

4TH INTER-REGIONAL LEARNING MEETING

November 24-25, 2021

DAY 1 | 24 November

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| 09:15 | Welcome |
| 09:30 | Opening speech Carlos Diogo Director General - Cáritas Coimbra |
| 09:45 | Visit to Cáritas Coimbra's facilities (Coimbra) |
| 10:00 | Regional Good Practices on Domain 4: Health and Community Services (1st part) |
| 11:00 | COFFEE BREAK |
| 11:15 | Regional Good Practices on Domain 4: Health and Community Services (2nd part) |
| 12:00 | Cross-themed Practices |
| 12:30 | Discussion |
| 13:00 | LUNCH BREAK |
| 14:00 | Evaluation report: Discussion of Results |
| 14:30 | A view of the Projects in Cáritas Coimbra |
| 16:00 | Bus Tour "Blue Line Route - Linha Azul" in the transport system that connects historic area of the city and downtown |
| 19:30 | DINNER AT DUX (URBAN TAVERN) |

DAY 2 | 25 November

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| 09:30 | Welcome |
| | Centro Regions's Good practices Transport on request Intermunicipal Community of Médio Tejo Intermunicipal Community of Coimbra |
| 10:00 | Best Practices in Active and Healthy Ageing- Catalogue Centro Regional Coordination and Development Commission (CCDRC) Reporters Council project 55+ University of Coimbra |
| 11:00 | COFFEE BREAK |
| 11:20 | Discussion with regional stakeholders |
| 12:30 | Closing speech |
| 13:00 | LUNCH |
| 14:00 | Visit to Autonomous Houses of Pinhal - Social Village |
| 16:30 | Arrival in Coimbra |

CENTRO REGIONS' GOOD PRACTICES

TRANSPORT ON REQUEST

In the Middle Tagus (in Portuguese Médio Tejo, referring to an administrative division in Portugal) there are territories of sparse population and low density, whose transport needs cannot be efficiently ensured by regular collective transport, with fixed timetables and routes.

To ensure the mobility of the population in rural areas and promote social inclusion, a new type of transport offer is required that allows a wider territorial coverage, with adequate service levels and controlled costs. It is in this context that this pilot and experimental project called "Transport on Request in the Middle Tagus" was born.

More information here: <https://mediotejo.pt/index.php/transporte-a-pedido>

BEST PRACTICES IN ACTIVE AND HEALTHY AGEING- CATALOGUE

The Centro Region is one of the regions in the country with the highest number of older people, a characteristic that tends to increase. Thus, active and healthy ageing is a strategic priority for the Centro Region and has been a goal of many entities in the region. The European Commission, in close collaboration with the Ageing@Coimbra consortium, considers the Centro Region a Reference Region in Active and Healthy Ageing. The European Commission recognizes that many organizations and entities in the region have shown great effort and ability to adapt to demographic change by implementing projects and initiatives to foster research and technologies. These initiatives aim to improve health care in a way that promotes a healthier lifestyle for older adults. Centro Regional Coordination and Development Commission (CCDRC) launched, in 2017, the first competition of Good Practices on Active and Healthy Ageing, to bring to light various ongoing initiatives in the region and encourage others to flourish.

The Catalogue of Best Practices in Active and Healthy Ageing was built upon the information received for the first edition of the Best Practice in Active and Healthy Ageing Prize of 2017, referring to each of the following categories:

Research and technology in active and healthy ageing. Good practices that foster research and technologies in the field of active and healthy ageing. In this category, we include the creation of innovative products,

Healthcare. Good practices that contribute to improving the view on active and healthy ageing and innovation in health and social care;

Healthy lifestyle. Good practices that promote healthier lifestyles, with or without the use of new technologies. Also favoured are practices, in rural or urban environments, that facilitate the daily activity of older adults and promote a better quality of life.

VISIT GOOD PRACTICE

Autonomous Houses of Pinhal - Social Village

Pinhal's Autonomous Houses are a senior village, implemented in 2011, for older adults who are still autonomous and who need support to enjoy active and healthy aging, but who do not have family support and refuse to be institutionalized.

The idea was born about seven years ago when the association "Os Pioneiros" concluded that "it was necessary a social response that preceded the home and gave people the possibility of being autonomous and having a normal life".

Older adults can live in autonomous homes while: improves quality of life; contribute to the stabilization or deceleration the aging process; combating abandonment, isolation and social exclusion.

Built on the land of this private social solidarity institution, based in Mourisca do Vouga, the village consists of ten prefabricated wooden houses, separated by a few meters and surrounded by an extensive garden and a pine forest. In each one lives a couple or two people of the same sex.

Residents live in wooden houses and live completely autonomously. The villa has a kitchen, a bedroom and a bathroom. The objective of the Pioneiros institution is to support these elderly people, without robbing them of their freedom or independence.

When people arrived, they are fascinated because they won't lose their autonomy. Everyone is in their own house and has access to medical services, meals and laundry.

"They feel like they're in their own homes," there are currently about 30 people on the waiting list.