

## **Political participation of retired people towards a future for all ages – from Portugal to Europe**

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In this presentation, I will present the project ‘Sowing a future for all ages’, developed between August and December 2024 by a Portuguese association made up exclusively of retired people. The project focused on demanding rights from political decision-makers, in an exercise of full citizenship and effective political participation.

One of the central objectives of this project was to contribute to the design of public policies that improve people's lives, taking into account the expectation of a ‘Europe for all ages’ that promotes participation, autonomy, and well-being. In addition, the aim was to stimulate discussion and raise critical awareness of the challenges faced by older adults in Portugal in relation to the guarantee of their fundamental rights. The project aimed to engage Portuguese political actors, namely MEPs elected by Portugal in 2024 to the European Parliament, and to involve older and retired people living in Portugal and others with an interest in the challenges and issues of ageing.

In this project, the members of the association organised and facilitated debate sessions on the rights of older people and fighting ageism in four Portuguese cities, in which around 280 people participated. As part of this project, a publication about ageing in Portugal was also produced, based on the themes of the Manifesto proposed by AGE Platform Europe during the 2024 European elections. Meetings with five MEPs elected by different Portuguese parties, belonging to three European political groups, were also held. These meetings took place during a visit held by members of the Association's Board and the expert who had supported the project, in the European Parliament (in November 2024), complemented by subsequent meetings in Portugal.