FORMAT for CASE COLLECTION (WP2)

SECTION 1 (cover page): Introduction (in English)

Name of the Case

ACONCHEGO

Abstract

The Aconchego Program consists, succinctly, in hosting students of Higher Education in homes of seniors in Oporto city. It is an innovative project carried out through a partnership between the Oporto City Council and the Oporto Academic Federation.

It aims to promote the accommodation of students of higher education, during a school year, in homes of elderly people living in downtown Porto. It is intended that the elderly provide a room at home for a student of higher education and at the same time the student provides his company, in a perspective of mutual exchange without monetary character.

Website

http://www.fap.pt/pt/inicio/social/programa-aconchego/

Contacts (SIKE team)

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ACONCHEGO

Objectives

The main objective is to combat the difficulty of finding accommodation for young people who move to Porto to enter higher education, while at the same time reducing the social isolation of citizens over 60.

Other objectives of the Aconchego Program are:

a) To combat loneliness;

b) To accompany and support the elderly and their families in the promotion of their well-being;

c) Collaborate and / or ensure access to health care delivery;

d) To promote Intergenerationality between young and old;

e) Revitalize the city of Oporto

Clients, audience

Seniors over 60 years resident in Oporto and university students displaced, between 18 and 35 years old.

Position along the SI Spiral

- Deliver & Implement

This project is being implemented in the Oporto city since 2004 until now. It already demonstrated as being a successful initiative with many successful exchanges between elderly citizens and student. Since the first edition, it has grown in editions, counting with already 14, and in number of participants, more than 160.

Relationship with HEI(s) (High Education Institutions)

The relationship between the project Aconchego and a HEI is indirect. Once the partnership happens between the Oporto City Council and the Oporto Academic Federation, a federation which aggregates 27 students' associations of various HEI's in the metropolitan area of Oporto. Therefore, there is no strict relation to one institution but to a higher education students' federation.

Finance model and resources

Financial funding is supported by the Oporto City Council.

Methodology

To complete the connection between the two parts – the student and the senior citizen – it is needed to promote the initiative, interview the candidates, evaluate the housing conditions and stablish the connection.

To reach the students, FAP (Porto's Academic Federation) was helped by the different student's association to disseminate the information about the project. On the other side, it was through the different parish councils inserted in the Oporto municipality that the information about the program was shared. The coordination of the program was in charge of the Oporto City Council and FAP, who conducted the interviews to the participants and evaluation of the housing conditions, and then stablished the connections and relations between the students and the senior citizens.

Products, results

The results of this project are the exchange cases, where the student moves in to a senior citizen's house.

Impact and results

Since the first edition the Aconchego already had the impact in 166 people, between senior citizens and students that moved in together.

Oporto city council has a department for monitoring this program to ensure its quality.

Overall impact

For about fourteen years this exchange of support began to be encouraged in Oporto (2004 - 2018). Under the Aconchego Program, 166 seniors and students moved in together. The boys and girls where welcomed in the home of an old person living in the city, contributing only a symbolic 25 euros to help with the expenses with water and electricity. In return, they keep company and promise to help in an emergency.

In 2012, there where 24 seniors who opened their doors to students. There where even cases of elderly people who lived with not one but two students during the school year. The selection of candidates is based on individual and family interviews and visits to the elderly. Contracts are made for a school year but may be extended.

With approximately 14 years of existence, the project has already helped 140 seniors and 129 students, registering five cases in the first year of operation (2004/2005) and a maximum of 32 cases in the academic year 2011/2012.

At the beginning of the academic year (2017/18) they had already 14 processes (11 active and three in the integration phase), numbers that where expected to increase by the end of the year.

Among the various responsibilities acquired by the young people participating, are the follow-up of the seniors and zeal for the good state of the housing they occupy, the availability for training that facilitate good practices and adequate responses to the senior population and collaboration with the technical responsible of the Program.

The program also has collective benefits, since this intergenerational interaction fosters the creation of informal networks of mutual support, through the involvement of the local institutional fabric, neighbors and family members.

Images

In attachment

Other resources

This project was distinguished in the contest: 'This is European Social Innovation' with the "Social Innovation Award", given by the "Euclid Network", the "Social Innovation Exchange" and the Social Innovation Park in Bilbao.

It was also distinguished with the seal of Initiative of High Potential of Social Entrepreneurship by the Portuguese Institute of Social Entrepreneurship.

http://www.fap.pt/fotos/gca/aconchego_16567591244fea9f013dfe5.pdf

http://visao.sapo.pt/ambiente/cidadeperfeita/inclusao/aconchego=f677797

https://jpn.up.pt/2017/11/02/programa-aconchego-ajuda-jovens-seniores-ha-13-anos/

http://www.porto.pt/noticias/programa-aconchego-continua-a-crescer-e-ja-ajudou-quase-400-idosos