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# PROMOTING CONSCIOUS AND ACTIVE LEARNING AND AGING

HOW TO FACE CURRENT  
AND FUTURE CHALLENGES?

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(COORD.)

**RELATIONSHIPS AND INTERGENERATIONAL  
SOLIDARITIES – SOCIAL, EDUCATIONAL  
AND HEALTH CHALLENGES**

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**Abstract**

The issue of intergenerational relationships has been gaining greater and greater relevance within the present national and international contexts. The same is happening at academic/scientific and social levels, bringing up huge challenges to communication and solidarity between the different generations and to the social, educational and health policies for the 21<sup>st</sup> Century. In the discussions on intergenerationality its relevance stands out, namely in terms of: the conveyance of individual, family and collective memories, and conveyance of values, and in the construction of new individual and group identities and trajectories; the education, communication and well-being of the younger and older generations, for instance of grandparents and grandsons, and in the development of new relationships and forms of intergenerational solidarity within the family and within society at large; the promoting of active aging, health and quality of life for individuals, families and communities; intergenerational social and educational projects aimed at the inclusion and empowerment of older generations, lesser stereotypes and prejudice based on age, the promotion of dialogue and socialization between generations, as well as the construction of a society for all ages, where different generations may contribute towards a culture of solidarity, inclusiveness and citizenship.

**Keywords:** Intergenerational relations; Intergenerational family solidarity; Family; Grandparents and grandchildren.

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## Introduction

The problem of relationships and intergenerational solidarities has been gaining an increasing relevance in the current national and international context, as well as in the academic/scientific and social environments, posing vast challenges to society, the family, communication between different generations and the policies of 21st Century, mainly, social, educational and health policies.

This significance has been present at Portuguese and European levels, in particular, carried out by the organization of numerous activities and some special events, including: the year 2012 as the *European Year for Active Aging and Intergenerational Solidarity*, the annual commemoration on 29 April as *The European Day of Solidarity and Cooperation between Generations*, and the celebration on 26 July of *International Grandparents' Day*.

The historic moment in which we live in is becoming increasingly marked by the technological improvements concerning health care this evidence has been reflected in increased longevity, and consequently brings out more emphasis to the requests and consequences of marital and family interactions between individuals of different generations.

It is a challenge to promote a healthy relationship between people of various ages. This type of interaction is only possible in a context in which the recognition of differences, skills and the importance of such interaction exists. The relationship between the older and younger generations, between grandparents and grandchildren gains special emphasis in this context.

In the current international and national reality, increased longevity, the decline in mortality and birth rates, the aging population, increased migration, the improvement of quality of life and social care health, as well as, new family configurations and the various changes in social, cultural and labour dimensions posed challenges.

For instance, changes in family and behaviours values, gender roles, the intense insertion of women into the labour market, the expansion of education and, the difficulties of young people in the labour market have led to major social and family changes.