

## Local policies for active aging - A study in the municipality of Sertã

### ABSTRACT

Improving the health and socioeconomic conditions, allied with advances in technology contributes to the longevity of the population. Along with the increasing elderly population, the imbalance between men and women is accentuated due to the strong increase in female longevity compared to men. If the ageing population is a concern, no less disturbing is the challenge that society have: to allow people to live longer, with quality of life and in an active way. Should thus join forces, collective and individual, to promote active ageing. In this sense, it is important to understand the social policies adopted for active ageing, in the European outlook, in Portugal, specifically in the county of Sertã. For this reason, were carried out questionnaires, the county level, to the institutions that provide social support, to students of the Senior Academy of Sertã, the users of a social response and ordinary citizens in order to understand how active ageing is experienced. Meeting the concerns on this issue, the European Parliament decided that 2012 is the European Year of Active Ageing and in this sense, it was important to understand the objectives and measures taken.

Keywords: ageing, elderly, active ageing, social policy, quality of life, Sertã