J J A S O N  2023  2024  2025	Yearly  7  5  12  3.2 Other impactful objectives  Promote regular physical activity Increase social integration and participation Reduce the incidence of illness or deterioration in health  4. Partners  Designation  Câmara Municipal do Porto Departamento Municipal do Espaço Público  5. Scheduling  J F M A M J J A S O N  2023  2024  3024  42 000,00 €	Target		202	23		2024			2025				
Promote regular physical activity Increase social integration and participation Reduce the incidence of illness or deterioration in health  4. Partners  Designation  Câmara Municipal do Porto Departamento Municipal do Espaço Público  5. Scheduling  J F M A M J J A S O N  2023	Promote regular physical activity Increase social integration and participation Reduce the incidence of illness or deterioration in health  Partners  Designation Câmara Municipal do Porto Departamento Municipal do Espaço Público   Scheduling JFMAMJJASON  2023  6. Estimated investment value  42 000,00 €	Half-yea	rly [											
Promote regular physical activity Increase social integration and participation Reduce the incidence of illness or deterioration in health  4. Partners  Designation Câmara Municipal do Porto Departamento Municipal do Espaço Público  5. Scheduling J F M A M J J A S O N  2023	<ul> <li>Promote regular physical activity</li> <li>Increase social integration and participation</li> <li>Reduce the incidence of illness or deterioration in health</li> <li>4. Partners</li> <li>Designation</li> <li>Câmara Municipal do Porto</li></ul>	Yearly		7			5			12				
Increase social integration and participation     Reduce the incidence of illness or deterioration in health  4. Partners  Designation     Câmara Municipal do Porto     Departamento Municipal do Espaço Público  5. Scheduling     J F M A M J J A S O N  2023  2024	<ul> <li>Increase social integration and participation</li> <li>Reduce the incidence of illness or deterioration in health</li> <li>4. Partners</li> <li>Designation <ul> <li>Câmara Municipal do Porto</li> <li>Departamento Municipal do Espaço Público</li> </ul> </li> <li>5. Scheduling <ul> <li>J F M A M J J A S O N</li> </ul> </li> <li>2023</li> <li>2024</li> <li>2025</li> <li>2025</li> <li>42 000,00 €</li> </ul> <li>6. Estimated investment value</li>	3.2 Ot	her in	npact	ful ob	jecti	ves							
Designation  • Câmara Municipal do Porto • Departamento Municipal do Espaço Público   5. Scheduling  J F M A M J J A S O N  2023  2024  2025	Designation  • Câmara Municipal do Porto • Departamento Municipal do Espaço Público  5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  42 000,00 €	• Increas	se social	integrat	ion and	particip		ı in healt	h					
5. Scheduling  J F M A M J J A S O N  2023  2024  2025	5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  42 000,00 €	4. F	Parti	ners										
5. Scheduling  J F M A M J J A S O N  2023  2024  2025	5. Scheduling  J F M A M J J A S O N  2023  2024  2025  6. Estimated investment value  42 000,00 €	Designa	ation [						D/LI:					
J F M A M J J A S O N  2023  2024	J F M A M J J A S O N  2023  2024			- Dep	artamen	to Mun	icipal do	Espaço	Público	)				
J F M A M J J A S O N  2023  2024	J F M A M J J A S O N  2023  2024													
J F M A M J J A S O N  2023  2024	J F M A M J J A S O N  2023  2024													
J F M A M J J A S O N  2023  2024	J F M A M J J A S O N  2023  2024													
J F M A M J J A S O N  2023  2024	J F M A M J J A S O N  2023  2024	5. 9	Sche	duli	na									
2024	2024	•			_	Α	М	J	J	Α	S	0	N	С
2025	2025	2023												
	6. Estimated investment value 42 000,00 €	2024												
		2025												
6. Estimated investment value 42 000,00 €	7. Additional notes	6. E	Estir	nate	d in	vest	men	t val	ue		42 00	00,00€	;	
7 Additional notes		7. /	Addi	tion	al no	tes								
/. Auditiolidi liotes														
7. Additional notes	I and the second se													
7. Additional notes														
7. Additional notes														
7. Additional notes														
7. Additional notes														

Back to the table

Link

# 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	
Obj	ective	WHO Domains
Pror	mote accessibility and mobility	1 - Outdoor Spaces and Buildings
urba	ditions that allow the proper use of an and public spaces by people of all s, especially the elderly.	2 - Transportation
		3 - Housing
Mos	asure	4 - Social Participation
Equi the ( mov and	ipping the pedestrian underpass to Campanhã Intermodal Terminal with ring walkways to improve accessibility comfort for elderly people with uced mobility.	5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care
<b>2.</b> Name	Identification and charact	
Legal Nature	Local business sector	
Teleph contac	1225071100	
Email addre	geral@stcnservicos.nt	
Link	https://www.stcpservicos.pt/	

### 3. Project / Activity

Name

Implementação de tapetes rolantes no acesso ao Terminal Intermodal de Campanhã

### Context

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

### Project/Activity's Objectives

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

### Beneficiaries

Campanhã Intermodal Terminal users

### Territorial Impact of the Intervention

Terminal Intermodal de Campanhã

Link

### 3.1 Indicator

Targe	t	202	23		2024			2025				
											Total	
Half-y	early [				L					9	00000	
Yearly		0			0		9	00000				
3.2 (	Other i	mpact	tful ob	jecti	ves							
	ease socia						ulation					
• Kea	uce the ris	K OT acci	idents an	a talis ir	n the ela	епу рор	Ulation					
4.	Part	ners										
Desig	nation	• Câr	mara M	unicip	oal do l	Porto						
5.	Sche	∍duli										
	J	F	М	Α	М	J	J	Α	S	0	N	
2023												
2024												
						_						Γ
2025												
	Esti	mate	ed inv	vest	men	 nt val	ue		909	465,00	€	
2025			ed inv		men	□ it val	ue		909	465,00	€	[

# Zonas Pedonais Temporárias e PlayTime - Parklets Municipais

P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies  WHO Domains 1 - Outdoor Spaces
P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies  WHO Domains 1 - Outdoor Spaces
P3 - Places P4 - Products P5 - Policies  WHO Domains 1 - Outdoor Spaces
P4 - Products P5 - Policies  WHO Domains 1 - Outdoor Spaces
P5 - Policies  WHO Domains  1 - Outdoor Spaces
bjective WHO Domains  1 - Outdoor Spaces
1 - Outdoor Spaces
1 - Outdoor Spaces
ncrease the use of public and Buildings
pedestrian space.  2 - Transportation
3 - Housing
4 - Social Participation
Promote the pedestrianisation of streets 5 - Respect and Social Inclusion
hrough the creation of temporary  pedestrian zones, ensuring that traffic is  6 - Civic Participation and Employment
estricted to pedestrians only.  7 - Communication and information
8 - Community and Health Care

# 3. Project / Activity

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

_		
Description	Number of Tactical Urbanism projects	
Target	2023 2024 202	
Half-yearly [		Total 6
Yearly	2 2	2
3.2 Other i	mpactful objectives	
Increase soci	ial integration and participation	
4 5 .		
	iners	
Designation	Câmara Municipal do Porto     Departamento Municipal da Mobilidade     Departamento Municipal de Espaços Verdes e C     Direção Municipal de Cultura e Património     Polícia Municipal      Ágora Cultura e Desporto do Porto, E.	
5. Sch	eduling	
J	F M A M J J	A S O N I
2023		
2024		
_		
2025	mated investment value	15 000,00 €
	mated investment value	15 000,00 €

# Pedonalização da Rua das Carmelitas

			Contex
1.	Intervention Area		In the p
	P1 - People		0.1,0,1
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Ob	jective	WHO Domains	
	rease the use of public destrian space.	1 - Outdoor Spaces and Buildings	
	·	2 - Transportation	
		3 - Housing	
Ме	asure	4 - Social Participation	
lmp	olement pedestrianisation	5 - Respect and Social Inclusion	Project
of p	public streets.	6 - Civic Participation and Employment	• Pedes
		7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	erisation of the Entity	
Name	GO Porto - Gestão e Obras do Porto, E.M.		
Lega Natu			Benefic General
	hone 228339310		Territor
Emai	goral@gonorto.rt		Rua das
addre	geral@goporto.pt		Link
Link			

# 3. Project / Activity

Name	Pedonalização da Rua das Carmelitas
Context	
In the public	e space in question, there is a need to implement improvements in terms of sage and the environment, with a strong impact on the population's quality of life.
Project/Act	ivity's Objectives
Project/Act	ivity's Objectives
	isation of the street, encouraging pedestrian use and the enjoyment of the rs, both as a place to pass through and to stay, allowing diversification of use.
Beneficiarie	es
General Publi	ic
Territorial In	npact of the Intervention
Rua das Carn	nelitas
Link	

Description	Road stretch in line	ar metres				
Target	2023	2024	2025			
Half-yearly		140			Total	
Yearly					110	
3.2 Other	impactful obj	ectives				
Reduce the     Promote ac		I falls in the elderly popity conditions that allow		of urban ar	nd public spa	ces
4. Par	tners					
Designation	1					
E Cal						
<b>5. Scł</b> Ս	neduling F M	A M J	J A	S (	O N	
	1 141	A 141 0	U A	у ,		
2023				L		
2024						
2025						
6. Est	imated inv	estment va	lue	250 000	),00€	
	ditional no	tes				
7. Ad						
7. Ad						
7. Ad						
7. Ad						

# Fontes Históricas do Porto

			Con
1.	Intervention Area		In a
	P1 - People		culti on t
	P2 - Person-Centered Services		Águ city,
	P3 - Places		
	P4 - Products		_
	P5 - Policies		
Obj	jective	WHO Domains	
	prove public spaces d enhance urban heritage.	1 - Outdoor Spaces and Buildings	
	-	2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	
city	nabilitate the historic fountains of the of Porto, promoting the requalification bublic spaces and their use by the	5 - Respect and Social Inclusion 6 - Civic Participation	Proj • R
	erly population.	and Employment  7 - Communication and information	• Ir • C • C
		8 - Community and Health Care	
2.	Identification and characte	erisation of the Entity	•
Name	Águas e Energia do Porto, E.M.		Ben
Legal Natur	Municipal company (local business sector)		Port
Telep conta	phone 225190800		Terr
Emai addre	deral(a)aguasdonorto nt		Port
Link	https://www.aguasdoporto.pt/		

# 3. Project / Activity

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

### 3.1 Indicator

Descriptio									
Target	20	23	2024		2025				
Half-yearly								Total 3	
Yearly	]	L	1		1				
3.2 Othe	er impac	tful obje	ctives						
Increase s	ocial integra	ation and par	ticipation						
4. Pa	rtners	;							
Designatio	- Cu		icipal do Po						
	- De	partamento	Municipal do E	spaço Públi	со				
	• Dire	eçao Kegı	onal de Cu	ltura do N	orte				
5. Sc	hedul	ing							
,	J F	M /	A M	J J	Α	S	0	N	D
2023									
0004									
2024									
2024		Н							
2025	stimate	ed inve	estment	value		75 00	00,00€		
2025				value		75 00	00,00€		

# Porto Amigo

_						
L.	Intervention Area					
	P1 - People					
	P2 - Person-Centered Services					
	P3 - Places					
	P4 - Products					
	P5 - Policies					
Obj	ective	WHO Domains				
	prove housing conditions	1 - Outdoor Spaces and Buildings				
for	vulnerable elderly people.	2 - Transportation				
		3 - Housing				
Me	asure	4 - Social Participation				
	ry out reconstruction, rehabilitation	5 - Respect and Social Inclusion				
and	health improvement works he homes of people living in poverty	6 - Civic Participation				
	in non-municipal housing.	and Employment				
		7 - Communication and information				
		8 - Community and Health Care				
<b>2.</b> Name	Identification and charact					
Legal Natur						
Telep conta		e 225899260				
Email addre	dmcs@cm-norto nt	dmcs@cm-porto.pt				
Link	www.cm-porto.pt					

3. Project / Activity	
Name Porto Amigo	
Context	
Through this programme, the Municipality of Pourgent housing needs, namely the rehabilitativulnerable families.  The Porto Amigo programme, as well as improving allows them to remain in their social environmentarea where they live, combating feelings of isolations are a whole they have the province of	ion of dilapidated buildings belonging to g the living conditions of its beneficiaries, also t, reinforcing their sense of belonging to the
Project/Activity's Objectives	
Improve the living conditions of people who a deprivation, who live in the municipality of Porto	
Beneficiaries	
Residents of the city of Porto, living in non-munici economic deprivation.	pal housing, who are in a situation of proven
Territorial Impact of the Intervention	
Porto	
Link	

3.1 Indica	tor			
Description	Number of applicat	ions approved, accord	ing to eligibility criteria	
Target	2023	2024	2025	
Half-yearly				Total 36
Yearly	12	12	12	
3.2 Other	impactful obj	ectives		
Reduce the     Create an al	ternative to institutio	or deterioration in healt	ependency for the elder	rly

### Partners

T. Fait	ileis
Designation	Associação Just a Change
	• Fundação Manuel António da Mota
	• Grupo de Ação Social do Porto

# 5. Scheduling



Estimated investment value

135.000€

### 7. Additional notes

Back to the table

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

# Individual project sheets P4

# Estamos Juntos - Serviço de Teleassistência

1. Intervention Area

Pl-	People		
P2 -	Person-Centered Services		
P3 -	Places		
P4 -	Products		
P5 -	Policies		
Object	ive	WH	IO Domains
	feelings of insecurity among		1 - Outdoor Spaces and Buildings
older pe	ople at risk of social isolation.		2 - Transportation
			3 - Housing
Measui	ra		4 - Social Participation
	telecare service.		5 - Respect and Social Inclusion
			6 - Civic Participation and Employment
			7 - Communication and information
			8 - Community and Health Care
2. Ide	entification and characte		
Legal Nature	Public Entity		
Telephone contact	225899260		
Email address	dmcs@cm-porto.pt		
Link	www.cm-porto.pt		

### **Project / Activity**

lame	Estamos Juntos - Serviço de Teleassistência			

### Context

The Estamos Juntos programme aims to reduce the social isolation of the older population caused by increased longevity, the decline or absence of social networks and the lack of social responses. It is considered that reducing social isolation is a key element in promoting

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

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

### Project/Activity's Objectives

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

### Beneficiaries

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

### Territorial Impact of the Intervention

Porto			
Link			

https://coesaosocial.cm-porto.pt/pessoas-idosas/programa-estamos-juntos

### 3.1 Indicator

Description	Number of referrals	received		
Target	2023	2024	2025	
Half-yearly				Total
rian yearry				600
Yearly	300	200	100	

### 3.2 Other impactful objectives

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

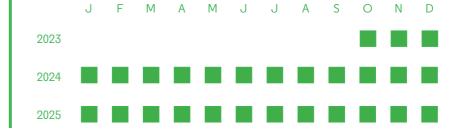
### **Partners**

- Designation 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



### Estimated investment value

508 168,00 €

### **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.

# **Chave de Afetos**

			Context
1.	Intervention Area		Considering that this is a transversal need, the SCMP proposes t a differentiating and/or complementary activity to the Programs
	P1 - People		Estamos Juntos, in order to reach a wider audience and contribute of people at risk.
	P2 - Person-Centered Services		3,750,753,753
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obje	ective	WHO Domains	
	uce feelings of insecurity among r people at risk of social isolation.	1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing	
Mea	sure	4 - Social Participation	
	ide a telecare service.	5 - Respect and Social Inclusion	Project/Activity's Objectives
		6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Reduce the number of people at risk by:     a) Working with community partners to signpost cases and incr     b) A telecare service to check and monitor the situation, respon     talk to people, with equipment appropriate to the situation (fixe     c) Promoting volunteer work.
2.	Identification and characte	erisation of the Entity	
Name	Santa Casa da Misericórdia do Porto		Beneficiaries
Legal Nature	PSSI		Porto's citizens
Telepho contac			Territorial Impact of the Intervention
Email	geral@scmp.pt		Concelho do Porto
addres	5		Link
Link	https://www.scmp.pt/		https://www.scmp.pt/pt-pt/acao-social/programa-chave-de-afetos 9

### Project / Activity

5. Project / Activity	
Name Chave de Afetos	
Context	
Considering that this is a transversal need, the S a differentiating and/or complementary activity Estamos Juntos, in order to reach a wider audienc of people at risk.	to the Programa Municipal do Porto -
Project/Activity's Objectives	
Reduce the number of people at risk by:     Working with community partners to signpot b) A telecare service to check and monitor the talk to people, with equipment appropriate to c) Promoting volunteer work.	situation, respond to emergencies and
Beneficiaries	
Porto's citizens	
Ferritorial Impact of the Intervention	
Concelho do Porto	
ink	

### 3.1 Indicator

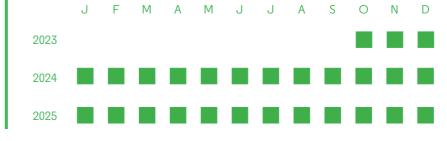
Description	Number of new acti	ve services		
Target	2023	2024	2025	
Half-yearly				Total 42
Yearly	14	14	14	
3.2 Other	impactful obj	ectives		

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

### **Partners**

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

# 5. Scheduling



**Estimated investment value** 

23 520,00€

### 7. Additional notes



# Projeto de Acompanhamento à Pessoa Idosa (PAPI)

			Context
	Intervention Area P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies		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.
	ective	WHO Domains  1 - Outdoor Spaces and Buildings	
olde	er people at risk of social isolation.	2 - Transportation 3 - Housing	
Mea	asure	4 - Social Participation  5 - Respect	
Prov	ride a telecare service.	and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Project/Activity's Objectives  Reduce social isolation and combating loneliness
2.	Identification and charact	erisation of the Entity	
Name 	União das Freguesias de Lordelo do Ouro e	Massarelos	Beneficiaries
Legal Nature	Local Autarchy		People over 65
Telepl contac	1961557471		Territorial Impact of the Intervention
Email			Freguesia de Lordelo do Ouro e Massarelos
addre	SS		Link
Link	https://www.uf-lordeloouromassarelos.pt/		

3. Project / Activity

Name

Projeto de Acompanhamento à Pessoa Idosa (PAPI)

Description	Number	of active	equipm	nents							
Target	202	23		2024			2025				
Half-yearly								$\neg$		Total	
riali yeariy										240	
Yearly	80	)		80			80				
3.2 Other	impac	tful ob	jecti	ves							
Increase so					l	ul-					
Reduce the     Create an a							ency for t	the elde	rly		
4. Par	tners										
Designation	,										
Designation	'										
5 Scl	neduli	ina									
	neduli									N.	
<b>5. Scl</b>	neduli	ing M	A	M	J	J	A	S	0	N	
			A	М	J	J	A	S	0	N	
J 2023			A	М	J	J	A	S	0	N	
J			A	M	J	J	A	S	0	N	
J 2023 2024			A	M	J	J	A	S	0	N	
J 2023 2024 2025	F	M					A	S	0	N	
J 2023 2024 2025		M					A	S	0	N	
J 2023 2024 2025	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S	0	N	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S	0	N III	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S		N	
2023 2024 2025 <b>6.</b> Est	F	M ed in	vest				A	S		N I	

# Táxi + | Plataforma de transporte a pedido

			Context
P1 P2 P3 P4	tervention Area  - People  - Person-Centered Services  - Places  - Products  - Policies		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.
meets th	a new mobility solution that ne needs of citizens in areas with access/remote areas.	WHO Domains  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing	
the conr transpor by bus, r	a mobility solution to ensure nection of areas without public to points with public transport metro and/or train.	4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Project/Activity's Objectives  • 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).
Name Legal	STCP Serviços - Transportes Urbanos, Cons	ultoria e Participações, Unipessoal Lda	Beneficiaries  Population living in areas with low accessibility
Nature Telephone contact Email address	Local business sector  225071100  geral@stcpservicos.pt		Territorial Impact of the Intervention  Porto  Link
Link	https://www.stcpservicos.pt/		

3. Project / Activity

Name

Táxi + | Plataforma de transporte a pedido

Description										
	Number	of trips mad	de							
Target	202	23	20	)24	2	2025				
Half-yearly									Total 02 000	
Yearly	0		50	000	5	2 000				
3.2 Other	impac	tful obje	ectives							
Increase soc     Promote acc     by people of	essibility a	and mobilit especially th	ty conditio	ns that allo	w the pro	per use	of urba	n and pu	blic spa	ces
	tners									
Designation	- Cui	mara Mu ociações								
5. Sch	eduli	ing								
J	F	М	A M	1 J	J	Α	S	0	N	I
2023										
_										
2024								i	i	
2024										
2024	imate	ed inv	estme	ent va	lue		550	000,00	€	
		ed inve		ent va	lue		550	000,00	€	
2024 2025 <b>6. Est</b>				ent va	lue		550	000,00	€	
2024 2025 <b>6. Est</b>				ent va	lue	-	550	000,00	€	
2024 2025 <b>6. Est</b>				ent va	lue	•	550	000,00	€	

# Laboratório de Inovação Social do Porto

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

### 3. Project / Activity

Name Laboratório de Inovação Social do Porto
Context
The Laboratório de Inovação Social aims to promote collaborative experimentation with new solutions to social problems in the city of Porto. Starting from a policy of failing fast and well, it proposes to develop a model of structured experimentation - based on processes and methodologies of impact, and on promoting the spill-over of the knowledge generated. It is intended to mobilise and involve all sectors of society in a systemic approach to the city's social problems, which will generate more efficient, effective and sustainable responses and create a virtuous circle of collective learning.  There will be two editions of this experimental model until 2025. Each will support new experimental solutions in the field of ageing.
Project/Activity's Objectives
<ul> <li>Promote the generation and experimentation of new solutions to the city's social problems;</li> <li>Promote conditions in which new solutions to the city's social problems are focused on addressing their root causes;</li> <li>Help local public and private agents to integrate impact in their decision-making;</li> <li>Involve agents from different sectors of society in a joint, cross-sectoral approach to social problems in the city of Porto.</li> </ul>
Beneficiaries
General public
Territorial Impact of the Intervention
Porto

### 3.1 Indicator

	Number of	f pilot pro	jects supporte	ed in the	field of t	he elde	rly			
Target	2023	3	2024		:	2025				
Half-yearly									Total	
Yearly	7		6			0			10	
3.2 Other	impactí	ful obj	ectives							
Increase soc     Create an alt				family d	epende	ncy for t	he eldei	rly		
						,		,		
4. Par	tners									
			_							
Designation	• Capac	city Buildi	ing Partners							
5. Sch	edulii	ng								
<b>5. Sch</b>	edulii	ng M	A M	J	J	A	S	0	N	D
J		_	A M	J	J	A	S	0	N	D
J		_	A M	J	J	A	S	0	N	D
J 2023		_	A M	J	J	A	S	0	N	D
J 2023 2024		_	A M	J	J	A	S	0	N .	D
2023 2024 2025	F	M				A				D
2023 2024 2025	F	M	A M			A		763,90		D
2023 2024 2025 <b>6. Est</b>	F	d inv	estmen			A				D
2023 2024 2025  6. Esti	imate	d inv	estmen	ut val	Ue		239	763,90	€	D
2023 2024 2025 6. Esti 7. Add	imate	d inv	estmentes  uguese Governough the func	nment's	<b>Ue</b>	ry and R	239	763,90	€ PRR),	
2023 2024 2025 6. Esti 7. Add	imate	d inv	estmentes  uguese Governough the func	nment's	<b>Ue</b>	ry and R	239	763,90	€ PRR),	

Back to the table

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

Link

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

Intervention Area	
P1 - People	
P2 - Person-Centered Services	
P3 - Places	
P4 - Products	
P5 - Policies	
bjective	WHO Domains
mplementing new solutions for safety of bublic spaces, especially for the mobility	1 - Outdoor Spaces and Buildings
of the most vulnerable population groups.	2 - Transportation
	3 - Housing
leasure	4 - Social Participation
Producing hydrant covers, fire signs	5 - Respect and Social Inclusion
nd mobile valve covers using bioplastic naterial on 3D printers.	6 - Civic Participation and Employment
	7 - Communication and information
	8 - Community and Health Care
Identification and charact	erisation of the Entity
me Águas e Energia do Porto, E.M.	
gal Municipal company (local business sector)	
ephone occasion	
225190800 ntact	
1225190800	

# 3. Project / Activity

	Wat(t)er FabLab - Impressão 3D nas Operações
Context	
are made o own natural these anom e Energia d falls and pe	ctures and equipment in the public water supply network on the public highway of ferrous materials and are therefore subject to frequent vandalism and their corrosion and deterioration. In this regard, the aim of this project is to remedy values through the manufacture and installation of 3D bioplastic parts by Águas o Porto, E.M., thus solving the problems on the public highway and preventing edestrian accidents, which are more frequent among the most vulnerable the population.
roject/Ac	tivity's Objectives
<ul><li>Repair and</li><li>Contribut</li></ul>	nent of the water supply network's equipment in the public space; omalies and potholes on the public highway; se to improving the safety of public spaces, particularly the mobility of the most groups, preventing falls and pedestrian accidents.
Beneficiari	es

### 3.1 Indicator

	n Number o	or arronnan	ies lixeu							
Target	202	23	2024	1	2	2025				
Half-yearly	150	130	150	100	150		00		Total 780	
Yearly										
3.2 Othe	er impact	ful obj	jectives							
	ocial integral		participation I falls in the old	ler popul	ation					
4. Pa	rtners									
Designation										
Dosignatio										
5. Sc	heduli	ng								
	heduli	ng M	A M	J	J	A	S	0	N	
			A M	J	J	A	S	0	N	[
2023			A M	J	J	A	S	0	N	[
2023			A M	J	J	A	S	0	N	
2023			A M	J	J	A	S	0	N	
2023 2024 2025	J F	M	A M			A		O ■ 0,00 €	N	
2023 2024 2025 <b>6.</b> Es	J F	M ed inv	estmer			A			N	

# Passaporte do Vizinho Positivo

		Context
<ul> <li>Intervention Area</li> <li>P1 - People</li> <li>P2 - Person-Centered Services</li> <li>P3 - Places</li> <li>P4 - Products</li> <li>P5 - Policies</li> </ul>		Creation of a platform for the identification of elderly the sharing of resources aimed at "neighbours"/vo needs (companionship, shopping, doctor visits, beain a situation of social isolation.  Interested "neighbours"/volunteers who register or passport that will give them free access to a range the actions carried out.
Implementing digital solutions to build cohesive communities and foster mutual aid relationships.  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.	WHO Domains  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing  4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care	Project/Activity's Objectives  • The proposed action aims to respond to the soci promoting regular social contact between the eldinformal support networks that enable involvemen neighbourhood services that are essential for the verification of social isolation of situation of social isolation.
2. Identification and characte  Name Centro Social de Soutelo - Centro de Dia e  Legal Nature PSSI  Telephone contact 930487756	-	Beneficiaries  People over 65 and neighbours/volunteers  Territorial Impact of the Intervention
Email cdcorujeira@centrosocialsoutelo.org		Freguesia de Campanhā  Link
Link https://centrosocialsoutelo.org/		

# 3. Project / Activity

Passaporte do Vizinho Positivo

Name

		,
		[
y people in a situation of social isolation and olunteers, who wish to meet the daily living auty centres, the vet, etc.) of elderly people		
on the platform will have access to a digital of services, following regular validation of		,
		•
		ļ
ial isolation of the elderly population by erly and the local community, creating nt in the community and access to well-being of the elderly.		:
f "neighbours" who may be in the same		:
	•	
	·	,

### 3.1 Indicator

	Northber of older	people involved				
Target	2023	2024		2025		
Half-yearly			5 25	25	_	Total
V 1						65
Yearly						
	impactful ol					
	ial integration and level of communi	I participation ty involvement thro	ugh voluntee	ring for the	e elderly popu	ulation
4. Par	tners					
Designation		ers				
	Local partile	:13				
5 Sah	odulina					
	reduling	A M	.1 .1	А	s 0	N
J	reduling	A M	J J	A	s o	N
J		A M	J J	Α	s o	N
J 2023		A M	J J	A	S O	N
J 2023 2024		A M	J J	A	s o	N
J 2023 2024 2025	F M			A		N
J 2023 2024 2025	F M	A M		A	S ○ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □ □	N
2023 2024 2025 <b>6.</b> Est	F M	westment		A		N
2023 2024 2025 <b>6.</b> Est	F M	westment		A		N .
2023 2024 2025 <b>6.</b> Est	F M	westment		A		N .
2023 2024 2025 <b>6.</b> Est	F M	westment		A		N

# Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade

1.	Intervention Area	
	P1 - People	
	P2 - Person-Centered Services	
	P3 - Places	
	P4 - Products	
	P5 - Policies	
Obj	jective	WHO Domains
lm	plementing digital solutions to build	1 - Outdoor Spaces and Buildings
	nesive communities and foster mutual relationships.	2 - Transportation
		3 - Housing
Me	asure	4 - Social Participation
lmp	plement a digital platform that	5 - Respect and Social Inclusion
acti	gregates community projects/ ivities that promote the mental and	6 - Civic Participation and Employment
	ial well-being of citizens with or hout mental illness.	7 - Communication and information
		8 - Community and Health Care
2.	Identification and characte	-
Legal Natur	Entity with administrative autonomy	
Telep conta	hone 226167515	
Emai addre	l aces nortoocidental(a)arsnorte min-saude nt	t

Link

https://acesportoocidental.org/pt/

### 3. Project / Activity

Name

Plataforma Digital para o Bem-Estar Biopsicossocial da Comunidade

### Context

The social determinants of health, namely social inclusion, play a fundamental role in mental health, in combination with biological and environmental determinants.

The Diagnóstico de Saúde Comunitária 2022 of the Porto Ocidental Public Health Unit (USP) highlights the growing complexity of social and mental health challenges, with social isolation and lack of family or social support network, lack of community mental health services and an ageing population being some of the main health determinants in this geographical area. Traditionally, healthcare organisations have relied on electronic or paper lists of local resources or the experience of other colleagues to determine where to refer patients. As social and mental health needs increase, as well as the availability of community resources, these resource consultation techniques are becoming less effective in facilitating care coordination between health and community services. In this context, a local public health team, consisting of a psychiatrist, social workers and public health doctors, identified the need for a digital platform to link patient needs with the most appropriate community resources for mental and social wellbeing in Porto. In order to obtain accurate, accessible, user-friendly and up-to-date information on local resources for the whole organisation, various entities are involved in the design and development of this platform, including the Municipal Councils of the City of Porto.

### Project/Activity's Objectives

- Meetings with partners to listen to/ survey needs and involve them in building the platform, namely ACeS, Magalhães Lemos Hospital, third sector organisations;
- Build the digital platform for consulting community resources in the field of mental/social health in the community.

### Beneficiaries

Local citizens and professionals of community resources

### Territorial Impact of the Intervention

Freguesias do município do Porto

### ink

(em construção)

Description	mplemen	itation of	the dig	gital plati	form						
Target	202	3		2024			2025				
Half-yearly [										Total N/A	
Yearly	0			1			6				
3.2 Other i	mpact	ful ob	jectiv	ves .							
Reduce the ir	cidence o	of illness	or dete	rioration	in healt	h					
4. Part	ners										
Designation		tro Ho								ies Lemo	os
		viço de S								es Lem	os
	- Serv	viço de S		1ental C	omunita		Porto, Ho	ospital N		ies Lemo	D D
<b>5. Տշհ</b> ։	- Serv	riço de S	aúde M	1ental C	omunita	ária do F	Porto, Ho	ospital N	Magalhã		
	- Serv	riço de S	aúde M	1ental C	omunita	ária do F	Porto, Ho	ospital N	Magalhã		
<b>5. Sch</b>	- Serv	riço de S	aúde M	1ental C	omunita	ária do F	Porto, Ho	ospital N	Magalhã		

### 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.

# Geocaching Sénior

1.	Intervention Area		
	P1 - People		
	P2 - Person-Centered Services		
	P3 - Places		
	P4 - Products		
	P5 - Policies		
Obj	ective	WH	IO Domains
	environmentally sustainable		1 - Outdoor Spaces and Buildings
	purces to promote socialisation and ue leisure time.		2 - Transportation
			3 - Housing
Mo	asure		4 - Social Participation
Cor excl outo geo the	ntribute to the fight against social lusion among the elderly through door walks combined with caching, carried out by volunteers in city of Porto using a specially adapted		5 - Respect and Social Inclusion 6 - Civic Participation and Employment 7 - Communication and information
eiec	ctric bicycle.		8 - Community and Health Care
2.	Identification and characte		
Legal Natur			
Telep conta	1916614056		
Email addre	silvia@nedalarsemidade.nt		
Link	https://pedalarsemidade.pt/		

# 3. Project / Activity

Name	Geocaching Sénior
Context	
searches for a visits to disco the visitor find which they re There are fev restrictions. T accessible pla to facilitate co	Sénior consists of a tour on an adapted electric bicycle, where the passenger in hidden box in a particular place of interest. The solution is based on a passport of over the city's heritage and a digital application accessible to older people. When dist the hidden box, they discover a stamp with the name of the place inside, with cord the visit in their passport.  If you unconstrained solutions that allow older adults to visit a city without mobility (and the place inside) is bike has two unique components that contribute to greater inclusion: an after that helps with seating, and a driver who doesn't drive facing backwards ammunication during the tour. The digital application has age-appropriate buttons is, as well as intuitive features that facilitate technological inclusion, from a lifelong prective.
Project/Acti	ivity's Objectives
Increase the     Reduce the	nowledge of Porto's natural and cultural heritage. e digital inclusion of older people. e social isolation of older people. generational relationships.
Beneficiarie	es
People over 5	5
erritorial In	npact of the Intervention
Porto	
₋ink	
https://pedala	arsemidade.pt/

г		
Description	Number of participants	
Target	2023 2024 202	25
Half-yearly		Total 297
Yearly	47 100 150	0
3.2 Other	impactful objectives	
Encourage li     Promote inte	al integration and participation felong learning rgenerational environments level of community involvement through volunteering	for the elderly population
4. Par	tners	
Designation	<ul> <li>Câmara Municipal do Porto</li> <li>Cycling Without Age</li> <li>Bicicletas Coelho</li> <li>União das Freguesias de Aldoar, Foz d</li> <li>Junta da Freguesia do Bonfim</li> </ul>	o Douro e Nevogilde
<b>5. Sch</b>	eduling F M A M J J A	A S O N
	1 14 / 14 6 6 /	
2023		
2024		
2024	imated investment value	20 000 €
	imated investment value	20 000 €

# Individual project sheets P5

# Comissão Municipal de Apoio à Pessoa Idosa

P1 - People				
P2 - Person-Centered Services  P3 - Places  P4 - Products  P5 - Policies   Chief timely and appropriate responses to older people in situations of extreme vulnerability.  Measure  Create an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk.  To Communication and information  8 - Community and Health Care  All dentification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone 225899260  Email dens@menanto et	1.	Intervention Area		
P3 - Places P4 - Products P5 - Policies  WHO Domains  1 - Outdoor Spaces and Buildings to older people in situations of extreme vulnerability.  2 - Transportation 3 - Housing  4 - Social Participation  Teate an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk.  7 - Communication and Employment 7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone Teleph		P1 - People		
P4 - Products  P5 - Policies  WHO Domains  Ensure timely and appropriate responses to older people in situations of extreme vulnerability.  Description  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing  4 - Social Participation  5 - Respect and Social Inclusion  4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and Employment  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Felephone  Cantact  225899260  Email  Inclusion  4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation  and Information  and Information  8 - Community  and Health Care  225899260		P2 - Person-Centered Services		
Dbjective  Ensure timely and appropriate responses to older people in situations of extreme vulnerability.  Description  I - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing  4 - Social Participation  The rights of older people when their safety, health, social rights and human dignity are at risk.  Description  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing  4 - Social Participation  4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Communication and information  8 - Communication and Health Care  2 - Identification and characterisation of the Entity  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone		P3 - Places		
Ensure timely and appropriate responses to older people in situations of extreme vulnerability.    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   225899260   22589260   22589260   22589260   225899260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260   22589260		P4 - Products		
Ensure timely and appropriate responses to older people in situations of extreme vulnerability.    1 - Outdoor Spaces and Buildings		P5 - Policies		
Ensure timely and appropriate responses to older people in situations of extreme vulnerability.  2 - Transportation  3 - Housing  4 - Social Participation  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  3 - Housing  4 - Social Participation  6 - Civic Participation  and Employment  8 - Community  and Health Care  2. Identification and characterisation of the Entity  3 - Housing  6 - Civic Participation  and Employment  6 - Civic Participation  and Employment  7 - Communication  and Health Care  2 - Transportation	Obje	ective	WHO Domains	
Measure  Create an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk.  Camara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Celephone contact  2 - Transportation  3 - Housing  4 - Social Participation  4 - Social Participation  5 - Respect  and Social Inclusion  6 - Civic Participation  and Employment  7 - Communication  and information  8 - Community  and Health Care  2 - Transportation  4 - Social Participation  and Social Inclusion  6 - Civic Participation  and Employment  7 - Communication  and information  8 - Community  and Health Care  2 - Transportation  4 - Social Participation  and Social Inclusion  6 - Civic Participation  and Employment  7 - Communication  and information  8 - Community  and Health Care  2 - Transportation  4 - Social Participation  and Social Inclusion  6 - Civic Participation  and Employment  7 - Communication  and information  8 - Community  and Health Care  2 - Transportation  4 - Social Participation  and Social Inclusion  6 - Civic Participation  and Employment  7 - Communication  and information  8 - Community  and Health Care  2 - Transportation  4 - Social Participation  and Social Inclusion  6 - Civic Participation  and Employment  7 - Communication  and information  8 - Community  and Health Care  2 - Transportation			· ·	
Measure  Create an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk.  7 - Communication and Employment 3 - Community and Health Care  2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone contact  1 - Social Participation 2 - Respect and Social Inclusion 6 - Civic Participation and Employment 7 - Communication and Information 8 - Community and Health Care  2 - Identification and characterisation of the Entity  Same Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Telephone contact  Camara Municipal do Porto - Departamento Municipal de Coesão Social			2 - Transportation	L
Create an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk.  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Iame  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Elephone ontact  Cimail  Identification and characterisation of the Entity			3 - Housing	
Create an organisation that promotes the rights of older people when their safety, health, social rights and human dignity are at risk.  6 - Civic Participation and Employment  7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Identification and characterisation of the Entity  Identification and Porto - Departamento Municipal de Coesão Social  Public Entity  225899260  Imail Identification and Identification of the Entity	Mea	sure	4 - Social Participation	
safety, health, social rights and human dignity are at risk.  7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Lame  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  225899260  225899260			· ·	
7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Lame Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  225899260  225899260	safet	y, health, social rights and human		
2. Identification and characterisation of the Entity  Vame  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone Contact  Public Entity  Telephone Contact  Comail  Descâram-porto et	a.g	.,		
Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Legal Nature  Public Entity  225899260  Email  dmcs@cm-porto pt				L
Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Legal Public Entity  Felephone contact  Z25899260  Zemail dmcs@cm-porto pt	2.	Identification and characte	erisation of the Entity	1
Felephone contact 225899260 Cmail dmcs@cm-porto pt	lame		-	
Email dmcs@cm-porto pt		Public Entity		
dmcs@cm-norto nt		725899260		
		dmcs@cm-porto.pt		
ink www.cm-porto.pt				

# 3. Project / Activity

Name	Comissão Municipal de Apoio à Pessoa Idosa
Context	
sectors, wh protection specialised support, gu made up of	são Municipal de Apoio ao Idoso is the result of the reflection of various professional nich consider that the elderly are a particularly vulnerable group, in need of greater from public authorities and society in general. Its intervention is aimed at providing I support to the elderly and their formal and informal carers, offering information juidance, social referrals and signposting to problem situations. The Comissão will be fan Executive Board, representing public and private bodies, and an Advisory Board, and citizens of recognised importance in the field of intervention with this specific in the state of the state
Project/A	ctivity's Objectives
• The Con	nissão Municipal de Apoio ao Idoso aims to protect and promote the rights of the en their safety, health, social rights and human dignity are at risk.
Beneficiar	ies
Residents o	of the municipality of Porto, aged 65 and over
Territorial	Impact of the Intervention
Porto	
Link	

### 3.1 Indicator

	Number of	meetings								
Target	2023	3	2024		:	2025				
Half-yearly									Total	
Yearly	0		2			6			8	
3.2 Other		ful obje				0				
Increase so     Identify cas				sical and	psycho	logical v	/ulneral	oility		
4. Pai	tners									
Designation										
Designation	'									
5 <b>S</b> al	a duliu									
	nedulir		Λ Ν			^	c	0	N	
J	nedulir F		A M	J	J	A	S	0	N	
			A M	J	J	A	S	0	N	
J			A M	J	J	A	S	0	N	
2023 2024			A M	J	J	A .	S	0	N	
J 2023			A M	J	J	A	S	0	N	
2023 2024 2025	F	M ,	A M			A	S	0	N	
2023 2024	F	M /	estmen			A	S	0	N	

# Estamos Juntos - Comunidade

		Context
1. Intervention Area		There is evidence that a significant propo
P1 - People		motivation to participate in the communit actors working with this specific populati an integrated approach that respects the
P2 - Person-Centered Services		to overcome this barrier.
P3 - Places		
P4 - Products		
P5 - Policies		
Objective	WHO Domains	
Increase the level of motivation for community participation among older	1 - Outdoor Spaces and Buildings	
people at risk of social isolation.	2 - Transportation	
	3 - Housing	
Measure	4 - Social Participation	
Provide community intervention teams to	5 - Respect and Social Inclusion	Project/Activity's Objectives
diagnose and refer to appropriate services provided by the city's social network.	6 - Civic Participation and Employment	Identifying older people in social isola     Offer a set of integrated solutions that     Refer them to the various community.
	7 - Communication and information	
	8 - Community and Health Care	
2. Identification and charac	terisation of the Entity	1
Name Câmara Municipal do Porto - Departamen	nto Municipal de Coesão Social	Beneficiaries
Legal Nature		Older people in a situation of social isolat
Telephone contact 225899260		Territorial Impact of the Intervent
Email dmcs@cm-porto.pt		Pilot territory to be defined
address		Link
Link www.cm-porto.pt		

# 3. Project / Activity

Name	Estamos Juntos - Comunidade
Context	
motivation to actors workin	ence that a significant proportion of older people at risk of social isolation have no participate in the community in which they live. Moreover, many of the community g with this specific population are unaware of their existence. In order to develop approach that respects the will and individuality of those affected, it is necessary this barrier.
Project/Act	ivity's Objectives
• Offer a set	older people in social isolation of integrated solutions that can meet their needs and desires to the various community agents in the social network
Beneficiarie	s
Older people	in a situation of social isolation
Territorial In	npact of the Intervention
Pilot territory	to be defined
ink	

### 3.1 Indicator

	T TTOTTIBET C	of older peo	ople referred							
Target	202	23	2024	-		2025				
Half-yearly							$\neg$		Total	
i iaii-yeariy									100	
Yearly	0		0			100				
3.2 Othe	r impact	ful obje	ectives							
Increase so     Empower			rticipation communities	to foste	r relatio	nships o	f mutua	l help an	d suppo	rt
Increase th	ne socio-dem	nographic l	knowledge of d greater phy	the loca	l elderly	popula	tion			
-										
4. Pa	rtners									
Designatio	n									
		na								
5. Sc	heduli	9								
<b>5. Sc</b>		_	A M	J	J	Α	S	0	N	[
		_	А М	J	J	Α	S	0	N	
2023		_	A M	J	J	A	S	0	N	
J		_	A M	J	J	A	S	0	N	
2023		_	A M	J	J	A	S	0	N	
2023 2024	J F	M	A M			A				
2023 2024 2025 <b>6. Es</b>	J F	M [	estmen			A		O 		

# Estamos Juntos - Prevenção e Sensibilização

			Context
1.	Intervention Area		The Divis
	P1 - People		series of the misco
	P2 - Person-Centered Services		discrimina rights of o
	P3 - Places		to reorien Ageism is
			increasing young and
	P4 - Products		form of p (cognitive
	P5 - Policies		
Obj	ective	WHO Domains	
	se awareness of ageing issues.	1 - Outdoor Spaces and Buildings	
		2 - Transportation	
		3 - Housing	
Me	asure	4 - Social Participation	
	mote information and awareness-	5 - Respect and Social Inclusion	Project/A
the	ing actions, aimed at strengthening rights of older people and promote	6 - Civic Participation and Employment	Promote all citizent
the	full exercise of their citizenship.	7 - Communication and information	
		8 - Community and Health Care	
2.	Identification and charact	erisation of the Entity	
Name	Câmara Municipal do Porto - Departamento	o Municipal de Coesão Social	Beneficia
Legal Natur			Citizens o
Telep conta	1995899960		Territoria
Emai	dmcs@cm-norto nt		Porto
addre	ess		Link
Link	www.cm-porto.pt		

# 3. Project / Activity

Name	Estamos Juntos - Prevenção e Sensibilização
Context	
series of la the miscon- discriminati- rights of old to reorient of Ageism is re increasing s young and of form of pre	o Municipal de Desenvolvimento e Inovação Social intends to implement a arge-scale awareness-raising and information campaigns aimed at dispelling ceptions and underlying prejudices that contribute to fuelling stereotypes and on against older people, focusing on forms of communication that reinforce the ler people and encourage the full exercise of their citizenship, reinforcing the need direct discourse.  The reflected in the prejudice and stigmatisation of older people and contributes to social segmentation and to the decline of mutual help and networking between old. According to the World Health Organisation (2021), ageism is the most serious gludice (action) against people and involves the simultaneous use of stereotypes and attitudes (affective) in a negative way.
Project/Ac	ctivity's Objectives
	information, awareness-raising and training actions in the city of Porto, aimed at in order to prevent problems related to ageing and ageism.
Beneficiari	ies
Citizens of t	he city of Porto
Territorial I	Impact of the Intervention
Porto	
Link	

### 3.1 Indicator

	Number of actions	s/trainings carried out				
Target	2023	2024	2025			
Half-yearly					Tot	
Yearly	0	6	6			
3.2 Other	impactful ob	jectives				
	cial integration and ercise of active citiz					
4. Par	tners					
Designation	ı					
5. Sch	neduling					
J	F M	A M J	J A	S	0	N D
2023						
2024						
0005					_	
2025						
	imated in	vestment va	alue	20 00	00,00€	

# Estamos Juntos - Capacitação

Legal Nature Public Entity  Felephone contact  Email dmcs@cm-porto.pt  dmcs@cm-porto.pt	I. In	tervention Area		
P3 - Places P4 - Products P5 - Policies  WHO Domains  1 - Outdoor Spaces and Buildings Intervention agents on the phenomena related to ageing.  2 - Transportation 3 - Housing  4 - Social Participation  5 - Respect and Social Inclusion Intervention procedures and measuring the main problems of this target group.  6 - Civic Participation and Employment 7 - Communication and information Inf	D P1	- People		
P4 - Products P5 - Policies  WHO Domains 1 - Outdoor Spaces and Buildings intervention agents on the phenomena related to ageing.  2 - Transportation 3 - Housing 4 - Social Participation  Measure  Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group.  6 - Civic Participation and Employment 7 - Communication and information 8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Gelephone contact  Identification and characterisation de Coesão Social  Identification and characterisation of the Entity  Alama (225899260)	P2	- Person-Centered Services		
P5 - Policies  WHO Domains  1 - Outdoor Spaces and Buildings  1 - Outdoor Spaces and Buildings  2 - Transportation  3 - Housing  4 - Social Participation  Measure  Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group.  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone contact  Telephone  Camara dunicipal do Morto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social  Telephone  Camara dunicipal do Porto - Departamento Municipal de Coesão Social	P3	- Places		
Raise the level and knowledge of social intervention agents on the phenomena related to ageing.    1 - Outdoor Spaces and Buildings   2 - Transportation   3 - Housing   4 - Social Participation   5 - Respect and Social Inclusion   intervention procedures and measuring the main problems of this target group.   6 - Civic Participation and Employment   7 - Communication and information   8 - Community and Health Care   8 - Community   8 - Commun	P4	- Products		
Raise the level and knowledge of social intervention agents on the phenomena related to ageing.  1 · Outdoor Spaces and Buildings  2 · Transportation  3 · Housing  4 · Social Participation  5 · Respect and Social Inclusion  intervention procedures and measuring the main problems of this target group.  6 · Civic Participation and Employment  7 · Communication and information  8 · Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto · Departamento Municipal de Coesão Social  Public Entity  Telephone contact  225899260  2dmcs@cm-porto.pt  dmcs@cm-porto.pt	P5	- Policies		
Raise the level and knowledge of social intervention agents on the phenomena related to ageing.  2 - Transportation  3 - Housing  4 - Social Participation  5 - Respect and Social Inclusion  intervention procedures and measuring the main problems of this target group.  6 - Civic Participation and Employment  7 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  225899260  225899260  2dmcs@cm-porto.pt  dmcs@cm-porto.pt	Object	tive	WF	HO Domains
Measure  Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group.  To Communication and Employment  To Community and Health Care  1. Identification and characterisation of the Entity  To Camara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone contact  Train agents with a view to harmonising and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social  To Câmara Municipal do Porto - Departamento Municipal de Coesão Social				•
Measure  Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group.  5 · Respect and Social Inclusion  6 · Civic Participation and Employment  7 · Communication and information  8 · Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone contact  Telephone contact  Idmcs@cm-porto.pt  dmcs@cm-porto.pt				2 - Transportation
Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group.  5 - Respect and Social Inclusion  6 - Civic Participation and Employment  7 - Communication and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name  Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  Telephone contact  225899260  Email address  dmcs@cm-porto.pt				3 - Housing
Train agents with a view to harmonising intervention procedures and measuring the main problems of this target group.    Communication and information	Measu	re		4 - Social Participation
the main problems of this target group.    Communication and information	_			
and information  8 - Community and Health Care  2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Public Entity  225899260  225899260  dmcs@cm-porto.pt				
2. Identification and characterisation of the Entity  Name Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Legal Nature  Public Entity  225899260  2mail address  dmcs@cm-porto.pt				
Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Legal Nature  Public Entity  225899260  Email address  dmcs@cm-porto.pt				
Câmara Municipal do Porto - Departamento Municipal de Coesão Social  Legal Nature  Public Entity  225899260  Email address  dmcs@cm-porto.pt	2 14	antification and charact	oricati	ion of the Entity
Public Entity  Felephone contact  Email address    dmcs@cm-porto.pt   dmcs@cm-porto.pt	Name			
Public Entity  Felephone contact  Email address    dmcs@cm-porto.pt   dmcs@cm-porto.pt	l egal			
Email dmcs@cm-porto.pt dmcs@cm-porto.pt	Nature	Public Entity		
address address	Telephone contact	225899260		
ink www.cm-porto.pt	Email address	dmcs@cm-porto.pt		
	Link	www.cm-porto.pt		

# 3. Project / Activity

Name	Estamos Juntos - Capacitação
Context	
the respect aggregate it difficult to public and their ontolo and interpr Training in different pu in the city of The aim of measuring definition of	the concepts related to ageing, social isolation and unwanted loneliness, as well as tive measurement methods, vary between theorists and theories, it is impossible to data and obtain answers that can be interpreted from a global point of view, making or present data with a fundamental impact on the type of responses available, both at private level. It is therefore important to specify certain basic concepts which, due to orgical and qualitative dimension, are based on complex (inter)subjective, interactive etative components.  specific areas of ageing will be given to technicians and professionals from the public and private organisations with operational competences in the field of ageing of Porto.  If the training is to train agents to communicate and harmonise procedures for social isolation and unwanted loneliness, as well as to collaborate in the joint of a working methodology geared to the individual needs and wishes of people who do or at risk of loneliness.
Project/Ad	ctivity's Objectives
• Training	and definition of a common intervention methodology
Beneficiar	ies
Professiona	als and social intervention agents in the field of ageing
Territorial	Impact of the Intervention
Porto	
Link	
1	

### 3.1 Indicator

Description	Number of traini	ng sessions					
Target	2023	2024	2025				
Half-yearly [						Fotal 8	
Yearly	0	2	6			Ü	
3.2 Other i	mpactful o	bjectives					
	al integration and	d participation hic knowledge of the lo	cal elderly popula	ation			
• increase the s	socio-derriograp	inic knowledge of the fo	саі еідепу рориіа	ition			
4. Part	ners						
<b>4.</b> Part Designation	iners						
Designation							
5. Sch	eduling						
<b>5. Sch</b> ∪	eduling	A M J	J A	S	0	N	
J		A M J	J A	S	0	N	
J 2023		A M J	J A	S	0	N .	
J 2023 2024		A M J	J A	S	0	N .	
J 2023 2024	F M			S	<ul><li>O</li><li>I</li><li>I</li><li>I</li></ul>	N .	
J 2023 2024	F M	A M J		S	0	N	
2023 2024 2025  6. Esti	F M	nvestment va		S	0	N .	
2023 2024 2025  6. Esti	F M	nvestment va		S		N .	
2023 2024 2025  6. Esti	F M	nvestment va		S		N .	
2023 2024 2025  6. Esti	F M	nvestment va		S		N .	

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

Aliv	70 e Saudavel lia Gidac	ie do Forto	Context
F	ntervention Area P1 - People P2 - Person-Centered Services P3 - Places P4 - Products P5 - Policies		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.
Meas Promo of olde on issu	ase the level of participation of older e 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	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.
Name	Câmara Municipal do Porto - Departamento	o Municipal de Coesão Social	Beneficiaries
Legal Nature	Public Entity		Older people, professionals, entities/ organisations with activities for a senior audience
Telepho contact	775899760		Territorial Impact of the Intervention
Email address	dmcs@cm-porto.pt		Porto Link
Link	www.cm-porto.pt		

3. Project / Activity

Name

Fóruns Participativos sobre Envelhecimento Ativo e Saudável na Cidade do Porto

### 3.1 Indicator

Descript	tion Nur	nber of sess	ions held								
Target		2023		2024			2025				
Half-yea	rly									Total 10	
Yearly		0		5			5			10	
	her im	pactful	biecti								
		'									
4. F	Partn	ers									
Designa	ition										
5. \$		duling									
	J	F M	Α	М	J	J	Α	S	0	N	ا
2023											
2024											
0005											
2025											
6. E	Estim	ated i	nvest	men	t val	ue					
7. <i>F</i>	√444 <del>1</del>	ional r	notes								
	wait	. Jiiai I	.5.63								
l											

# Microsite da Coesão Social do Município do Porto

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

3. Project / Activity

Microsite da Coesão Social do Município do Porto

Name

Description			~ ~ - C -	n "Porto Age cial microsi	L -				
					te.				
Target	202	3	20	024		2025			
11-16								Total	
Half-yearly								1	
Yearly	0			1		0			
rourry				-					
3.2 Other	impact	ful obj	ectives	i					
4. Par									
4. Par									
	tners								
Designation		es involve	ed in the A	ction Plan "I	Porto Ag	ge-Friend	ly City"		
			ed in the Ad	ction Plan "I	Porto Ag	ge-Friend	ly City"		
	• Entitie		ed in the Ad	ction Plan "I	<sup>P</sup> orto Ag	ge-Friend	ly City"		
	• Entitie		ed in the Ad	ction Plan "!	Porto Ag	ge-Friend	ly City"		
	• Entitie		ed in the Ad	ction Plan "I	Porto Ag	ge-Friend	ly City"		
	• Entitie		ed in the Ad	ction Plan "I	Porto Ag	ge-Friend	ly City"		
	• Entitie		ed in the Ad	ction Plan "f	Porto Ag	je-Friend	ly City"		
Designation	• Entitic 2023-20	025	d in the Ad	ction Plan "I	Porto Ag	ye-Friend	ly City"		
Designation  5. Sch	• Entition 2023-20	ng							
Designation	• Entitic 2023-20	025				ge-Friend		N	
Designation  5. Sch	• Entition 2023-20	ng						N	
Designation  5. Sch	• Entition 2023-20	ng						N	
Designation  5. Sch	• Entition 2023-20	ng						N .	
Designation  5. Sch	• Entition 2023-20	ng						N	
Designation  5. Sch  2023	• Entition 2023-20	ng						N .	
Designation  5. Sch  2023	• Entition 2023-20	ng						N	
<b>5. Sch</b> J 2023 2024 2025	• Entition 2023-20	ng M	A N	1 J	J			N	
<b>5. Sch</b> J 2023 2024 2025	• Entition 2023-20	ng M	A N		J			N .	
Designation  5. Sch  2023  2024  2025  6. Est	• Entition 2023-20	ng M	A N	1 J	J			N .	

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