

Sustainable and Active Ageing – Development and Application of SAVING Methodology

M. Almeida-Silva^{1,2}, V. Manteigas^{1,2}, A.M. Teixeira³, A.R. Carvalho³, J. Moreira³, D. Tavares⁴, T. Tomás¹, A. Monteiro², C. Viegas¹

¹H&TRC - Health & Technology Research Center, ESTeSL- Escola Superior de Tecnologia da Saúde, Instituto Politécnico de Lisboa; ²Centro de Ciências e Tecnologias Nucleares (C2TN), Instituto Superior Técnico, Universidade de Lisboa, Estrada Nacional 10, ao km 139.7, 2695-066 Bobadela-LRS, Portugal; ³ESTeSL- Escola Superior de Tecnologia da Saúde, Instituto Politécnico de Lisboa; ⁴CIESIUL, Centro de Investigação e Estudos de Sociologia

SAVING project intends to develop research activities applying the best strategies and good practices regarding to the promotion of an active, healthy and sustainable ageing in relation to social, economic, environmental and pedagogic aspects. This project aims to create a Sustainable and Active Ageing Program named SAVING Program to promote the transition to a sustainable ageing in Elderly Care Centres (ECCs). SAVING Program is an ideal way for ECCs to embark on a meaningful path towards an effective and positive impact on the lives of old people, their families, ECCs staff and local authorities. Moreover, it is a massive opportunity not only to improve the ECCs environmental and physical conditions, but also to potentiate synergies with health, social and academic professionals/institutions that might open an easy and free channel between old people and societal opportunities. The project' methodology is based on three pillars: 1) the creation of SAVING Brigade; 2) the development of a database with the definition of several indicators regarding three strands (environmental, organization and physical activity); 3) the action plan. All this innovative methodology was built on a living-lab approach applied in one ECC, that was used as case-study.

The results showed that the creation of the SAVING Brigade allowed not only the increase of reflection and mutual learning, but also the creation of better conditions to face uncertainties and obstacles. Plus, the use of indicators supported the basic themes and enables comparison with other studies, between institutions or programs. Finally, the Action Plan acted as a tool for the development of previously defined strategies.

It is possible to conclude that the breadth of the concept of quality of life encompasses the physical health of the individual, their psychological state, their social relationships, their beliefs and the relationship with the characteristics of the context in which they are inserted. Therefore, Active, Sustainable and Healthy Ageing should be the goal.