

TÍTULO DA TESE: Social Policy of Active Aging for Covilhã City.

ABSTRACT

In the last century with the growing trend of companies, we have been witnessing a significant and rapid increase of the aging world population, which is part of Portugal.

The aging population is a more concrete realities of today, the subject of constant study and attention of our society. Is this growing aging population that came to challenge governments, families and professionals, and even society in general, find solutions to this phenomenon, for which they were not prepared.

In this sense arises this thesis, the need to ascertain the perceptions that adults (between 55 and 69 years old) have of their situation and their needs and expectations for the future.

This research aims, thus presenting social policies for active aging in the hinterland, particularly in the city of Covilhã.

This is a descriptive study based on data collected through questionnaire and interview, and whose goal is to outline a social policy of active aging for Covilhã city.

Keywords: Elderly, Aging, Aging Population, Social Policy, Intergenerational Relations, Active Aging,