

Golden Years Overseas

Ensuring Safety and Dignity

A New Chapter

Moving to another country requires planning and personal responsibility to ensure it is a positive experience.



Legal and Administrative Information

- Learning the portuguese language to defend your rights and fulfill your duties.
(There are retired teachers and instructors who can give you basic language lessons or courses)
- Contact and learn about the consulate and the support they can provide
- Contact the CLAIM (tel: 282 771 700) - department at the Lagos Municipal Council for technical guidance and general support regarding integration, e.g. obtaining a healthcare user (SNS) number
- Always keep your documentation up-to-date, e.g. passport
- Obtain tax number
- Open an account at a local bank

Where should I live?

The best location is close to basic community services, such as: hospital, health centre, supermarket, pharmacy and domiciliary care services ...

This will make a difference in the future.

Many people opt for the countryside or a campsite, which can become a problem in the future.

These two options do not have social support services such as domiciliary care.



What type of house is most suitable?

- Ground floor houses or apartments with an elevator
- If that's not possible, have a bedroom, bathroom and kitchen on the ground floor
- Bathroom must have a walkin shower, not a bathtub
- Doors with a minimum width of 60cm to allow wheelchair access
- An occupational therapist can guide you on internal adaptations aimed at safety and autonomy.

Social support services

- Domiciliary care support (Santa Casa da Misericórdia or private companies)
- Day centre (for people with reduced mobility, including wheelchair)
- Social soup kitchen (where people can have daily meals or take away)
- Residential homes (no immediate vacancy)
- Teleassistance (Red Cross)

Integration and security strategies

- Get to know your neighbours
- Create a network of friends
- Choose someone you trust to tell about your daily routines
- Choose someone you trust to give a key of your house and a copy of your documents
- Update the contact information of close contacts at the hospital and consulate
- Have a small bag prepared with documents or copies, a mobile phone, charger and contact information to take with you in case of an emergency

**We want Portugal to be a place
of safety and wellbeing where
everyone feels welcome**

Thank you