

October 1, 2025  
INTERNATIONAL DAY OF OLDER PERSONS

## IN 2023, THE AT-RISK-OF-POVERTY RATE OF THE ELDERLY POPULATION WAS 21.1%

In 2024:

- The proportion of elderly people (population aged 65 and over) was 24.3%. In 1970 it was 9.7%. It is projected that in 2100 it will be 37.3%.
- The population ageing ratio was 192.4 (in 1991, it was 72.1), affecting mainly the female population and the municipalities in the inner mainland.
- 55.8% of the elderly population reported having some limitation in performing activities considered usual for their age due to long-standing health problems (in women, this proportion was 61.1%).

In 2023, the life expectancy at age 65 was 22.7 years for women and 19.2 years for men, with the adjustment for limitations due to ill health decreasing healthy life expectancy by 15 years at age 65 for women and by 10 years for men.

The at-risk-of-poverty rate of the elderly after social transfers has been higher than that observed for the general population since 2017; in 2024, it was 21.1% for the elderly population and 16.6% for the general population. This condition affected more than a third of the elderly living alone.

In 2024, the financial inability to keep the house adequately warm was higher in Portugal than in the European Union, with this divergence being more significant for households consisting of one elderly person or two adults in which at least one was elderly, especially when living in poverty.

In 2023, 46.5% of old-age pensioners who continued to work at the time of the transition to retirement did so for financial reasons.

### DEMOGRAPHY

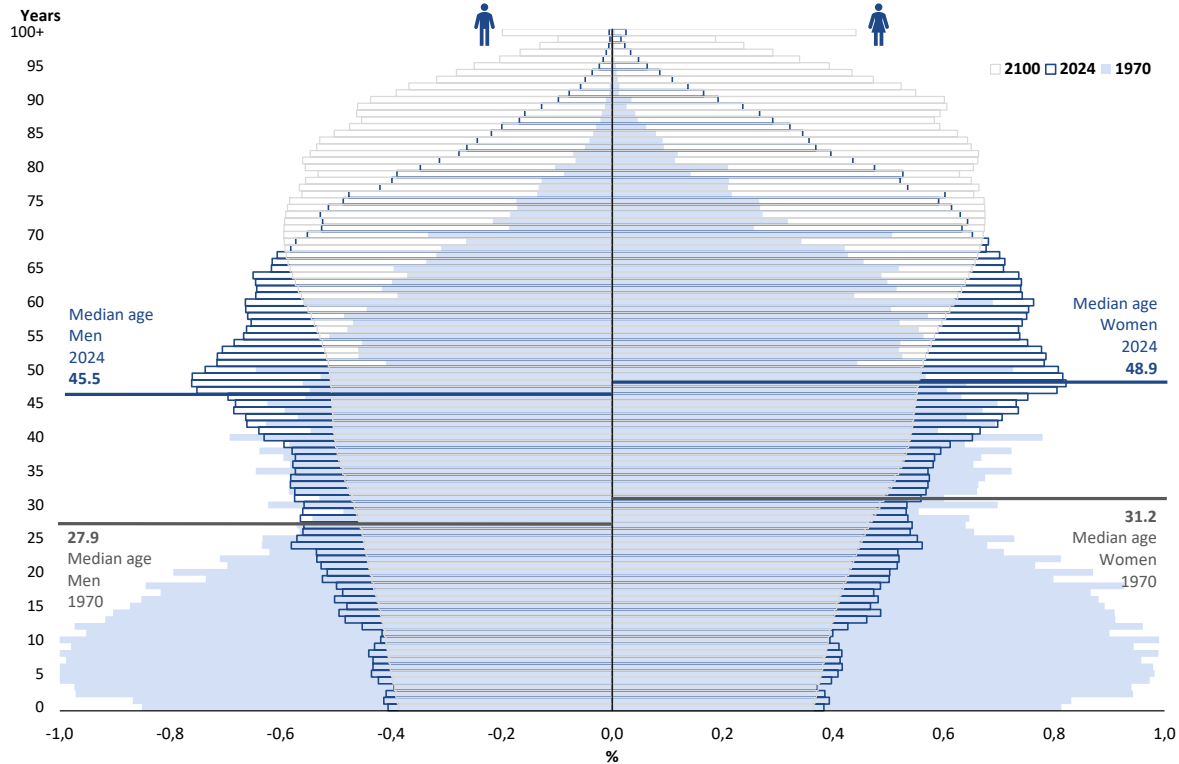
**The proportion of elderly residents increased from 9.7% in 1970 to 24.3% in 2024**, which is reflected in the widening of the top of the age pyramid

The number of people aged 100 and over, which in 1970 was 604, more than tripled, to 2,076 in 2024 (77.5% of whom were female)

Between 1970 and 2024, the median age of the resident population in Portugal increased by about 18 years, both in the female and male populations

It is projected<sup>1</sup> that, in 2100, the proportion of elderly people will reach 37.3%

<sup>1</sup> According to the results of the central scenario of the Resident Population Projections.



Source: Statistics Portugal, [Resident population estimates](#), [Resident population projections](#).

The **ageing ratio** (number of individuals aged 65 and over per 100 individuals) was, in 2024, **192.4**:

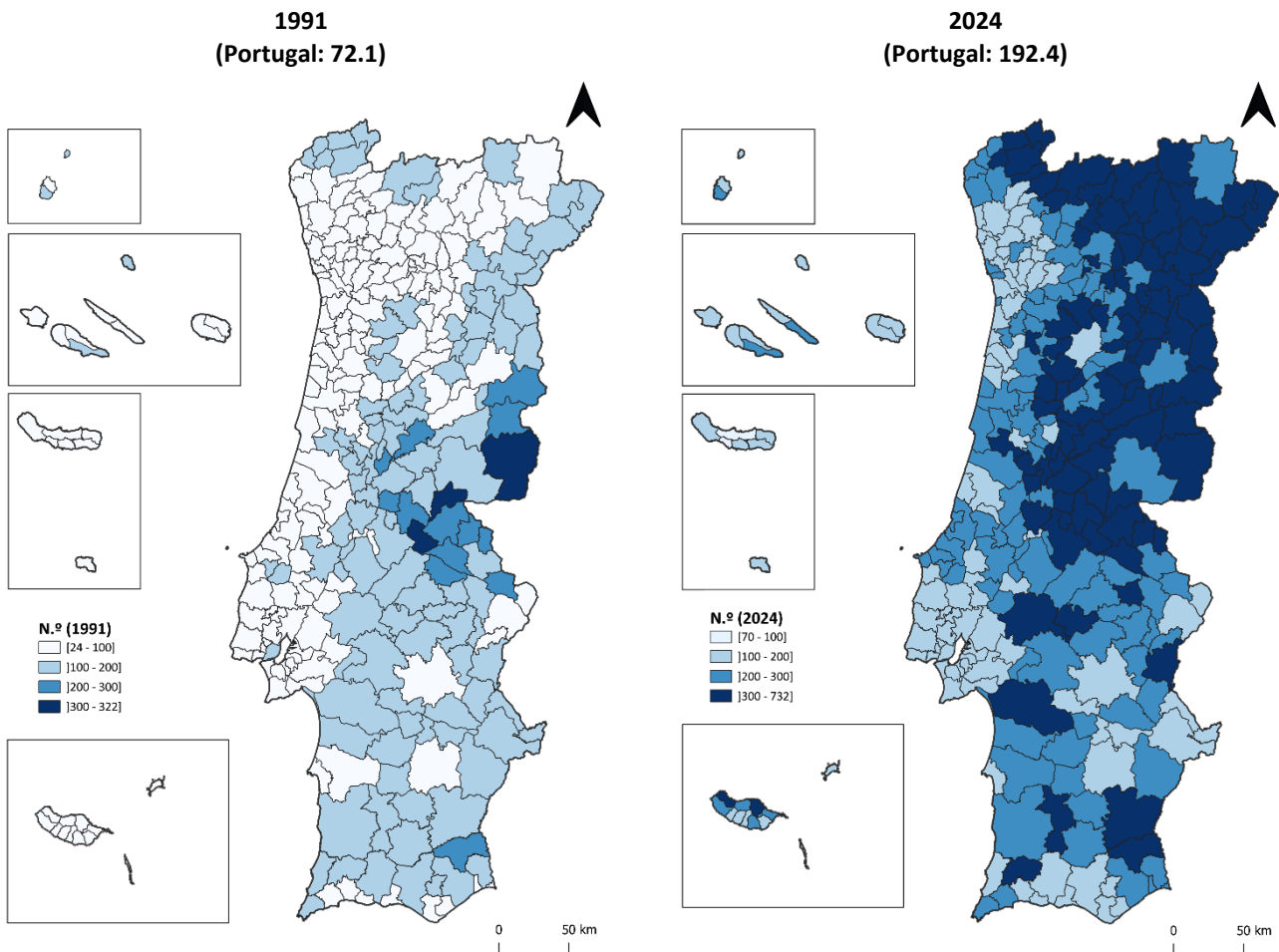
- higher for women (224.3) than for men (162.1)
- higher than in 1991: 72.1
- mainly affecting the inner mainland

In 1991, the ageing ratio varied between 24.0 (in Câmara de Lobos) and 321.8 (in Vila Velha de Ródão), exceeding 300 in only three municipalities (in addition to Vila Velha de Ródão, also Idanha-a-Nova and Gavião)

In 2024, the ageing ratio was above 300 in 97 municipalities, including three municipalities with a ratio higher than 700: Vinhais, Almeida and Alcoutim

The youngest municipalities in light of this indicator were, in 2024, mainly municipalities in the Autonomous Regions such as Ribeira Grande, Lagoa, Ponta Delgada and Vila Franca do Campo, in the Azores, and Santa Cruz and Câmara de Lobos, in Madeira, but also in the Lisbon Metropolitan Area like Montijo, Mafra and Alcochete

The intensification of population ageing between 1991 and 2024 extended to all 308 municipalities, although not very markedly in some municipalities such as Aljezur and Corvo; the municipalities that aged the most were Vinhais, Almeida and Oleiros



Source: Statistics Portugal, Estimates of the resident population ([NUTS-2024](#), [NUTS-2013](#), [NUTS-2002](#)).

## HEALTH

In 2024, among the elderly population (aged 65 and over):

- 19.1%** rated their **health status as good or very good**, compared to 67.1% for the population aged 16 to 64
- 68.1%** reported having a **chronic disease or long-term health problem**, compared to 32.2% for individuals aged 16 to 64
- 55.7%** had some **limitation in performing activities** considered usual for their age due to long-standing health problems (18.2% at 16-64 years)
  - **61.0%** in the elderly female population
  - **48.8%** in the elderly male population

Due to lack of financial capacity:

- 1.7%** of older people were unable to meet at least one **need for medical consultation or treatment** (1.1% at 16-64 years old)
- 8.7%** of the elderly could not meet at least one **need for dental consultation or treatment** (6.7% at 16-64 years old)

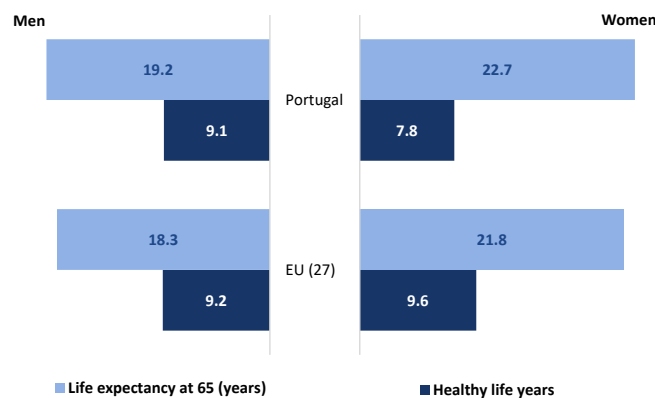
Source: Statistics Portugal, Survey on Income and Living Conditions ([health](#), [chronic disease](#), [limitation](#), [dentist](#), [medicine](#)).

In 2023, the **average life expectancy at age 65** was 22.7 years for women and 19.2 years for men

- in both cases, higher than the European Union average (21.8 for women and 18.3 for men)<sup>2</sup>

The adjustment for limitations due to ill health<sup>3</sup> decreases **healthy life expectancy at age 65** by almost 15 years for women and by about 10 years for men

- the situation in Portugal was more punishing in the European context in the case of women, with a difference of -1.8 years of healthy life

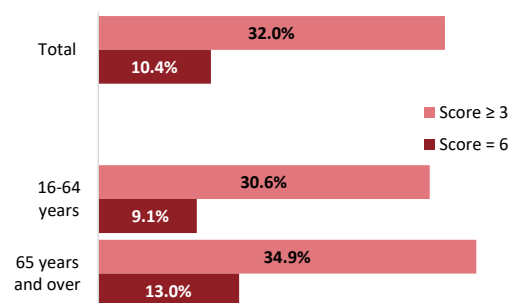


Source: Eurostat [[hlth\\_hlye](#)].

In 2024, **34.9%** of the population aged 65 and over manifested **symptoms of generalized anxiety**, which corresponds to a score of 3 or more points according to the *Generalized Anxiety Disorder 2-item (GAD-2)* model<sup>4</sup>

- **13.0%** revealed more severe levels of anxiety, corresponding to a score of 6 points (maximum score for the adopted model)

For both severity criteria, this condition affected the elderly population more than the rest of the individuals



Source: Statistics Portugal, [Survey on Income and Living Conditions](#).

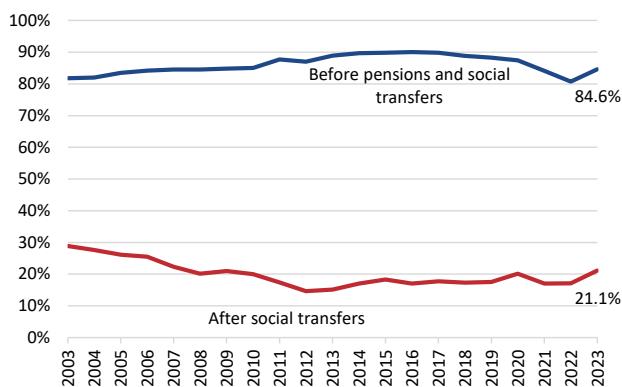
<sup>2</sup> In this analysis, Eurostat data on life expectancy are considered, both for the European Union and for Portugal.

<sup>3</sup> The results of the indicator relating to the existence of limitations in the performance of usual activities are normally considered as an estimate of the proportion of people with disabilities and, to that extent, integrated into the calculation of the indicator 'Healthy life years', which allows for the assessment of whether or not the increase in life expectancy is accompanied by an increase in the time spent in good health. The 'Healthy life years' indicator combines morbidity with mortality, using information on the life expectancy of the population (mortality) and the rates of existence of limitations due to long-standing health problems (morbidity).

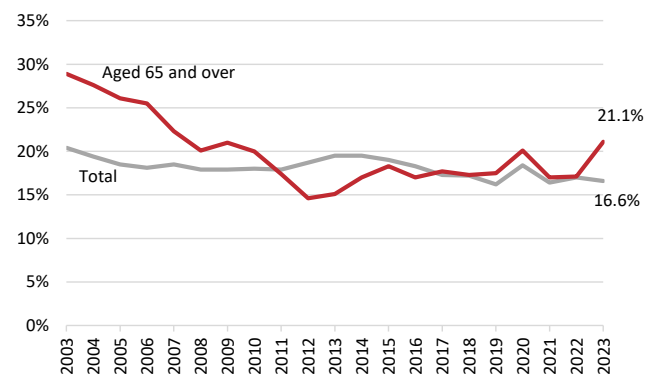
<sup>4</sup> The Survey on Income and Living Conditions collects a set of information that can only be provided by the respondent himself and that constitutes a simplified screening instrument for generalized anxiety disorder (*Generalized Anxiety Disorder 2-item*, or GAD-2), composed of two questions that assess the probability of disturbance of anxiety.

## POVERTY

The redistributive function of the State has made it possible to reduce the incidence of poverty among the elderly (aged 65 and over) ...



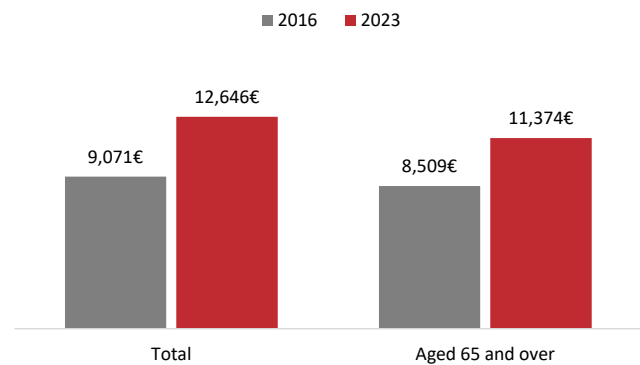
... nevertheless, since 2017 the at-risk-of-poverty rate of the elderly after social transfers has been higher than that observed for the general population



Source: Statistics, Survey on Living and Income Conditions ([before transfers](#), [after transfers](#)).

In 2023, the general population lived with a **median net annual monetary income per equivalent adult of 12,646€**, above that observed for the population aged 65 and over: **11,374€**

The difference between the income of the general population and that of the elderly population increased from 562€ in 2016 to 1,272€ in 2023

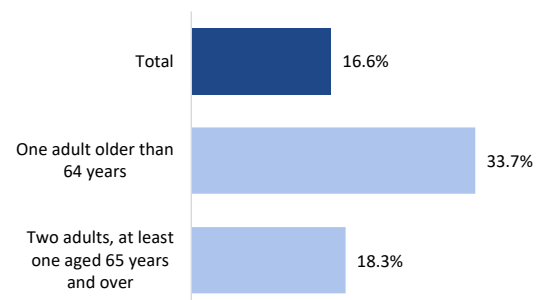


Source: Statistics Portugal, [Survey on Income and Living Conditions](#).

The **risk of poverty** affected in 2023:

- more than a third of older people living alone
- 18.3% of households consisting of two adults in which at least one was 65 years of age or older

Source: Statistics Portugal, [Survey on Income and Living Conditions](#).

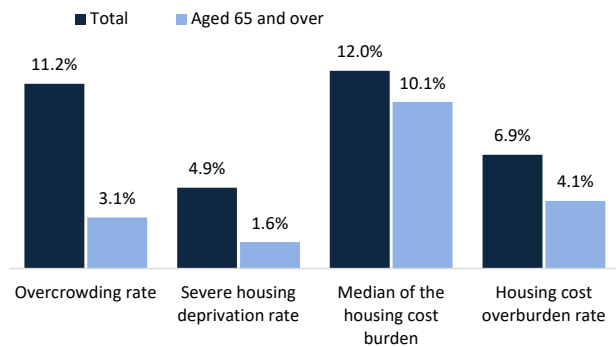


## Housing deprivation

Both the housing overcrowding rate<sup>5</sup> and the rate of severe housing deprivation rate<sup>6</sup> affected, in 2024, the elderly population less than the general population

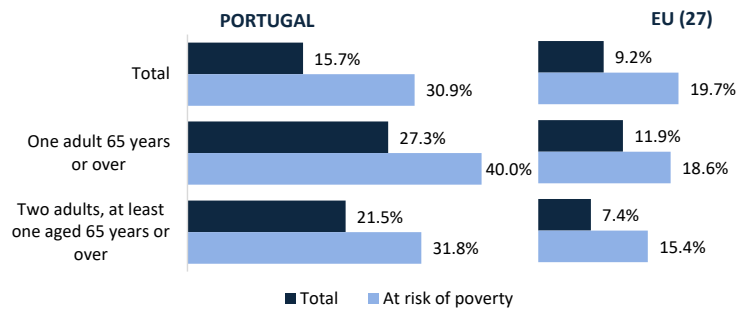
Indicators relating to the financial effort with housing also penalize older individuals less than the general population

Source: Statistics Portugal, Survey on Income and Living Conditions ([overcrowding](#), [severe deprivation](#), [median burden](#), [overburden](#)).



The financial inability to keep the house adequately warm was, in 2024, more significant in Portugal than in the European Union

This divergence was even more significant for households consisting of one elderly person or two adults in which at least one is elderly and particularly for those living in poverty



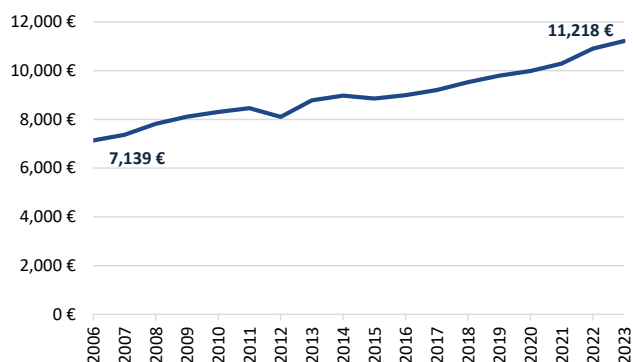
Fonte: Eurostat [[ilc\\_mdcs01](#)].

## Social protection

The average annual value of old-age pensions increased 1.6 times between 2006 and 2023

In 2023, the average value of old-age pensions was 11,218€

Source: Statistics of social protection – ESSPROS ([expenditure](#), [beneficiaries](#)).



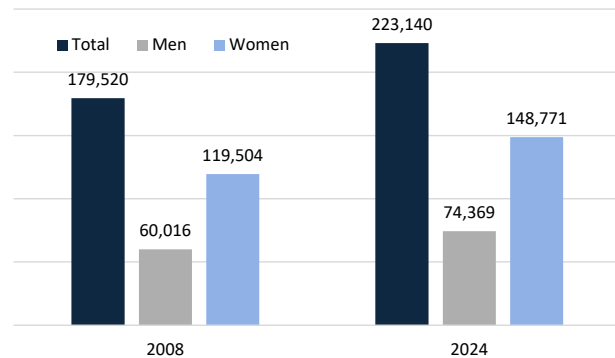
<sup>5</sup> Proportion of the population living in dwellings where the number of habitable rooms ( $\geq 4\text{m}^2$ ) is insufficient for the number and demographic profile of the members of the household.

<sup>6</sup> Proportion of the population living in overcrowded accommodation and with at least one of the following problems: a) lack of bath or shower facilities and flushing toilets inside the accommodation; b) ceiling that allows water to pass through, moisture on the walls or rotting of the windows or floor; c) insufficient natural light on a sunny day.

In 2006, the Social Security **solidarity supplement for the elderly** benefited 18,480 elderly people with low resources, the first year of application of the measure, rising to 179,520 in 2008 and to 223,140 in 2024

Over the period under review, the proportion of women beneficiaries has remained relatively stable at around 70%

Source: [Institute of Informatics of Social Security](#).



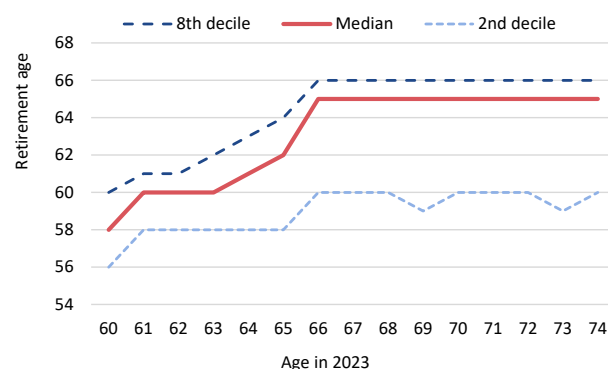
In 2023

- **16.4%** of old-age pensioners were between 60 and 64 years old
- **13.3%** of old-age pensioners continued to work at the time of the transition to retirement, of which:
  - **46.5%** for financial reasons
  - **30.8%** for enjoying working/be productive
- **57.5%** of pensioners stopped working at the time of the transition to retirement, of which:
  - **67.2%** for having reached the eligibility or age to receive a pension
  - **16.4%** due to illness or disability

Source: Statistics Portugal, Employment Survey, [Pensions and labour market participation](#) module (2023).

For pensioners who were between 60 and 65 years old in 2023, there was an increase in the **median retirement age** as the age increased

For pensioners who were over 65 in 2023, it was found that, regardless of their age at the time of retirement, the median age of transition was 65



Source: Statistics Portugal, Employment Survey, [Pensions and labour market participation](#) module (2023).

## METHODOLOGICAL NOTE

### Resident Population Estimates

The [estimates of the resident population](#) follow the method of components by cohorts, are based on the census concept of resident population and are calculated by sex and age, up to the level of geographical disaggregation of the municipality. Its calculation is based on the natural and migratory demographic components, taken from information from other statistical operations of INE: live births, deaths, estimates of emigration and immigration. Regarding the natural component, live births and deaths, the information is based on the so-called vital statistics, through the use, for statistical purposes, of facts that are mandatorily subject to civil registration – births of children born alive and deaths. Migratory movements, not being subject to direct registration in Portugal, are obtained from information from other statistical operations of INE – Outbound Migration Survey (IMMS) and the Labour Force Survey (IE) – which are assumed as sources for the estimation of annual migratory flows. In addition, the results of the most recent population census and administrative information are also used, namely that produced by the extinct Foreigners and Borders Service (SEF), now called the Agency for Integration, Migration and Asylum (AIMA). To learn more, see the last disclosure that took place on [June 18, 2025](#).

### Survey on Income and Living Conditions

The [Survey on Income and Living Conditions](#) is carried out annually with a representative sample of families residing in Portugal, with the aim of disseminating statistical indicators on income distribution, material deprivation, housing deprivation and other population-based indicators on the health status and other living conditions of households. In this context, the survey is part of the harmonised programme of European statistics on the income and living conditions of private households, EU-SILC. Since 2022, it has been gradually integrating administrative-based tax data that contribute to the calculation of income distribution. To learn more, see the last disclosure that took place on [December 3, 2024](#).

### ESSPROS – European System of Integrated Social Protection Statistics

The European System of Integrated Social Protection Statistics was developed within the European Union to respond to the need to have harmonised and up-to-date statistical information on social protection in the Member States. It is a statistical operation carried out annually, based mainly on administrative sources, collecting basic information in its main module (financial data on social protection expenditures and revenues) referring to eight social protection functions: sickness/health care, disability, old age, survivors, family/children, unemployment, housing and social exclusion not classified in other functions. In the supplementary pension beneficiary module, physical information is collected on the number and gender of recipients of social benefits included in the pensions provided within the scope of the functions that provide pensions: invalidity, old age, survivors and unemployment.

### Statistics on Social Security beneficiaries and benefits

Statistical information on beneficiaries and processed amounts of social benefits is obtained based on administrative data from the Institute of Informatics of Social Security.

### Employment Survey, module Pensions and labour market participation (2023)

The 2023 module on [“Pensions and labour market participation”](#) is part of the set of modules of the Labour Force Survey to be collected regularly every eight years, and was carried out with co-financing from the European Union. This module was aimed at the population aged 50 to 74 living in dwellings belonging to the entry and exit rotations of the Labour Force Survey – Series 2021 for each quarter of 2023. The specific weights of the persons responding to the module have been calculated to ensure consistency with the estimates of the annual averages of the full sample for the age group of the module target population.