

Digital Citymakers' Summit 2025 – Cities in Transition: Local Strategies for Demographic Change

Thursday, 10 April 2025, 15:00-15:45 CET – Online

Context

European cities are increasingly challenged by demographic changes. Ensuring good quality of life and inclusion of migrants, adequate housing solutions for all, covering young to elderly people, and intergenerational fairness is at the heart of tackling inequalities. However, cities also face numerous challenges, including limited resources, fragmented governance structure and a lack of evidence-based policies.

This session will bring together policymakers and practitioners from cities and other stakeholders across Europe to reflect on good practices at the local level to mitigate the effects of the demographic change in cities and promote more inclusive and welcoming cities for all. It will highlight two successful approaches implemented by Porto and Vantaa, showcasing how cities address demographic challenges in innovative ways through collaboration with local actors.

Background

Porto's Action Plan "Porto Age-Friendly City"

Porto faces significant challenges due to its rapidly ageing population, with an ageing index higher than the national average in Portugal. To address this issue, Porto has joined the World Network of Age-Friendly Cities and has committed to developing an Action Plan aimed at promoting active and healthy ageing. The goal is to create environments that support the well-being of older individuals, enabling them to remain autonomous and socially engaged for longer periods. The city's traditional responses have proven inadequate in meeting the evolving needs of its elderly population. There is therefore a need for more collaborative and innovative approach involving key stakeholders. The good practice from Porto "Action Plan : Porto Age-Friendly City" seeks to integrate various resources and strategies to address the complex social issue related to ageing, through participatory approach and research based validation.

Vantaa's approach to the inclusion of young people

Vantaa's Liito house in the Tikkurila district is a youth centre that establishes partnerships with many services targeted to young people. The youth centre promotes multiple opportunities for both guided and non-guided free time activities, including a computer game room. It offers workshops for young people aged 18-28 who are not in education or employment, as well as personal coaching services. Ohjaamo is a multi-governance 'One-Stop' Guidance Centre where young people under 30 can get help in matters related to work, education and everyday life, with everyday guidance and special theme days. This presentation will enable participants to learn about youth services in Vantaa, such as youth work in schools and educational institutions, and outreach youth work for young people aged 16-28

years, that reaches for young people in need of support.

Objectives

1. Examine multi-faceted challenges faced by cities due to demographic change, ranging from addressing skills gaps in the workforce, housing access and affordability, affordable care services and integration of migrants and refugees.
2. Explore strategies and best practices for cities and local communities to address these issues.
3. Discuss the opportunities which demographic change brings to cities and what are the innovative tools (policy frameworks and financing mechanisms) they can leverage.

Format

15:00 – 15:05	Introduction to the session and the topic By Niels Tubbing, City of Amsterdam, and Eurocities WG Migration Chair
15:05 – 15:15	Porto's Action Plan "Porto Age-Friendly City" By Hugo Correia Tavares The city presents good practice, highlighting its background, objectives, stakeholders, strategy, implementation process, challenges, solutions, outcomes, and lessons learned.
15:15 – 15:25	Vantaa's approach to the inclusion of young people By Hannu Rusama The city presents good practice, highlighting its background, objectives, stakeholders, strategy, implementation process, challenges, solutions, outcomes, and lessons learned.
15:25 – 15:40	Q&A with participants Moderated by Niels Tubbing, City of Amsterdam, and Eurocities WG Migration Chair
15:40 – 15:45	Closing By Niels Tubbing, City of Amsterdam, and Eurocities WG Migration Chair

Action Plan

“Porto Age-Friendly City”

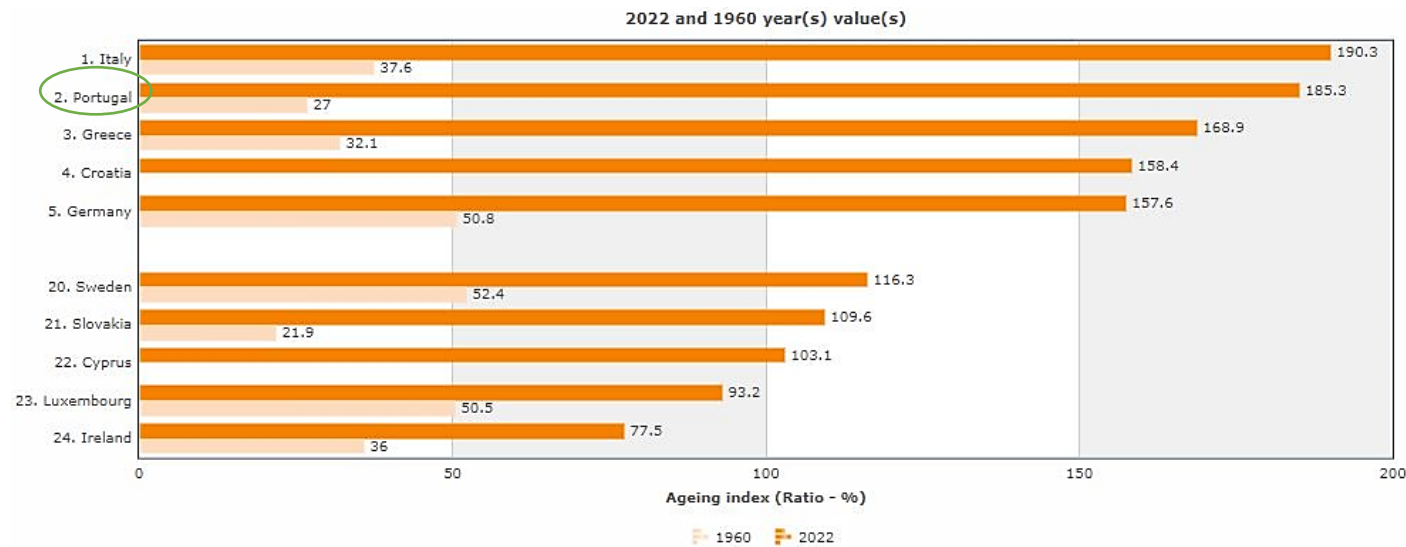


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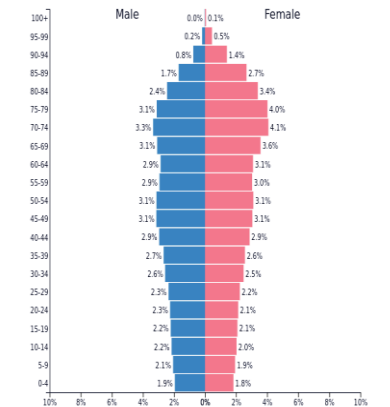
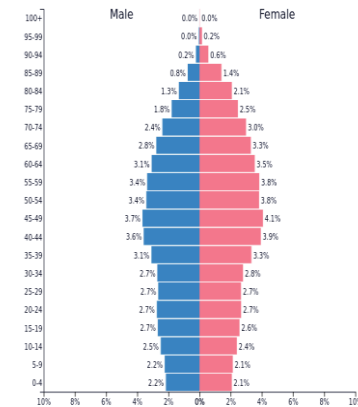
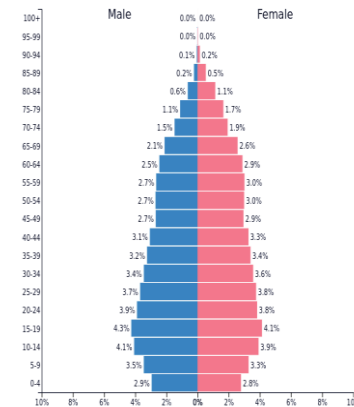
Porto.



The reality in Europe vs Portugal

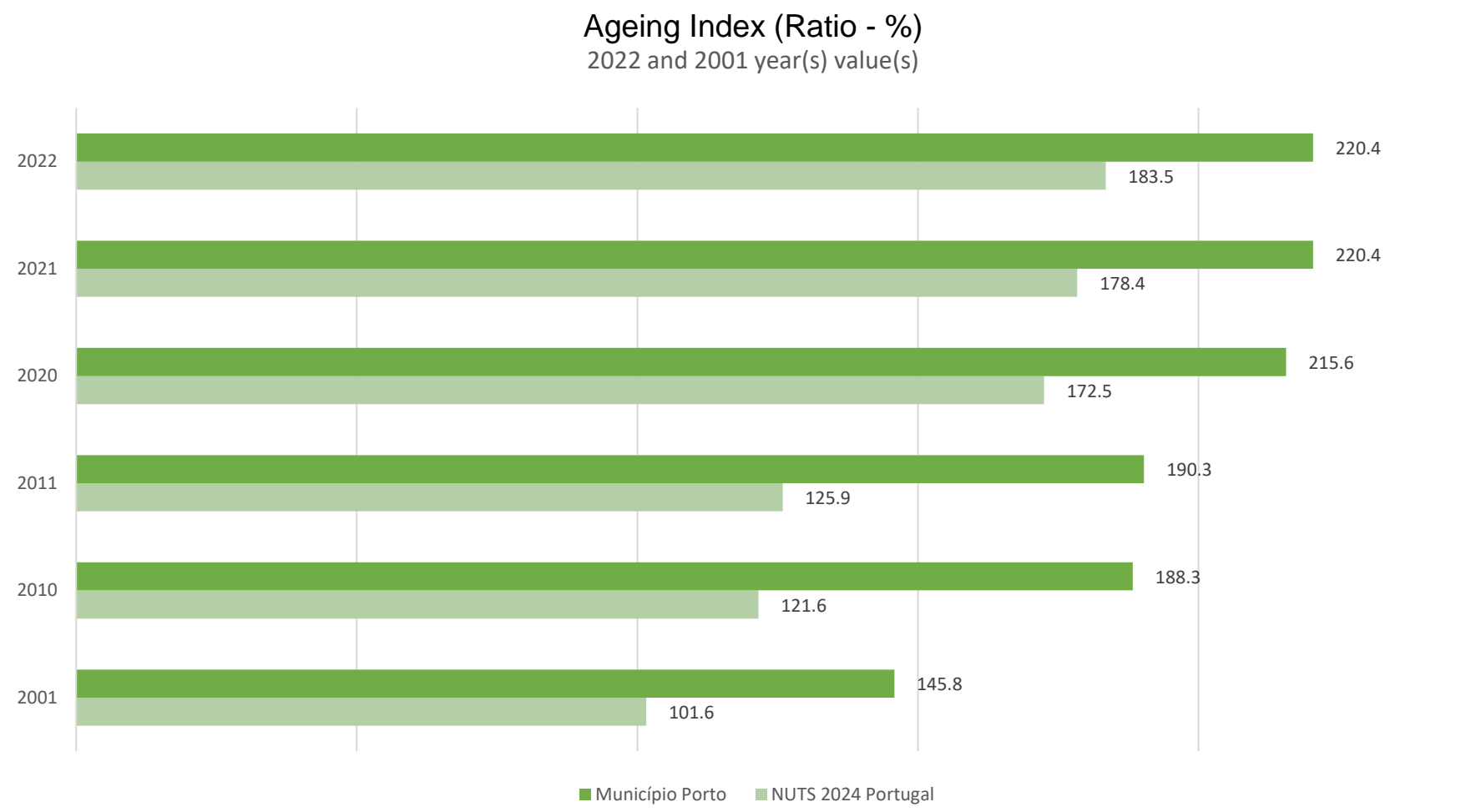


Sources/Entities: Eurostat | UN | NSI, PORDATA



Source: PopulationPyramid.net

Reality in Porto



Source: INE, PORDATA

The reflection

More and more people are asking themselves worrying questions

Where is the best place to grow old?

How can we improve our quality of life as we age?



Adress the challenge

Design and implement a collaborative and inclusive response to address the rapid aging of the resident population.



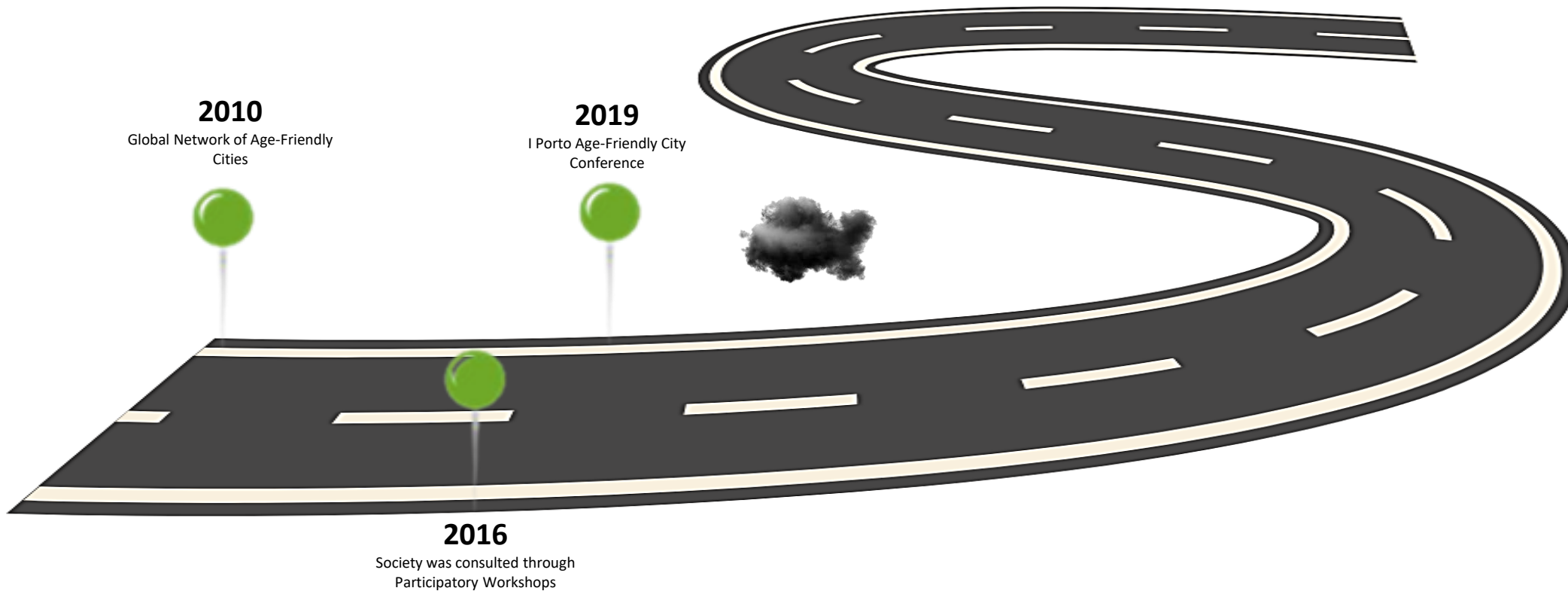
Foster a supportive urban environment (physical and relational) that empowers older adults to actively engage in city life.

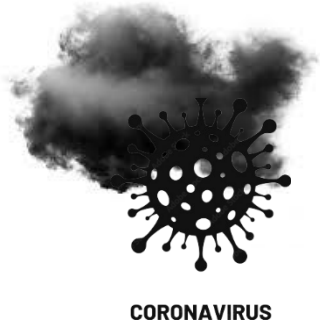


Leverage the unique strengths of Porto to enhance the well-being of all residents, irrespective of their age.



The path we have built as a City





The elderly were the most affected group



The community responded with significant mobilization



Existence of a significant number of distinctive projects aimed at the elderly population

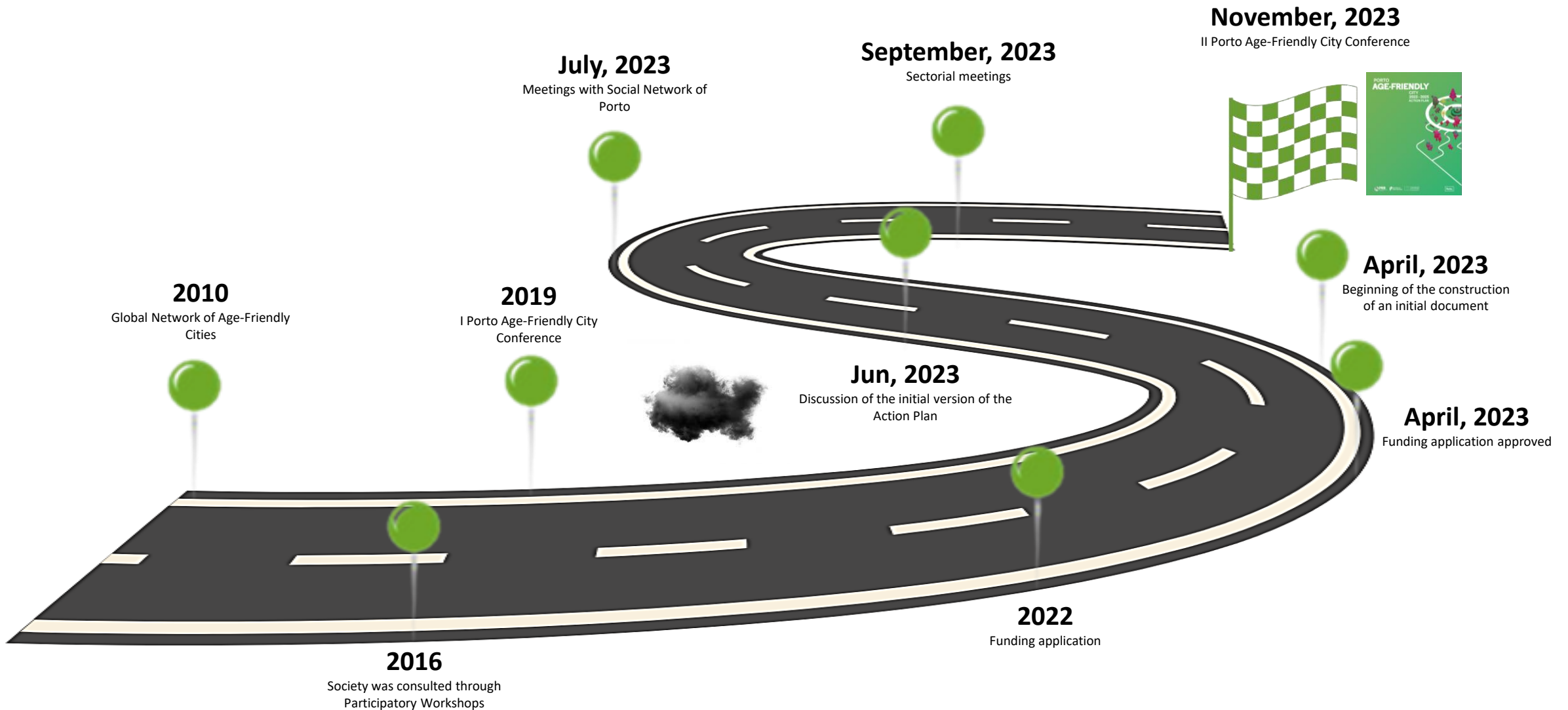


Paradigm shift

Action Plan for

Action Plan with
the City

The path we have built as a City



Methodology for the development of the Action Plan

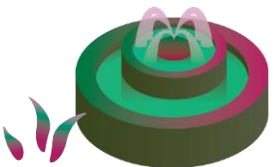
The report from the 2nd Global Forum of the World Health Organization on Innovation for Ageing Populations (2015) identified five intervention areas in the scope of ageing in place (ageing at home and in the community):

P1 - People	Who are supported and cared for according to their needs
P2 - Person-centered services	Providing integrated health and personal care services and promoting social participation that enhances the functional capacity of older people
P3 - Places	Places and environments that are friendly to older people
P4 - Products	Products, solutions and equipment that provide new answers to the problems of ageing
P5 - Policies	Innovative policies for the introduction of support systems for older people



All the phases involved

- ✓ Discussion
- ✓ Planning
- ✓ Construction



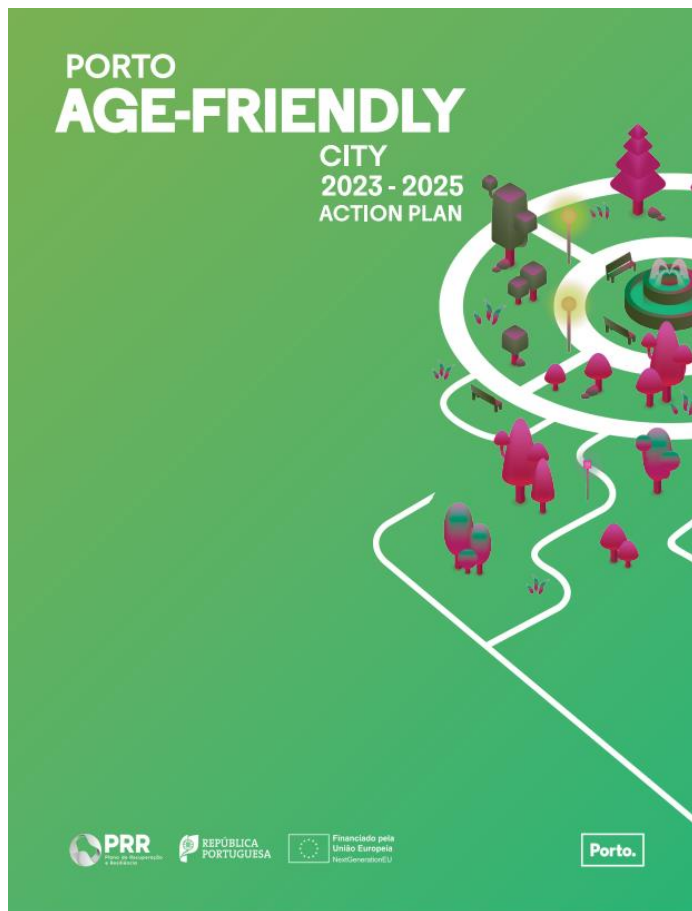
31 Entities



75 Involved Partner Entities



80 Projects



Caption: Frame of the Action Plan

P3 - Places

Develop, improve and create friendly places and environments for the elderly population, ensuring that they can live there safely.

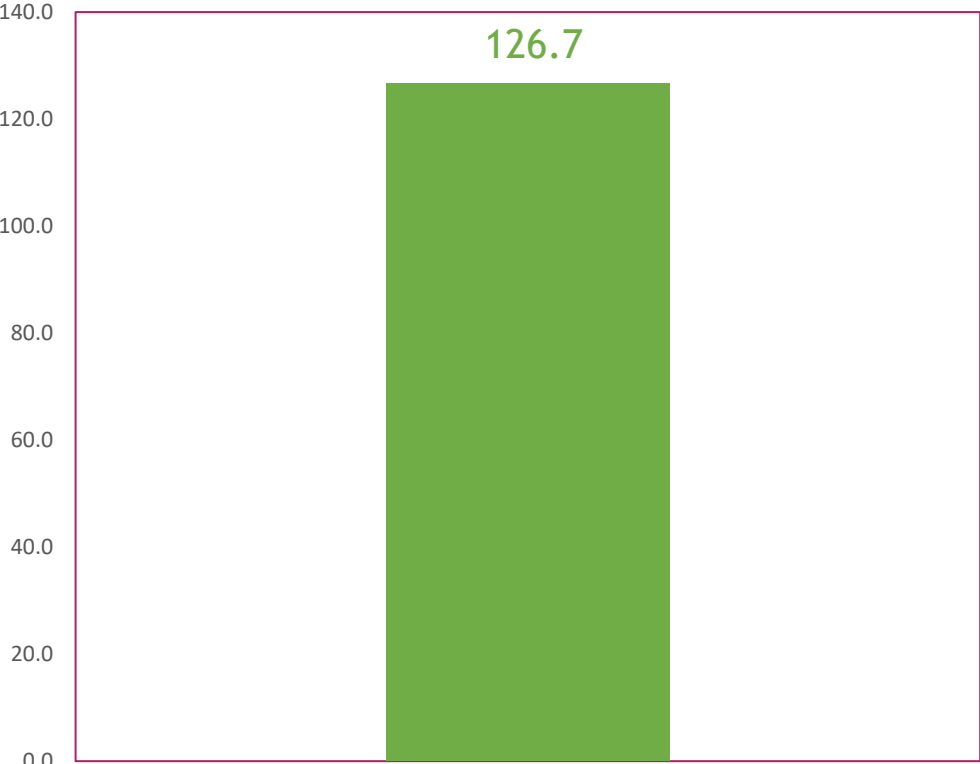
Objective	Measure	Activity/Project	Executor	Partners
Promote intergenerational environments	Promoting intergenerational housing	Aconchego	Câmara Municipal do Porto · Departamento Municipal de Coesão Social	· Federação Académica do Porto
Provide alternative and innovative housing solutions	Ensure decent shared living space adapted to the needs of the elderly population in situations of social, economic and housing deprivation	Residências Partilhadas Seniores	DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.	· Juntas de Freguesia · Instituições Particulares de Solidariedade Social
Reduce the risk of accidents and falls among the elderly population	Provide information that enables action to be taken on intrinsic and extrinsic risk factors for accidents and falls	Guia de prevenção do risco de acidente e de quedas	Câmara Municipal do Porto · Departamento Municipal de Coesão Social	
	Develop an explanatory and interactive guide/manual for all local authority tenants over 65 living in social housing	Guia do Inquilino Sénior	DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.	
Promote accessibility and mobility conditions that allow the proper use of urban and public spaces by people of all ages, especially the elderly	Upgrade public spaces in urban neighbourhoods	Requalificação do espaço público dos bairros municipais	DOMUS Social Empresa de Habitação e Manutenção do Município do Porto, E.M.	
	Upgrade sporting equipment to make them accessible	Acessibilidades Equipamentos Desportivos	Ágora Cultura e Desporto do Porto, E.M.	
	Rehabilitate degraded streets, promoting different modes of transport and removing architectural barriers	Rua Direita	Câmara Municipal do Porto · Direção Municipal Desenvolvimento Urbano	
	Implementing a network of routes with a maximum speed limit of 20 kilometres per hour, with priority for pedestrians and soft modes, in a concept of shared public space	Rede 20	GO Porto Gestão e Obras do Porto, E.M.	
	Improve pedestrian accessibility on pavements and pedestrian crossings on various streets in the city	Atravessamento de vias e envolventes	GO Porto Gestão e Obras do Porto, E.M.	
	Implement a system of directional and informative signage to promote pedestrianisation and pedestrian comfort	Projeto Integrado de Sinalização e Informação	Câmara Municipal do Porto · Departamento Municipal do Espaço Público	
	Increasing the number of resting places by installing benches along pedestrian routes to ensure comfortable walking	Porto Pedonal – Pop	Câmara Municipal do Porto · Departamento Municipal do Espaço Público	
	Improve public information at the Campanhã Intermodal Terminal to meet the different needs and abilities of the elderly	Informação ao público no Terminal Intermodal de Campanhã	STCP Serviços Transportes Urbanos, Consultoria e Participações, Unipessoal Lda.	

Caption: Inside the Action Plan

2024



Execution rate (%) of the Action Plan “Porto Age-Friendly City”



Caption: Monitoring and Evaluation Report of 2023

The success was a result of:

Priority intervention of local public polict	Consolidated social diagnosis
Commitment assumed	Engage all partners at all stages
Aggregation strategy	Importance of the whole

Increase the interest in being part of the plan

Opening a Call for the integration of new projects in the Action Plan

- ✓ The Action Plan is not a static document.
- ✓ It is a tool that involves constantly.
- ✓ It adapts to the city's dynamics.
- ✓ It involves stakeholders in building a more inclusive city.



44

Applications



36

Participating Entities

2025



Integrated projects - After the evaluation

31 Entities Involved



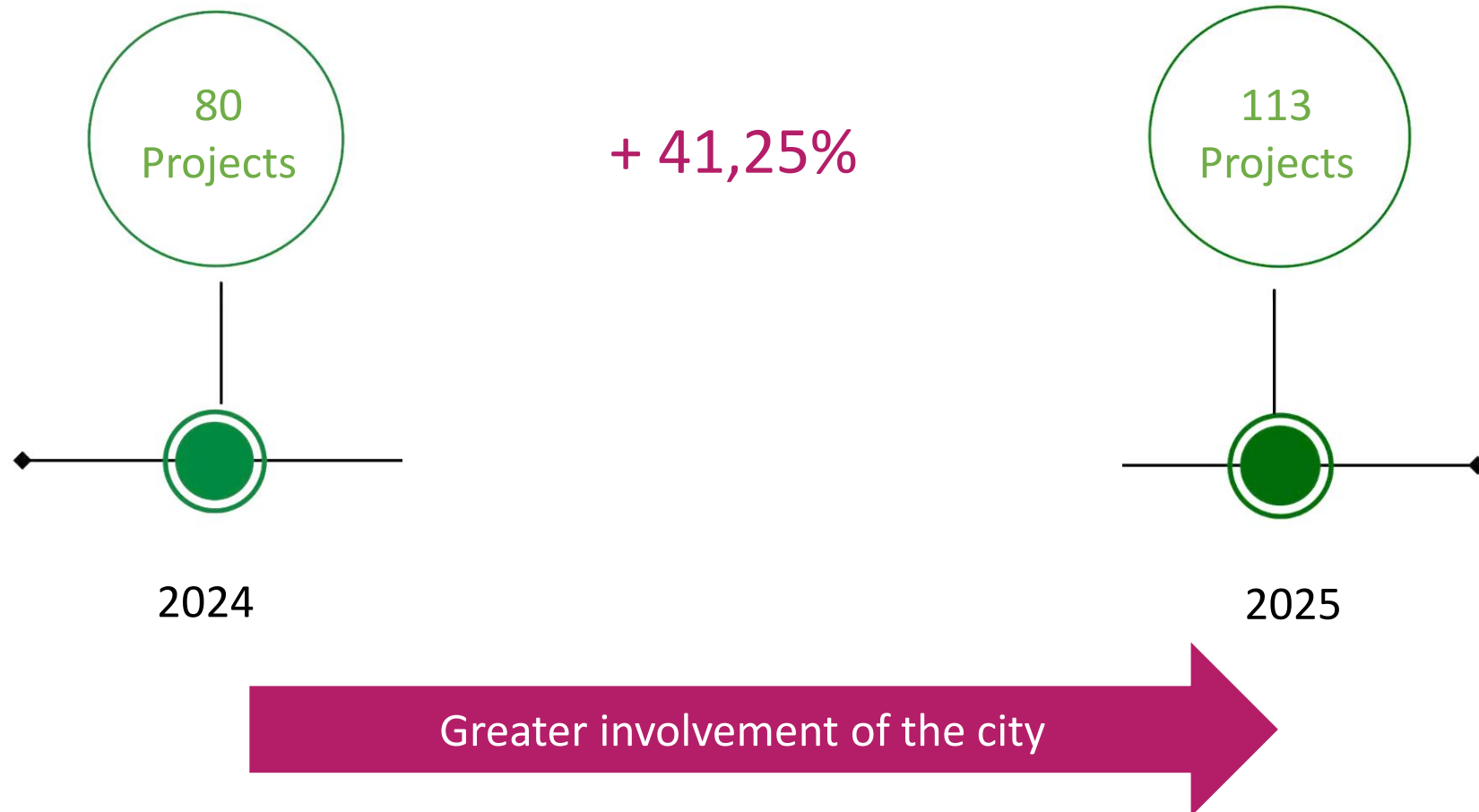
21 New Entities



39 New Projects

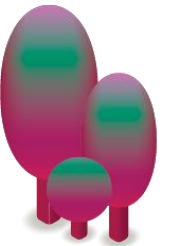


Evaluation of the Plan



Key Insights

- ✓ Adaption to new demographic realities.
- ✓ Increase in the effectiveness and efficiency of public policies.
- ✓ Multisectoral involvement.
- ✓ Capacity for the evolution of the action plan.
- ✓ Innovative responses that promote quality of life and ageing in place.
- ✓ Consortia between partners that strengthen their intervention.



Benefits for the City

- ✓ Community Strengthening through resource complementarity.
- ✓ Promotion of best practices and innovation in the area of ageing.
- ✓ Consolidation of community involvement and interest in the Porto Age- Friendly City Action Plan Movement.
- ✓ City as a reference hub in the field of aging, which impacts the other national territories.



Thank you for your attention



See more about the Action Plan here:



e. cidadeamigapessoasidosas@cm-porto.pt



Vantaa's approach to the inclusion of young people

Hannu Rusama, Program Director



The percentage of NEET youth in the age group 18-29y

Prosenttia %

9,09 - 10

10 - 11

11 - 12

12 - 13

13 - 14

14 - 15

15 - 16

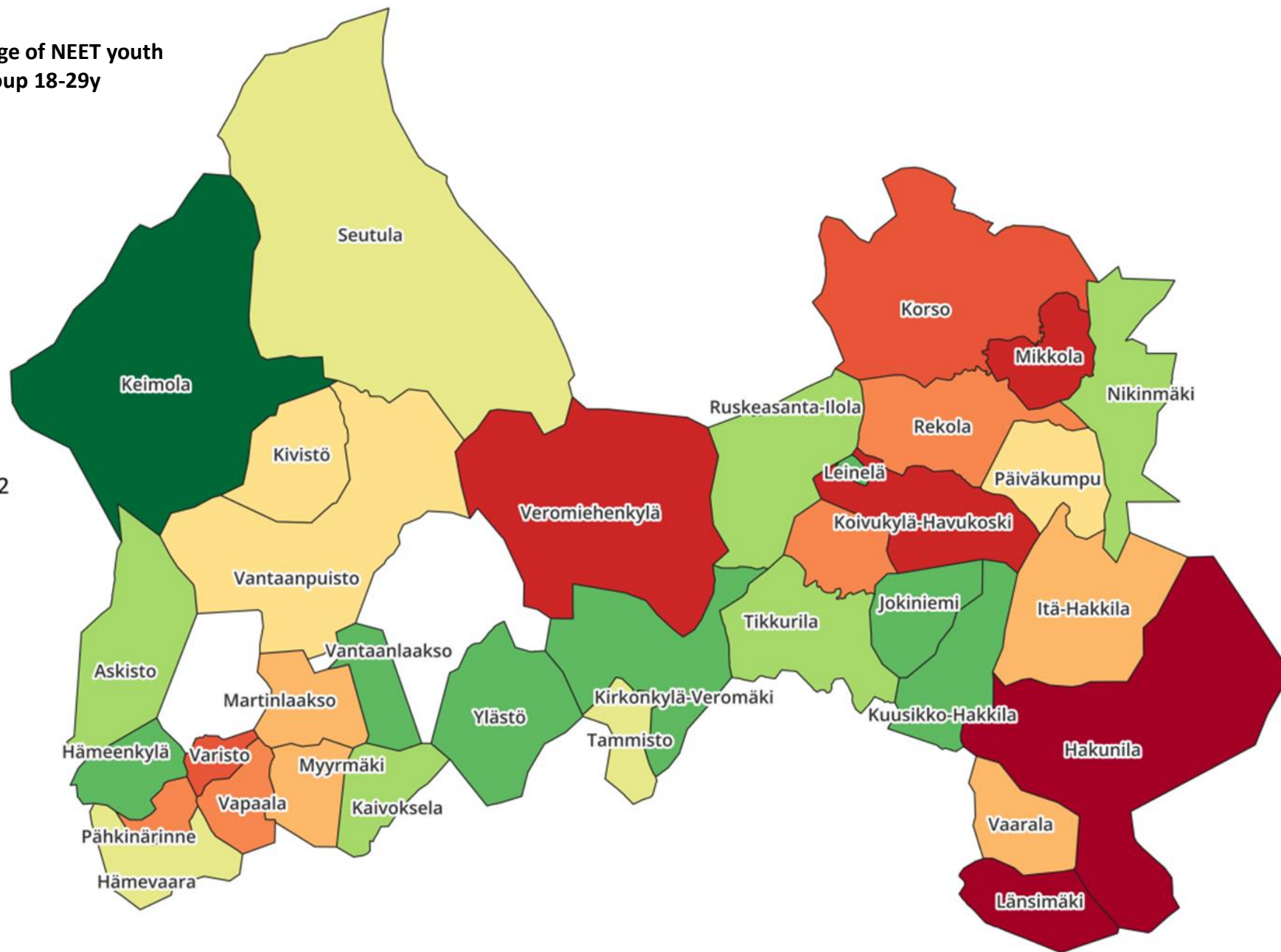
16 - 17

17 - 18

18 - 19

19 - 20,02

ei tietoa



The percentage of households in the lowest income group.

Prosenttia %

Liian pieni otoskoko

4 - 6

6 - 8

8 - 10

10 - 12

12 - 14

14 - 16

16 - 18

18 - 20

20 - 22

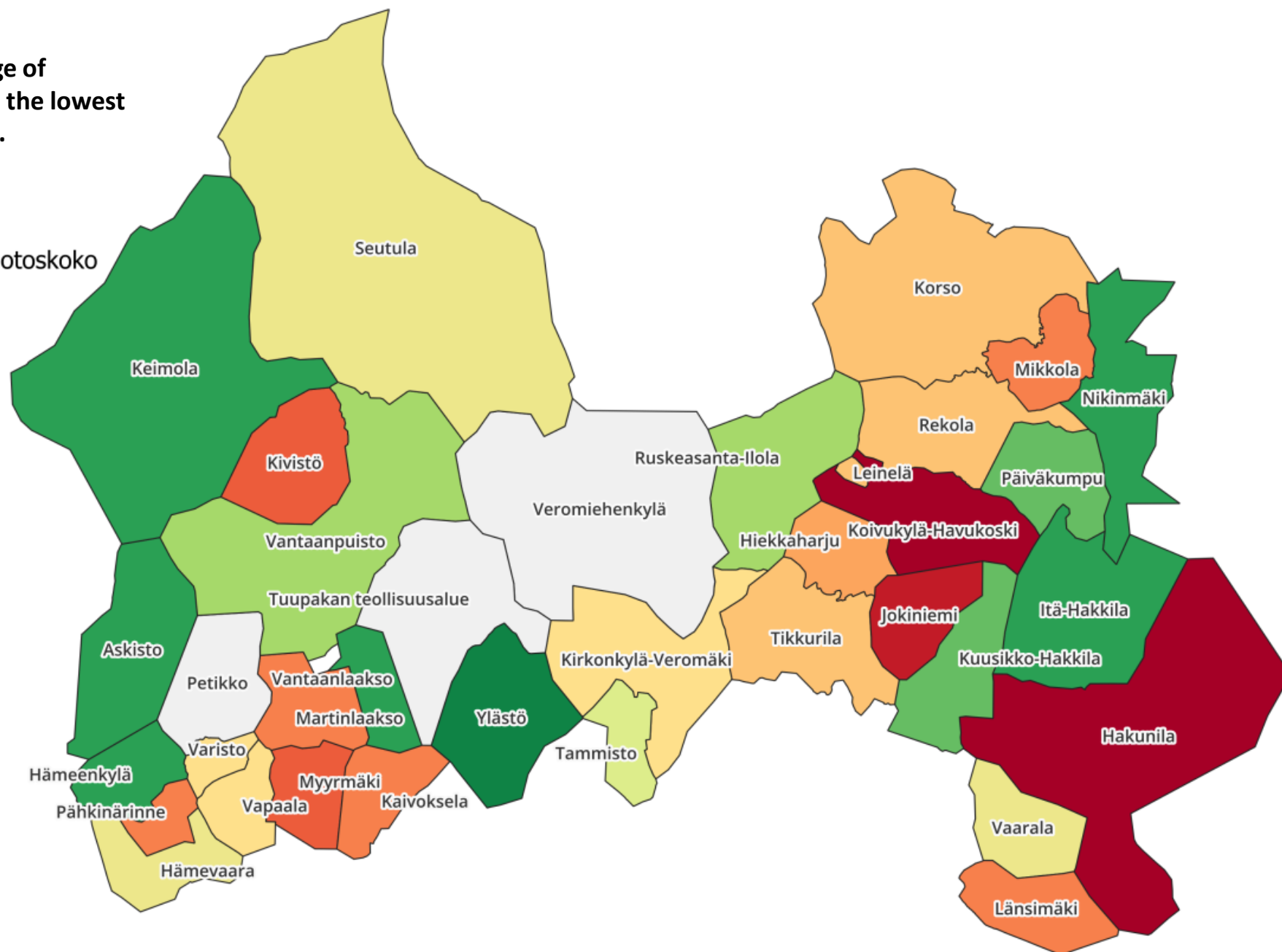
22 - 24

24 - 26

26 - 28

28 - 30

30 - 32,38

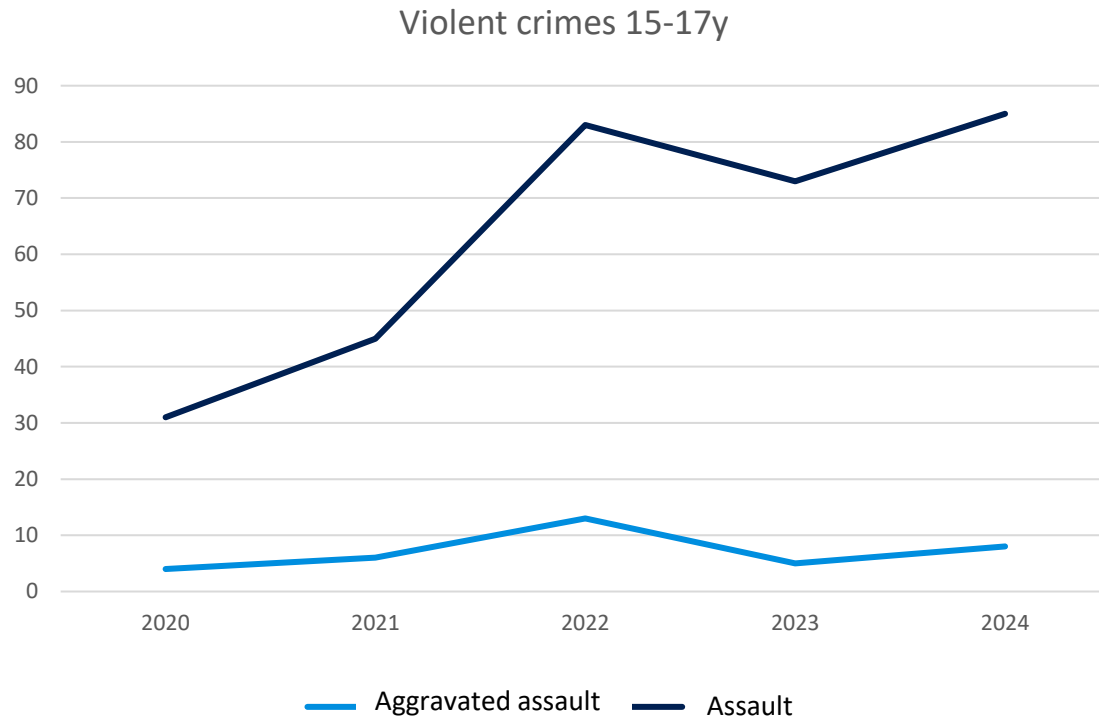


The objectives and approaches are local



- The question is not "how to built inclusion of young people in Vantaa", it's a question of young people in local areas.
- If you look in to the city, it's easy to find out that the questions and needs vary in different areas

Example: Youth crime in Vantaa



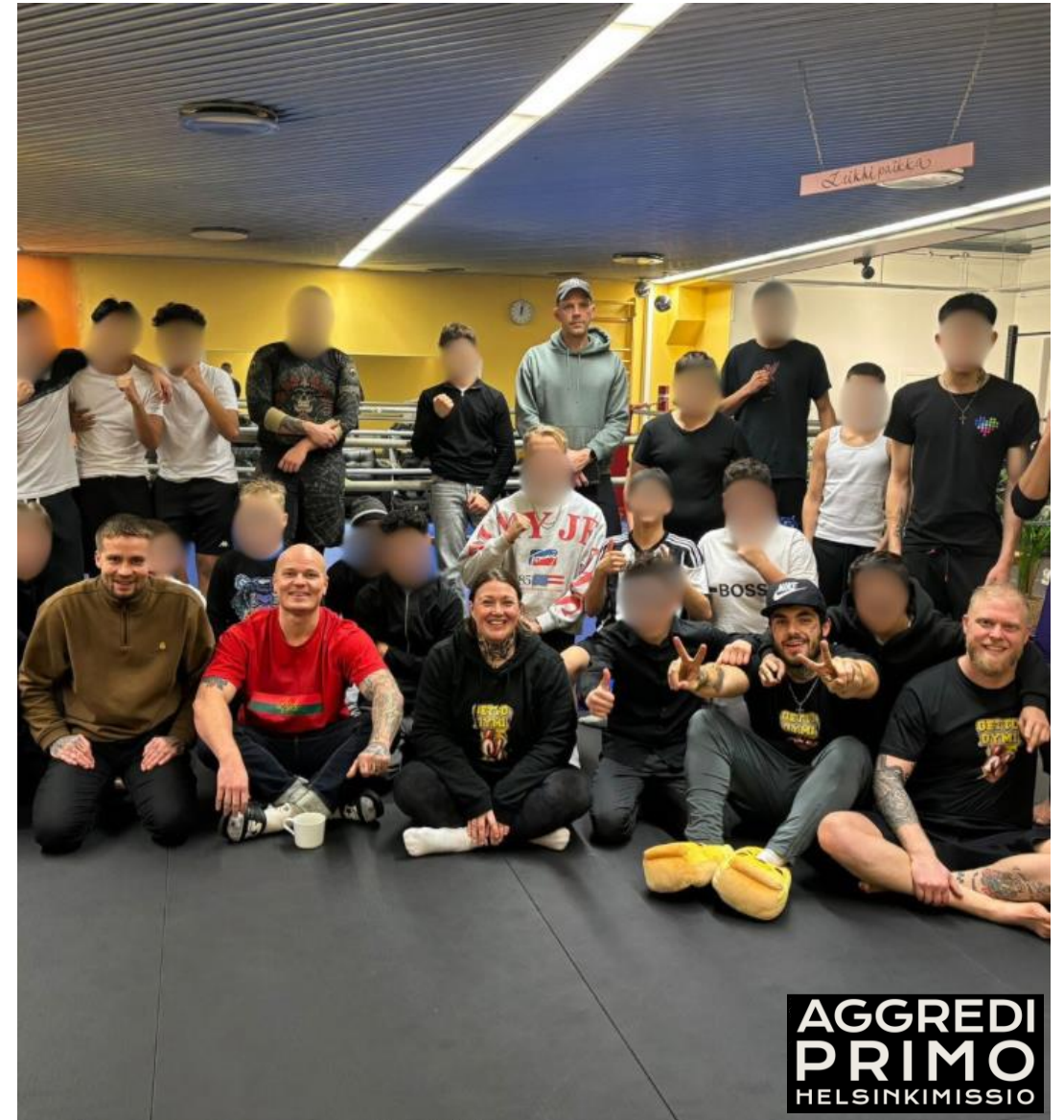
- During and after covid, we've seen a rise in violent crimes made by young people
- The residence of crime suspects is concentrated in the same areas.

How to reach young people who are in risk with criminal behaviour

- With our partners we started to develop a model how to reach youngster in the target group through martial arts methods
- The result of the work is a model called GettoGym. A training gym where martial arts and training work as a "lead-in method"
 - The real goal of the work is to menthor towards life without violent
 - A positive approach to a difficult question seems to work

GettoGym started in the spring of 2024

- **2024: 2760 visits**
 - 60 regular visitors from the target group
 - Average age 15,5 years





- Of the respondents, 92.40% feel that their emotional regulation has improved at Gettogym. (N=53)
- Of the respondents, 96.80% feel that Gettogym reduces violence. (N=47)
- Of the respondents, 98.30% feel that Gettogym helps them stay away from crime. (N=60)



**AGGREDI
PRIMO**
HELSINKIMISSIO



Started to plan an urban sports center inspired by
the Game NGO in Denmark

Thank you!

Hannu Rusama
Program Director
hannu.rusama@vantaa.fi

