



Your social security rights in Portugal



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Sometime in your life you may be in need of the support provided by social security benefits. If you are living in the country where you were born and satisfy the qualifying conditions, you will be entitled to receive support. But you also have the right to receive benefits if you are a national of any EU country and move to another part of the EU. The information below sets out when you are eligible for benefits, what you are entitled to and how to go about claiming it

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Family

Family expenses relating to children and young persons

This chapter covers various benefits granted by the social security system to meet family expenses relating to children and young persons in Portugal.

In what situation can I claim?

Children and young people resident in Portugal, or the equivalent, qualify for Family Benefits if they satisfy the eligibility conditions at the time of application.

The following may apply for Family Benefits for Children and Young People [*abono de família para crianças e jovens*]:

- The parents or the equivalent in domestic partnerships, or legal representatives that live with the child or young person;
- A person or entity that is the legal guardian of the child;
- The child himself or herself, if older than 18, when studying or handicapped.

Apart from Portuguese citizens resident in Portugal, the following also qualify for the benefits:

- Portuguese citizens serving abroad whose entire salary or part of it is paid by the Portuguese State;
- Foreign citizens covered by an international agreement or by European Community legislation;
- Foreign citizens not covered by an international agreement or by European Community legislation who have a valid residence permit in Portugal (persons equivalent to residents).

What conditions do I need to meet?

Children and young people qualify for Family Benefits if:

- They are resident in Portugal or equivalent;
- They do not work (apart from student jobs during the holidays);
- Their family's reference income is equal to or less than the third income bracket or equal or less than the fourth income bracket in case of children aged 72 months or less (or considered as single persons) and the total value of their entire household's movable assets is less than € 115,303.2 (240 times the *Indexante dos Apoios Sociais (IAS)* [the social support index]).

The reference income is calculated by taking the total earnings of the household and dividing this by the number of children in the same household, plus one. However, the benefit is only given to children who meet the conditions for granting it and providing that the household income does not exceed the fourth income bracket ceiling.

The resulting value is allocated to income brackets determined on the basis of the social support index (*ASX14*) - the value of the latter taken into account being that of the year of household income used as a basis for calculating the reference income.

Reference income brackets

Income brackets	2021	2022	2023
1 st	Up to € 3,071.67	Up to € 3,102.40	Up to € 3,363.01
2 nd	Between € 3,071.67 € and € 6,143.34	Between € 3,102.40 € and € 6,204.80	Between € 3,363.01 and € 6,726.02
3 rd	Between € 6,143.34 € and € 10,443.68	Between € 6,204.80 and € 9,307.20	Between € 6,726.02 and € 11,434.23
4 th	Between € 10,443.68 and € 15,358.35	Between € 9,307.20 € and € 15,512.00 €	Between € 11,434.23 and € 16,815.05
5 th	Above € 15,358.35	Above € 15,512.00	Above € 16,815.05

The income earned in 2021 will be used to determine the income bracket for family allowances to be paid in 2023 to children who are already receiving the allowance (to maintain their eligibility – proof of income in October 2022), based on the value of the IAS in effect on the date the reference income was earned (IAS 2021 = €438.81).

The income earned in 2022 will be used to calculate the amount of the family allowance for new applications submitted throughout 2023, using the IAS value in effect on the date the reference income was earned (IAS 2022 = €443.20).

Only the income earned in 2023 will be considered for requests to reassess the income bracket, using the IAS value in effect on the date the reference income was earned (IAS 2023 = €480.43).

Family benefit is paid until the beneficiary reaches the age of 16.

From the age of 16 it is granted depending on age and education level. Students in higher education or the equivalent up to 24 years of age (27 in the case of illness or accident) or the disabled up to 24 years of age (27 if in higher education or on a diploma course) can receive family benefits.

All students under the age of 18 qualify for a Scholarship [*Bolsa de Estudo*] if they satisfy all the following conditions:

- They must be part of a household with earnings in the first or second income brackets;
- They must be enrolled in and attending secondary school or an equivalent level of education;
- They must be less than 18 years of age. Should a student reach this age during the school year, then the student continues to qualify for the Scholarship until the end of the school year;
- They must have a good record of academic performance whilst attending secondary school or equivalent education.

What am I entitled to and how can I claim?

The amount of Child Benefits paid varies in accordance with:

- The level of household income (only up to the fourth income bracket);
- The age of the child;
- The number of children;
- Children up to the age of 36 months receive a higher amount.

The family benefit is augmented by the Child Guarantee (*Garantia para a Infância*). This is a regular benefit intended for children and young people under the age of 18 from households at risk of poverty. The aim is to provide a total amount of 100 euros, including the family allowance.

The family benefit amount is increased according to whether it is a household with two children or three or more children.

See the [Family Benefits Amounts](#).

Family Benefits for children and young people and associated supplements are higher for single-parent families.

Children and young people who are institutionalised receive benefits based on the first income bracket.

All children aged between six and sixteen (during the current calendar year) who are studying and who fit into the first income bracket receive an additional benefit payment in September equal to the family benefit.

The Scholarship monthly [amount](#) equals the amount of Family Benefits for children and young people.

Jargon busters

IAS: *Indexante dos Apoios Sociais* [the social support index].

Resident persons: national citizens who habitually reside in Portugal; foreign citizens, refugees and stateless persons with valid residence permits. Portuguese people covered by the Portuguese social security system and who work in a country with which Portugal has a social security agreement, as well as members of their households; civil servants working for the Portuguese State, as well as members of their households; foreign citizens covered by an international agreement or European Union legislation are also considered to be residents.

Persons equivalent to residents: Foreign citizens not covered by an international agreement or European Community legislation and foreign citizens who have a valid residence permit [possible permits are: temporary protection permit, residence permits and their respective extensions (on a case by case basis)].

Reference income: reference income refers to the income bracket into which the beneficiary fits [for the purpose of means testing]. There are five income brackets. Only families in the first four income brackets receive Family Benefits. Families in the first income bracket are those with the lowest earnings and they are entitled to the highest rate of Child Benefits

Forms you may need to fill in

- RP5045-DGSS: Pre-Natal Family Benefits and Family Benefits for Children and Young People Claim Form.
- GF37-DGSS: Application to amend family member information - Family benefits.
- GF54-DGSS: Declaration on Household composition and earnings.
- GF58-DGSS: Application for Reassessment of Income Bracket].

These forms can be found on the [Social Security](#) website.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position.

- [Family benefit for children and young people](#) / information in English;
- Family benefit for children and young people – A Practical Guide / information in English;
- [Scholarship](#);
- [Scholarship - A Practical Guide](#);
- [Means-test](#).

Commission Publication and Website:

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=en>.

Who do you need to contact?

You can obtain further information on social protection for meeting family expenses through one of the following:

Social Security Line: 300 502 502 / 210 545 400.

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400.

Social Security website: www.seg-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

Maternity, paternity and adoption benefits

This chapter contains covers benefits granted in Portugal to the beneficiaries of social security in the case of maternity, paternity and adoption.

In what situation can I claim?

For benefits:

- Employees;
- Self-employed workers;
- Beneficiaries of the voluntary social security scheme.

For social benefits:

- Beneficiaries who have not paid social security contributions or contributions to another compulsory social insurance scheme or beneficiaries who have paid contributions but have not satisfied the conditions for accessing benefits.

What conditions do I need to meet?

For benefits, claimants must:

- Have paid social security contributions for a minimum period of six calendar months (the minimum qualifying period), whether consecutive or aggregate, by the date when they are unable to work.
- When counting the six months, periods where there are contribution records in other social insurance schemes that cover this type of social insurance, whether national or foreign, will be taken into account, as long as they do not overlap;

- Take up the corresponding unpaid leaves, absences and releases from duty for the period set out in the Labour Code or for equivalent periods;
- Have paid social security contributions for the quarter immediately preceding the month in which they cease work due to the birth of a child, in the case of self-employed workers or in the case of those covered by the voluntary social security scheme.

For social benefits, claimants must:

- Be resident in Portugal (or the equivalent);
- Not have moveable assets greater than € 115,303.2 (240 times the *IAS [Social Support Index]*);
- Have monthly earnings per household member below € 383.34, i.e. 80% of the *IAS*.
- Monthly earnings per household member are calculated by adding all the monthly earnings in the claimant's household and then dividing this by the number of household members, in accordance with a different weighting for each member.

What am I entitled to and how can I claim?

Initial Parental Benefit [*Subsídio parental inicial*]

Granted for a period of up to 120 or 150 consecutive days, according to the parents' choice, without prejudice to the rights of the mother. Both parents may take the period between 120 and 160 days at the same time. If the baby is stillborn, then the entitlement is only 120 days.

The 120 days or 150 days may be extended by 30 days in the case of:

- Shared leave, provided that each parent takes leave of 30 consecutive days or two periods of 15 consecutive days after the compulsory leave reserved for the mother (42 days).

The benefit is extended by 30 consecutive days per child in the case of multiple live births.

If the initial parental leave is not shared, and without prejudice to the rights of the mother (compulsory six weeks leave), the Initial Parental Benefits may be granted to the father if he requires them and provided that the mother works and does not require these benefits.

If no declaration of shared leave has been submitted, then the entitlement to the Initial Parental Benefits is attributed to the mother.

The parental benefit is extended by 30 days maximum if the child is hospitalized for special medical care. If childbirth takes place before the 34th week of pregnancy, the parental benefit is increased by the total duration of the hospital stay plus 30 days after discharge.

Initial Parental Benefits Reserved for the Mother [*subsídio parental inicial exclusivo da mãe*]

Granted to the mother for a period of up to 72 days, encompassing:

- A maximum of 30 days' voluntary leave prior to childbirth;
- 42 days (six weeks) compulsory leave after childbirth.

These periods are included in the entitlement period corresponding to Initial Parental Benefits.

Initial Parental Benefits Reserved for the Father [*subsídio parental inicial exclusivo do pai*]

Compulsory leave granted to the father for a period of:

- 20 working days, encompassing:
 - 5 consecutive days immediately after the birth of the child;
 - 15 days, consecutive or not, during the 6 weeks following the birth of the child;
- Voluntary leave of 5 working days, consecutive or not, as long as these days are taken after the 15 day compulsory leave and during the period for which the mother has been granted the Initial Parental Benefits.

The father is not entitled to this period of voluntary leave if the child is stillborn.

In the case of multiple births, each 20- or 5day period is extended by 2 days for each live birth after the first birth, and these additional days must be taken immediately after each of those ten-day periods.

Initial Parental Benefits in the Event of One of the Parents Being Prevented from Taking Leave [*subsídio parental inicial de um progenitor em caso de impossibilidade do outro*]: are granted, for the remaining period of initial parental leave not yet taken, in the case of medically-certified physical or mental incapacity, whilst it lasts, and in the case of death.

Extended Parental Benefits [*subsídio parental alargado*]: are granted for a period of up to three months, if the child requires assistance, provided that it is taken immediately after the entitlement period corresponding to the Initial Parental Benefits or to the Extended Parental Benefits of the other parent.

Adoption Benefits [*subsídio por adoção*]: are granted to parents adopting a child under 15 years of age, Children of the spouse that is or partner do not count. The benefit corresponds (adapted as necessary) to the Initial Parental Benefits and to the Extended Parental Benefits.

Benefit amounts

The benefit amounts are calculated by multiplying the beneficiary's reference income by a certain percentage:

Benefits	Duration	% of reference income
Initial Parental/Adoption	120 days	100%
	150 days	80%
Initial Parental Shared/Adoption	150 days (120+30)	100%
	180 days (150+30)	83%
Extended Parental/Extended Adoption Leave	Up to 3 months	25%

Minimum rate: the minimum rate of payable daily benefits X is € 12.81 (corresponding to 80% of one-thirtieth of the IAS).

The value of the IAS is € 480.43.

For the purposes of social protection, the periods for which the parental benefits are granted equate to periods worked.

The amounts of the social benefits (*subsídios sociais*) are calculated by multiplying the beneficiary's reference income by a certain percentage:

Social benefits	Duration	% of IAS
Initial Parental/Adoption	120 days	80% (€ 12.81 per day)
	150 days	64% (€ 10.25 per day)
Initial Parental Shared	150 days (120+30)	80% (€ 12.81 per day)
	180 days (150+30)	66% (€ 10.57 per day)

Social protection for maternity, paternity and adoption also encompasses the following benefits:

Benefit for Clinical Risk during Pregnancy [*subsídio por risco clínico durante a gravidez*]: granted on confirmation of a medically-certified clinical risk to the pregnant mother or to the child that impedes the mother from working.

Benefit to go to a hospital away from the island where the pregnant woman resides [*subsídio por deslocação a unidade hospitalar fora da ilha de residência da grávida*]: granted in case of unavailability of technical and human resources on the island of residence.

Benefit for Termination of Pregnancy [*subsídio por interrupção da gravidez*]: granted when termination of pregnancy impedes the mother from working; this impediment must be medically-certified.

Benefit in Case of Particular Risks [*Subsídio por riscos específicos*]: granted to pregnant women or women who have recently given birth and are breastfeeding when they work night-shifts or work in positions where they are exposed to agents, processes or work-conditions that pose a risk to their security and health.

Benefits for the Care of a Child (in Case of Illness or Accident) [*Subsídio para assistência a filho (em caso de doença ou acidente)*]: granted when the child needs essential and undelayable care.

Benefit for the Care of a Child with a Disability or a Chronic Illness or Cancer [*subsídio para assistência a filho com deficiência, doença crónica ou doença oncológica*]: granted when a parent is impeded from working owing to the need to take care of a child who lives with the beneficiary.

Benefit for the Care of a Grandchild [*subsídio para assistência a neto*]: granted to grandparents in two cases: following the birth of a grandchild who lives in the same household as the beneficiary and who is the child of an adolescent under 16 years of age, or for the care of a grandchild who is a minor or of a grandchild, irrespective of age, if he or she has a disability or chronic illness, if the parents work and cannot take care of the child.

The benefit for the birth of the grandchild is either granted exclusively to one grandparent or shared between the grandparents.

The Benefits for the Care of Grandchildren are granted to the grandparents when the parents are working and are unable to help to take care of the child and they do not intend to claim their entitlement.

Benefits	Duration	Daily amount as a percentage of the reference income (RI)
For Clinical Risk during Pregnancy	For the period deemed necessary to prevent the risk.	100% of RI
For Termination of Pregnancy	Variable period between 14 and 30 days.	
For Particular Risks	During the period necessary to prevent the risk and whilst the employer is unable to assign other tasks to the woman at risk.	
For the Care of a Child	Children under 12 years or irrespective of age in the case of children with disabilities or chronic illnesses: a maximum period of 30 days, consecutive or not, in each calendar year or during the period of hospitalisation. Children over 12 years: a maximum period of 15 days, consecutive or not, during each calendar year.	
For the Care of a Child with a Disability or Chronic illness or Cancer	Up to six months, extendable up to a limit of four years.	65% of RI - with a maximum monthly rate of two times the IAS
For the Care of a Grandchild	Birth: 30 consecutive days after the birth.	100% of RI
	Care of a grandchild who is a minor or care of a grandchild, irrespective of age, if he or she has a disability or chronic illness: for a period corresponding to the remaining leave not taken by the parents.	65% of RI

The amount of social benefits paid for clinical risk during pregnancy, for the need for the pregnant woman to go to a hospital unit away from the island where she resides, for termination during pregnancy and for particular risks during pregnancy correspond to 80% of one-thirtieth of the IAS.

Jargon busters

IAS: *Indexante dos Apoios Sociais* [the social support index].

Persons equivalent to residents: the following are considered to be equivalent to residents:

- Foreign citizens who are not covered by an international agreement or European Union legislation;
- Foreigners with valid residence permits or extensions of stay.

Minimum qualifying period: this is the stipulated minimum period of time spent working and paying social security contributions in order to qualify for the benefits.

Reference income: this is the value used to calculate the benefit amount [for means testing]. In this case, it is the average of all salary payments declared to the Social Security Institute by the employer for the last six months (counting back from the second month prior to the month in which the impediment to work commenced), excluding holiday or Christmas bonuses or any other similar payments.

Forms you may need to fill in

- RP5049-DGSS: Claim for Parental Benefits
- RP5050-DGSS: Claim for Adoption Benefits and Extended Adoption Benefits
- RP5051-DGSS: Claim for Benefits for Clinical Risk During Pregnancy, for Termination of Pregnancy and for Particular Risks and to go to a hospital away from the island where the pregnant woman resides
- RP5052-DGSS: Claim for Benefits for Care of Children
- RP5053-DGSS: Claim for the Care of a Child with a Disability or a Chronic Illness or Cancer
- RP5054-DGSS: Claim for Benefits for the Care of Grandchildren
- RP5061-DGSS: Declaration on the extension of benefit for assistance to a handicapped child or a child suffering from a chronic illness or cancer
- RP5092-DGSS: Claim for specific allowance in case the child is hospitalized and for extended parental benefit
- RP5003-DGSS – Claim for compensation allowance for Christmas and holiday supplements.

These forms can be found on the [Social Security](#) website.

- You can request the benefit through the *Segurança Social Direta* service,
- The respective form, together with the documents indicated therein, to be submitted:

At Social Security counters

In citizens' offices.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Maternity and paternity](#) / information in English;
- [Protection during parenthood](#);
- [Adoption benefit](#)].

Commission Publication and Website:

- [Family Benefits: your entitlements abroad as a European Citizen](#).

Who do you need to contact?

You can obtain further information on social protection in the case of maternity, paternity and adoption through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

Other family expenses

This chapter covers the various benefits granted by the Portuguese social security system to meet family expenses and expenses arising from disability and dependency.

In what situation can I claim?

Prenatal Family Benefits [Abono de família pré-natal]:

Women in the thirteenth week of pregnancy.

Family Benefits for disabled children and young people [Bonificação do abono de família para crianças e jovens por deficiência]:

Granted to disabled children and young persons under 24 recipients of Family Benefits who, on 30 September 2019, already received the supplement, or up to 10 years of age if the benefit has been claimed after 1st October 2019.

Attendance Allowance [subsídio por assistência de 3.^a pessoa]:

Disabled persons who are receiving Family Benefits plus either a Disability Supplement and who need permanent care from a third party.

Special Education Allowance [subsídio de ensino especial]:

Disabled children under 24 years of age, to meet the expenses of providing specific forms of support to disabled children including attending private education institutions, whether for special or regular education requiring a monthly financial contribution, or attending a crèche or private pre-school education institutions, or to meet the expenses of specialist individual support outside an institution.

Social Inclusion Benefit [Prestação social para a Inclusão]:

Disabled persons with a level of incapacity equal to or higher than 60% (80% in case of beneficiaries of invalidity pensions).

This benefit has three elements: the base element, additional element and supplement, and is rolled out gradually. The three elements are intended (respectively) to promote autonomy and social inclusion for people with disabilities, combat poverty among people with disabilities, and cover the specific costs that are linked to disability.

Dependency Supplement [complemento por dependência]:

Persons who are dependent on others, which means that they can no longer perform by themselves the essential functions required to satisfy their basic needs in everyday life (functions relating to feeding, movement and looking after personal hygiene) and that they do not have anyone to care for them.

The following degrees of dependency have been taken into account:

First degree: when persons cannot satisfy the basic needs of everyday life by themselves;

Second degree: when, in addition to first degree dependency, persons are bedbound or they have been diagnosed with severe dementia.

What conditions do I need to meet?

Prenatal Family Benefits [Abono de família pré-natal]:

The pregnant woman must:

- Have reached the thirteenth week of pregnancy;
- Be resident in Portugal (or the equivalent);
- Have annual earnings equal to or less than € 10,089.03 (third income bracket)

The pregnant woman and her household also must not have movable assets worth more than € 115,303.2 (corresponding to 240 times the IAS [Social Support Index]).

Disability Supplement [Bonificação por deficiência]:

- 1) Eligibility conditions applying to disabled children and young persons. They must:
 - Be under 10 years of age and claim the supplement after 1st October 2019; persons under 24 years of age keep their entitlement if, on 30 September 2019, they were beneficiaries of the supplement;
 - Require individual tutoring or specific therapy;
 - Attend an institution specialising in rehabilitation, whether on a residential basis or not.
 - Not be engaged in any occupation that requires pay-related social security contributions or contributions to another similar entity;
 - Be dependent on the beneficiary from whom they are descended;
- 2) Eligibility conditions applying to the disabled child's or young person's family:
 - In cases in which the person on whom the disabled child or young person is dependant has made social security contributions, contributions are required for the first 12 of the last 14 months (this condition does not apply to pensioners);
 - In cases in which the person on whom the disabled child or young person is dependant does not make social security contributions or contributions to any other social insurance scheme, there has to be a situation of financial need.

Attendance Allowance:

- 1) Eligibility conditions applying to disabled persons. They must:
 - Be in a state of dependency owing to their disability and they must need permanent care from the other person for at least six hours a day;
 - Live under the care of the beneficiary, from whom they must be descended;
 - Not be engaged in any occupation that requires pay-related social security contributions or contributions to another similar entity;
 - Receive Family Benefits plus a Disability Supplement or a Monthly Life Annuity.
- 2) Eligibility conditions applying to the disabled person's family:
 - In cases in which the person on whom the disabled child or young person is dependent has made social security contributions, contributions are required for the first 12 of the last 14 months (this condition does not apply to pensioners);
 - In cases in which the person on whom care the disabled child or young person is dependent does not make social security contributions or contributions to any other social insurance scheme, there must be a situation of financial need.

Special Education Allowance [subsídio de ensino especial]:

- 1) Eligibility conditions applying to disabled children and young persons. They must:
 - Be under 24 years of age;
 - Have a permanent reduction in their physical, motor, sensory or mental capacity or permanent organ dysfunction;
 - Be dependent on the beneficiary from whom they are descended;
 - Not be engaged in any occupation that requires pay-related social security contributions or contributions to another similar entity;
 - Attend a special education institution charging monthly fees, or a private regular school after attending special education, or a normal crèche or nursery school, or else they must need individual support from a specialist teacher even if they are not attending a special education institution.

2) Eligibility conditions applying to person on whom the disabled individual is dependent:

- In cases in which the person on whom the disabled child or young person is dependent has made social security contributions, contributions are required for the first 12 of the last 14 months (this condition does not apply to pensioners);
- In cases in which the person on whom the disabled child or young person is dependent does not make social security contributions or contributions to any other social insurance scheme, there must be a financial need situation.

Social inclusion benefit

- Have legal residence in Portugal
- Have a disability leading to a degree of at least 60% incapacity, duly certified
- Have a disability leading to a degree of at least 80% in the case of disability pensioners

Supplement

The supplement is granted to the person who is entitled to the basic component, is aged 18 years or more and has no or insufficient economic means, who legally resides in Portugal and who is not

- in a State-funded social institution
- in a foster family
- in pre-trial detention or serving a sentence in a penal institution

Dependency Supplement [complemento por dependência]:

- The state of dependency will have to be accepted by the Social Security Institute;
- The person in a state of dependency must be a pensioner under the social security scheme;
- The dependency supplement is also granted to beneficiaries who are not pensioners when they are permanently disabled and can be covered by the special disability protection scheme.

Jargon busters

- **Dependency:** a state in which the beneficiary can no longer perform by themselves the essential functions required to satisfy their basic needs in everyday life (functions relating to feeding, movement and looking after personal hygiene) and they do not have anyone to care for them
- **To be dependent on someone:** disabled persons are considered to be dependent on the beneficiary when they live in the same household as that person and their income is below a specified minimum threshold set by law, according to their marital status. If the disabled person is married, then his or her monthly income must be less than € 448.48 (twice the amount of the social pension); if the disabled person is widowed, separated or divorced, then his or her monthly income must be less than € 224.24 (once the amount of the social pension).
- **Financial need:** the disabled person is in financial need when his or her monthly income is less than € 192.17 (40% of the IAS) or when the total household income is € 720.65 or less (1.5 times the IAS); or when household income per person is € 144.13 or less (30% of the IAS) and the family is seriously vulnerable or dysfunctional due to a loss of income or to an unusually high rise in expenses (due to illness, accident, unemployment, disability or rehabilitation).
- **Residents or persons equivalent to residents:** nationals who usually live in Portugal, foreign nationals, refugees or stateless persons with valid residence permits, civil servants living abroad but working for the Portuguese state, and members of their households, and Portuguese people covered by the Portuguese social security system and who are working in country with which Portugal has a social security agreement and members of their households, and foreign nationals who are covered by an international agreement or European Union legislation. Foreign nationals who are not covered by an international agreement or European Union legislation, and foreign nationals who hold a valid Portuguese residence permit (temporary protective order, residence entitlement and extension to such entitlement (on a case by case basis) are equivalent to residents.
- *Indexante dos Apoios Sociais (IAS)* [the social support index]: benchmark used for fixing, calculating and updating contributions, pensions and other benefits/social assistance.

Forms you may need to fill in

- RP5045-DGSS: Claim for Prenatal Child Benefits.
- RP5027-DGSS: Claim for Dependency Supplement - Non-contributory Scheme.
- RP5034-DGSS: Claim for Disability Supplement.
- RP5039-DGSS: Certificate of invalidity.
- RP5036-DGSS: Claim for Attendance Allowance].
- RP5020-DGSS: Claim for Special Education Allowance.
- PSI 1-DGSS: Claim for Social Inclusion Benefit

These forms can be found on the [Social Security](#) website.

You can request the service via

- The Segurança Social Direta service
- The respective form, together with the documents indicated therein, to be submitted:

At Social Security counters

In citizen's offices.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position:

- [Abono de família pré-natal \[Prenatal family benefits\]](#) / [information in English](#);
- [Subsídio por assistência de terceira pessoa \[Application for attendance allowance\]](#);
- [Complemento por dependência \[Dependency supplement\]](#);
- [Subsídio por frequência de estabelecimento de ensino especial \[Special education allowance\]](#);
- [Supplement for a disabled child](#);
- [Social inclusion benefit](#) / [information in English](#)

Commission Publication and Website:

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=pt>.

Who do you need to contact?

You can obtain further information on social protection for meeting family expenses through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

Health

Health care

This chapter covers the health care system in Portugal.

The Portuguese health care system is based on the National Health Service (SNS), which was founded in 1979.

The SNS includes all the official institutions and services that provide health care under the Ministry of Health, and the SNS has its own legal status.

The national network of healthcare covers SNS facilities, private institutions and independent professionals with whom contracts have been signed.

The SNS is characterised by:

- providing universal coverage;
- providing global health care in an integrated way or else guaranteeing its provision;
- usually being free to its users, taking into account the social and financial position of citizens;
- guaranteeing equal access to its users, with a view to mitigating the effect that economic, geographic or other inequalities have on access to health care;
- Regionalised organisation and decentralised and participative management

In what situation can I claim?

The following persons are entitled to SNS coverage:

- all Portuguese nationals;
- nationals of member states of the European Union, the European Economic Area and Switzerland in accordance with the EU regulations in place;
- foreign nationals residing in Portugal, subject to reciprocity;
- foreign nationals residing in Portugal within the framework of bilateral agreements;
- Citizens requesting asylum and refugee status;
- Stateless citizens residing in Portugal.

Foreign nationals who do not hold a residence permit or who are in an irregular situation with regard to the legislation in force have access to the SNS upon presentation of a document from the Junta de Freguesia (municipal administration) of their place of residence attesting that they have been residing in Portugal for more than 90 days.

In order to access the healthcare system, asylum seekers must be in possession of a certificate of asylum application or a valid temporary residence permit.

What conditions do I need to meet?

Both nationals and foreign nationals residing legally in Portugal must register with the healthcare centre at their place of residence, specifically with the family health unit (USF) or the personalised healthcare unit (UCSP).

Registration can be done directly and preferably with the USF or the UCSP, or at the citizens' office of the union of healthcare centres (ACES) upon presentation of the following documents:

- identity document/citizen card (or other identification document);
- certificate of residence (for example a certificate of residence issued by the Junta de freguesia (municipal administration), a water, electricity or telephone bill, etc.);
- Residence permit, applicable to the registration of foreign nationals.

A co-payment is required for hospital emergencies, except in situations where the patient has been referred by the SNS beforehand or when emergency hospitalisation is necessary.

The co-payment is to be made for additional diagnostic procedures carried out during emergency care, up to a maximum of € 40, except when the patient has been referred beforehand by the SNS.

The co-payment scheme distinguishes between exemption and payment waiver. The exemption gives the user the right not to pay any fees irrespective of the healthcare provided and the waiver relates only to certain specific health services (consultations and complementary measures prescribed in connection with them during the treatment and monitoring of oncological diseases).

Persons exempted from the co-payment are required to present documents verifying their situation.

The following persons are exempted from the co-payment:

- a) women who have just given birth;
- b) children under 18 years of age;
- c) users demonstrating a degree of incapacity of 60% or more;
- d) users in situations of proven economic precariousness as well as dependent members of the household;
- e) voluntary blood donors;
- f) living donors of cells, tissue or organs;
- g) firefighters;
- h) transplant patients;
- i) military and former military personnel with permanent disabilities arising from service in the armed forces;
- j) Unemployed persons registered at the Job Centre receiving an unemployment benefit equal to or less than 1.5 of the IAS (Social Support Index), who themselves as well as their spouse or dependents cannot demonstrate the necessary resources as prescribed by law during a situation that is transitory or which has a duration of less than one year;
- k) Young persons for whom a procedure to change their situation and protection status is presently being dealt with by a child and youth protection commission or a court, with a measure applied in the context of Article 35 of the law pertaining to the protection of children and youths in danger, adapted by law 147/99 of 1 September, amended by law 31/2003 of 22 September, and unable to demonstrate the necessary resources in any way;
- l) Youths affected by a detention measure of their guardian, a protective custody measure in an educational centre or a custodial measure in a public or private institution, based on a decision rendered under the guardianship law regarding education, adapted by law 166/99 of 14 September, as amended by Law 4/2015 of 15 January, and unable to demonstrate the necessary resources in any way;
- m) Youths in social accommodation facilities, either based on a judicial decision in the context of a civil guardianship procedure, under which the guardianship or the simple exercise of parental responsibilities is granted to the institution in which the minor is housed, and who are unable to demonstrate the necessary resources in any way;
- n) Asylum seekers and refugees as well as their spouses or equivalent and direct descendants.

Foreign nationals who do not hold a residence permit or who are in an irregular situation under current immigration legislation have access to the SNS but must pay for the expenses incurred, except for the provision of healthcare in situations referred to below

upon presentation of a document from the Junta de Frequesia (municipal administration) of their place of residence attesting that they have resided in Portugal for more than 90 days:

- urgent and life-saving healthcare;
- communicable diseases which pose a danger or threat to public health (tuberculosis or AIDS, for example);
- Maternal, child and reproductive health care, in particular access to consultations regarding family planning, voluntary termination of pregnancy, support and monitoring of women during pregnancy, childbirth and care for new-borns;
- Healthcare for minors residing in Portugal in accordance with the legislative decree 67/2004 of 25 March;
- Vaccination in accordance with the current national vaccination programme;
- Citizens in situations of social exclusion or economic precariousness on the basis of the supporting documents issued by the competent entities.

Asylum seekers and citizens with the refugee status have free access to the healthcare system and must be in possession of a certificate of asylum application or a valid temporary residence permit

What am I entitled to and how can I claim?

Users of the healthcare services are entitled to

- Choose services and service providers, as far as existing resources allow;
- Decide to accept or reject any healthcare provision that is proposed to them, unless otherwise provided for specifically by law;
- Receive the healthcare needed, without delay or within a period of time considered clinically acceptable, when appropriate;
- Receive the most appropriate and technically suitable healthcare according to the rules of medical ethics;
- Be entitled to the protection of personal information and their private lives;
- to confidentiality of their personal information;
- Be informed about their situation, possible treatment options and how their state of health is likely to evolve;
- Receive religious support, whatever the religion they profess;
- Make a complaint about the way or file a claim with the health services, in accordance with the law, and receive compensation for any damage suffered;
- Appoint bodies to represent them and to defend their interests;
- to be accompanied at the SNS accident and emergency department;
- pregnant women who are in-patients at a health establishment have the right to be accompanied, through all phases of labour, by any person of their choice;
- Children who are inpatients at a health establishment have the right to be accompanied. This also applies to disabled persons, persons in a state of dependency, and persons with an incurable illness at an advanced stage or who are reaching the end of their lives.

Users of the health services must:

- a) Respect the rights of other users as well as healthcare professionals;
- b) Respect the rules governing the organisation and operation of healthcare services and establishments;
- c) Collaborate with health professionals in relation to their own situation;
- d) Pay the charges arising from the provision of healthcare services, as appropriate.

The *Carta dos Direitos de Acesso* [Charter on Access Rights] aims to guarantee the provision of healthcare services by the SNS and other approved providers within timeframes deemed clinically acceptable according to the state of health of each SNS user, as set out in this charter.

The *Carta dos Direitos de Acesso* [Charter on Access Rights] establishes:

- a) The maximum guaranteed waiting times;
- b) The right of users to information on these waiting times.

To guarantee this right to information, SNS establishments and approved healthcare providers are obliged to:

- a) Affix, in an easily accessible place, up-to-date information on maximum guaranteed waiting times, organised by type of disease or groups of diseases, for the various types of healthcare services;
- b) Inform the user at the time of making an appointment, by electronic means or by post, of what the maximum guaranteed waiting time is for the healthcare service that the user requires;
- c) Inform the user, whenever it might be necessary to refer patients between SNS establishments, about the maximum guaranteed waiting time for the provision of the respective healthcare service at the establishment to which the patient is being referred, as provided for in the previous bullet point;
- d) Inform the user whenever SNS establishments do not have sufficient capacity to meet these targets and it is necessary to refer the user to a private health establishment;
- e) Ensure that their websites always have the latest information on maximum guaranteed waiting times for the various types of healthcare service;
- f) Publish and circulate, before 31 March each year, a detailed report on access to their healthcare services; these services will be audited at random on an annual basis by the *Inspeção-Geral das Atividades em Saúde* [Inspectorate-General for Healthcare].

It is recognised that the user has the right to complain to the *Entidade Reguladora da Saúde (ERS)* [Health Regulatory Authority], in conformity with the relevant legal provisions, if the maximum guaranteed waiting times are not met.

With the transposition into Portuguese law of EU Directive 2011/24/UE, which concerns patients exercising their rights to healthcare across borders, and of EU Executive Directive 2012/52/UE, which sets out measures to facilitate and recognise medical prescriptions issued in another Member State, regulations governing access to cross-border healthcare and cooperation on cross-border healthcare within the EU have been established.

The SNS beneficiary may only access scheduled cross-border healthcare and, by extension, claim his or her right to reimbursement for healthcare services, by prior authorisation. Other healthcare services, although not dependent on prior authorisation for reimbursement, are subject to the rules defined by Law No. 52/2014 of 25 August. The request for prior authorisation requires a claim form to be submitted through the user portal.

As regards unscheduled healthcare, the European Health Insurance Card (EHIC) ensures access to this healthcare when beneficiaries of a social security system in one EU State or EEA State or in Switzerland travels temporarily to another country within this zone (for

example, on holiday). The card guarantees the same access to state-provided healthcare as is afforded to citizens of the country being visited.

Jargon busters

- National Health Service (SNS) : the SNS includes all the official institutions and services that provide healthcare under the Ministry of Health.
- Primary healthcare: care which represents the first level of contact between individuals, families and communities in the National Health Service, the Regional Health Service of the Autonomous Region of Madeira and the Autonomous Region of the Azores. This care includes the management of disease prevention and health promotion from a holistic perspective and based on community health, ongoing monitoring and, where appropriate, the use of specialised care.
- Secondary/hospital/specialist healthcare: care provided by hospitals. These establishments offer curative and rehabilitative care in a hospital or outpatient environment, and can contribute to disease prevention, education and scientific research.
- General hospitals are hospitals that offer a variety of services and specialised hospitals are hospitals in which there is a certain number of beds associated with a particular service or which provide assistance exclusively or particularly to persons of a certain age group.
- Emergency services: a functional clinical unit of a healthcare establishment which provides healthcare services to persons who have a sudden health problem or accident or whose health situation worsens at any time of the day or night for 24 hours.
- Co-payment: revenue for the National Healthcare Service applied directly to users and one of the measures governing the use of health services.

Forms you may need to fill in

- Residence permit for foreign nationals from third countries, issued by the Foreigners and Borders Service (SEF)];
- Residence permit for foreign nationals in an irregular situation issued by the *Junta de Freguesia* (municipal administration) of the place of residence;
- Residence card for EU citizens issued by the city council (Câmara Municipal) of the place of residence;
- Asylum application, submitted to the Foreigners and Borders Service;
- Application for refugee status submitted to the Foreigners and Borders Service
- Medical certificate attesting pregnancy;
- Multi-purpose medical certificate of incapacity (official template), which must be valid on the date when the incapacity is being assessed or re-assessed, and which confirms a degree of incapacity greater than 60%;
- Declaration of resources issued by the *Centro de Emprego* [Job Centre] on its template for purposes of registration.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position.

- <http://www.portaldocidadao.pt/>;
- <https://sns.gov.pt/>;
- www.acss.min-saude.pt/ ; <https://www.sns.gov.pt/entidades-de-saude/secretaria-geral-do-ministerio-da-saude/>;
- www.dgs.pt/;
- [Cartão Europeu de Seguro de Doença](#) / information in English

Who do you need to contact?

Administração Central do Sistema de Saúde, IP
Parque de Saúde de Lisboa
Edifício 16

Avendia do Brasil, 53

1700-063 Lisboa

Portugal

Email: geral@acss.min-saude.pt

Website : www.acss.min-saude.pt/

Tel. +351 217925500

Fax +351 217925848

Long-term care

This chapter covers the integrated and/or joint approach to health and social security through preventative, recuperative and palliative measures; this entails participation and collaboration between various social partners, civil society and the State (which is the key driver)

It also covers the benefit granted to persons in a state of dependency.

In what situation can I claim?

Persons may turn to the units and teams of the *Rede Nacional de Cuidados Continuos Integrados (RNCCI)* [National Network for Long-term Integrated Care] in the following circumstances:

- Temporary functional dependency resulting from recovery or other dependency;
- Prolonged functional dependency;
- Elderly persons meeting certain vulnerability criteria (dependency and illness);
- Severe incapacity, with severe psychological or social consequences;
- Severe illness at an advanced stage or terminal illness;
- Children with various degrees of dependency not requiring hospitalization but for whom home care is not feasible or not recommended (hospital and ambulatory care units for paediatric care).

The following may claim the Dependency Supplement [*complemento por dependência*];

- Recipients of disability, old-age or survivor's pensions under the general social security scheme and the voluntary social insurance scheme;
- Beneficiaries of old-age and survivors' pensions under the non-contributory scheme and equivalent;
- Recipients of the Social Inclusion Benefit
- Non-pensioners in the aforementioned schemes with permanent disability subject to coverage by the special disability protection scheme.

What conditions do I need to meet?

RNCC

If you are receiving inpatient care at a hospital in the SNS [National Health Service] network;

Healthcare professionals in the hospital in which you are staying analyse the situation of the patients in view of a potential admission to the RNCCI.

Referral of the patient may be made from the beginning of hospitalisation up to four days before the planned discharge date.

The proposal for a recommendation is sent to the discharge management team (EGA) of the hospital, which must examine and confirm all information at the time of discharge.

Having verified the information, the EGA sends the admission proposal to the local coordinating team (ECL).

If you are at home, in a private hospital or in other institutions or establishments, you are referred to family healthcare units (USF) and personalised health care units (UCSP) whose professionals will carry out the relevant analysis.

The admission proposal is sent to the ECL.

If you are (or know someone who is) in a state of dependency requiring continuous healthcare and/or social support, you should contact the health care units in the community (UCC) in order to report to the USF and UCSP the situation regarding patients who can be referred to the RNCCI.

Dependency Supplement

If you need the assistance of a third person for:

- Household chores;
- Feeding yourself;
- Mobility;
- Taking care of personal hygiene.

The supplement for the first degree of dependency is paid to persons who are unable to perform autonomously essential activities of daily living such as feed themselves, move around or maintain their personal hygiene.

The supplement for the second degree of dependency is paid to persons who, in addition to meeting the above criteria for the first degree of dependency, are bedbound or have been diagnosed with severe dementia.

What am I entitled to and how can I claim?

RNCC

If you are staying at a *Unidade de Convalescença* [Convalescence Centre] (UC) or in a *Unidade de Cuidados Paliativos* [Centre for Palliative Care] (UCP-RNCCI), which are part of the National Network of Palliative Care (RNCP) then you are not required to pay for this service.

If you are staying at a *Unidade de Internamento de Média Duração e Reabilitação* [Medium-term Rehabilitation Centre] (UMDR) and/or a *Unidade de Longa Duração e Manutenção* [Long-term Maintenance Centre], you only need to pay the proportion of costs that corresponds to social assistance, which may nonetheless be partially or fully reimbursed by the social security system after assessment of the household income (means-test).

In the UC and UCP-RNCCI the costs of continuing integrated healthcare are covered in full by the Ministry of Health.

In the UMDR and the ULDM the costs of continuing integrated health care are covered in full by the health and social security sectors.

The amount due by the user depends on household income, for which the procedure is carried out by the social security representative of the local coordinating team of the RNCCI.

All expenses not constituting part of the agreed package of care and services are the sole responsibility of the user whenever these additional services are requested by the user.

Dependency Supplement

The amount of the supplement for the first degree and the second degree of dependency differs according to whether the beneficiary is covered by the general social security scheme (50 or 90% of the social pension) or by other social security schemes (45 or 85% of the social pension).

It is paid for as long as the state of dependency lasts and for as long as the associated pension is being received (assuming the person qualifies for the supplement on grounds of the pension).

It may be claimed by dependant beneficiaries themselves or by their family members or by other persons or institutions that are caring for them or intending to care for them.

The claim for the supplement must be submitted to the Social Security Institute's customer service department or to the institutions stipulated in the relevant international social security instruments or, failing this, to the institution that is managing the respective pension fund in the case of beneficiaries who are resident abroad.

Jargon busters

- Long-term integrated care: this is a package of interventions in the areas of health and/or social support resulting from joint evaluation and focusing on overall recovery, which is understood to be the active and continuous therapeutic social assistance process aimed at fostering autonomy and enabling the person in a state of dependency to function more successfully, through rehabilitation, readaptation and reintegration into family life and society.
- Palliative care: this is inpatient care or home care provided by specific units or teams to patients who are suffering from a severe and/or incurable illness that is at an advanced stage and progressing, with the aim of fostering the patient's well-being and quality of life.
- Dependency: this is a state in which the person cannot independently perform activities of daily living, owing to a lack or loss of physical, psychological or mental autonomy, resulting from or aggravated by chronic illness, dementia, post-traumatic sequelae, disability, severe and/or incurable illness at an advanced stage, absent or limited family support, or something similar.
- Chronic illness: this is a prolonged illness with gradually worsening symptoms that may leave the person incapacitated. These illnesses have a very negative impact on the patient and those around them. Although there is no cure, the illness may be improved or counteracted.
- Functionality: this is a person's capacity for performing everyday tasks and for interacting with the surrounding environment, at all times.
- Multidisciplinary: combining complementary measures from different professional specialities in a common approach.
- Home: a private residence, an establishment or an institution where the person in a state of dependency habitually resides.
- Household: people who share meals and dwelling and who have links between them are considered members of a household.

Forms you may need to fill in

- CCI 1-DGSS: Certificate of Social Security Subsidy for Services provided by the National Network for Long-term Integrated Care
- CCI 2-DGSS: Claim for modification of household income.
- RP5027 - DGSS: Claim for Dependency Supplement/Review of Degree of Dependency,
- RP5074 - DGSS: Declaration on Incapacity Caused by Third Parties when dependency is caused by third parties.

These forms can be found on the [Social Security](#) website.

To apply for the supplement for dependency, you need to complete the Mod.RP5027-DGSS form and submit it along with the required documents. You can submit the form and documents:

- At a Social Security office
- At institutions specified in applicable international agreements. If there are no such institutions available, you can submit the form and documents to the pension management institution if you are a beneficiary residing abroad.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Guia prático - Rede nacional de cuidados integrados \[Practical guide - National Network of Integrated Care\]](#);
- [Guia prático - Complemento por dependência \[Practical guide - Dependency Supplement\]](#).

Commission Publication and Website:

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=pt>.

Who do you need to contact?

You can obtain further information through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

Sickness benefits

This chapter addresses the various benefits granted for sickness in Portugal.

In what situation can I claim?

The following may claim sickness benefits (*subsídio de doença*):

- Employees;
- Self-employed workers;
- Beneficiaries covered by the voluntary social security scheme;

if temporarily incapable of work for a reason other than occupational disease, certified by a doctor from the competent health service.

What conditions do I need to meet?

- Beneficiaries must be gainfully employed (shown through registered earnings) for a total of six calendar months, whether consecutive or aggregate, prior to the date that the sickness started (the minimum qualifying period); the month in which the sickness occurred may be counted for this purpose, provided that earnings were registered
- Beneficiaries must have registered earnings for at least twelve days of work in the four months immediately before the month preceding the onset of incapacity (*índice de profissionalidade* [professionalism index] - this condition does not apply to self-employed workers or to seafarers covered by the voluntary social security scheme);
- Self-employed workers and persons covered by the voluntary social security scheme must have paid their social security contributions for the quarter preceding the onset of incapacity.

What am I entitled to and how can I claim?

The benefit entitlement period depends on the duration of the sickness and is subject to the maximum periods set out in the following table

Maximum entitlement period	Beneficiaries
Up to 1,095 days	Salaried employees;
Up to 365 days	Self-employed workers; Researchers in receipt of grants covered by the voluntary social security scheme.
No time limit	Workers sick from tuberculosis.

The benefits are paid as of:

- The fourth day of incapacity for work onwards (a three-day waiting period) in the case of employees;
- The 11th day of incapacity for work onwards (a 10-day waiting period) in the case of self-employed workers and the 31st day for the beneficiaries covered by the voluntary social security scheme.

Benefit amounts

The daily benefit amount is calculated by multiplying the beneficiary's reference income by a certain percentage. This percentage varies according to the length and nature of the sickness, as follows:

Reference income	Duration of sickness (no. of days)
55 %	Up to 30
60 %	Between 31 and 90
70 %	Between 91 and 365
75 %	Over 365

The percentages are different in the case of sickness from tuberculosis.

The sickness benefit percentages for cases up to 30 days and cases between 31 and 90 days are increased by 5% when:

- The beneficiary's reference income is € 500 or less;
- The household includes three or more descendants receiving Family Benefits;
- The household includes descendants benefitting from the Disability Supplement.

The minimum rate of benefits payable is set at 30% of the *IAS* [Social Support Index] (€ 144.13). Where the person's reference income is lower than the *IAS*, the sickness benefit will be equal to the reference income. The benefits cannot exceed the reference income.

Jargon busters

- IAS: *Indexante dos Apoios Sociais* [the social support index].
- CIT: Certificado de Incapacidade Temporária para o Trabalho [Certificate of Temporary Incapacity for Work].
- Índice de profissionalidade [Professionalism Index]: the minimum number of days that must be worked in the months prior to incapacity in order to qualify for sickness benefits.
- Reference income: in general, it is the average amount earned per day in the six months counting back from the three months prior to the month when the beneficiary stopped working due to sickness, as declared by the employer to the Social Security Institute.

Forms you may need to fill in

Medical information is sent electronically to Social Security institutions

- GIT35-DGSS: used for identification of the household, in cases of sickness from tuberculosis;
- RP5003-DGSS: Claim for wage-compensating benefits;
- GIT37-DGSS: Accident Declaration - Sickness Benefit.

These forms can be found on the [Social Security](#) web site.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Sickness benefits \[Subsídio por doença\]](#) / [information in English](#) ;
- [Sickness benefits - a practical guide \(Subsídio de doença - guia prático\)](#) ;
- [Prestação compensatória do subsídio de férias e de Natal \[Benefits compensating for holidays and Christmas bonuses\]](#).

[Commission Publication and Website:](#)

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=pt>.

Who do you need to contact?

You may obtain further information on social protection during sickness through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seq-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

Incapacity

Disability Pension

This chapter covers the various benefits granted in the case of invalidity in Portugal:

- Disability Pension [*Pensão de invalidez*];
- Special Protection during Disability [*Proteção especial na invalidez*].
- Social Inclusion Benefit (Prestação social para a inclusão).

In what situation can I claim?

For Disability Pension

- Disability Employees;
- Self-employed workers;
- Members of statutory bodies;
- Domestic workers;
- Beneficiaries of the voluntary social security scheme.

For Special Protection During Disability:

- Employees;
- Self-employed workers;
- Beneficiaries of voluntary social security;
- Members of statutory bodies;
- Domestic workers;
- Persons in a state of need.

Social Inclusion Benefit:

- Nationals and foreign citizens, refugees and stateless persons.

What conditions do I need to meet?

Disability Pension *Pensão de invalidez*]

Entitlement to a Disability Pension is recognised when a beneficiary is permanently incapable of work, for a reason not related to his or her occupation, as certified by the *Sistema de Verificação de Incapacidades (SVI)* [Incapacity Verification System], and the beneficiary has met the minimum qualifying period requirement.

Disability may be:

- Relative: when the beneficiary's earning capacity for his or her own occupation is reduced, and he or she is not expected to recover within the next three years, and the beneficiary has registered earnings for at least five calendar years, consecutive or not;
- Absolute: When the beneficiary is permanently and definitively incapable of working in any occupation and has registered earnings for at least 3 calendar years, consecutive or not.

Special Protection during Disability

This scheme protects beneficiaries (whether under the general scheme or as persons in a state of need) who are permanently incapable of work or in a state of dependency due to certain illnesses, non-professionals whose problem cannot be solved with mobility equipment or workplace accommodation. It involves the payment of a Disability Pension, a Social Disability Pension and a Dependency Supplement.

The minimum qualifying period is three calendar years, whether consecutive or aggregate, with registered earnings.

Social Inclusion Benefit

This benefit, which replaces the social disability pension and the monthly lifetime allowance, is designed for legal residents of Portugal who have a certified degree of incapacity of at least 60%, or 80% for beneficiaries of an invalidity pension.. Certification is the responsibility of the health services' medical committees, using a general-purpose invalidity certificate.

What am I entitled to and how can I claim?

Disability Pension *Pensão de invalidez*]

The Disability Pension amount is determined according to the beneficiary's social security contribution record and registered earnings.

Each year in July and December, all pensioners are entitled to receive an additional payment equal to the amount of their pension (holiday and Christmas bonuses); this payment is in addition to their usual monthly pension.

Minimum rates

Under the general scheme, certain minimum rates are guaranteed according to the pensioner's contribution record: Relative disability pension – a variable amount according to four contribution levels: less than 15 years, 15 to 20 years, 21 to 30 years and 31 years and over.

Absolute Invalidity Pension: the minimum rate is the same as the rate paid for Relative Invalidity Pensions and Old-Age Pensions corresponding to 40 years of social security contributions.

The Dependency Supplement is paid on top of this.

Special Protection during Invalidity

The Invalidity Pension amount under the general scheme corresponds to 3% of reference income for each calendar year with registered earnings; there is a guaranteed minimum rate set at 30% of the reference income and a maximum rate set at 80% of the reference income. The minimum rates for the Invalidity Pension and the Old-Age Pension are guaranteed under the general scheme.

Minimum amounts

Social Inclusion Benefit

The reference amount for the basic component of the social inclusion benefit is set at € 3,581.08, which corresponds to a maximum monthly amount of € 298.42.

The maximum monthly amount of the supplement (second component of the social inclusion benefit) is set at €488.22.

Jargon busters

- SVI: Sistema de Verificação de Incapacidades [Incapacity Verification System]
- Relative disability: when the beneficiary is unable to earn more than one third of the earnings corresponding to the normal practice of his or her occupation and in the following three years he or she does not recover the capacity to earn more than 50% of normal earnings based on his or her last occupation.
- Absolute disability: when the beneficiary is permanently and definitively incapable of practising any kind of work or occupation and the beneficiary will not recover, before his or her statutory pension age, the capacity to earn any other means of subsistence.

Forms you may need to fill in

- RP5072-DGSS: Claim for invalidity pension
- RP5090-DGSS: Claim for special invalidity pension
- RP5071-DGSS: Questionnaire for applying to a competent foreign institution for invalidity pension or old-age pension.
- PSI 1-DGSS – Application for social inclusion benefit
- RP5027-DGSS: Application for the dependency supplement

These forms can be found on the [Social Security](#) website.

You can apply for the Invalidity Pension in the following ways:

Through the Segurança Social Direta service.

By completing the Mod RP5072-DGSS form and submitting it with the required documents:

- At a Social Security office.
- At a Citizen's Shop.
- To the social security organisation in the country of residence if you live abroad and there is an international social security agreement with Portugal. Alternatively, you can submit the form and documents to the National Centre for Pensions if there is no such agreement.

To apply for the Social Inclusion Benefit, you can choose one of the following options:

- Use the Segurança Social Direta service for faster processing.
- Complete the Mod.PSI1-DGSS form and submit it along with the required documents by hand or by post to the Social Security services.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Invalidity Pension \[*Pensão de invalidez*\]](#);
- [Proteção especial na invalidez \[*Special Protection during Invalidez*\]](#).
- [Social Inclusion Benefit](#) / information in English

Commission Publication and Website:

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=pt>.

Who do you need to contact?

You can obtain further information on social protection during disability through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400.

Social Security website: www.seg-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

Occupational disease

This chapter covers different benefits granted in Portugal in the case of occupational disease.

In what situation can I claim?

This benefit is granted to

- Salaried employees, with the exception of public administration employees;
- Self-employed workers (self-employed persons using the «recibos verdes» scheme or entrepreneurs operating on their own behalf) who contribute to social security; domestic workers providing that they are registered as salaried workers;
- Persons registered for voluntary social insurance, if they have contributed 0.5% for occupational health.

What conditions do I need to meet?

- being affected by an occupational disease
- having been exposed to a risk factor causing the disease in question (due to the nature of one's work, working conditions or techniques applied during one's regular work).

Benefits for occupational disease are granted without conditions for attribution (no minimal duration of affiliation).

What am I entitled to and how can I claim?

Situation		Payment
Absolute incapacity	temporary	70% of the reference income for the first 12 months. 75% of the reference income subsequently.
Partial incapacity	temporary	70% of the amount corresponding to the estimated lost income.

The beneficiaries also are entitled to protection in the case of permanent incapacity:

- absolute incapacity for any work: annual lifetime pension corresponding to 80% of income, plus 10% of the amount for each dependent, up to 100% of said income;
- absolute incapacity for regular work: annual lifetime pension between 50 and 70% of income depending on the remaining ability to exercise another compatible occupation;
- partial incapacity: annual lifetime pension corresponding to 70% of the estimated lost remuneration or capital for the repurchase of the pension in certain specific cases.

And in case of death of the beneficiary, the protection will be granted to:

- the surviving spouse or partner;
- ex-spouse or spouse who was legally separated on the date of death of the victim and who was entitled to alimony;
- children, including those to be born and adopted children: according to the determined levels of age and schooling; and without an age limit for those affected by a physical or mental disease preventing them from working;
- ascendant relatives for whom the victim is responsible and other relatives who lived in the household of the victim at the time of his or her death.

In addition, other benefits are provided in the case of disability, in particular for adapting living accommodations.

Note: the reference income is never less than the Social Support Index (IAS).

The amount of the IAS is currently € 480.43, which means that the reference income may never be less than this amount.

Duration of payment of benefits

In the event of absolute temporary incapacity, the payment of the benefit begins on the first day of cessation of work as prescribed by the doctor from the National Health Service up to:

- recovery;
- the declaration of permanent incapacity (payment of a pension);
- The end of the duration (normally the allowance ceases after 18 months, or if the incapacity becomes permanent, but it can be extended up to 30 months if the doctor believes that there is a possibility of recovery).

In case of temporary partial incapacity, the payment of the benefit begins on the date indicated by the DPRP doctor and ceases on his or her order.

Jargon busters

- IAS: Social Support Index.
- CIT (certificate of temporary disability): this is the document issued by a National Health Service doctor certifying the existence of an occupational disease, which has to be sent to the Social Security Institute to claim entitlement to sickness benefits.
- CDSS (*Centro Distrital de Segurança Social*) [District Social Security Centre]: the body that, in conjunction with the DPRP, pays the benefits for Temporary Total Incapacity [*incapacidade temporária absoluta (ITA)*].
- DPRP (Department for Protection Against Occupational Risks): the body that pays the benefits for Temporary Partial Incapacity [*incapacidade temporária parcial (ITP)*].
- Clinical cure: when a patient is cured through treatment (for example: surgery).
- Occupational Disease: a disease found on the List of Occupational Diseases and which affects a worker who, due to the nature of his or her occupation, working conditions or the techniques employed in his or her regular work, has been exposed to risk factors which are also indicated on the List. A bodily injury, a functional disorder or a disease not included on the List may also be deemed an occupational disease, provided that it is proven to be a necessary and direct consequence of the worker's occupation.

Forms you may need to fill in

- GDP 15 - DGSS: Questionnaire on occupation
- GDP 13 - DGSS: Obligatory participation / clinical opinion
- 141-10 CIT: Certificate of Temporary Incapacity for Work Due to Illness (medical leave).
- GDP 12 - DGSS: Pension application due to permanent incapacity in case of occupational disease

These forms can be found on the [Social Security web site](#)

- DA1/ E 123 (or equivalent) : this document proves that the holder receives benefits from a foreign social security system for an accident at work or for an occupational disease, and that he or she is entitled to benefits in kind (including reimbursement of expenses) at the expense of the competent country.
- A1/E 101 (or equivalent): this document proves that the holder is covered by another country's social security system (workers posted abroad).

If you do not have these forms with you, the DPRP can request them from the competent country's social security authority.

Know your rights

The links below allow you to consult your entitlements in accordance Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Temporary incapacity](#) ;
- [Certification](#);
- [Benefits in kind](#);
- [Death benefits](#);
- [International agreements](#).

[Commission publication and website:](#)

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=fr>.

Who do you need to contact?

You can obtain further information on social protection during disability through one of the following

Social security line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt . Consult Segurança Social Direta [Social Security Direct].

Old-age and survivors

Old-Age Pension

This chapter covers old-age pension entitlements both for beneficiaries of the general scheme and for beneficiaries of the non-contributory scheme, namely

- The Old-Age Pension [*Pensão de velhice*];
- The Social Old-Age Pension [*Pensão social de velhice*].

In what situation can I claim?

For the Old-Age Pension

- Employees;
- Members of statutory bodies;
- Self-employed workers;
- Domestic workers;
- Beneficiaries of the voluntary social security scheme.

For the Social Old-Age Pension:

- National citizens, resident in Portugal;
- Foreign citizens, resident in Portugal, covered by European Community regulations on social security (EU Member States, Iceland, Lichtenstein, Norway and Switzerland) and by international social security agreements in force in Portugal (Cape Verde, Canada, Australia and Brazil).

What conditions do I need to meet?

The Old-Age Pension is granted to the beneficiary who, on the date of claiming

- Has reached the state pension age: 66 years and 4 months in 2023. After 2014, the state pension age will vary according to the evolution of average life expectancy at 65 years of age.
- If you are below the state pension age indicated above, you may be entitled to anticipate your Old-Age Pension in certain circumstances:

Involuntarily unemployed over the long term;

Working in certain strenuous occupations: miners, registered seafarers, air traffic controllers, professional dancers, etc.;

Under the system of in which age of access to the old-age pension is made more flexible;

Long contribution career.

- When the following minimum qualifying period requirements have been met:

a minimum of 15 calendar years, whether consecutive or aggregate, with registered earnings;

144 months with registered earnings (for beneficiaries covered by the voluntary social security scheme).

State pension age preserved at 65 years for:

Beneficiaries who are legally impeded from continuing work beyond that age and/or who have actually worked for at least the five calendar years immediately preceding the year that the pension starts (civil aviation pilots and professional lorry drivers).

Lowering of the state pension age:

On the date when the beneficiary reaches 60 years of age, the normal state pension age is reduced by four months for every calendar year (with registered earnings) worked in excess of the contributions ceiling of 40 years; this is for the purposes of calculating the

pension accrual rate given that the old age pension cannot actually be accessed before this age.

Social Old-Age Pension

Is granted to citizens who:

- Are not covered by any compulsory social insurance scheme or by the temporary scheme for rural workers, or who do not meet the minimum qualifying period requirement for accessing the pension;
- Are recipients of disability, old-age or survivor's pensions paid at a lower rate than the social pension;
- Have a gross monthly income of € 192.17 or less in the case of single persons, or € 288.26 or less in the case of couples (corresponding to 40% and 60% of the IAS [Social Support Index] respectively) - the "financial resources condition".

What am I entitled to and how can I claim?

The Old-Age Pension is paid from:

- The date when the claim is submitted; or
- The date indicated by the beneficiary for the pension to start, if submitting the claim in advance; the claim may be submitted up to three months before the date on which the beneficiary wishes the pension to start.

The old-age pension can be requested online from the Direct Social Security office, or in person from the competent services.

In the *Segurança Social Direta*, before starting the application, it is possible to see the calculation of the old age pension, indicating the years of contributions and the estimated gross amount of the pension to be received.

Access [here](#).

After completing the online application, and if you meet the necessary conditions, the application will be automatically approved and you will be granted a provisional pension within a maximum of 24 hours.

[Benefit amounts and supplements](#)

The pension amount is determined according to the beneficiary's social security contribution record and registered earnings.

State pensions under the general social security scheme are updated annually, save legal provisions to the contrary, factoring in GDP and the average annual variation in the Consumer Prices Index (CPI), minus housing, with effect from 1 January each year.

Minimum rates

Under the general scheme, the following minimum pension rates are guaranteed according to the pensioner's contribution record: less than 15 years, 15 to 20 years, 21 to 30 years and 31 years and over.

The Social Old-Age Pension is updated periodically.

Certain supplements may be paid on top of the Old-Age Pension. These are the Dependency Supplement, which is paid to pensioners in a state of dependency, and the Solidarity Supplement for the Elderly [*Complemento Solidário para Idosos (CSI)*]. The CSI is a monthly cash benefit paid to pensioners with limited means, who are resident in Portugal and who have reached or passed the normal state pension age under the general social security scheme (or, in other words, 66 years and 4 months in 2023).

CSI recipients are entitled to additional health to buy medicines, glasses, lenses and dental prosthesis as well as discounts on their electricity and natural gas bills.

Jargon busters

- Minimum qualifying period: this is the minimum period of paying social security contributions that is required for accessing a benefit
- Voluntary Social Security (SSV): scheme covering persons over 18 years of age who are able to work and are not covered by compulsory social insurance schemes.
- Registered earnings: earnings are registered for social security purposes when earnings (salaries) are declared to the Social Security Institute, and pay-related social security contributions are paid on account of this.

Forms you may need to fill in

- RP5068-DGSS - Claim for Old-Age Pension
- RP5002-DGSS – Claim for Social Old-Age Pension
- RP5023-DGSS - Declaration on occupation practiced (only for occupations that are part of a special scheme whereby the pension age may be anticipated).
- RP5081-DGSS - Declaration of occupation of the insured person or deceased insured person.
- RP5071-DGSS - Questionnaire for Applying to a Competent Foreign Institution for Invalidity Pension or Old-Age Pension and Providing Information on the Insured Person's Contribution Record.

These forms can be found on the [Social Security](#) web site

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Pensão de velhice \[Old-age pension\]](#);
- [Pensão social de velhice \[Social Old-age pension\]](#);
- [Complemento solidário para idosos \[Solidarity supplement for the elderly\]](#);
- [Benefícios sociais de saúde \[Social health benefits\]](#) .

Commission Publication and Website:

- [Retirement abroad: your entitlements abroad as a European Citizen.](#)

Who do you need to contact?

You can obtain further information on old-age pensions through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seq-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

Survivors' Benefits

This chapter covers the benefits granted in Portugal if the beneficiary dies

- Survivor's Pension [*pensão de sobrevivência*];
- Death Grant [*subsídio por morte*];
- Widow/Widower's and Orphan's Pension [*pensão de viuvez e orfandade*].

In what situation can I claim?

Survivor's Pension is a monthly cash benefit paid to the following members of the beneficiary's family

- Spouse, ex-spouse and person with whom the beneficiary was living in a *de facto* relationship;
- Descendants, including unborn children, adopted children and stepchildren;
- Relatives in the ascending line when there are no other family members with an entitlement;
- and aimed to compensate for the loss of work income resulting from the death of the beneficiary.

The Death Grant is a lump sum cash benefit paid to the beneficiary's family members (as defined above), which aims to compensate for the extra expenses arising from the beneficiary's death in order to facilitate the reorganisation of family life.

Should there not be any family members fitting the criteria set out above, the Death Grant may be paid to other relatives, relatives-in-law or persons treated as relatives who are either in the direct line or up to the third degree in the collateral line, including adopted persons and adopters within limits.

The Widower/Widow's and Orphan's Pension are non-contributory benefits that are paid if the beneficiary dies.

What conditions do I need to meet?

The Survivor's Pension is paid to the dead beneficiary's family members (as defined above), provided that the beneficiary has registered earnings for a period of at least 36 months

There are conditions that the above-mentioned family members have to satisfy.

The Death Grant is paid to the dead beneficiary's family members (as defined for the Survivor's Pension above):

- Without any minimum qualifying period requirement under the general social security scheme;
- With a minimum qualifying period of 36 months of contributions under the voluntary social security scheme.

The Widower/Widow's Pension is paid to the spouse of the beneficiary of the non-contributory social pension, who must: be a Portuguese national or else be treated as the equivalent of a Portuguese citizen; reside in Portuguese territory; not be entitled to any other pension in his or her own right; not receive gross monthly income in excess of € 192.17 (40% of the IAS [Social Support Index]).

The Orphan's Pension is paid to children until they reach adulthood or are emancipated, who satisfy the following conditions:

- They must have Portuguese nationality;
- They must reside in Portuguese territory;
- They must be orphans of persons not covered by any social insurance scheme;

- They must not be engaged in any occupation subject to the compulsory social insurance scheme;
- They must satisfy one of the following financial resources conditions:
 - Gross monthly income of € 192.17 or less (40% of the *IAS*), provided that their respective household income is not greater than € 720.65 (1.5 times the *IAS*);
 - Household income per person of € 144.13 or less (30% of the *IAS*) and in a vulnerable position or in a situation of social dysfunction.

What am I entitled to and how can I claim?

The Survivor's Pension corresponds to certain percentages multiplied by the amount of Invalidity or Old-Age Pension that the beneficiary was receiving or was going to receive

Spouse, ex-spouse and <i>de facto</i> relationship	Descendants	Ascending line
60% if there is one	20% if there is one	30% if there is one
70% if there is more than one	30% if there are two 40% if there are three or more	50% if there are two 80% if there are three or more
	The percentages are doubled if there is no spouse or ex-spouse entitled to the pension	

The Death Grant is paid as a lump sum set at € 1,441.29 (corresponding to three times the *IAS*).

When there is nobody with entitlement to the Death Grant, then the funeral expenses are reimbursed to the person who incurred the costs up to a maximum of € 1,441.29.

The value of the [Widower/Widow's Pension](#) is 60% of the Social Pension.

The amount paid under the Orphan's Pension is:

Orphan's Pension		
No. of orphans	Percentage of the Social Pension	
	There is a spouse or ex-spouse	There is no spouse or ex-spouse
1	20%	40%
2	30%	60%
3 or more	40%	80%

There is also a Funeral Allowance, which is a fixed cash benefit paid as a lump sum, to compensate for the funeral expenses paid by the claimant for the funeral of a member of his household or of any other person, including unborn children, as long as the claimant is resident in Portugal and can prove that he or she has paid the expenses.

Jargon busters

- IAS: *Indexante dos Apoios Sociais* [social support index].
- Stillborn: child that is dead at birth.
- Residents and persons equivalent to residents: the following are also considered to be residents: Portuguese people generally resident in Portugal, foreign nationals, refugees and stateless persons who have valid residence permits. Civil servants working for the Portuguese State, as well as the members of their households, national citizens covered by the Portuguese social security system and working in a country with which Portugal has a social security agreement and members of their households, and foreign nationals covered by an international agreement or European Union legislation are also considered to be residents.
- The following are considered to be equivalent to residents: foreign citizens who have a valid residence permit in Portugal. The possible permits are: valid work visa, valid temporary protection permit, residence permits and their respective extensions (on a case-by-case basis) and foreign nationals who are not covered by an international agreement or European Union legislation.

Forms you may need to fill in

- RP5075-DGSS: Claim Form
- RP5018-DGSS: Claim for Non-contributory Orphan's and Widower/Widow's Pensions
- RP5033-DGSS: Claim for Funeral Expenses
- These forms can be found on the [Social Security](#) website and must be presented to the social security services.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Subsídio por morte \[Death grant\]](#);
- [Reembolso de despesas de funeral \[Reimbursement of funeral expenses\]](#);
- [Pensão de orfandade \[Orphan's pension\]](#);
- [Pensão de viuvez \[Widower/Widow's pension\]](#);
- [Pensão de sobrevivência \[Survivor's pension\]](#).

Commission Publication and Website:

- [Help during bereavement: your entitlements abroad as a European Citizen.](#)

Who do you need to contact?

You can obtain further information through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt. Consult *Segurança Social Direta* [Social Security Direct].

Social assistance

Social Integration Income

This chapter covers benefits granted in Portugal to persons who are in social or financial need and are at risk of social exclusion; these benefits aim to ensure that beneficiaries have sufficient resources to satisfy their basic needs and to be integrated into society.

In what situation can I claim?

Persons or families in serious financial need who need financial support to integrate more successfully into society and who satisfy the eligibility conditions are entitled to Social Integration Income [*Rendimento Social de Inserção (RSI)*].

The RSI consists of an integration programme comprising a contract to help them integrate into society and professionally and a cash benefit to help with basic needs.

What conditions do I need to meet?

To be entitled to the RSI the household must not have movable assets or goods that are subject to registration worth more than €28.825.8.

It is also necessary to meet the following conditions:

- Be a legal resident of Portugal:
- National citizens, EU citizens, EEA citizens and citizens of other countries that have an agreement regarding the freedom of movement of persons within the EU and persons with refugee status - They must be legally-resident in Portugal;
- Citizens of remaining countries - They must be legally-resident in Portugal for at least three years;
- Be in serious financial need (the household's total monthly income must not exceed the value of the Social Integration Income, calculated according to the composition of the household);
- Sign and adhere to the Integration Contract [*Contrato de Inserção*];
- Be over 18 years of age, unless they are pregnant, or they are married or have been living in a de facto relationship for more than two years, or they are responsible for minors or disabled persons who depend on the beneficiary's household exclusively for support; or their income is more than 70% of the RSI;
- Be registered with the Serviço de Emprego [Job Centre] in the area where they live if they are unemployed and capable of working;
- Give the Social Security Institute access to all the relevant information needed to assess their socio-economic position;
- In case of voluntary unemployment (without valid reason), the RSI can only be claimed after one year from the date of unemployment;
- Not be in provisional detention or serving a prison sentence in prison accommodation; the RSI can however be claimed within a period of 45 days preceding the expected release date;
- Not have been placed in any institutions financed by the State, unless the placement is temporary and involves a precise personal integration plan, or in cases of hospitalization in therapeutical communities or in hospital units belonging to the integrated national network of continuous care. The RSI can be claimed during the 45 days preceding the expected discharge or departure date;
- Not being a beneficiary of the social assistance granted within the framework of the asylum procedure or the refugee status

What am I entitled to and how can I claim?

You may receive Social Integration Income from the date of your claim

You receive Social Integration Income for a maximum period of 12 months; it may be renewed for as long as the conditions are met.

You receive a monthly benefit corresponding to the difference between the maximum rate of Social Integration Income and your household's total income.

The maximum rate of Social Integration varies, depending on the composition of the household:

- For the recipient – EUR 209.11 (100% of the value of the RSI)
- For each adult – EUR 146.37 (70% of the value of the RSI)
- For each child – EUR 104.55 (50% of the value of the RSI)

Jargon busters

- RSI: Rendimento social de inserção [Social Integration Income]
- Household: persons living in the same house and who are related.
- Integration contract for social integration income: This is a series of actions covering the obligations and entitlements of the beneficiary and of the beneficiary's household. It also regulates benefits and integration measures.

Forms you may need to fill in

- RSI 1- DGSS: Claim for Social Integration Income / initial claim / claim for a renewal
- RSI 1/2 - DGSS – Claim for Social Integration Income – Information and instruction for filling out;
- RV1017-DGSS: Identification of natural persons;
- RSI 28 / DGSS: Declaration on modifications.

These forms/templates can be found on the [Social Security](#) website.

And must be presented together with the documents indicated therein in the social security services.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Guia Prático - Rendimento Social de Inserção \[Practical Guide -Social Integration Income\]](#) / information in English;
- [Rendimento Social de Inserção \[Social Integration Income\]](#) / information in English;
- [Practical Guide - Means-test.](#)

Commission Publication and Website:

- <http://ec.europa.eu/social/main.jsp?catId=849&langId=pt>.

Who do you need to contact?

You can obtain further information on Social Integration Income through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

Unemployment

Unemployment benefits

This chapter covers the benefits granted in Portugal for unemployment

- Unemployment Benefits [*Subsídio de desemprego*];
- Social Unemployment Benefits [*subsídio social de desemprego*];
- Partial Unemployment Benefits [*subsídio de desemprego parcial*];
- Allowances for Cessation of Work for Self-Employed Workers [*subsídios por cessação de atividade para trabalhadores independentes*].

In what situation can I claim?

Workers who are resident in Portugal and covered by the general social security scheme may claim unemployment benefits if

- They had an employment contract and have become unemployed; or
- They have suspended their employment contract on the grounds of wage arrears;
- They have ceased work involuntarily (self-employed workers who are financially dependent);
- They are ex-recipients of disability pensions who are deemed capable of working following a work capability assessment.

Workers may claim Social Unemployment Benefits, a cash benefit paid to the unemployed beneficiary, to compensate them for lack of income due to involuntary unemployment if they do not meet the conditions for unemployment benefits or after the unemployment benefits to which they are entitled have run out.

Workers may claim Partial Unemployment Benefits, a cash benefit paid to workers who claimed or were receiving Unemployment Benefits and who subsequently resume employment on a part-time contract or who start self-employed work.

The Allowances for Cessation of Work and the Partial Allowances for Cessation of Work are intended for certain categories of self-employed workers (workers who are financially dependent on a sole contracting entity and whose service contract has been terminated against their will, as well as workers running businesses and company managers or directors who stop working and/or close the business on justifiable grounds).

What conditions do I need to meet?

- Beneficiaries must reside in Portugal;
- Beneficiaries must be involuntarily unemployed;
- Beneficiaries must be capable of working and available for employment;
- Beneficiaries must be registered as job seekers at a *Centro de Emprego* [Job Centre] in their area of residence;
- Beneficiaries must meet the minimum qualifying period requirement: 360 days of paid employment (with registered earnings) in the 24 calendar months immediately prior to the date of unemployment.

Days on which the beneficiary worked in the following countries are counted towards the minimum qualifying period:

- EU states, Iceland, Norway, Lichtenstein or Switzerland;
- Countries that have signed Social Security Agreements with Portugal allowing contributions registered in those countries to be counted towards unemployment benefit claimed in Portugal.

For Social Unemployment Benefits

- Beneficiaries must not satisfy the conditions for receiving Unemployment Benefits; or
- Beneficiaries must have already received their full entitlement to unemployment benefits (Social Unemployment Benefits Subsequent to Employment Benefits);
- Beneficiaries must reside in Portugal;
- Beneficiaries must be involuntarily unemployed;
- Beneficiaries must be capable of working and available for employment;
- Beneficiaries must be registered as job seekers at a *Centro de Emprego* [Job Centre] in their area of residence;
- Beneficiaries must meet the minimum qualifying period requirement of 180 days of paid employment (with registered earnings) during the 12 calendar months immediately prior to the date of unemployment
- or 120 days of paid employment during the 12 months preceding the beginning of the unemployment in case of unvoluntary unemployment due to expiration of fixed-term contract or to dismissal by employer during trial period;
- Beneficiaries must not own movable assets worth more than € 106,368 or income greater than 80% of the IAS [Social Support Index] (€ 384.34), subject to weighted capitation;

or with regard to the social allowance granted upon expiry of the unemployment benefit:

Beneficiaries must not own movable assets worth more than € 106,368 and income greater than 80% of the IAS (i.e. € 384.34) or income corresponding to € 480.43 when the initial unemployment benefit ends; moreover, beneficiaries must be at least 52 and satisfy the conditions for entitlement to the anticipated old-pension in case of long term unemployment.

For Partial Unemployment Benefits

- Beneficiaries must have claimed or already be in receipt of Unemployment Benefits;
- Beneficiaries must be working or about to work as part-time employees with an average weekly working-week that is shorter than that of full-time employment in a comparable situation, on the condition that earnings from this work are lower than the amount of the Unemployment Benefits; or
- Beneficiaries must be working or about to work on a self-employed basis, on the condition that earnings from this work are lower than the amount of the Unemployment Benefits.

The minimum qualifying period for self-employed workers is set at 360 or 720 days of social security contributions paid during the 24 or 48 months prior to the date when the services contract or other form of work ceased, according to whether the workers are respectively economically dependent on a contracting entity or on other groups of self-employed workers (individual entrepreneurs performing a commercial and industrial activity and holding an individual enterprise with limited liability as well as their spouse or assisting partner).

What am I entitled to and how can I claim?

Entitlement period

This depends on the age of the beneficiary and the number of months with registered earnings for social security purposes since the beneficiary's last period of unemployment.

For beneficiaries who became unemployed after 1 April 2012 and who, on 31 March 2012, did not meet the minimum qualifying period requirement for accessing Unemployment Benefits, the entitlement period is set out in the following table:

Beneficiary's age	No. of months with registered earnings	Entitlement period	
		No. of days benefit received	Increase
Under 30 years of age	Less than 15	150	30 days for every 5 years with registered earnings
	Equal to or greater than 15 and less than 24	210	
	Equal to or greater than 24	330	
Between 30 and 39 years of age	Less than 15	180	30 days for every 5 years with registered earnings in the last 20 years
	Equal to or greater than 15 and less than 24	330	
	Equal to or greater than 24	420	
Between 40 and 49 years of age	Less than 15	210	45 days for every 5 years with registered earnings in the last 20 years
	Equal to or greater than 15 and less than 24	360	
	Equal to or greater than 24	540	
50 years of age or over	Less than 15	270	60 days for every 5 years with registered earnings in the last 20 years
	Equal to or greater than 15 and less than 24	480	
	Equal to or greater than 24	540	

The periods differ from those above if, for the first period of unemployment occurring after 1 April 2012, the beneficiary on 31 March 2012 already had a certain entitlement period guaranteed ([Table II](#)).

For long-term unemployment, employees may be entitled to anticipate their old-age pension after the age of 62 in the case of beneficiaries aged 57 or older on the date of unemployment who have completed the waiting period. It is also possible after the age of 57 for those who have paid contributions for 22 calendar years, are aged 52 or over at the time of unemployment. In this case, the amount of the pension is reduced.

Long term unemployed can claim a monthly support representing 80% of the amount of the last social unemployment benefit they received, to be allocated over a period of 180 days from the application date. For self-employed workers, the entitlement period also depends on the age of the beneficiary and the number of months with registered earnings for social security purposes (at least 24 months are required); more specifically, entitlement ranges from 330 days for beneficiaries under 30 years of age, to 540 days for beneficiaries 50 years of age or older, and the respective periods of increase are added to these figures.

Entitlement periods for unemployment benefits ending in 2021 are exceptionally extended by 6 months.

Benefit amounts

The daily amount is equal to 65% of the reference income, calculated on the basis of a 30-day month.

The amounts for ex-recipients of Invalidation Pensions who are now deemed capable of working are:

- 80% of the *IAS* (€ 384.34 per month) for those living alone or 100% of the *IAS* (€ 480.43) for those living with family members.

The reference income (R/360) is calculated as follows:

- The sum of all registered earnings (including holiday and Christmas bonuses) declared to the Social Security Institute for 12 months, including holiday and Christmas bonuses, counting from the month preceding the date of unemployment, divided by 360.

Holiday and Christmas bonuses are only counted if they fall due within the reference period.

Minimum monthly rate

- € 480.43 (100% of the *IAS*), unless net reference income is less than the *IAS*.
- € 552.49 (1,15x*IAS*) in cases where the income used as a basis for calculating the benefit is equivalent at least to the value of the guaranteed minimum wage.

Maximum monthly rate

- € 1,201.08 (2.5 times the *IAS*);
- 75% of the net reference income amount on which the benefit calculation was based;
- In the case of ex-recipients of an Invalidation Pension, it is equal to the amount of the Invalidation Pension that was being received.

Increase in the amount of benefits

The daily amount of unemployment benefits is increased by 10% when:

- both spouses or persons living in a *de facto* relationship are receiving unemployment benefits and they have dependent children or the equivalent. The increase is granted to each of the beneficiaries if one of them does no longer receive the unemployment benefit or the subsequent unemployment social benefit replacing the unemployment benefit or if, as job seeker, he/she does not receive any benefit as such; in such case, the supplement is paid to the spouse receiving the benefit. ;
- the beneficiary is the parent in a single-parent household who receives the unemployment benefit.

The 10% increase also applies to allowances for cessation of work and for cessation of professional work for self-employed.

Lump sum payment

Unemployment Benefits may be paid as a lump sum if the beneficiary presents a project proposal to the *Centro de Emprego* for creating his or her own employment.

The Social Unemployment Benefits amount is set at 100% of *IAS* (€ 480.43) for beneficiaries who are part of a household or 80% (€ 384.34) for beneficiaries who are on their own.

Jargon busters

- IAS: *Indexante dos Apoios Sociais* [the social support index].
- Capacity for work: ability to perform a job.
- Date of unemployment: the day immediately after the day on which the employment contract ceased.
- Unemployment: situation arising from the involuntary loss of employment.
- Involuntary unemployment: where the employment contract is terminated on the initiative of the employer; there are other types of involuntary unemployment.
- A worker is also deemed to be involuntarily unemployed when he or she was previously in receipt of an Invalidity Pension under the general scheme, but is subsequently declared fit for work through a work capability assessment carried out under the applicable regulations.
- Personal employment plan: this instrument is a joint commitment contracted between the *Centro de Emprego* and the beneficiary, which, in accordance with the profile and specific circumstances of each beneficiary, as well as the labour market that he or she is entering, sets out actions aimed at integrating the beneficiary into the labour market.
- Community service: Occupational programmes, organised by public or private not-for-profit organisations for the common good, in which the benefit holder is capable of participating.

Forms you may need to fill in

- RP5000-DGSS: Claim for Unemployment Benefits
- RP5059-DGSS: Claim for Increased Unemployment Benefits
- RP5044-DGSS: Employer's Declaration Confirming Unemployment
- GD18-DGSS: Declaration on Wage Arrears.

Migrant workers from the EU, Iceland, Norway, Lichtenstein and Switzerland residing in Portugal who wish to claim unemployment benefits in Portugal should fill out:

- Portable Document U1: for periods to be counted towards unemployment benefits.

These forms can be found on the [Social Security](#) website.

Benefits are requested within 90 days in the job centre.

Know your rights

The links below define your entitlements in accordance with Portuguese law. They are not European Commission links, nor do they represent the Commission's position

- [Subsídio de desemprego \[Unemployment Benefits\]](#) / information in English;
- [Social benefits for unemployment](#) / information in English;
- [For Partial Unemployment Benefits](#) / information in English;
- [Subsídio por cessação de atividade \[Allowance for Cessation of Work\]](#) / information in English;
- [Subsídio parcial por cessação de atividade \[Partial Allowance for Cessation of Work\]](#) / information in English;
- [Subsídio por cessação de atividade profissional \[Allowance for Cessation of Professional Work\]](#) / information in English;

- [Subsídio parcial por cessação de atividade profissional \[Partial Allowance for Cessation of Professional Work\]](#);

Commission Publication and Website:

- Unemployment and benefits.

Who do you need to contact?

You can obtain further information on social protection during unemployment through one of the following

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt.

Consult *Segurança Social Direta* [Social Security Direct].

You can also consult the network of job centres.

Moving abroad

Adding together contribution periods

This chapter covers what you need to know about how to move within the EU and the impact that this has on the payment of your benefits.

In what situation can I claim?

If you go to work in an EU country or in another country covered by European regulations, in principle you will become subject to the laws of your "new country" for the purposes of social protection

If you have lived, worked and paid social security contributions in another EU country or in another country where European regulations apply, the periods of residence, work and contributions may be included when calculating your social benefits in Portugal.

The relationship between the UK and the EU has changed since Brexit. The EU and the United-Kingdom reached an agreement on the withdrawal of the United-Kingdom from the European Union with a transition period ending on 31st December 2020.

Thus if you are a Portuguese citizen (or a citizen from another EU Member State) working or living in the United-Kingdom or a British citizen working or residing in Portugal (or in other EU countries) on the expiry date of the transition period of the withdrawal agreement (31st December 2020), as well as if you are covered by the national legislation on the same date, the European rules on the coordination of social security systems apply (Regulations (EC) 883/2004 and 987/2009). The periods of residence, of work and of contribution can be taken into account when calculating social benefits paid after 1st January 2021.

If, at the end of the transition period, you were not subject to the withdrawal agreement rules but you had already exercised your right of free movement and had fulfilled the minimum contribution period, or if you need such contribution periods to be entitled to social benefits, you can also benefit from the community legislation if more favourable than the national legislation.

As regards movements after 1st January 2021 by persons not covered by the withdrawal agreement, the trade and co-operation agreement between the EU and the United-Kingdom signed on 31st December 2020 will apply, if entering into force; it includes rules on the coordination of social security systems.

What conditions do I need to meet?

The possibility of including contribution periods recorded in another EU country or in another country where European regulations apply is relevant to payment of the following benefits

- Sickness benefits [*Subsídio de doença*];
- Parental Benefits [*Subsídio de parentalidade*] (maternity, paternity and adoption);
- Invalidity Pension [*Pensão de invalidez*];
- The Old-Age Pension [*Pensão de velhice*];
- Survivor's Pension [*pensão de sobrevivência*];
- Unemployment Benefits [*Subsídio de desemprego*];
- Social Unemployment Benefits [*subsídio social de desemprego*] (non-contributory);
- Compensation for Temporary Incapacity for Work (occupational disease);
- Pension for Permanent Incapacity for Work (occupational disease).

In the case of some social benefits (namely, in the case of Unemployment Benefits), your last contribution for the purposes of social protection must have been made in Portugal, unless you are a frontier worker. In addition, a minimum number of days or years of

contributions (minimum qualifying period) may also be required, but this requirement may be met through contribution periods recorded in other countries.

What am I entitled to and how can I claim?

If you are returning to Portugal from another country where European regulations apply, you will need to bring your social security contributions record with you by submitting the Portable Document U1, filled out by the social security authority in the country where you worked. Make sure you check that you hold all the necessary documents issued by the respective social security services

If you were receiving Unemployment Benefits in any EU or EEA country or in Switzerland for at least four weeks, you may receive this benefit directly in Portugal for between three and six months whilst seeking employment in the country. In this case, before leaving for Portugal to seek employment, you will have to request Portable Document U2 from the social security services in the country where you were receiving the Unemployment Benefits.

If you claim contributory social security benefits from the Portuguese Social Security Institute, there is a section on the form that asks you if you worked in an EU country.

To complete this section, you need to know:

- Which country you worked in;
- The dates that you worked there;
- Your social security number in the country where you worked.

Whenever you need to satisfy certain conditions in order to claim social security benefits from the Social Security Institute, the competent authorities will have to include those periods in which you paid contributions abroad, provided that you were working in an EU country or a country covered by European regulations. You will continue to be protected if you change jobs or if you move between these countries for work.

Jargon busters

- **Contributions:** contributions are instalments paid by workers and/or by employers in order to establish entitlement to social security protection.
- **Habitual Residence:** according to the definition in community legislation, this means the place which is your "habitual centre of interests".
- **Social Security Identification Number (NISS):** number that ensures that the identification of beneficiaries by the Portuguese Social Security Institute is unique, precise and accurate across the whole country.

Forms you may need to fill in

In Portugal, Portable Documents U1 and U2 are issued:

- In continental Portugal, by the *Centros Distritais do Instituto da Segurança Social* [District Social Security Centres];
- In the Autonomous Region of Madeira, by the *Instituto de Segurança Social da Madeira* [Madeiran Social Security Institute];
- In the Autonomous Region of the Azores, by the *Instituto de Segurança Social dos Açores* [Azorean Social Security Institute].

Know your rights

You can be informed of your rights by consulting the following links:

Technical information circular 5/2020 on the application of the withdrawal agreement from 1st January 2021 / information in English

Technical information circular 2/2021 complementing circular 5/2020.

[Brexit - Política Externa - Portal Diplomático](#)

Commission Publication and Website:

- [Coordination of social security in the European Union](#)
- [National information about Brexit in the Member States](#)
- [Trade and co-operation agreement between the European Union and the United-Kingdom](#)

Who do you need to contact?

Social Security Line: 300 502 502/ 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt.

Main residence

Habitual residence

This chapter covers habitual residence conditions that you will need to satisfy in order to access certain social security benefits.

In what situation can I claim?

The term "habitual resident" means that you must have your "centre of interests" in Portugal. It also refers to permanence: a person who has been in Portugal for some time and intends to stay here for the foreseeable future.

Demonstrating that you are a habitual resident in the country depends on satisfying certain conditions provided for at the European level (family situation, length and continuity of residency, and work situation, among others). If you have lived in Portugal all your life, it probably will not be difficult to demonstrate that you satisfy habitual residence conditions.

What conditions do I need to meet?

In order to be entitled to the benefits below, your habitual residence must be in Portugal:

- Social Old-Age Pension [*Pensão social de velhice*];
- Widower/Widow's Pension [*Pensão de viuvez*];
- Orphan's Pension [*Pensão de orfandade*];
- Unemployment Benefits [*Subsídio de desemprego*];
- Social Unemployment Benefits [*subsídio social de desemprego*] (non-contributory);
- Child Benefits [*Abono de família para crianças e jovens*];
- Funeral Allowance [*Subsídio de funeral*];
- Solidarity Supplement for the Elderly [*Complemento solidário para idosos*];
- Social Integration Income [*Rendimento Social de Inserção*];
- Social Parental Benefits [*Subsídio social parental*] (non-contributory).
- Social inclusion benefit

The condition of habitual residence applies to all persons claiming these social benefits, including to Portuguese citizens.

Certain exceptions to the condition of habitual residence (in Portugal) are provided for in the granting of Unemployment Benefits (when seeking employment in another Member State under European legislation) and Child Benefits (when family benefits are paid in another Member State under EU law or in another country that has signed a social security agreement with Portugal allowing this).

What am I entitled to and how can I claim?

If you claim social benefits from the Social Security Institute, you will need to write your place of residence in the personal details section of the form.

Jargon busters

- **Habitual Residence (European definition):** "the state in which the persons concerned habitually reside and where the habitual centre of their interests is to be found."

Know your rights

Practical guide on applicable legislation in the European Union (EU), the European Economic Area (EEA) and in Switzerland (which includes the definition of habitual residence as well as some practical examples)

Commission Publication and Website:

- [Coordination of social security in the European Union](#).

Who do you need to contact?

Social Security Line: 300 502 502 / 210 545 400

Personalized service: Monday to Friday from 9:00 am to 6:00 pm, excluding public holidays

Automated reply system: 24/24, 7/7

From abroad: +351 300 502 502 / +351 210 545 400

Social Security website: www.seg-social.pt

Getting in touch with the EU

In person

All over the European Union there are hundreds of Europe Direct information centres. You can find the address of the centre nearest you at: europa.eu/european-union/contact_en

On the phone or by email

Europe Direct is a service that answers your questions about the European Union. You can contact this service:

- by freephone: 00 800 6 7 8 9 10 11 (certain operators may charge for these calls),
- at the following standard number: +32 22999696 or
- by email via: europa.eu/european-union/contact_en

Finding information about the EU

Online

Information about the European Union in all the official languages of the EU is available on the Europa website at: europa.eu/european-union/index_en

EU publications

You can download or order free and priced EU publications at: publications.europa.eu/en/publications. Multiple copies of free publications may be obtained by contacting Europe Direct or your local information centre (see europa.eu/european-union/contact_en).

EU law and related documents

For access to legal information from the EU, including all EU law since 1952 in all the official language versions, go to EUR-Lex at: eur-lex.europa.eu

Open data from the EU

The EU Open Data Portal (data.europa.eu/euodp/en) provides access to datasets from the EU.

Data can be downloaded and reused for free, both for commercial and non-commercial purposes.

