

Centre of competences for active ageing

POLICY DEVELOPMENT

PRACTICAL MEASURE/INITIATIVE

 PORTUGAL

Timeline

2023 Approved/Agreed

2024 Implementation

2025 Implementation

ID number 46156

Background

The 2021 census data published by the National Statistics Institute in Portugal shows a significant increase in the elderly population and a decrease in the young population. For every 100 young Portuguese, there are 182 older adults. Portugal has the highest ageing index in the world, and according to the latest projections, it is the fourth fastest ageing country.

The sector of care for older adults is one of the fundamental pillars of a society with a high ageing rate, and vocational training in this area is crucial for individuals, employers and the country.

Implementation and monitoring of professional training programmes and qualification processes are crucial to ensure that the quality of care provided to those who need it is part of an effective system of anticipation and adaptation to the needs of competences and qualifications in this area.

Objectives

- (a) Developing human resources and capacity building of entities involved in providing care to older adults through the development of training courses aimed at upskilling and reskilling workers and unemployed individuals seeking entry into the labour market in this sector of the economy.
- (b) Improving the value of informal caregivers of old adults through their training and capacity-building to provide differentiated care.
- (c) Adding value to the provision of care by sharing good practices through cooperation, both in the area of training and technical support.

Description

In response to the challenges facing the aged care sector, the centre for training in caring for old people (*Centro de Competências para o Envelhecimento Ativo* – CCEA) was created, through a partnership between the Institute of Employment and Vocational Training, the Association for the Development of the Algarve Biomedical Research and Training Academic Centre and the Social Security Institute. The responsibilities of the CCEA, with the aim to empower care providers for older adults, are to promote vocational training and

recognition, validation and certification of competences within the scope of providing care to older adults through cooperation, both in the area of training and technical support.

Training courses can take place in both face-to-face and blended learning modes.

The financing of the CCEA is part of the Recovery and Resilience Plan.

2023 Approved/Agreed

By Ordinance No 119/2023, of 11 May the centre was created.

2024 Implementation

During the year, training courses on the prevention of neglect, abuse and mistreatment of older people were held for unemployed people seeking to enter the labour market in this sector and for informal carers of older people. By September, 178 training courses had been organised, involving 2 297 trainees.

The training programmes provide up-to-date knowledge on the challenges of ageing, facilitate innovative approaches to healthcare and contribute to the promotion of autonomy and social inclusion, facilitating the promotion and development of more active and healthy ageing.

2025 Implementation

No progress or developments on this policy were reported by October 2025.

Bodies responsible

- Institute for Employment and Vocational Training (IEFP)
- Association for the Development of the Algarve Biomedical Research and Training Academic Centre (AD-ABC)
- Social Security Institute

Target group

Learners

Unemployed and jobseekers
Persons in employment, including those at risk of unemployment

Entities providing VET

Companies

Other

Informal caregivers of older adults

Thematic categories

Governance of VET and lifelong learning

Coordinating VET and other policies

Modernising VET offer and delivery

Diversifying modes of learning: face-to-face, digital and/or blended learning; adaptable/flexible training formats

Supporting lifelong learning culture and increasing participation

Providing for individuals' re- and upskilling needs

European priorities in VET

VET Recommendation

VET agile in adapting to labour market challenges

VET promoting equality of opportunities

Subsystem

CVET

Further reading

[Ordinance \(Portaria\) No 119/2023, of 11 May](#)

[CCEA training opportunities](#)

“ ... ” Cite as

Cedefop, & ReferNet. (2026). Centre of competences for active ageing: Portugal. In Cedefop, & ReferNet. (2026). *Timeline of VET policies in Europe* (2025 update) [Online tool].

<https://www.cedefop.europa.eu/en/tools/timeline-vet-policies-europe/search/46156>