



REDE PORTUGUESA AMBIENTES
SAUDÁVEIS, INTELIGENTES E AMIGÁVEIS



ACTION PLAN 2019

IDENTITY

The **Portuguese Network Smart, Healthy, Age-Friendly Environments** brings together a wide range of Portuguese organizations committed to the promotion of a joint agenda for the implementation of Inclusive Environments for all ages, with particular emphasis in the areas of Health, Social Support, ITCE (Information Technology, Communication and Electronics) and Infrastructures.

The Portuguese Network favors a quadruple helix participation and actively promoting collaboration between research/academia, public authorities, companies and civil society /citizens, with the aim of finding common solutions to national challenges in this area.

NETWORK PRINCIPLES

1. Governance

The network will be streamlined by a working group (WG) composed of two main bodies:

- Coordination:

The technical coordination is ensured by Cáritas of Coimbra, in the responsibility of Carina Dantas.

The scientific coordination will be responsibility of João Apóstolo, professor at the Nursing School of Coimbra (ESENfC).

- Consulting board

The consulting board gathers 9 national experts:

- José Pereira Miguel, Coordinator of the Portuguese National Strategy for the Active and Healthy Ageing 2017-2025
- Patrícia Calado, NCP Horizonte 2020, GPPQ | FCT | ANI
- Manuel Veríssimo, Ageing@Coimbra Coordinator
- Elísio Costa, Porto4Ageing Coordinator
- Joaquim Cunha, Health Cluster Portugal Executive-director
- Jorge Dias, LAS/IPN and APG/ISR Director
- Gil Gonçalves, CSO Inova+
- Rui Maia, Replicar Socialform Director
- Sandra Rafael Pais, The International Centre on Ageing Coordinator, UAlg

These main bodies assure the Network streamline and are responsible for: i) bringing priorities and real-based challenges; ii) providing guidance on the content that could be explored; iii) guiding

potential and relevant stakeholders to the working agenda; iv) planning meetings and events; v) providing articulation between the various network partners; and vi) establishing media and dissemination of relevant information.

2. Participation and funding

The network participation is opened to all interested organizations and does not have any associated cost. The network engagement is formalized through an online submission that ensures the subscription of the Institutional Data Privacy Policy.

The network events are free, and the costs associated to travel or similar need to be ensured by each participant. The realization costs associated with the events are in charge of the host partner or shared between partners by prior agreement. In particular situations, it may be decided by the WG to request support / funding to streamline events (casuistic decision).

3. Communication

The network activities are supported by a website, ensured on the first year of operation by the Cáritas of Coimbra. This website will include the network identity, the WG identification and its partners, the strategic agenda, the spread of relevant activities and good practices.

Will be privileged, whenever possible, digital communications, to avoid financial constraints and to enable the extend participation to all network partners.

Regular events and meetings are fundamental to implement the strategic network aims, promoting partners collaboration and allowing to share challenges and implementing the established agenda.

Events include:

- An initial forum – participatory meeting
- Network regular meetings
- External events participation

The Portuguese network integrates the European Connected Health Alliance (ECHAlliance) and is also represented as a Stakeholder's Network in the EU Health Policy Platform (HPP) and the technical coordination will be responsible for this partnership and will coordinate it with other partners.

STRATEGIC THEMATIC AREAS AND ACTIVITIES

The Portuguese Network of Smart, Healthy Age-Friendly Environments arises from the need to create a more cohesive and structured organization at national level, based on the European level existing initiatives. Some of these European initiatives are part of this project, but a focus on national needs and policies will be made.

With the aim of creating a joint agenda for the implementation of inclusive environments at all age groups, with specific incidence in the areas of health, social support, ITCE (Information Technology, Communication and Electronics) and infrastructures, the following thematic areas that define the network action plan have emerged after the first participatory meeting:

1. Influence on policy and implementation;
2. Business models/implementation;
3. Collaboration and communication;
4. Health and well-being throughout the life course;

Throughout this action plan, the various challenges will be presented, as well as the main actions to be carried out during 2019 for each of the defined themes. Per thematic area and associated activities, there are participants and responsables in each action, as well as the identification of outputs and results.

THEMATIC AREA 1 Influence on policies and practices	
Group moderator	Alexandra Rodrigues
Organisation	CCDR
IDENTIFIED CHALLENGES	
CHALLENGE 1	Develop methodologies for assessing the quality and impact of the existing good practices in Portugal.
CHALLENGE 2	Strengthen the need for compliance with existing legislation for the implementation of Smart, Healthy, Age-Friendly Environments
CHALLENGE 3	Introduce the theme "Healthy Environments" in education programs (personal, civic, academic and non-formal education)
CHALLENGE 4	To promote awareness-raising of adapted and suitable environments for the population with dementia, lack of vision, hearing, etc. (considering, e.g., physical environment, formal and informal caregivers, neurodegenerative diseases)
CHALLENGE 5	Define strategies to favor good-practices replication and citizen and media engagement.
CHALLENGE 6	Define strategies and integrate environment' challenges in urban, regional and national agendas.
CHALLENGE 7	Promote an effective and suitable implementation of caregiver's legal status.
STRATEGY / AIMS / ACTIONS	
3 major lines for 3 years (2019-2021)	<p>1 - Define assessment and dissemination strategies for good-practices.</p> <p>2 - Implement legal requirements and define criteria for healthy environments that can be introduced in urban rehabilitation projects (accessibility, wheelchairs' measures, doors, sanitary facilities - ANHP, ADC, ...)</p> <p>3 - To promote multidisciplinary collaborations among the involved actors (ARS, CCDR, Health Centers, etc.) by enabling each member to propose network reinforcements, and to promote joint actions with the various sectoral / professional orders (engineers, architects, etc.)</p>

	4 - Map the City Councils / Municipalities' already found solutions for environments adapted to the population with special needs, dementia or neurodegenerative diseases.
ACTIONS TO BE DEVELOPED TO AIMS' ACHIEVEMENT	
Action 1 for 2019	Accessibility / identify existing legislation and carry out enforcement campaigns with public authorities and organizations, media, etc.
Who implement? (Coordinator and partners)	Ana Garcia - Accessible PT Cristina Guimarães - INESC-TEC Alexandra Rodrigues - CCDRC José Manuel - Caregivers Portugal
Timeline	2019
Expected outcomes	Put the issue at discussion – <i>raise awareness</i>
ACTIONS TO DEVELOP	
Action 2 for 2019	Develop methodologies for assessing the quality and impact of good practices
Who implement? (Coordinator and partners)	Elísio Costa - Fac. Farmácia UP/Porto4Ageing João Lima – ESTeSC Helena Caria – Biolsl & ESS/IPS
Timeline	2019
Expected outcomes	Document with the methodological approach published online
ACTIONS TO DEVELOP	
Action 3 for 2019	SHAFE Network reinforcement - Creation of a proposal to introduce SHAFE in the academic teaching program
Who implement? (Coordinator and partners)	João Apóstolo – ESEnfC Sandra Pais – UAL Ana Almeida – FPCE/UC
Timeline	2019
Expected outcomes	A document for internal network discussion describing a methodology to introduce SHAFE in the academic teaching program. This produced document may also be used for the methodology' presentation to universities and / or other educational levels (in accordance with a strategic line of non-

	formal and formal education approach and through active methodologies), that may reflect the articulation between the creation of the formative / experiential proposal with the inclusive school principles and respective assumptions of autonomy and curricular' flexibility.
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THEMATIC AREA 2 Business Models / Implementation	
Group moderator	Gil Gonçalves e Pe. Luís Costa
Organisation	Inova+ and Cáritas Diocesana de Coimbra
Email address	correio@caritascoimbra.pt
IDENTIFIED CHALLENGES	
CHALLENGE 1	Physical and Relational Environments
CHALLENGE 2	Caregivers (informal and formal): fundraising, empowerment and legal status “Caregivers” rewards’ system
CHALLENGE 3	Lack of structuring “Market” Cost - Benefit Relationship: Who pays / funders?
CHALLENGE 4	Service’s types (Typification)
CHALLENGE 5	Changing Mentalities and Paradigms Prevention and promotion Users’ trust
STRATEGY / AIMS	
3 major lines for 3 years (2019-2021)	<p>1 – Identification of needs, stakeholders and indicators such as the arise of new professions</p> <p>2 – Cooperation: medium and long-term cost-benefit ratio, implementation and results</p> <p>3 – Flexibilization of typified services’: responses that give answer to the entire life cycle, proposing the creation of intergenerational communities.</p>

ACTIONS TO BE DEVELOPED TO AIMS' ACHIEVEMENT

Action 1 for 2019	Evaluation of possible and missing responses
Who implement? (Coordinator and partners)	Isabel Vaz Serra – Fundação Dr. José Lourenço Júnior Pedro Roseiro – TICE.PT (for desk research only)
Timeline	2019
Expected outcomes	Document for internal network discussion

ACTIONS TO DEVELOP

Action 2 for 2019	Evaluation of business models, such as cooperatives, business solutions and social entrepreneurship Physical and relational environments assessment
Who implement? (Coordinator and partners)	Gil Gonçalves – Inova + Pedro Roseiro – TICE.PT Helena Caria – BioISI & ESS/IPS
Timeline	2019
Expected outcomes	Document with the evaluation for internal network discussion

ACTIONS TO DEVELOP

Action 3 for 2019	Search for evidence to support the flexibility of typing social responses, services and professions Assess carers' involvement and their real needs
Who implement? (Coordinator and partners)	Carina Dantas – Cáritas Coimbra Pedro Roseiro – TICE.PT (for desk research only)
Timeline	2019
Expected outcomes	Document for internal network discussion

THEMATIC AREA 3 Collaboration and communication	
Group moderator	Patrícia Calado and Carina Dantas
Organisation	GPPQ and Cáritas Diocesana de Coimbra
Email address	patricia.calado@gppq.pt carinadantas@caritascoimbra.pt
IDENTIFIED CHALLENGES	
CHALLENGE 1	“Baby” network, without a defined structure and not yet recognized
CHALLENGE 2	Segmented and multidisciplinary area
CHALLENGE 3	Avoid efforts of duplication and waste of resources, facilitating access to the information
STRATEGY / AIMS	
3 major lines for 3 years (2019-2021)	<p>1 – Create national and international visibility to make the network grow in a solid way.</p> <p>2 - Promote interaction and increase the literacy of the various actors in this multidisciplinary area</p> <p>3 - Avoid the duplication of efforts and the waste of resources, by facilitating access to the information</p>
ACTIONS TO BE DEVELOPED TO AIMS’ ACHIEVEMENT	
Action 1 for 2019	Summary of relevant sites and preparation of online tutorials related to online translation tools, in order to facilitate partners without fluency of foreign languages to network’ participation
Who implement? (Coordinator and partners)	Tiago Gonçalves – Associação Dignitude
Timeline	Final of 2018
Expected outcomes	Online published document
ACTIONS TO DEVELOP	
Action 2 for 2019	Develop a model to create the network webpage (PT and EN)
Who implement?	Carina Dantas (CD)

(Coordinator and partners)	
Timeline	2019
Expected outcomes	Developed model for internal network discussion

ACTIONS TO DEVELOP	
Action 3 for 2019	Spread the network on the ECHAlliance platform
Who implement? (Coordinator and partners)	Carina Dantas – Cáritas Coimbra João Apóstolo – ESEnC
Timeline	November 15 th , 2018
Expected outcomes	Creation of the portuguese network webpage on the ECHAlliance platform. Shared information among network' partners.
ACTIONS TO DEVELOP	
Action 4 for 2019	Develop a specific space for the portuguese network in the EU Health Policy Platform that will work as a repository where it can be shared relevant documents and functionalities.
Who implement? (Coordinator and partners)	Carina Dantas – Cáritas Coimbra João Apóstolo - ESEnC
Timeline	November 15 th , 2018
Expected outcomes	Portuguese network specific space in the EU Health Policy Platform and shared information with partners.
ACTIONS TO DEVELOP	
Action 5 for 2019	Develop tools for partner's internal communication
Who implement? (Coordinator and partners)	Patrícia Calado – GPPQ
Timeline	November 15 th , 2018
Expected outcomes	Shared information accomplished through the implementation of the developed digital tool.
ACTIONS TO DEVELOP	
Action 6 for 2019	Follow-up of national relevant strategies

Who implement? (Coordinator and partners)	Patrícia Calado – GPPQ Maria Paula Santos - FADEUP
Timeline	Whenever necessary
Expected outcomes	Share information with members whenever necessary and relevant.
ACTIONS TO DEVELOP	
Action 7 for 2019	Map good practice platforms to complement the identified action 1.
Who implement? (Coordinator and partners)	Filipa Couto – ESEnfC
Timeline	Final of 2018
Expected outcomes	Document for internal network sharing
ACTIONS TO DEVELOP	
Action 8 for 2019	Develop a calendar of events to be include on the network webpage
Who implement? (Coordinator and partners)	Maria Paula Santos – FADEUP
Timeline	Final of 2018 and then quarterly
Expected outcomes	Calendar of events to be include on the network webpage under the agreed deadlines
ACTIONS TO DEVELOP	
Action 9 para 2019	Promote network' semi anual meetings (interchange between Coimbra, Lisboa, Porto and Faro and other locations
Who implement? (Coordinator and partners)	Elísio Costa – UP/Porto4Ageing Sandra Pais – UAL UAL will host the meeting in the first half of 2019 UP will host the meeting in the second half of 2019
Timeline	June, 2019
Expected outcomes	Calendar of events shared in the network.

ACTIONS TO DEVELOP	
Action 10 for 2019	Raise awareness among members to promote the Network in their media
Who implement? (Coordinator and partners)	Rui Maia – Replicar Socialform
Timeline	Final of November, 2018
Expected outcomes	Network logo visible on partners' institutional sites (and other relevant information)

ACTIONS TO DEVELOP	
Action 11 for 2019	Identify similar networks in other countries
Who implement? (Coordinator and partners)	Elzebieta Campos - ESEnfC
Timeline	Final of 2018
Expected outcomes	Share information on the network.

THEMATIC AREA 4 Health and wellbeing throughout the life-course	
Group moderator	João Apóstolo e Ana Jegundo
Organisation	Nursing School of Coimbra and Cáritas Coimbra
Email address	apostolo@esenfc.pt ; analuisajegundo@caritascoimbra.pt
IDENTIFIED CHALLENGES	
CHALLENGE 1	Lack of Practices' Repository ≠ National Stakeholders Need of good practices aggregation: Non systematized information
CHALLENGE 2	Concept definition of Healthy Environments and how to measure, monitor and evaluate
CHALLENGE 3	Representation of specific groups (caregivers, end-users)
CHALLENGE 4	Diversity of actors (well-being, active aging, inclusion, empowerment, ICT, etc.)
CHALLENGE 5	Mapping of stakeholders interested on the role of caregivers, digital literacy and health, and industry
CHALLENGE 6	Unawareness of the network elements' difficulties and constraints
CHALLENGE 7	Lack of digital & health literacy, , the role of the caregiver and the patient
STRATEGY/ AIMS	
3 major lines For 3 years (2019-2021)	1 – Understand at national level the existing structures and the existing good practices (eg CCDRs) - build relationships with existing structures and reach international ones 2 – Create a "healthy environment" framework - what dimensions? 3 – Systematize Information, replication of community initiatives, sustainability, in an intercultural environment
ACTIONS TO BE DEVELOPED TO AIMS' ACHIEVEMENT	
Action 1 for 2019	Meetings – Conferences and thematic workshops Identification and invitation of national actors
Who implement? (Coordinator and partners)	INESC-TEC Reci BioISI ESTeSC Ordem Psicólogos AD ELO Hospital da Luz 4iE ESEnFC Cáritas Diocesana de Coimbra Porto4ageing ISAMB

Timeline	2019
Expected outcomes	2 develop events in 2019 (at least)
ACTIONS TO DEVELOP	
Action 2 for 2019	Development of specific mechanisms and working groups for the creation of position papers on relevant matters to the Network * white paper(s)
Who implement? (Coordinator and partners)	Caregivers Portugal Hospital da Luz UC RECI INESC-TEC BioISI ISAMB ESTeSC
Timeline	2019
Expected outcomes	Identify up to 3 sub-groups and 3 coordinators for specific themes, with a view to creating consensus documents
ACTIONS TO DEVELOP	
Action 3 for 2019	Identification among network members of their difficulties, challenges, competencies and contributions.
Who implement? (Coordinator and partners)	INESC-TEC Reci BioISI AD ELO Hospital da Luz 4iE ESEnfC Cáritas Diocesana de Coimbra ISAMB ESTeSC
Timeline	2019
Expected outcomes	Document for internal network discussion

PARTNERS

