

# Sustainable and Active Ageing Development and Application of SAVING Methodology

M. Almeida-Silva<sup>1,2</sup>, V. Manteigas<sup>1,2</sup>, A.M., Teixeira<sup>3</sup>, A.R. Carvalho<sup>3</sup>, J. Moreira<sup>3</sup>, D. Tavares<sup>4</sup>, T. Tomás<sup>1</sup>, A. Monteiro<sup>2</sup>, C. Viegas<sup>1</sup>

1: H&TRC - Health & Technology Research Center, ESTeSL – Escola Superior de Tecnologia da Saúde, Instituto Politécnico de Lisboa, Av. D. João II, lote 4.69.01, Parque das Nações, 1990-096 Lisboa, Portugal  
2: Centro de Ciências e Tecnologias Nucleares (C2TN), Instituto Superior Técnico, Universidade de Lisboa, Estrada Nacional 10, ao km 139.7, 2695-066 Bobadela-LRS, Portugal  
3: ESTeSL – Escola Superior de Tecnologia da Saúde de Lisboa, Instituto Politécnico de Lisboa, Av. D. João II, lote 4.69.01, Parque das Nações, 1990-096 Lisboa, Portugal  
4: CIES-IUL, Centro de Investigação e Estudos de Sociologia



## Background



In the last decades, Portugal has been experiencing profound demographic transformations characterized by the **increase of the longevity and the elderly population** as well as a reduction of births and coincidentally, young population<sup>1</sup>. According to the United Nations<sup>2</sup> the percentage of the world's total population aged 60 or over was 14% in 2011 and is estimated to reach 18% by 2050.

**MAIN OBJECTIVE**  
This project intends to develop research activities and applying the best strategies and good practices in order to create a **Sustainable and Active Ageing Program** to promote the transition to a sustainable ageing in Elderly Care Centers.

## Methodology

### 1 SAVING Brigades

Responsible for:



- Implement SAVING program methodology;
- Participate in audits;
- Contribute to other activities.

### 2 Database

- Checklist:** *Ambiental Strand, Activity and Organization Strand and Physical Activity Strand;*
- These aspects were further divided into various indicators that should be evaluated in the initial diagnostic.

### 3 Action Plan

- Development of short and long term strategies;
- Implementation of strategies that will promote healthy and sustainable ageing;
- Creation of conditions so that those same strategies are still viable in the future.



## Results

Key Performance Indicators (KPI)
KPI acted as a mechanism to manage, assess and monitor the transition to a Sustainable Ageing and allowed the performance comparison between different projects and initiatives.
SAVING Brigade
The involvement of different investigators allowed reflection within the group and mutual learning which lead to better conditions when faced with uncertainties and obstacles.
Action Plan
The Action Plan acted as a tool for the development of previously defined strategies.



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The elder's contact with the **environment** benefits his health and it contributes to a better quality of life.

**Social relationships** exert a beneficial and healthy influence upon elderly people.

Practice of regular **exercise** improves the elder's physical capacity while preventing the loss of autonomy.

## Conclusions

The concept of **quality of life** encompasses the **physical health** of the individual, the **psychological** state, **social relationships**, beliefs and the interactions with the **characteristics of the context** in which they are included. Therefore, Active, Sustainable and Healthy Ageing should be the goal.

### Acknowledgements

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<sup>1</sup> Direção Geral da Saúde (2017). Estratégia Nacional Para o Envelhecimento Ativo e Saudável: 2017-2025. Lisboa.

<sup>2</sup> United Nations – UN. (2012). *Population Ageing and Development*. New York: United Nations.



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