Mapping Paper

Summary overview of types and characteristics of institutions and community-based services for persons with disabilities available across the EU

**Country: Portugal**

**2014 and 2015**

**FRANET contractor: Centre for Studies for Social Intervention**

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| DISCLAIMER: This document was commissioned under contract as background material for a comparative analysis by the European Union Agency for Fundamental Rights (FRA) for the project ‘[The right to independent living of persons with disabilities](http://fra.europa.eu/en/project/2014/rights-persons-disabilities-right-independent-living)’. The information and views contained in the document do not necessarily reflect the views or the official position of the FRA. The document is made publicly available for transparency and information purposes only and does not constitute legal advice or legal opinion. |

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| FRA asked its research network FRANET to collect information on types of institutional and community based services for persons with disabilities available in each EU Member State. The data collection focused on the main features of the service types (the type of the structure, the provider and funder of support) and the population provided for (age group, type of impairment, level of support provided). In addition, the data collection on institutional services included information on typical size, length of admissions, and length of time that institutions/services of that type have been operating. The data collection on community-based services included information on availability of the type of CBS in the country, eligibility and user control over the support provided).More information is available in FRA’s [Summary overview of types and characteristics of institutional and community-based services for persons with disabilities available across the EU](http://fra.europa.eu/en/project/2014/rights-persons-disabilities-right-independent-living). |

# Overview of institutional services for persons with disabilities (2014)

**Table 1: Typology of institutions**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **TYPE OF SERVICE** | **SIZE** | **AGE GROUP** | **TYPE OF IMPAIRMENT** | **LEVEL OF SUPPORT PROVIDED** | **TYPICAL PROVIDER** | **TYPICAL FUNDER** | **LENGTH OF ADMISSION** | **AGE OF INSTITUTION/ SERVICE** |
| National System for Early Intervention (*Sistema Nacional de* *Intervenção Precoce*).[[1]](#footnote-1)Integrated package of measures addressed to children with intellectual and physical developments problems. Type of measures: preventive and rehabilitation actions. It is not a residential service. Users attend during the day. | 1-5(It is possible to know that in 2012/2013 there were 5.063 children involved on the system.)[[2]](#footnote-2) | Children 0-6 years | Mixed | Daytime support provided ( no night time staffing) | National  | National government | Mixed lengths of admission. (The length of admission is defined according to the needs of each child up to the age of 6. There is no information on how long children typically use this service).  | 5-10 years |
| Special education services (*Educação Especial)[[3]](#footnote-3)*It is not a residential service. Users attend during the day. | Information not available(It is possible to know that in 2012/2013 there were 62.100 students involved on the special education services .)[[4]](#footnote-4) | Children | Mixed (mental; intellectual and sensory disability) | Daytime support provided ( no night time staffing) | Mixed (National government and voluntary/not-for profit) | Mixed government and private | Mixed lengths of admission. (The length of admission is according to the needs of each child up to the age of 18. There is no information on how long children typically use this service).  | 5-10 years |
| Resources Centre for Inclusion [[5]](#footnote-5)(*Centros de Recursos para a Inclusão*) –Training activities It is not a residential service. Users attend during the day. | 11-30[[6]](#footnote-6)(It is possible to know that in 2012/2013 there were 15.041 students involved on the activities of Resources Centre for Inclusion)[[7]](#footnote-7) | Children | Mixed (mental; intellectual and sensory disability) | Daytime support provided ( no night time staffing) | Mixed (National government and voluntary/not-for profit) | Mixed government private and EU funding | Mixed lengths of admission.. The length of admission is according to the needs of each child up to the age of 18. There is no information on how long children typically use this service).  | 5-10 years |
| Home Support Services (*Serviço de Apoio Domiciliário*) It is not a residential service. The service is provided at home.  | 1-5(Around 1000 users)[[8]](#footnote-8) | Children, Adult and Older people | Mixed | Variable support provided, depending on the people’s needs. Night time staffing can be provided in some provider organizations. | Voluntary/not-for profit | Mixed government and private | Mixed lengths of admission... (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| Centre for Occupational Activities(*Centro de Atividades Ocupacionais)*It is not a residential service. Users attend during the day. | 11-30(Around 6600 users)[[9]](#footnote-9) | Adult and Older people | Mixed | Daytime support provided ( no night time staffing) | Mixed (National government and voluntary/not-for profit) | Mixed government and private | Mixed lengths of admission... The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| Foster care for people with disability(*Acolhimento familiar para pessoas com deficiência)**Residential service.* | 1-5[[10]](#footnote-10) | Adult and older people  | Mixed | 24 hour support provided | National.  | National government | Mixed lengths of admission. (There is no information on how long people typically use this service).  | 10-50 years |
| Residential home(*Lar residencial)**Residential service.*  | 11-30 | Children (over 16) ; Adult and Older people[[11]](#footnote-11) | Mixed | 24 hour support provided | Voluntary/not-for profit | Mixed government and private | Mixed lengths of admission. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| Supported accommodation(*Residência autónoma)**Residential service.*  | 1-5 | Children (over 16) ; Adult and Older people[[12]](#footnote-12) | Mixed | 24 hour support provided | Voluntary/not-for profit | Mixed government and private | Mixed lengths of admission. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| Residential care home(*Lar de Apoio)**Residential service.*  | 6-10(18 users in 2012)[[13]](#footnote-13) | Children(6-18 years old) [[14]](#footnote-14) | Mental health problem | 24 hour support provided | Voluntary/not-for profit | Mixed government and private | Mixed lengths of admission. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  *[[15]](#footnote-15)* | 10-50 years |
| Outpatient care services(*Apoio em regime ambulatório**)*It is not a residential service. The service is provided at home.  | 1-10 | Children (over 7) ; Adult and Older people[[16]](#footnote-16) | Mixed | Daytime support provided ( no night time staffing) | Voluntary/not-for profit | Mixed government and private | Mixed lengths of admission.(The length of admission is according to the needs of each user.There is no information on how long people typically use this service).*)[[17]](#footnote-17)* | Unknown |
| Occupational Forum(*Forúm sócio-ocupacional)*It is not a residential service. Users attend during the day. | 6-10(469 users in 2006)[[18]](#footnote-18) | Adult | Mental health problem | Daytime support provided ( no night time staffing) | Mixed (National and Voluntary/not-for profit) | Mixed government and private | Mixed lengths of admission. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| Unit for independent living(*Unidade de vida autónoma)[[19]](#footnote-19)**Residential service.*  | 6-10(14 users in 2006)[[20]](#footnote-20) | Adult | Mental health problem | 24 hour support provided | Mixed (National and Voluntary/not-for profit) | Mixed government and private | Mixed lengths of admission. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| Life support unit*(Unidade de vida apoiada)**Residential service.*  | 11-30(48 users in 2006)[[21]](#footnote-21) | Adult | Mental health problem | 24 hour support provided | Mixed (National and Voluntary/not-for profit) | Mixed government and private | Mixed lengths of admission (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| Protected lifeunit (*Unidade de vida protegida)* *Residential service.*  | 6-10(92 users in 2006)[[22]](#footnote-22) | Adult | Mental health problem | 24 hour support provided | Mixed (National and Voluntary/not-for profit) | Mixed government and private | Mixed lengths of admission. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| Psychiatric hospitals(*Hospitais psiquiátricos)**Residential service.*  | 30-100 | Children, Adult and Older people | Mental health problem | 24 hour support provided | National | National Government  | Mixed lengths of admission.. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | Over 50 years |
| Psychiatric hospitals(*Hospitais psiquiátricos)**Residential service.*  | Over 100 | Adult and Older people | Mental health problem | 24 hour support provided | Voluntary/not-for profit[[23]](#footnote-23) | Mixed government and private | Mixed lengths of admission. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | Over 50 years |
| Psychiatric hospitals(*Hospitais psiquiátricos)**Residential service.*  | 30-100 | Adult and Older people | Mental health problem | 24 hour support provided | Voluntary/not-for profit[[24]](#footnote-24) | Mixed government and private | Up to 6 months | Over 50 years |
| Psychiatric hospitals(*Hospitais psiquiátricos)**Residential service.*  | 11-30 | Adult and Older people | Mental health problem | 24 hour support provided | Voluntary/not-for profit[[25]](#footnote-25) | Mixed government and private | Mixed lengths of admission.. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | Over 50 years |
| Local services for mental health (integrated into General Hospitals)(*Serviços locais de saúde mental)[[26]](#footnote-26)*It is not a residential service. Users attend during the day. | Information not available | Adult and Older people | Mental health problem | Daytime support provided ( no night time staffing) | National  | Mixed government and private  | Mixed lengths of admission (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | 10-50 years |
| National Network of Integrated Continued Care of Mental Health*(Rede Nacional de Cuidados Continuados Integrados de Saúde Mental)[[27]](#footnote-27)*It is not a residential service. The service is provided at home.  | 1-5 | Adult and Older people | Mental health problem | 24 hour support provided | Voluntary/not-for profit[[28]](#footnote-28) | National Government | Inexistent. (The length of admission is according to the needs of each user. There is no information on how long people typically use this service).  | Less than 5 years |

**Table 2: Data sources**

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| --- | --- | --- | --- | --- | --- | --- |
| **TITLE/ REFERENCE** | **ORGANISATION COLLECTING DATA** | **YEAR OF DATA COLLECTION** | **PERIOD COVERED BY THE DATA** | **METHODOLODY FOR DATA COLLECTION** | **GEOGRAPHICAL SCOPE OF DATA COLLECTION** | **SERVICE SCOPE OF DATA COLLECTION** |
| **Please include: title of the survey, data set, study, report, administrative document etc, including full reference with URL if available** | **Name of organisation/ institution that collected the data.****Type of organisation e.g. government ministry, local authority, national statistical office academia, NGO** | **Year when data was collected** | **Time period covered by the data/ report** | **Desk research, questionnaire, visits to institutions, design, sampling, administrative data** | **Local authority area, region, federal state, national** | **Services for people with mental health problems, services for people with intellectual disabilities, services for older people, services for children, large residential homes etc** |
| Portugal, National Council for Education (Conselho Nacional de Educação) (2014), Report: Public Policies of Special Education *(Relatório: Políticas Públicas da Educação Especial)*, available at: [www.cnedu.pt/content/noticias/CNE/RelatorioTecnico\_EE.pdf](http://www.cnedu.pt/content/noticias/CNE/RelatorioTecnico_EE.pdf). | National Education Council within the Ministry of Education | 2013 | September 2012 – July 2013  | Administrative data | National | National System for Early Intervention;Special education services; Resources Centre for Inclusion |
| National System for Early Intervention, (Sistema Nacional de Intervenção Precoce), available in Portuguese at: [www.dgs.pt/sistema-nacional-de-intervencao-precoce-na-infancia.aspx](http://www.dgs.pt/sistema-nacional-de-intervencao-precoce-na-infancia.aspx). | Ministry of Health,Ministry of Education,Ministry of Solidarity, Labour and Social Security | No data available | - No data available | Administrative document | National | National System for Early Intervention  |
| Portugal, Institute of Social Security, IP (Instituto de Segurança Social) (2013), *Social Charter – Network of services and equipments: 2012 report (Carta Social-Rede de Serviços e Equipamentos: relatório 2012)*, available at: [www.cartasocial.pt/pdf/csocial2012.pdf](http://www.cartasocial.pt/pdf/csocial2012.pdf). | Ministry of Solidarity, Labour and Social Security | 2012 | 2012 (whole year is covered) | Questionnaire implemented by the Ministry of Solidarity, Labour and Social Security addressed to the private no profit institutions as providers of social services/ Administrative data | National | Home Support Services;Residential home;Supported accommodation; |
| Portugal, National Institute for Rehabilitation (INR), (2009) *Resources Centre for Inclusion – List of accredited entities (Centos de Recursos para a Inclusaão – Lista de entidades acreditadas), a*vailable, in Portuguese, at: [www.inr.pt/content/1/674/centros-de-recursos-para-inclusao-lista-das-acreditacoes](http://www.inr.pt/content/1/674/centros-de-recursos-para-inclusao-lista-das-acreditacoes) | National Institute for Rehabilitation (INR) | No data available | No data available | Administrative document | National | Resources Centre for Inclusion |
| Portugal, National Institute for Rehabilitation (INR), *Report on the Ordinance 432/2006, 3 May 2006 (Relatório de Aplicação da Portaria nº 432/2006 de 3 de maio)*, available at: [www.inr.pt/content/1/1406/relatorio-da-aplicacao-da-portaria-de-de-maio](http://www.inr.pt/content/1/1406/relatorio-da-aplicacao-da-portaria-de-de-maio). | National Institute for Rehabilitation (INR) | 2009 | 2009 (the information provided refers to the moment of questionnaire) | Questionnaire (183 questionnaires to all the existing institutions) | National | Centre for Occupational Activities |
| *Support Home – Conditions for implementation, localisation and functioning ( Lar de Apoio – Condições de implantação, localização, instalação e funcionamento*,) available in Portuguese at: www4.seg-social.pt/documents/10152/13326/Lar\_apoio.  | Directorate-General of Social Affaires | No data available | No data available | Administrative document | National | Residential care home |
| Portugal, Institute of Social Security, IP (Instituto de Segurança Social) (2013), *CASA 2012 – Annual Report of Characterisation of the Situation of Children and Young People in Care (CASA 2012 - Relatório de Caracterização Anual da Situação de Acolhimento das Crianças e Jovens)*, available at: [www.parlamento.pt/Documents/XIILEG/Abril2013/CASA2012.pdf](http://www.parlamento.pt/Documents/XIILEG/Abril2013/CASA2012.pdf). | Institut of Social Security, IP | 2012 | 2012 (whole year is covered) | Questionnaire implemented by the Ministry of Solidarity, Labour and Social Security addressed to the private no profit institutions as providers of social services/ / Administrative data | National | Residential care home |
| Portugal, Ministry of Health (Ministério da Saúde) (2006), *Report – Proposal for the Action Plan for the restruturing and development of mental health services in Portugal 2007-2016 (Relatório – Proposta de Plano de Ação para a Reestruturação e Desenvolvimento dos Serviços de Saúde Mental em Portugal 2007-2016)*, available at: [www.portaldasaude.pt/NR/rdonlyres/AC8E136F-50E4-44F0-817F-879187BD2915/0/relatorioplanoaccaoservicossaudemental.pdf](http://www.portaldasaude.pt/NR/rdonlyres/AC8E136F-50E4-44F0-817F-879187BD2915/0/relatorioplanoaccaoservicossaudemental.pdf). | Ministry of Health  | 2006 | 2006 | Questionnaire implemented by the National Commission for Mental Health addressed to the organizations provider of services/ | National | Occupational Fórum;Unit for independente living;Life support unit;Protected lifeunit |

# Overview of community-based services for persons with disabilities (2015)

**Table 3: community-based services for persons with disabilities**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Type of community-based service***Please provide the name of the type of service in the national language and a translation into English* *Please indicate if the types of services presented below are given a different name in your country*  | **Yes/ No***Please indicate if this type of service is available in your country*  | **Profile of the users** * *age (children, adults or older persons)*
* *type of disability (physical disability, intellectual disability, psycho-social disability, deaf or hard of hearing, blind)*
 | **Explanatory information***For each type of service, please provide a short description of:* * *the type and level (i.e. 24 hour, daytime, weekends, etc.) of support the service provides;*
* *location of the service (i.e. city, town, rural areas);*
* *who is eligible for the service*
* *who is typically the provider and funder of services (i.e. national government, local government, municipality, NGO, private company, etc.)?*
 | **Extent to which support is self-directed***For each type of service, please provide information about the extent to which users control the support provided. Can individuals using the service:** *recruit and manage staff providing support;*
* *determine the activities for which support is needed;*
* *determine how the budget for services and supports is used;*
* *choose types of equipment and adaptations to meet their needs?*
 | **If data are available, please specify number of services operating in the country and the number of users***Please provide a full reference for this data, including information about the period covered by the data.**Please indicate, if data is available, if there has been decrease / increase in the last five years*  |
| **Direct payments / personal budgets/individual budget**(cash payment enabling service users to employ personal assistants or freely choose using various service providers) | There are no such services in Portugal | There are no such services in Portugal | There are no such services in Portugal | There are no such services in Portugal | There are no such services in Portugal |
| **Personal assistance** Personal Carer or Assistant (*Assistentes pessoais*) | The personal – carer or assistant system is undergoing installation as a pilot scheme in the city of Lisbon.Provider: Local authority.Funder: Local authority | No user profile has been drawn up.  | - The Personal Assistant service provides different types and levels of support depending on the services paid for.- The service was recently launched in Lisbon city on an experimental basis for a 2-year period.- The scheme has been planned to cover between 5 and 10 people. - The Lisbon Municipal Council has made funding available.  | - Persons with disabilities who are resorting to this service may choose their own personal carer /assistant from among a pool of carers who have undergone previous training for the purpose. - A contract is drawn up between the disabled person and the personal assistant where the services to be provided on the basis of the disabled person’s needs are clearly laid out. - A municipal technician advises the personal assistant or carer when drawing up the kind of services to supply the disabled person.  | The Project has just begun so that the actual number of people receiving help is not yet known. <http://lisboasolidaria.cm-lisboa.pt/documentos/1417640886B6fKJ4zf3Mp69UO4.pdf>. |
| **Residential**Residential homes(*Lares residenciais*) | Yes.Providers: NGO Funders: Government and families. | * Persons aged over the age of 16.
* All kinds of impairments
 | - The residential home should have the professional staff to ensure that services are available 24 hours a day. - The service is available throughout the country.- Persons with disabilities who are more than 16 years old. [[29]](#footnote-29)- The budget for running these homes is an integral part of the budget allotted to the Institute for Social Solidarity (*Instituto de Segurança Social, I.P.,* ISS, I.P.)*.*- The homes are managed by private agencies that have to follow the rules which are specific to the Private Social Solidarity Institutions (*Instituições Particulares de Solidari-edade Social,* IPSS). In the agreements drawn up with the Institute for Social Security (*Instituto de Segurança Social, I.P.,* ISS, I.P.)*,* the amount which is due to be paid by the ISS, I.P. so as to operate the homes, has to be agreed upon. - Each person pays the agency a percentage of his/her income which is set by each of the agencies.  | - The residential homes have in-house regulations where the rights and duties of the users are set down. One of the rights is that pertaining to the user taking part in the life of the home.  | - The number of residential homes increased 104% between 2000 and 2013. The Social Charter - Network Social Services and Facilities 2013 (*Carta Social – Rede De Serviços e Equipamentos* *2013*) [www.cartasocial.pt/pdf/csocial2013.pdf](http://www.cartasocial.pt/pdf/csocial2013.pdf) - At the moment there are 253 homes operating throughout mainland Portugal for persons with disabilities. Note that in its comuniqué, a parents’ organisation called *Pais em Rede* (Networking Parents)[[30]](#footnote-30) refers to the trend that “continues to provide institutional responses and even makes new and costly investments in building large-scale residential homes (*manutenção de respostas institucionalizadas e até mesmo novos e avultados investimentos em grandes estruturas residenciais).* This isthe case of the recent building in the south of the country, where a new residential home for 76 persons with serious disabilities was opened.[[31]](#footnote-31)  |
| **In-home (home help, home care service)**Home Help Service *(Serviço de Apoio Domiciliário,* SAD*)* | YesProviders: NGO Funders: Government and families. | - Adults and children- All kinds of impair-ments | - In terms of the law, the care and services provided by the Home Help Service (*Serviço de Apoio Domiciliário,* SAD*)* should be available every day of the week whereby the need for support on Saturdays, Sundays and public holidays is ensured and available whenever needed.[[32]](#footnote-32) Nevertheless, it is known that not all the Home Help Services work over the weekend. [[33]](#footnote-33)- The service is available throughout the country. - The kind of service is aimed at persons with disabilities and people who are dependent on others. - The services are supplied by the Private Social Solidarity Institutions (*Instituições Particulares de Solidari-edade Social,* IPSS) which receive funding from the Institute for Social Security (*Instituto de Segurança Social, I.P.,* ISS, I.P.*)* after a specific agreement has been drawn up between them. | - Teams working for the Home Help Service (*Serviço de Apoio Domiciliário,* SAD*)* are able to take on different kinds of jobs: cleaning houses, cooking meals, washing / ironing clothes; helping in personal hygiene; and doing small repair jobs around the house.[[34]](#footnote-34) - The person resorting to the service can tell the assistant or carer what jobs to do and set down priority tasks that he/she wants the Home Help Service (SAD) to do.- People using the service should not interference in the choice of the teams which supply the service, nor should they say who they want to have in their house helping them. i.e. service users cannot recruit or manage team members, but they can assign them tasks | At the moment, there are 31 Home Help Services providers (*Serviço de Apoio Domiciliário,* SAD*)* operating that aim at helping persons with disabilities. They are spread throughout mainland Portugal although 4 out of 18 districts do not have this kind of service available.  |
| **Day care centres**Occupational Support Centre (*Centro**de Apoio Ocupacional,* CAO*)* | Yes | - Young people and adults with serious disabilities | - The Occupational Support Centre (*Centro de Apoio Ocupacional*, CAO) only works during weekdays.- The Centres are implanted throughout the country. - They cater to people with serious disabilities who are aged 16 or over and whose impairments, whether temporary or permanent, do not allow them to earn their own living.The services are provided by the Private Social Solidarity Institutions (*Instituições Particulares de Solidariedade Social,* IPSS) which receive funding from the Institute for Social Security (*Instituto de Segurança Social, I.P.,* ISS, I.P.)after a specific agreement has been drawn up between them. | - The activities are adapted and organised along personal lines taking in account the kind of tasks that the individual is able to carry out and his/her individual needs.[[35]](#footnote-35)- The Cooperatives which are members of the National Federation of Social Security (*Federação Nacional de Cooperativas de Solidariedade Social, FENACERCI*), follow the policy of setting up Client Participation Groups (*Grupos de Participação de Clientes*) through which it is possible to voice opinions and decide about matters that directly concern them.[[36]](#footnote-36)  | The number of Occupational Support Centres (*Centro**de Apoio Ocupacional,* CAO) increased 60% between 2000 and 2013. The Social Charter - Network Social Services and Facilities 2013 (*Carta Social – Rede De Serviços e Equipamentos* *2013*) [www.cartasocial.pt/pdf/csocial2013.pdf](http://www.cartasocial.pt/pdf/csocial2013.pdf) * At the moment there are 332 Occupational Support Centres (CAOs) spread throughout mainland Portugal and operating for persons with serious disabilities.
 |
| **Family support / Respite care**(provides supports to assistants in their caring role and allows them to have a break, may be formal or informal, and may be provided in the home or out of the home) | There are no such services in Portugal |  |  |  |  |
| **Foster care** Foster family *(Acolhimento familiar)* | Yes | - Adults with disabilities- Persons with organic, motor or sensory disabilities. | - Care provided by a foster family may be temporary or permanent, and either full-time or part-time. - Care provided by a foster family may be organised by the Social Security District Centres *Centros Distritais de Segurança Social*) which are state sponsored and operating nationwide, or by the state-owned charity organization, the *Santa Casa da Misericórdia de Lisboa*) which only operates in the city of Lisbon.[[37]](#footnote-37)- Foster family care may also be organised by the non-governmental Private Social Solidarity Instit-utions (*Instituições Parti-culares de Solidariedade Social,* IPSS), provided that they intermesh with the Social Security Services and are duly recognised by these services. - Payment for services rendered by these private agencies falls to each of the persons receiving foster care or their respective families so long as they are able to prove they have the financial means to do so. When they do not have the financial means, the Social Security services (or the *Santa Casa da Misericórdia de Lisboa)* takes over the payments.[[38]](#footnote-38)- Persons with disabilities may seek the help of such services if they are dependent, or if they have lost their independence and can no longer take care of themselves if they live alone and do not have any social or family help, or if they live in precarious housing that jeopardises their safety, or if they are the victims of abuse.[[39]](#footnote-39) | - The person receiving foster care and well as the foster family have to abide by legally established rights and duties.[[40]](#footnote-40) Being available for training is one of the duties for the foster families (Art. 7). Legislation does not refers the right of people with disabilities to choose living in a foster family but it mentions that people with disabilities should give their agreement (Art. 4). Adaptations to the living arrangements to accommodate the needs of persons with disabilities are not referred.  | No other information is available.  |
| **Informal support**Informal carers *(Cuidador informal)* | Yes | Owing to their nature, the informal carers cater to all kinds of disabilities.  | Generally speaking, informal carers are members of the disabled person’s family.  |  |  |
| **Peer support / counselling** (provided by non-professionals with the counsellor and the client having equal status, and sharing experience and assistance in gaining independence and self-confidence) | There are no such services in Portugal |  |  |  |  |
| **Circles of support**(informal group of people close to the user to whom she/he can turn for support) | Yes. The Client Participation Groups in the Cooperatives for the Education and Rehabilitation of Disabled Citizens (*Grupos de Participação de Clientes* das *Cooperativas para a educação e reabitação de crianças inadaptadas,* CERCI)*.* These Groups may operate as support groups. Establishing such Groups depends upon the dynamic of the organisations working with the persons with disabilities. This explains why information about them has not been centralised and made available.  | All kinds of disabilities.  | The Client Participation Groups operate in the Cooperatives for the Educa-tion and Rehabilitation of Disabled Citizens (*Grupos de Participação de Clientes* das *Cooperativas para a educação e reabitação de crianças inadaptadas,* CERCI) Other entities that have support groups are: - The “*Ser Alternativa*” (“Being Alternative”) Association, available at: <http://seralternativa.blogspot.pt/search/label/Grupo%20de%20Apoio%20M%C3%BAtuo%20%28GAM%29>.- The Oporto Cerebral Palsy Association (*Associação do Porto de Parelesia Cerebral,* APPC) available at: [www.appc.pt/gam.html](http://www.appc.pt/gam.html).- The Association, *Pais em Rede* (Networking Parents), available at: [www.paisemrede.pt](http://www.paisemrede.pt)  |  | The Association *Pais em Rede* (Networking Parents) has promoted a Project that receives funding from the Calouste Gulbenkian foundation and the Directorate-General of Health. It has the aim setting up Groups of Emotional Support (*Grupos de Apoio Emocional*). By working in these Groups, some parents may be empowered to become Parents Providing Help (*Pais Prestadores de Ajuda*)*.* [[41]](#footnote-41) |
| **Crisis intervention and emergency services**(various activities aimed at supporting an individual or a family to overcome adifficult situation, for example,: individual and family counselling, crisis resolution teams (usually rapid support for people living in the community who are experiencinga mental health crisis) and emergency foster care where children at risk of neglect or abuse) | There are no such services in Portugal |  |  |  |  |
| **Befriending** (service provided by trained volunteers to help overcome isolation and enable full involvement in the community and social life) | There are several voluntary organisations in Portugal although there are none dealing specifically with persons with disabilities. The voluntary groups in existence mainly deal with the elderly.  |  |  |  |  |

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