

Paula Portugal

Psychosocial Rehabilitation

Graduated in Occupational Therapy, M.Sc. in Sports Science – Physical Activity in the Elderly at Faculty of Sports (FADEUP) in 2004, PhD. in Sports Science – Aging at FADEUP, in 2010, Paula Portugal is a Professor at School of Health (ESS-P.Porto). She is a Coordinator at Master in Occupational Therapy and she's also Collaborator Researcher in the Psychosocial Rehabilitation Area of the Center for Rehabilitation Research (CIR). Her main areas of interest are aging, active aging, promoting mental health in aging, wellbeing and aging.



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