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. According to the United Nations the percentage of the world’s total population aged 60 or over was 14% in 2011 and is estimated to reach 18% by 2050.

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.

### Background

### Methodology

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

**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.

**Action Plan**
- Development of short and long term strategies;
- Implementation of strategies that 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.

### 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

This work was supported as part of the SAVING project, funded by IDI&CA, Instituto Politécnico de Lisboa.