



**VISEU  
INTEGRA**

# **SOCIAL BENEFITS**



**FUNDO  
ASILO, MIGRAÇÃO  
E INTEGRAÇÃO**



UNIÃO EUROPEIA



**REPÚBLICA  
PORTUGUESA**



**SGMAI  
SECRETARIA  
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MINISTÉRIO DA ADMINISTRAÇÃO INTERNA



**ACM**  
ALTO COMISSARIADO PARA AS MIGRAÇÕES



**MUNICÍPIO DE  
VISEU**



**VISEU  
INTEGRA**

# FRAMEWORK

The municipality of Viseu has seen an increase in the number of migrants, following the national trend.

The growing migration in our territory presents new challenges, specifically the socioeconomic situation of families, the language barrier and their participation in the local community.

Viseu INtegra project results from the need to improve and increase reception and integration measures for national migrants from third countries, in a concerted, participatory and structured way, aiming at social cohesion and economic development.

For this purpose, this document was created to inform the community about existing social benefits.

## SOCIAL BENEFITS

### **FAMILY ALLOWANCE**

Cash payment granted monthly, with the aim of offsetting family expenses relating to the support and education of children and young people.

### **SOLIDARITY COMPLEMENT FOR THE ELDERLY**

Cash support paid monthly to elderly people with low resources, aged equal to or above the normal age for accessing the old-age pension under the general Social Security regime, that is, 66 years and 7 months and residing in Portugal.

### **INFORMAL CAREGIVER STATUS**

Citizens who provide permanent or regular care to others (family members) who are in a situation of dependence (person cared for), who benefit from some support measures.

### **DISABILITY PENSION**

It is an amount paid monthly, intended to protect beneficiaries of the general Social Security regime in situations of permanent incapacity for work. Disability is any disabling situation, caused by non-professional causes, which results in permanent incapacity for work.

## SURVIVAL PENSION

It is a cash benefit given monthly to the widower or person who lived in a de facto union with the deceased pensioner.

## OLD AGE PENSION

The old-age pension is an amount paid monthly, intended to protect beneficiaries of the general Social Security regime, in old age, replacing work remuneration.

## UNEMPLOYMENT PROVISION

Cash benefit given to unemployed beneficiaries to compensate for the lack of remuneration caused by the involuntary loss of employment.

## ILLNESS BENEFITS

Benefit granted to the beneficiary to compensate for loss of remuneration resulting from temporary impediment to work due to illness. Illness is any morbid, evolving situation, not resulting from a professional cause or an act under the responsibility of a third party for which compensation is due, which determines incapacity for work.

## SOCIAL PROVISION FOR INCLUSION

It is a service made up of three components:

**The Base Component**, intended to compensate for the increased general costs that result from the situation of disability, with a view to promoting the autonomy and social inclusion of people with disabilities.

**The Complement** aims to combat poverty among people with disabilities.

**The Majoration** aims to compensate specific costs resulting from the disability situation.

## SOCIAL INSERTION INCOME

Support designed to protect people who are in extreme poverty, consisting of:

- One **cash payment** to ensure the satisfaction of their minimum needs, and;
- An insertion program integrant of a **contract** (set of actions established in accordance with the characteristics and conditions of the benefit applicant's household, aiming at a progressive social, work and community integration of its members).

## PARENTAL ALLOWANCE

The parental benefit is a sum of money that is paid to the father or mother or other holders of parental rights, who are on leave (due to absence from work) due to the birth of a child and is intended to replace work income lost during the license period.

## SUBSIDY FOR 3RD PERSON ASSISTANCE

It is a monthly cash benefit that is intended to compensate families with descendants, receiving family benefit with a disability bonus, who are in a situation of dependency and who require permanent support from a third person.

## WHERE TO APPLY?

In Social Security:

### ■ VISEU DISTRICT CENTER

Avenida Dr. António José Almeida, nº35  
3514-509 Viseu

FAX: 300 515 515

E-MAIL: [CDSSViseu@seg-social.pt](mailto:CDSSViseu@seg-social.pt)

### ■ SOCIAL SECURITY LINE

210 545 400 ou 300 502 502

*(Call to national landline network)*

Weekdays from 9am to 6pm

### ■ DIRECT SOCIAL SECURITY SERVICE (SSD)

<https://www.seg-social.pt/seguranca-social-direta>

## VISEU INTEGRA

**DEVELOPMENT AND SOCIAL  
COHESION DEPARTMENT**

Rua João Mendes, nº51, 2º andar  
3500-142 Viseu

PHONE: 232 427 434

*(Call to national landline network)*