



Ricardo Rio

Mayor of Braga

Braga pledge to European Pillar of Rights

A stronger social Europe is only possible by focusing on people. We want a Europe not "for" people, but "with" people. Therefore, working to increase inclusion, the sense of belonging, the appropriation of material and immaterial space will bring a cohesive and inclusive Europe, of all citizens and with all citizens.

Commitment to principle 18. Long-term care

The City of Braga makes the public commitment to principle 18 of the European Pillar of Social Rights. We will give priority to the prevention and promotion of social inclusion in long-term care, knowing that everyone has the right to affordable long-term care services of good quality, in particular home-care and community-based services.

The increase in the average life expectancy prevails as a global trend. According to statistical forecasts, between 2050 and 2060, 30% of the world's population will be elderly people. Currently, in Europe, around 14% to 18% of citizens are aged over 65, but in Braga this percentage has increased to a significant 22.2%, value above the European average that requires an urgent and special attention. The Social Development Plan 2016-2021 of Braga is associated with an accessibility and promotion strategy, having Programs and Projects already available: the "**Braga + 65 anos**" project (for people aged over 65) which provides a care office for the elderly with the purpose of providing information, follow-up, home visits and facilities for Tele assistance kits, including a telephone helpline, thus ensuring the safety and social support of the elderly as well as combating isolation; The "**Boccia Senior**" and "**BragAtiva**" programs aim to enhance mobility and improve physical and mental condition. The issuance of the **Senior Card** for citizens aged 65 and over grants innumerable benefits regarding the access to municipal services or to cultural, sports and recreational activities. The development of **local community volunteer programs** providing personal and social support to the socially isolated senior population. The "**Braga Sol**" program promotes the granting of social benefits including the exemption from municipal fees, technical support, repair and requalification of degraded housing. In the promotion of active aging, we also have the "Ciclo de **Conhecimento**" program (Cycle of Knowledge) for the acquisition and improvement of knowledge and to boost cognitive activity and socialization. The "**Avóspedagem**" program promotes intergenerational coexistence and combats isolation as the elderly share their houses for free with university students. Finally,

the “**Braga a Sorrir**” program (Braga Smiling), in partnership with the “Mundo a Sorrir” Organization (a NGO) in the prevention and promotion of oral health. These are projects involving a large budget effort that Braga is aiming to increase, expanding them and taking them to the largest number of citizens of the municipality.

Making this commitment, believing in a new phase of social development and cities' social policies, and since we want to build a Social City, we will consistently invest in the creation of new strategies and responses with a high impact potential, channelling to our Hub (now in the process of implementation) innovation and social entrepreneurship projects with innovative solutions to improve the quality of life of individuals aged over 50 (silver economy). One of the great partnerships for the impact that, as investors, we propose is related to the active cognitive aging and new technologies, providing access throughout the municipality of Braga to the SiosLIFE program, a program developed by a spinoff from the University of Minho. In a cross-border partnership with Galicia, Spain, we will develop also the RedMay project, a community support and maintenance network for people over 55 residing in rural areas, through technology and innovation, to combat social isolation and promote their quality of life.

Braga undertakes to expand and cover all its senior population, promoting home-care and community-based services, developing and investing in innovative proposals of social impact aiming social protection and inclusion.

Braga pledges to spend in these social programmes in the next seven years about 1,5 million euros each year, in a total investment of 10,5 million euros.

Braga, 8 January 2019

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