**ABSTRACT 96**

*e*-Health and its potential for elderly people:
An overview of the most important initiatives from the EU and Portugal

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The paper aims to present the potential of e-Health in general and its main importance regarding elderly people. Most developed countries face two realities: the global aging of its population and, simultaneously, the increasingly widespread use of ICT in all social activities. Unfortunately the elderly population is one that is showing the lowest levels of ICT usage therefore the elderly group increases the digital divide. This group of citizens suffers at the same time, all processes related to the degenerative aging process by itself by making them more vulnerable in a society where technologies are increasingly present and used. In this sense, it is important to provide older people with skills to use ICT and able to capitalize e-Health services in order to make them e-included and at the same time, provide them with more and better care of health. Being Portugal a member of the European Union it is another aim of this paper present and discuss the Initiatives carried on in the promotion of e-Health. Initiatives such as «e-Health – An Action Plan for a European e-Health Area» and the «Digital Agenda for Europe» are seen as the basis for the creation of a Europe that promotes e-Health as one more tool in the service of citizens. At the level of Portugal, it will be presented several studies already undertaken on this fact, presenting the measures implemented by the Ministry of Health in the implementation of digital devices to serve the citizens. In the final consideration is given to reflect on the main advantages and limitations of these new digital possibilities for older people in order to promote an adequate active aging.