

SUMMER COURSE



ACTIVE AGEING AND SILVER ECONOMY

SUMMARY

In the last decades, there has been an increase in longevity in developed countries. Worldwide, numbers show a scenario where the proportion of working age people will decline while the relative number of retired people continues to increase. This picture favours the rising of costs, ultimately compromising sustainability of societies. In order to prevent systems from collapsing, this demographic change needs an integrated approach from different disciplines, taking in mind that active and healthy ageing is crucial in the XXI century transforming society. By bringing an entrepreneur attitude, with innovative ideas of products and services in active ageing, you will meet the current needs of society! It is time to act! JOIN US and you will BE A VISIONARY ON ACTIVE AGEING!

This one-week summer course was developed for people from a mix of backgrounds and disciplines that are interested in the challenges associated with an ageing population. The training focuses on contacting different successful active ageing related projects and on working groups to generate and develop creative and unique challenging solutions. For more details, see the programme here. We hope you can also enjoy these days to visit the charismatic city of Porto, distinguished as a "Reference City on Active and Healthy Ageing at the European Summit on Digital Innovation for Active and Healthy Ageing (Brussels, December 2016).

WHEN

2018 July 2nd – 6th

WHERE

Porto, Santa Maria Health School

WHO

Students and professionals interested in ageing and silver economy

PROGRAM (1.5 ECTS)

2 July 2018 | Silver economy

08:30-09:00 – Registration

09:00-09:15 – Opening of the Summer Course. José Manuel Silva | Santa Maria Health School

09:15-10:15 – Silver economy: from problems to challenges | Cândida Santos

10:15-10:45 – Case study: *Grandma Came to Work*

10:45-11:00 – Discussion

11:00-11:30 – Coffee break
 11:30-13:30 – Working groups
 13:00-14:00 – Lunch
 15:00-16:30 – Visit: Põe-te a mexer

3 July 2018 | Social, cultural, spiritual and civic ageing participation

09:00-10:30 – Case-studies
VintAGEING. Cristiane Silva | Santa Maria Health School
 Share. Augusto Bianchi de Aguiar | Share
 Ser Mais Valia. Mafalda França Pedro, Ana do Carmo Lopes, Licoln Justo da Silva | Association of Volunteers for Citizenship and Development
 10:30-11:00 – Case-studies discussion
 11:00-11:30 – Coffee break
 11:30-13:30 – Working groups
 13:30-14:30 – Lunch
 14:30-16:30 – Visit: *Vintage for a Cause*

4 July 2018 | Digital tools in ageing

09:00-10:30 – Case-studies
FrailSurvey. Elísio Costa | Porto4Ageing
Active ageing games. Ana Pereira | Fraunhofer Portugal
PETRHA | Physiotherapy E-Training Re-Habilitation. Rui Macedo | Polytechnic Institute of Porto
Ageing-friendly digital tools. Jorge Oliveira | siosLIFE
 10:30-11:00 – Case-studies discussion
 11:00-11:30 – Coffee break
 11:30-12:30 – Working groups
 13:30-14:30 – Lunch
 14:30-16:30 – Visit: Fraunhofer Portugal

5 July 2018 | Physical exercise and sports in ageing and chronic diseases

09:00-10:30 – Case-studies
Boccia for all. Bárbara Vasconcelos | ProdigyFrontier, Lda
Physical exercise during hemodialysis. Pedro Martins | NephroCare, Fresenius Medical Care
 MACH3i. Pedro Silva | XRCISE XRcode
Mais ativos mais vividos. Joana Carvalho | Faculty of Sports of the University of Porto
 10:30-11:00 – Case-studies discussion
 11:00-11:30 – Coffee break
 11:30-13:30 – Working groups
 13:30-14:30 – Lunch
 14:30-16:30 – Visit: Residências Montepio

6 July 2018 | Age-friendly cities

09:00-10:30 – Case studies
Ageing-friendly outdoor environments. Cláudia Fernandes, Isabel Silva | Faculty of Sciences of the University of Porto
 Proasolutions. Nuno Peixoto | ProaSolutions
 Transport: accessibility and mobility for all. Manuel Paulo Teixeira | Porto City Hall
 10:30-11:00 – Case-studies discussion
 11:00-11:30 – Coffee break
 11:30-12:30 – Working groups
 13:30-14:30 – Lunch
 15:00-16:30 – Presentation of working group's projects

ORGANIZING COMMITTEE:

Tânia Martins
 Cristiane Silva
 Ana Rita Pinheiro

FEE

Free

WHAT DOES THE FEE INCLUDE?

30 hours of training (including visits)

Course support material

Certificate of participation

School insurance

Coffee breaks

With the support of:



FOR MORE INFORMATION

www.santamariasaude.pt

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ORADORES

[Check out the summer course speakers here.](#)

