



# AFE<sup>CO</sup>

EMPOWERING OLDER ADULTS TO APPLY AFFORDABLE  
ECO- AND AGE-FRIENDLY SOLUTIONS TO AGE IN PLACE

## AFECO - National Report of Portugal

A1 literature review /A2 comparative analysis of barriers and facilitators  
/A3 good practices



WROCLAW UNIVERSITY  
OF ENVIRONMENTAL  
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## About this publication

This report summarises the results of the research activities carried out in Portugal within the Erasmus+ project AFECO – Empowering older adults to apply affordable eco- and age-friendly solutions to age in place (cooperation partnership in adult education, project number: 2022-1-NL01-KA220-ADU-000086242). More information is available at <https://afeco.eu/>.

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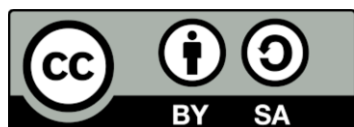
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## Definitions

### Definition of age-friendly principles

The World Health Organization (WHO, 2007, 2016, 2023) developed the age-friendly cities framework to encourage and support active and healthy living by enhancing opportunities for health, participation and security to improve the quality of life of the ageing population. The eight domains of the framework are: outdoor spaces and buildings; transportation; housing; social participation; respect and social inclusion; civic participation and employment; communication and information; and community support and health services.

According to Menec et al (2017), age-friendly principles “(...) support and enable people to age actively (...) with the notion of “active aging” broadly defined in terms of health, participation, and security.”

In AFECO, age-friendly principles imply any practical solutions that are linked to one or more of the eight domains of the age-friendly cities framework, that older adults themselves or with support of others can implement in their own home or community.

### Definition of eco-friendly principles

According to Ragheb et. al (2016), a building to be considered “green” or “eco-friendly” needs to have:

- Ventilation systems designed for efficient heating and cooling
- Energy-efficient lighting and appliances
- Adaptive reuse of older buildings
- Water-saving plumbing fixtures
- Landscapes planned to maximise passive solar energy
- Minimal harm to the natural habitat
- Alternate power sources such as solar power or wind power
- Non-synthetic, non-toxic materials
- Locally obtained woods and stone
- Responsibly-harvested woods
- Use of recycled architectural salvage

In AFECO, conformity with eco-friendly principles implies any practical solution that older adults themselves or with the support of others can implement in their own home or community to act more sustainable or environmentally friendly.

Environmentally friendly means that the practical solutions should aim to reduce, minimise the impact on, or do no harm to ecosystems or the environment (Webster).

## Results of Portugal

### Introduction

According to INE (2021), the National Institute of Statistics, between 2011 and 2021 there was a decrease in the Portuguese population in all age groups, except for the older population (65+), which grew by 20.6%. The phenomenon of the double ageing of the population worsened, characterized by the increase of the older population and the reduction of the young population: in 2021 there are 182 older people for every 100 young people. In total, almost one in four Portuguese (23.4%) have more than 65 years old. Portuguese youth (0-14 years) represent 12.9% of the population.

The United Nations mentions the role of older people today where more and more people reach older ages with active health and functional potential, creating opportunities for participation and for active ageing. They also reinforce the role of society in recognising care. In Portugal, the Strategy for the Protection of the Older Population, published in 2015, defends the respect for human dignity at all stages of life, framing the specificities of the older adults at the level of health care, social support and family environment (Hespanhol & Santos, 2022).

Older Portuguese adults prefer to age in place, which can promote the participation of the older adults in the life of their communities as long as possible (Fonseca, 2020). Ageing in place in Portugal is operationalized by public, private and associative entities. Initiatives across the country include: support for caregivers; fight against isolation; gerotechnologies; home support; day and social centres; social intervention; leisure and learning; housing and physical spaces; health, nutrition and physical activity; safety; mobility; and psychological well-being (Fonseca, 2020).

The social service of Home Support (*Serviço de Apoio Domiciliário – SAD*), aimed at older people, is the one that shows the highest growth (108%) since 1998, when compared to the other main responses aimed at the older population (89%) (GEP, 2018). Between 2007 and 2017, the proportion of people receiving home support increased by 4%, from 64% to 68% in OECD countries, with Portugal being among the countries where this increase was particularly marked (OECD, 2019).

Even though many countries now tend for deinstitutionalisation, communities are not yet prepared to take care of complex cases and institution-based workers still represent the bulk of the workforce in most countries (see Figure 1). Institutions still take care of most people with disabilities and/or in need of care (OECD, 2020). In Portugal, the Residential Structure for Older People (*Estrutura Residencial para Pessoas Idosas - ERPI*) is a collective accommodation, in which the user may stay temporarily or permanently. Another one is the Day Care Centre (*Centro de Dia*), which provides social, physical-motor and psychological well-being, promoting self-esteem and avoidance of isolation of older people (GEP, 2018).

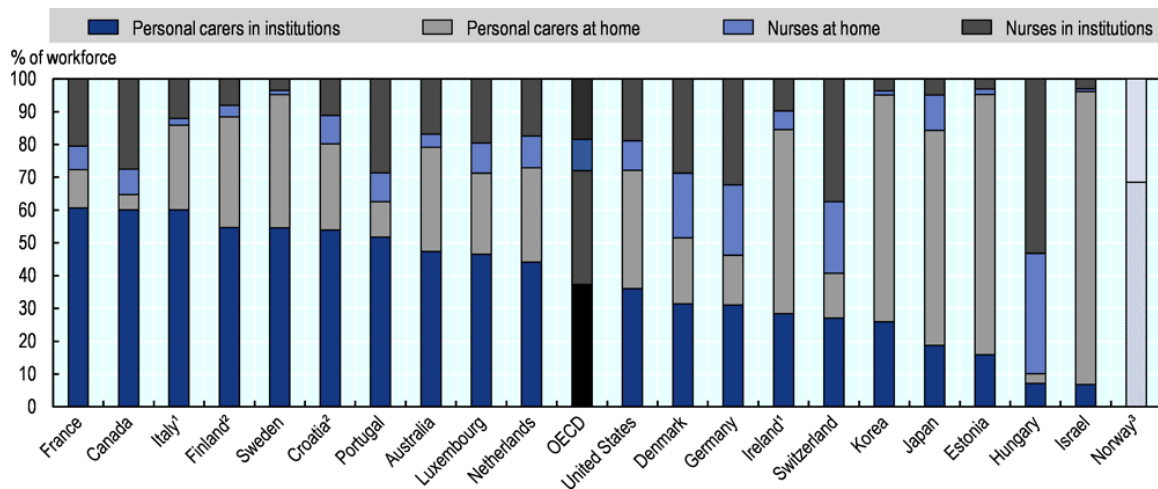


Figure 1 - Composition of the Long-Term Care workforce, selected countries, 2016 (or nearest year). Source: OECD (2020)

In Portugal, formal carers working in social care organisations are referred to as "Ajudante de Ação Direta". They provide direct care, including assistance with feeding, personal hygiene, and basic health tasks (Portugal. Ministério do Trabalho e da Solidariedade, 1999). These carers typically have an educational background equivalent to 6th or 9th grade.

According to OECD data, the number of long-term care workers per 100 people aged 65 and over reflects the shortage of human resources across the entire long-term care sector. The OECD average is five caregivers per 100 people over 65 years old. In 2016, Portugal was the third OECD country with the fewest formal caregivers, with a concentration of long-term care workers of 0.8, meaning less than 1 worker per 100 people over 65 years old (see Image 2 (OECD, 2020). This is one of the lowest values among OECD countries. On average, there are five workers per 100 people aged 65 or over, ranging from 13 in Norway to 0.1 in Greece (OECD, 2019).

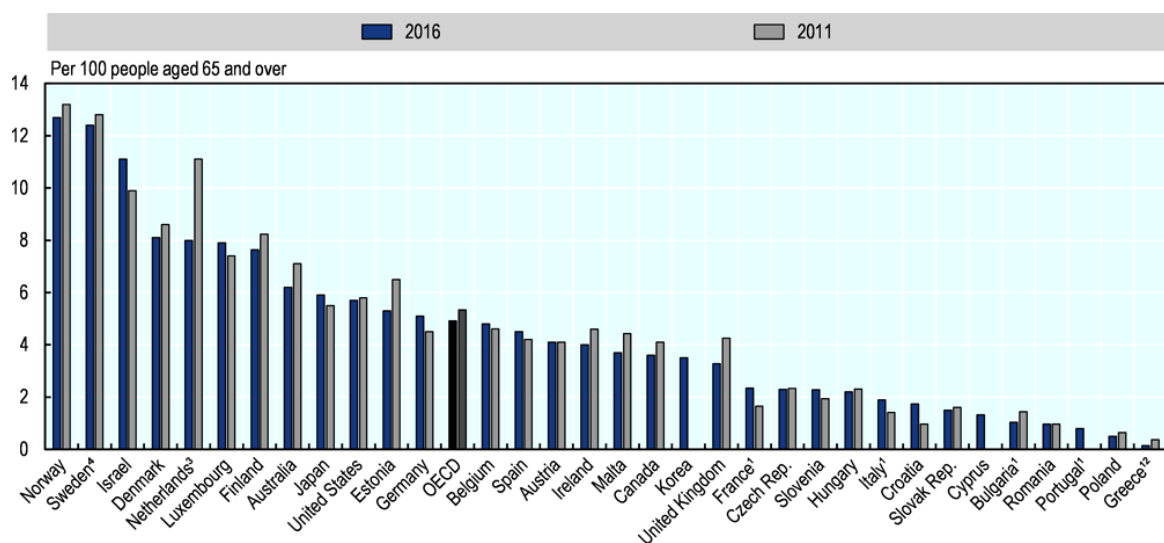


Figure 2 - Number of Long-Term Care workers per 100 individuals aged 65 and over, in 2011 and 2016 (or nearest year). Source: OCDE (2020)

The increase in prevalence of people with chronic incapacitating diseases led to the creation of the National Network of Integrated Continuous Care (RNCCI) in 2006, as a reply to the pressure on the National Health Service (SNS) by the older population. Its objective is to provide treatment to people with loss of functionality or at risk of losing it, at home whenever possible. On the other hand, it also focuses on supporting informal caregivers (IC), with a focus on the family. The network offers several services, including hospitalization with various convalescence, medium-term and rehabilitation units, long-term maintenance, palliative care, and home responses, with integrated care teams and community palliative care support teams. The coordination is hierarchical, with national, regional, and local levels through a model that foresees the articulation and integration of different types of hospitalization units and teams that provide integrated social and health care, forming a decentralized structure. Finally, mental health was integrated into the area of integrated continuous care (Silva, 2021).

In 2012, the National Network of Palliative Care (NNPC) was created. More than half of the social services in this area are directed towards the older population (50.4%) and 37.5% towards childhood and youth (Silva, 2021).

It is important to note that waiting lists can last for years to obtain a place in a state-funded residential establishment. Moreover, the vast majority of the 900 private homes available are already occupied, and have an average monthly cost of 1280 euros, with Faro being the district with the highest average price (1645 euros), and Vila Real (945 euros) being the district with the lowest cost. For more luxurious residences, monthly fees can exceed 3000 euros. This poses a significant problem for most of the Portuguese population, given that the average pension does not exceed 480 euros and the average family income is below one thousand euros. Often, people are forced to wait several years for a social vacancy. When they can no longer wait, they resort to unlicensed (yet tolerated by the system) or clandestine homes with very poor conditions, which despite their lack of license can still charge amounts ranging from 600 to 900 euros (Diário de Notícias, 2023).

União das Misericórdias Portuguesas (2021) has pointed out several shortcomings in the current support services for older people, such as: many of the home care services do not operate every day of the week, a care plan that takes into account chronic disease and ageing is missing; there is a significant disconnection between health services, social security services, and care providers.

### Age-friendly principles in Portugal

The Portuguese government has developed a National Strategy for Active Ageing 2017 – 2025 (*Estratégia Nacional para o Envelhecimento Ativo e Saudável*), based on values promoted by United Nations, such as independency, participation, self-fulfilment, and dignity. This strategy suggested a commitment to the Global Network of Older Friendly Cities and Communities, and to follow the guidelines of “Guia Global das Cidades Amigas das Pessoas Idosas” (Global Guide to Older Friendly Cities), from World Health Organisation and translated by the Calouste Gulbenkian Foundation (Organização Mundial da Saúde, 2009). However, in 2022, this Strategy was not yet implemented and formally was still only a strategy proposal (Expresso, 2022). Despite that, we present in Annex 1 some measures and actions related to the contextual level, i. e. the creation of physical and social environments that foster the integration and participation of older people, that may be interesting for further work on AFECO.

While top-down plans exist but are still lagging implementation, bottom-up initiatives try to advance faster. In 2021, an Action Plan for Active and Healthy Ageing (*Plano de Ação para o Envelhecimento Ativo e Saudável*) was delivered to the Minister of Labour, Solidarity and Social Security in Portugal by a group of organisations integrating 4 Portuguese reference sites for active and healthy ageing. The national plan for active ageing is expected to be presented by the end of June 2023 and should be implemented by the second semester of 2023 until 2030, focusing on people rather than services. The plan was developed by the Portuguese Network for Active and Healthy Ageing (*Rede Portuguesa de Envelhecimento Ativo e Saudável - RePEEnSA*), which includes reference centres such as Porto4Ageing, Ageing@Coimbra, Lisboa AHA, and Algarve Active Ageing (Lusa, 2023).

Portugal currently has six Reference Sites under the European Innovation Partnership on Active and Healthy Ageing (AgeInFuture, Ageing Thinking Amadora – A.T.AMADORA, Ageing@Coimbra, Algarve Active Ageing, Lisbon AHA, Porto4Ageing), which are inspirational ecosystems delivering solutions that improve the lives and health of older people and the whole community (European Commission, 2022).

In March 2021, Council Conclusions on Mainstreaming Ageing in Public Policies were published under the Portuguese Presidency of the EU (General Secretariat of the Council, 2021). In one of the measures, there is an underlying SHAFE<sup>1</sup> perspective, namely support sustainable urban and rural planning that promotes mobility, based on universal design, safety, convenience and well-being, and facilitates participation in social life for older people and access to all necessary services and infrastructure, taking into account their specific individual needs.

Moreover, and with the Green Paper on Ageing being approved, Portugal is investing €400 million in healthy and active ageing policies under the Recovery and Resilience Plan (RRP) and Portugal 2030. The investment includes measures such as increasing healthcare capacity for the older population, social security, investment in the quality of teams and differentiated care, and adapting nursing homes to continuous care units (Expresso, 2022).

A Centre of Competencies for Active Ageing was recently created in Loulé, Algarve, aiming to promote training in older population care, value human resources, invest in reskilling and capacity building, and provide innovative training services for effective responses to the needs of active ageing in Portuguese society. The Centre was launched in April 2023, and therefore there are still no available results regarding its progress (IEFP, 2023).

There are 65 municipalities in Portugal that belong to Health Cities Networks (*Rede Municípios Saudáveis*, n.d.). We highlight here two municipalities and its projects:

- Vila Franca de Xira has been running a Project of teleassistance called *Pontes* [Bridges] since 2018, with the installation of equipment that replaces the normal telephone of the beneficiary, which, at the push of a button, will allow the person, in case of emergency, to contact directly the local services, namely the Fire Brigade of the parish and trigger the help process (VFX, 2021).

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<sup>1</sup> Smart Healthy Age-Friendly Environments - can help improve and support independent life throughout the course of life, regardless of age, gender, disabilities, cultural differences and personal choices (Dantas et al., 2021).



- Lisboa has the Program “Lisboa Cidade de Todas as Idades” (Lisbon – Age-friendly city). One of its strategic axes is “autonomous life”, in which they are included age-friendly principles in the home and in the community:
  - “Casa Aberta” - Municipal Housing Adaptation Programme for the Promotion of Safety and Autonomy: To guarantee interventions to adapt and improve safety conditions and accessibility inside private dwellings for people 65+ or with a degree of disability equal to or greater than 60%.
  - Housing Stock for People with Reduced Mobility: Integration of municipal public housing dwellings in the supported income or accessible income system, with suitable typology, functional solutions and support services for the 65+ population, who are autonomous but have restricted mobility.
  - Pedestrian Accessibility LX2020: Adaptation of public space, namely pavements, pedestrian crossings, and bus stops (Lisboa Cidade de Todas as Idades, n.d.).

### Eco-friendly principles in Portugal

The EU is implementing active measures to support energy-efficient strategies, promote urban rehabilitation, and revitalize cities. EU funds are also used within national programs, being one of these examples the IFRRU 2020, which is still executing funding from Portugal 2020 and other European funds until 2024, to improve investments for energy efficiency in buildings at the urban level.

Furthermore, the EU has set specific energy efficiency goals that have led to the development of the Portuguese National Energy and Climate Plan 2030 (PNECP). Among the national objectives included in the PNEC 2030, the following stand out: decarbonisation of the national economy in all sectors of activity (energy and industry mobility and transport, agriculture and forestry, wastewater and waste); reduction of primary energy consumption in various sectors and promotion of energy efficiency; efficient use of resources and the preference for the rehabilitation and renovation of the built environment; investing in renewable energies (República Portuguesa, 2020). The plan also includes funding programs and financial instruments that focus specifically on investing in energy-efficient solutions, such as the Energy Efficiency Fund (FEE), the Portuguese Carbon Fund, and other programs within Portugal 2030 (Fuinhas *et al.*, 2022; *Resolução do Conselho de Ministros n.º 53/2020*).

It is worth highlighting one program and one project based on eco-friendly principles, one regarding renewable energy and another regarding house design and construction:

The Energy Wealth initiative is a Greenvolt Communities-led program that supports a social or environmental institution in its energy transition through energy production and efficiency. It is part of the Share axis of the social and sustainability program of the Greenvolt Group with the objective of inclusive energy sharing. The program aims to contribute to a low-carbon society by promoting access to renewable energy. The goal is to support at least one social or environmental institution per year, with a strategic objective of leading the energy transition in Portugal and fighting energy poverty. The initiative will provide 80 thousand euros to the institution, including the installation of a production unit for self-consumption and the development of an energy community with collective self-consumption. The program also aims to improve the institution's

infrastructure for greater energy savings in maintaining building temperature and humidity (Jornal de Negócios, 2022).

The city of Aveiro, located on the coastline of central Portugal, has become a hub for the implementation of the **Passive House** (PH) standard in Portugal. Out of the 11 buildings constructed following the PH requirements in Portugal, eight are located in the Aveiro region. Although all PH buildings in the region are private, architectural constraints have not been a significant issue, as different techniques and constructive systems have been applied, ranging from traditional masonry construction to the current trend of lightweight steel frame construction systems (Fuinhas *et al.*, 2022).

Passive House is a standard for energy-efficient buildings that focuses on reducing the building's energy consumption while providing a comfortable living environment. The PH standard is based on a set of design principles that include optimizing the building's orientation, using high-performance insulation and windows, designing an airtight building envelope, and using a ventilation system with heat recovery. PH buildings typically use 75-90% less energy for heating and cooling than traditional buildings, resulting in significant cost savings and reduced environmental impact. The PH standard has been applied to a wide range of building types, from single-family homes to large commercial and institutional buildings (Fuinhas *et al.*, 2022; Portugal Passivhaus, n.d.).

In Portugal, the Passive House network exists since 2012, with the construction of the first certified buildings and the creation of the Passivhaus Association Portugal. The network has hundreds of trained and certified professionals, dozens of associated companies, certified and produced components in Portugal and cooperation protocols established with Portuguese universities and institutes (DECO, n.d.; Fuinhas *et al.*, 2022; Passive House Institute, n.d.).

### **Age-friendly and eco-friendly principles combined in Portugal**

There are not relevant results found in literature. However, some projects and initiatives can be mentioned in this regard.

The ActiVas project - Built Environments for an Active, Safe and Healthy Life - was co-funded by COMPETE 2020, Lisbon2020, Portugal2020 and the European Regional Development Fund. It started in 2020, lasted 36 months and counted with 12 business partners and 8 scientific partners.

The main goal of this project was to address the main challenges associated with the ageing of the population at the level of the built environment and spaces, creating new opportunities for economic agents from various sectors such as construction and materials, ICT, health, and social intervention. The project aimed to promote specific, innovative, and integrated solutions adapted to new lifestyles and needs for support, such as "Care", "Accompaniment", "Monitoring", and "Treatment" (ActiVas, 2020).

A project led by Portugal and financed by the European Union under the New Bauhaus Europe, called *Bauhaus do Mar* or Bauhaus of the Sea Sails, aims to create sustainable and socially inclusive cities that promote biodiversity and ecological awareness. Although age-friendly principles are not explicitly mentioned, the project seeks to promote practices and cities for people, communities, and ecosystems. The project includes various activities such as offering menus with regenerative

foods to combat pollution, using urban furniture made from crustaceans and algae, and creating artificial corals to protect the coast and promote biodiversity (Idealista, 2023).

## Analysis

Renovation can be a sustainable practice to introduce age- and eco-friendly principles, giving a new meaning to the place where people are ageing, making it more comfortable and also more accessible. According to the 2001 Census, there were 5 019 425 dwellings in Portugal, of which 1 222 280 were built before 1960, representing about a quarter of the total. There is, therefore, a vast stock of built structures that offer great opportunities for rehabilitation. Paradoxically, the activity in this area is minimal in Portugal: the weight of “Rehabilitation and Maintenance” in the CC&OP's (Civil Construction and Public Works) overall activity is less than 10%, compared to values above 40% in Italy and France. The Portuguese population still strongly believes that a home is a solid and durable asset that is always a good investment. On the other hand, taxation on property ownership has been, at least until now, too lenient and even permissive, not penalizing owners who keep vacant homes for years (Cóias, 2007; Fuinhas *et al.*, 2022).

From the literature, specific barriers were found regarding the application of eco-friendly principles:

- Innovative concepts implementation such as PH, for example, have a huge obstacle at the level of changing workmanship construction techniques, as well as the incorporation of building systems/equipment, such as MVHR (mechanical ventilation units with heat recovery) (Figueiredo *et al.*, 2020).
- Public policies and incentives are very strict regarding sustainable construction, with indicators and techniques that need to be proven. Sustainable criteria from legislation may render unsustainable new building designs, like the Passive House (Figueiredo *et al.*, 2020).
- The use of sustainable construction solutions brings an increased investment into the overall cost of the project (Coimbra and Almeida, 2013).

Regarding the age-friendly principles, the literature suggests that formal caregivers tend to have lower levels of education, with a majority holding qualifications equivalent to the 6th or 9th grade. Additionally, around half of the caregivers surveyed had received specialized training, while the other half had not received any training in older adult care (Sousa, 2021). This suggests that some formal caregivers may face difficulties in implementing age-friendly principles due to their lack of proper qualifications.

## Gaps and challenges

*Please explain any gaps in the literature. Which questions arise or remain based on the available literature?*

- How to combine both eco- and age-friendly principles to age in place?
- One of the main takeaways from the situation in Portugal is that there is a need for more research on age-friendly design and policies. Thus, what are the specific barriers and solutions that can be implemented in Portugal and elsewhere?

- There is a need for more collaboration between government, community organizations, and older adults to ensure that age-friendly initiatives are tailored to the needs and preferences of older adults. How to promote these in practice?
- Is an age- and eco-friendly housing cooperative possible in Portugal?
- What are the house retrofitting activities mostly done in the Portuguese houses to promote autonomy? We couldn't find many practical examples.

## Examples

### ***Programa de Apoio Municipal para Adaptação e Requalificação de Habitações (AMPARHA), Pombal***

The Municipal Support Program for Housing Adaption and Rehabilitation, in Pombal, aims at intervening in and upgrading the homes of older adults and citizens with disabilities, by fostering the capacity of recipients to remain autonomously in their respective homes, reducing functional risks and adapting spaces in terms of comfort, safety and accessibility. The municipality established partnerships with 21 Private Social Solidarity Institutions and 13 Parish Councils/ Unions of the Parish Council. From 2017 to May 2021, 20 houses were rehabilitated, with a total of 49 140,66 € invested from the municipality (Município de Pombal, n.d.).

### ***Programa de Apoio a Edifícios Mais Sustentáveis, Portugal***

The Support Programme for More Sustainable Buildings is a national program designed to fund measures that promote rehabilitation, decarbonization, energy efficiency, water efficiency, and circular economy principles. It is open to persons who own existing and occupied single-family residential buildings, autonomous fractions in multi-family buildings, or entire multi-family buildings. The program allows for applications related to heating/cooling, ambient and/or hot water systems, installation of photovoltaic panels, interventions for water efficiency, and incorporation of bioclimatic architectural solutions (Fundo Ambiental, 2023).

### ***Oficina Domiciliária (Home Workshop), Belmonte***

A multidisciplinary team helps Belmonte's 65+ adults, free of charge, with small repairs that they have to carry out at home. There is an application form that can be filled in with fields such as repair of electrical installations, replacement or repair of taps, replacement of sanitary equipment, shower, toilet, washbasin, siphons and kitchen countertops (beira.pt, n.d.; CMB, n.d.).

## Education

It can be said that continuous education and training are crucial for individuals to keep up with the constantly changing society. This is particularly important for formal and informal caregivers who need to constantly update their knowledge and skills to provide quality care to older people.

However, according to Sousa (2021), there has been a lack of emphasis on training these professionals, which is not considered a priority by the authorities. To ensure that high-quality

care is provided to the older population, it is necessary to invest in training and professional development.

In this context, it is important to consider the role of age-friendly and eco-friendly environments in educational frameworks. Training materials should be designed to raise awareness among formal and informal caregivers and volunteers about the importance of creating age and eco-friendly environments to promote the health and well-being of older people. The training materials should also provide practical guidance on how to apply age-friendly and eco-friendly principles in the context of older adult care.

For example, in the field of community health nursing, nurse specialists can play a crucial role in promoting the empowerment of informal caregivers by providing them with the necessary knowledge and skills to care for the older population in an age and eco-friendly environment.

In the context of age- and eco-friendly principles the following results from Erasmus+ projects can be helpful: i) the [training platform DESIRE](#); ii) the [BIG Game](#); iii) the learning platform [GreenerAge](#) (available in 2024).

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## Annex 1 | Guidelines from the NSAA

Table 1 – Guidelines from National Strategy for Active Ageing to be implemented by the described entities for "Creating enabling environments for integration and participation". Source: DIREÇÃO GERAL DA SAÚDE (2017).

Measures	Actions	Entities
Encourage ageing in place	Create, organise and disseminate networks of home and outpatient care, and to support occasional needs to maintain the comfort of the older adults at home	Institute of Social Security ( <i>Instituto de Segurança Social</i> )  National Association of Portuguese Municipalities ( <i>Associação Nacional de Municípios Portugueses</i> )
	Increasing home-based care through an integrated approach that includes, among others, health, social security, local authorities, social and solidarity sector entities/organisations	Ministry of Science, Technology and Higher Education ( <i>Ministério da Ciência, Tecnologia e Ensino Superior</i> )
	Systematically identify and assess the factors that contribute to people's health vulnerabilities of older people with comorbidities	Shared Services of the Ministry of Health ( <i>Serviços Partilhados do Ministério da Saúde</i> )
	Develop information systems that guarantee the integration and continuity of care	Madeira Health Service ( <i>Serviço de Saúde da Região Autónoma da Madeira</i> )
	Create physical and social support environments in neighbourhoods, enabling older people to remain in their homes and communities for as long as possible	Directorate-General for Local Authorities ( <i>Direção Geral das Autarquias locais</i> )
	Developing telemonitoring systems that enable ageing in place with quality and safety	
	Encourage the learning and use of information and communication technologies for older people (e-inclusion) with the aim of facilitating the process ageing in place	
	Encouraging the development of technology and inclusive/universal design in construction and adaptation of housing and	Comply with the law in terms of removal of architectural barriers
Prepare pedestrian areas that facilitate the movement of		

<p>street furniture that promotes physical activity and autonomy for older people</p>	<p>people regardless of their mobility capacity (on foot or in wheelchairs)</p>	<p>Health Cities Networks (<i>Rede Cidades Saudáveis</i>)<sup>2</sup></p>
	<p>Promote spaces for socialisation and activities that foster participation</p>	<p>National Association of Portuguese Municipalities (<i>Associação Nacional de Municípios Portugueses</i>)</p>
	<p>Provide these areas with good lighting, safety, adequate urban furniture to promote rest, leisure and physical activity</p>	<p>Ministry of Science, Technology and Higher Education (<i>Ministério da Ciência, Tecnologia e Ensino Superior</i>)</p>
<p>Encouraging municipalities and parishes to the principles of age-friendly for senior citizens and citizens with reduced mobility</p>	<p>Disseminate good practices at the municipal level:</p> <ul style="list-style-type: none"> <li>- Mobile shop for senior citizens</li> <li>- Support office for senior citizens</li> </ul>	<p>Health Cities Networks (<i>Rede Cidades Saudáveis</i>)<sup>3</sup></p> <p>National Association of Portuguese Municipalities (<i>Associação Nacional de Municípios Portugueses</i>)</p> <p>National Association of Parishes (<i>Associação Nacional de Freguesias - ANAFRE</i>)</p> <p>Directorate-General for Local Authorities (<i>Direção Geral das Autarquias locais</i>)</p>

<sup>2</sup> Network of municipalities in Portugal that work together to promote health and well-being through the development of healthy public policies and the creation of supportive environments. Rede Portuguese Municípios Saudáveis is an Associated Partner of World Organisation of Health. <http://redemunicipiossaudaveis.com/index.php/pt>.

