



INDIVIDUAL FELLOWSHIPS - CANDIDATES PROFILE

[Caritas Coimbra](#), in collaboration with the [Centre for Neuroscience and Cell Biology of the University of Coimbra](#), wants to receive a researcher under the Marie Skłodowska-Curie program - Individual Fellowships, in the field of active and healthy ageing.

1. Research Area

Neurosciences, Ageing and Degenerative Diseases

2. Admission requirements

PhD or at least four years of research experience in full-time in these areas.

3. Work plan

The work will include research in the sub-area of Neurosciences - systems, clinical and behavior, specifically analyzing the correlation between brain function / degenerative diseases and the rehabilitation / animation activities performed by third sector organisations with elderly patients, in order to create better response plans (prevention and rehabilitation).

The proposal will require collaboration between the candidate and both host organisations.

4. Type of Action

Society and Enterprise panel [MSCA-IF-EF-SE]

5. Supporting documents and online submission available [HERE](#)

6. Deadline for submission (H2020 participant portal)

14 September 2016 17:00:00

7. Place of work

The IF will be developed in Caritas Coimbra, under the supervision of [Carina Dantas](#) and CNC/UC - Faculty of Medicine (Coimbra, Portugal) under the scientific supervision of [Cláudia Cavadas](#), PhD.

8. CONTACTS

In case of interest, please contact Carina Dantas (correio@caritascoimbra.pt) and Cláudia Cavadas (ccavadas@uc.pt) indicating your motivation and approach to the theme/work plan. Please also include one paragraph with a CV synopsis.



Cáritas Diocesana de Coimbra is a social economy (non-profit) private institution that supports people and communities in five districts of the Central Region of Portugal. This organization develops its main activity in the following areas: social, health, education and pastoral care.

Cáritas Coimbra has nearly 90 centres (with 120 different responses) in Coimbra's Diocese, supporting approximately 25.000 people/year. For this purpose Caritas Coimbra has about 960 employees and 150 volunteers.

Intervention areas: Education; Health; Social Support; Family and Community; Children and Youth at Risk; Elderly; HIV/AIDS; Addiction; Homelessness; Community Intervention; Training; Summer camps and Social Tourism.

Cáritas de Coimbra develops work connected to support senior citizens for several decades, with 13 day care centres, 18 home care services, 3 nursing homes, 1 chronic disability / impairment home, 2 long term care units, 1 medical and rehabilitation clinic and 1 summer camp for senior citizens - overall Cáritas supports about 3000-4000 elderly a year in these services.

Cáritas Diocesana de Coimbra is a founding member of the EU Covenant on Demographic Changes (Mrs. Carina Dantas is Vice-President) and also Main Coordinator of CW *Twinning and peering local initiatives* in Group D4 - *Age-friendly environments* on EIP-AHA (Carina Dantas is Main Coordinator and Ana Jegundo is Stand-in Coordinator).

It is also a member of Ageing@Coimbra (EIP-AHA reference site 3 stars); a special focus of Cáritas Coimbra relates with frail elderly suffering from cognitive deficit or at risk of social exclusion.

Cáritas Coimbra is a member of the GrowMeUp consortium, a European project (2015-2018) funded under the H2020 PHC-19-2014 call "Advancing active and healthy ageing with ICT: service robotics within assisted living environments", coordinated by the University of Coimbra and including seven more partners from 6 EU countries: Portugal, Switzerland, the Netherlands, Cyprus, Spain and France.

The GrowMeUp Project aims to answer to the demographic change challenge, by providing an affordable service robotic system able to learn the older persons needs and habits over time and enhance ('grow up'/scale up) its functionality to compensate for the elder's degradation of abilities, to support, encourage and engage the older persons to stay longer active, independent and socially involved, in carrying out their daily life at home.

Cáritas has also participated during the last few years in several trials with technologies for the elderly population (TICE.HEALTHY, PrimerCog, CaMeLi) and cooperated in testing products and methodologies in many regional projects with local universities and schools (University of Coimbra, University Aveiro, Nursing School, etc.), receiving dozens of internships every year.

Cáritas examples of Conferences and seminars participation in 2016:

- International Conference [Building the Future of Health](#) - Groningen, Netherlands
- [Conference on Active and Healthy Ageing](#) - [Ageing@Coimbra](#)
- Session [Health H2020](#), organized by GPPQ

Recent articles and publications:

- [Analysis of Elderly Users' Preferences and Expectations on Service Robot's Personality, Appearance and Interaction](#)
- [Proceedings of the 3rd IPLeia's International Health Congress](#) (p. 90-91 - posters 77 and 78)
- [Evaluation of the quality of life of the clients of the homeless shelter Farol](#)

Significant Infrastructure provided:

Caritas Coimbra has several centers that support elderly people and where projects, trials and research can take place. Usually projects are implemented in different centers, to reach elderly with different profiles, either because of their location (e.g. urban areas; social housing in the outskirts of the city; low density regions; by the coast), either because of the type of care provided (home care /day care/residential). Below some of these centres are described:

Centro Rainha Santa Isabel includes Day Care, Home Care Services, Long Term care Unit, Medical and Rehabilitation Clinic (with swimming pool), Nursing Home and Chronic Disability / Impairment Home. This centre supports more than 4500 people a month, of all ages and with different pathologies, in order to prevent permanent disability and rehabilitate functional limitations - half of which are elderly.



Residential Unit Sagrada Família is a nursing home in Cadafaz/Góis, functioning since 2012. It supports people aged over 65, autonomous or with small dependencies and has capacity for around 50 users. It also provides home care services around the region.



Lar Encarnação is an elderly care home that is located in Figueira da Foz, directly by the sea. It supports 106 elderly in residential services, with different degrees of autonomy. It also provides home care services to 40 elderly in the community, aiming at people over 65 years of age and usually with some degree of dependency.



Centro Social S. Pedro (Ingote/Coimbra - a social neighbourhood with elderly without family support and care) provides day care centre for the elderly, home care services and day care for children. It supports about 230 people per month, of which 60 are users of home care.



Centro S. Martinho da Cortiça locates in a low density territory, with day care (20 people) and home care services (25), providing services for autonomous elderly but also to those who are unable to leave their homes and need support in their daily activities (illness or limitations).



Centro da Boa Viagem is located in Leirosa, in a pine forest zone, 500 meters from the beach and has elderly services and nursery. The Day Care Centre and Home Care Services are aimed for people over 65. The day care receives up to 40 people with a greater degree of autonomy. Home Care Services are able to meet the needs of 50 people.

