

A technological overview on intervention projects in ageing population

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ABSTRACT

Purpose: Given the new society challenges and the growing elderly population in Portugal, the promotion of active and healthy aging is a priority. Consequently, there is a need to create intervention programs and projects using digital and technological platforms, to promote the good practices in this area, as this is one of the main goals of the International Center on Ageing (CENIE). The objectives are the creation of a national registration database, the intervention programs / projects implemented survey in Portugal, the status verification of each project through available information and its characterization and detailed analysis of the interventions to identify good practice criteria in the development, implementation, evaluation and reporting process as well as the constant underlying technological update.

Design/methodology/approach: Ninety-six interventions, carried out between 2004 and 2018, were identified to contribute for improving the quality of life and autonomy of the elderly, carried out between 2004 and 2018.

Findings: Among these, the main themes are the fall prevention, physical activity promotion, promotion of intergenerational relations, healthy eating promotion, promotion of cognitive development and the promotion of socialization.

Practical implications: Suggestions for future investigations include the need to engage contact with entities, such as Health Center clusters and City Councils, in order to validate the existence of updated and innovative interventions, as well as to carry out a thorough evaluation, so as to characterize and describe interventions that promote attitude changes and good practice development opportunities with the purpose of increasing and extending quality of life in accordance with this new life cycle configuration.

KEYWORDS: active and healthy ageing, good practices, intervention programs, elderly population

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