

Preparing for Older Age in Portugal



Lagos, 28 April 2026

British Consular Services Portugal – Who We Are

Consulates

- Lisbon
- Portimão

One Team

- 5 Consular Officers
- 2 Vice Consuls
- 1 Consul

Honorary Consuls

- Funchal
- Ponta Delgada
- Sal – Cabo Verde
- Boa Vista – Cabo Verde



British Consular Services Portugal – Available 24/7



Telephone:

Lisbon: 21 3924000

Portimão: 282 490 750



Global Response Centre: +44 207 8005000

Intercom: Available in Lisbon and Portimão



Webform:

Digital service on **GOV.UK**



In person:

By appointment only

British Consular Services Portugal – Remit

Provide assistance to **vulnerable British nationals**
visiting and **residing** in Portugal

Our role is to **support**, **guide**, and **signpost** — especially during
challenging situations.



Background and Prevention Efforts

Why this event matters

We have seen a **significant increase in welfare-related cases** involving older British nationals in Portugal.

Many cases could be reduced through **early planning**. Common issues relate to:

- Health
- Isolation
- Access to services
- Lack of local support

What we are doing

- Working with local authorities, such as health, police & social partners;
- Sharing prevention messages via **GOV.UK** and our social media accounts;
- Developing a **guide on planning for later life in Portugal**.
- **Running sessions such as this one**

Working in Partnership

British Consular Services and AFPOP are working together to:

- ✓ Encourage **planning ahead for later life**
- ✓ Share **practical, trusted information**
- ✓ Help people stay **independent, informed and supported**



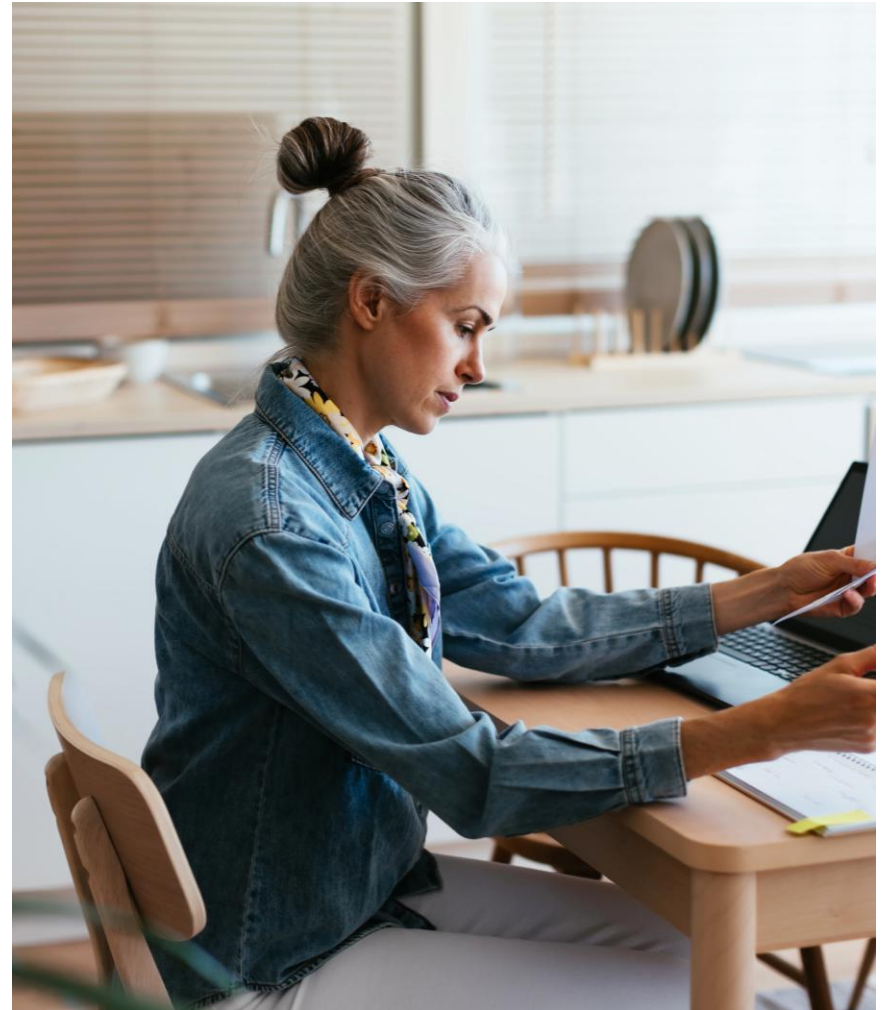
Today's topics:

Preparing for Later Life in Portugal

- Plan for possible changes in **health, mobility and independence**
- Consider your **care preferences**
- Reflect on whether you might **return to the UK** in the future

Keep key documents organised and shared with trusted family or friend

- Emergency contacts easily accessible (*e.g. Emergency page of your British passport*)
- An **emergency folder** with essentials (*bank details, Power of Attorney, important paperwork*)



Today's topics:

Manage your finances

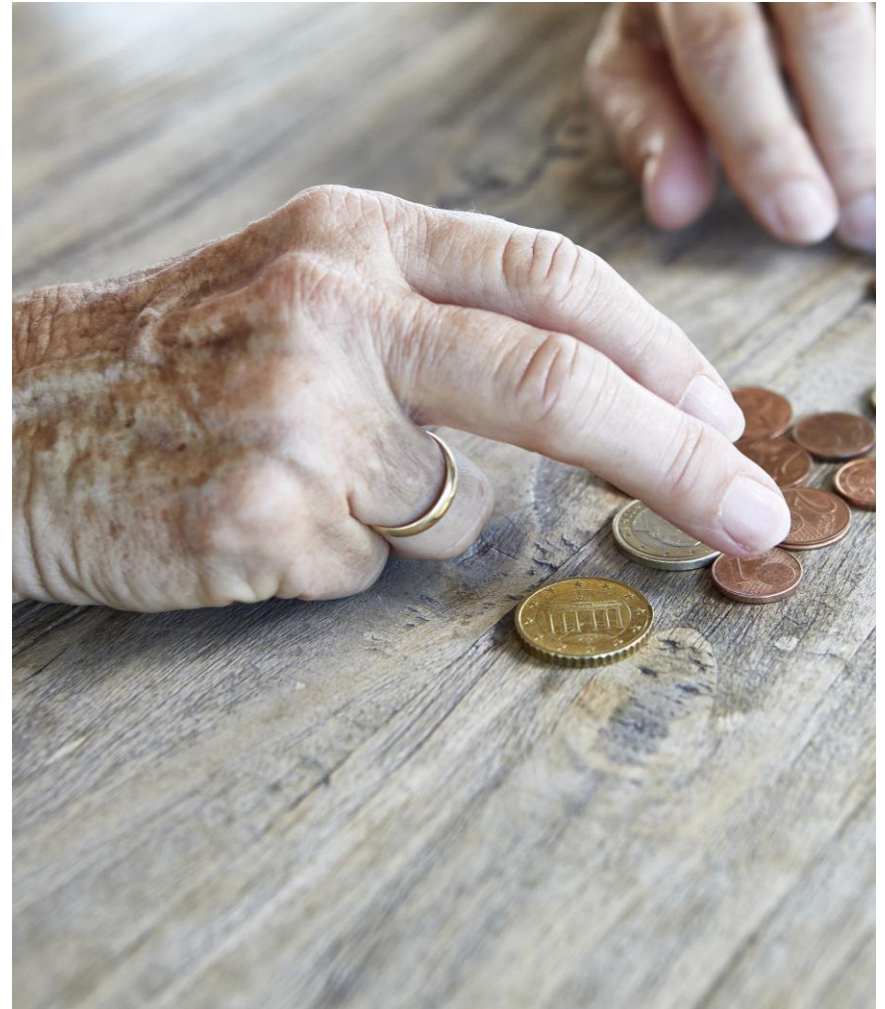
- Ensure **someone you trust** knows your financial situation
- Make sure they can **access funds** and all relevant docs if needed

Navigating Support Services in Portugal

- Understand **Portuguese health and social support services**
- Know who to contact for help before you need it

Stay safe in your community

- Stay connected, informed and aware of local support options



You are not alone.

Planning ahead helps you stay safe, informed and supported while living in Portugal.

British Consular Services Portugal
Foreign, Commonwealth & Development Office



Over to the experts

