

SOCIAL SECURITY

WELCOME GUIDE FOR MIGRANTS

The Constitution of the Portuguese Republic establishes in its article 15 that foreign citizens and stateless persons staying or residing in Portugal shall enjoy the rights and be subject to the duties of Portuguese citizens, with the exception of political rights, the exercise of public functions that are not predominantly technical and the rights and duties reserved exclusively to Portuguese citizens by the Portuguese Constitution and law.

The Portuguese Basic Law also determines, in its Article 63, that everyone has the right to social security, being the State responsible for the organisation, coordination and financing of a unified and decentralised social security system that protects citizens in the contingencies of sickness, old age, invalidity, widowhood and orphanhood, as well as in the contingency of unemployment and in all the other situations involving the lack or loss of subsistence means or the ability to work.

This right is enshrined in the Social Security Framework Law (Law no. 4/2007 of 16 January, in its current wording). Its Article 2(1) establishes that “Everyone has the right to social security”.

What is Social Security?

Social Security is a system aimed to ensure that citizens are entitled to basic rights and equal opportunities, as well as to promote well-being and social cohesion for all Portuguese citizens or foreign citizens who carry out a professional activity or reside in the Portuguese territory.

You may find more information on this subject on the Social Security Portal, at:

<https://en.seg-social.pt/portuguese-social-security-institutions>

What are the Social Security objectives?

- To ensure the right to social security;
- To promote the sustained improvement of social protection conditions and levels and the strengthening of the respective fairness;
- To promote the effectiveness of the social security system and its management efficiency.

Do foreign citizens have access to Social security supports?

In accordance with Article 83(2) of Law no. 23/2007 of 4 July, in the updated version, foreign citizens holding a Residence Permit are covered by the provisions that ensure equal treatment, namely within the scope of social security, tax benefits, trade union membership, recognition of diplomas, certificates and other professional qualifications or the access to public goods and services, as well as by the provisions granting them special rights.

What is the Social Security Identification Number (NISS – *Número de Identificação da Seguranga Social*)?

The Social Security Identification Number (NISS) allows a single, exact and accurate identification of the person concerned before Social Security at the national level.

In accordance with Article 99(1) and (2) of the Social Security Framework Law no. 4/2007 of 16 January, as amended by Law no. 83-A/2013 of 30 December, natural and legal persons registered in the social security system are subject to an identification in the social security information system. The person's identification in the social security information system implies the respective registration in the social security system with the allocation of a Social Security Identification Number (NISS) and occurs whenever the person concerned fulfils the conditions for this purpose, i.e., provided that there is a relationship with social security, whether due to the performance of a professional activity or to the need of a social benefit granting.

SOCIAL BENEFITS

What is the Social Integration Income (RSI – *Rendimento Social de Inserção*)?

It is a measure aimed at protecting people who are in an extreme poverty situation. This support includes:

- a cash benefit of a temporary nature to ensure that these people have minimum resources to cover their basic needs, and;
- an Integration Programme that includes a Social Integration Contract (a set of phased actions established in accordance with the features and conditions of the applicant's household, aiming at their full social integration).

Who is entitled to the Social Integration Income (RSI)?

Persons or families:

1. With legal residence in Portugal:
 - Citizens of the European Union, European Economic Area and third countries that have an agreement on the free movement of persons within the European Union — they must have legal residence in Portugal;
 - Citizens of other countries — they must have legal residence in Portugal for at least one year;
 - Citizens with refugee status — they must have legal residence in Portugal.
2. In a situation of extreme poverty.

You may find more information on this subject on the Social Security Portal: [Rendimento Social de Inserção \(Social Integration Income\)](#)

When is the Prenatal Family Benefit granted?

This benefit is granted to pregnant women as of the 13th week of pregnancy and it is aimed to encourage maternity by compensating the increased expenses during the pregnancy period.

Who is entitled to the Prenatal Family Benefit (*Abono de Família Pré-Natal*)?

Pregnant women:

- Who have reached the 13th week of pregnancy;
- Who reside in Portugal or are treated as residents, i.e. foreign citizens with a valid residence permit in Portugal (valid work permit, valid temporary protection permit and valid residence permits and respective extensions);
- Whose household movable assets (bank accounts, shares, bonds) do not exceed the value of EUR 105.314,40 on the date of application submission;
- Whose household reference income is below the threshold value.

You may find more information on this subject on the Social Security Portal: [Abono de Família Pré-Natal \(Prenatal Family Benefit\)](#)

When is the Parental Social Allowance (*Subsídio Social Parental*) granted?

The Parental Social Allowance is granted to the father or mother or to the other person entitled to parenting benefits who does not work and does not pay social security contributions, or does not fulfil the entitlement conditions to the parental allowance, as from the childbirth.

Who is entitled to Parental Social Allowance?

- National and foreign citizens, refugees and stateless persons: not covered by any mandatory social protection scheme, or covered by a mandatory social protection scheme or the voluntary social insurance scheme that provides protection in the parenting contingency, but who are not entitled to the parental allowance;
- Beneficiaries of the unemployment social benefit (if they are receiving unemployment benefits, the respective payment is suspended while they are receiving the parental social allowance and they must inform the employment centre within 5 working days of the beginning and end date of the parental social allowance granting period, in order to be exempted from the duties towards the employment centre);
- People who reside in Portugal or are treated as residents;
- People whose household movable assets (bank deposits, shares, bonds, postal savings certificates, securities and units in collective investment institutions) do not exceed the value of EUR 105.341,40 [240 times the social support index (IAS – *Indexante dos Apoios Sociais*) value] on the date of the application submission;
- People whose monthly income per household member is equal to or lower than EUR 354,65 (80 % of the IAS value). The IAS value in 2022 corresponds to EUR 443,20.

You may find more information on this subject on the Social Security Portal: [Subsídio social parental \(Parental social allowance\)](#)

When is the Social Allowance for Clinical Risk during Pregnancy (*Subsídio Social por Risco Clínico durante a Gravidez*) granted?

This Social Allowance is granted to the woman worker during pregnancy to replace lost work income in case of clinical risk for the pregnant woman or for the child to be born.

Who is entitled to the Social Allowance for Clinical Risk during Pregnancy?

Citizens covered by a mandatory social protection scheme or the voluntary social insurance scheme that provides protection in the contingencies of maternity, paternity and adoption, but who are not entitled to the Allowance for Clinical Risk during pregnancy, and:

- Reside in Portugal or are treated as residents;
- Carry out a professional activity;
- Whose household movable assets (bank deposits, shares, bonds, postal savings certificates, securities and units in collective investment institutions) do not exceed the value of EUR 105.341,40 [240 times the social support index (IAS – *Indexante dos Apoios Sociais*) value] on the date of the application submission;
- Whose monthly income per household member is equal to or lower than EUR 354,65 (80 % of the IAS value). The IAS value in 2022 corresponds to EUR 443,20.
- Whose contributory duties towards social security are fulfilled on the date on which the entitlement to the allowance is recognised, if the person concerned is a self-employed person or is covered by the voluntary social insurance scheme.

You may find more information on this subject on the Social Security Portal: [Subsídio social por risco clínico durante a gravidez \(Social allowance for clinical risk during pregnancy\)](#)

When is the Social Allowance in case of Pregnancy Termination (*Subsídio Social por interrupção da Gravidez*) granted?

This Social Allowance is granted to the woman worker who is in a situation of economic need, in the event of a medically certified pregnancy termination.

Who is entitled to the Social Allowance in case of Pregnancy Termination?

Citizens covered by a mandatory social protection scheme or the voluntary social insurance scheme that provides protection in the contingencies of maternity, paternity and adoption, but who are not entitled to the Pregnancy Termination Allowance, and:

- Reside in Portugal or are treated as residents;
- Carry out a professional activity;
- Whose household movable assets (bank deposits, shares, bonds, postal savings certificates, securities and units in collective investment institutions) do not exceed the value of EUR 105.341,40 [240 times the social support index (IAS – *Indexante dos Apoios Sociais*) value] on the date of the application submission;
- Whose monthly income per household member is equal to or lower than EUR 354,56 (80 % of the IAS value). The IAS value in 2022 corresponds to EUR 443,20.
- Whose contributory duties towards social security are fulfilled on the date on which the entitlement to the allowance is recognised, if the person concerned is a self-employed person or is covered by the voluntary social insurance scheme.

You may find more information on this subject on the Social Security Portal: [Subsídio Social por interrupção da gravidez \(Social allowance in case of pregnancy termination\)](#)

When is the Social Allowance for Specific Risks (*Subsídio Social por Riscos Específicos*) granted?

This Social Allowance is granted to pregnant workers, workers who have recently given birth and are breastfeeding and who, in their professional activity, perform night work or are exposed to specific risks that jeopardize their safety and health, provided that the employer cannot assign them to other tasks.

Who is entitled to the Social Allowance for Specific Risks?

Citizens covered by a mandatory social protection scheme or the voluntary social insurance scheme that provides protection in the contingencies of maternity, paternity and adoption, but who are not entitled to the Allowance for Specific Risks, and:

- Reside in Portugal or are treated as residents;
- Whose household movable assets (bank deposits, shares, bonds, postal savings certificates, securities and units in collective investment institutions) do not exceed the value of EUR 105.341,40 [240 times the social support index (IAS – *Indexante dos Apoios Sociais*) value] on the date of the application submission;
- Whose monthly income per household member is equal to or lower than EUR 354,56 (80 % of the IAS value). The IAS value in 2022 corresponds to EUR 443,20.
- Whose contributory duties towards social security are fulfilled on the date on which the entitlement to the allowance is recognised, if the person concerned is a self-employed person or is covered by the voluntary social insurance scheme.

You may find more information on this subject on the Social Security Portal: [Subsídio social por riscos específicos \(Social allowance for specific risks\)](#)

When is the Specific Social Allowance in case of Hospitalisation of the Newborn Child (*Subsídio Social Específico por Internamento Hospitalar da criança recém-nascida*) granted?

This Social Allowance is granted in the case of hospitalisation of the newborn child immediately after the recommended hospitalisation period following the birth, due to the need of special medical care provision to the child.

Who is entitled to the Specific Social Allowance in case of Hospitalisation of the Newborn Child?

Citizens covered by a mandatory social protection scheme or the voluntary social insurance scheme that provides protection in the contingencies of maternity, paternity and adoption, but who are not entitled to the Specific Allowance in case of Hospitalisation of the Newborn Child, and:

- Reside in Portugal or are treated as residents;
- Whose household movable assets (bank deposits, shares, bonds, postal savings certificates, securities and units in collective investment institutions) do not exceed the value of EUR 105.341,40 [240 times social support index (IAS – *Índice dos Apoios Sociais*) value] on the date of the application submission;
- Whose monthly income per household member is equal to or lower than EUR 354,56 (80 % of the IAS value). The IAS value in 2022 corresponds to EUR 443,20

You may find more information on this subject on the Social Security Portal:

[Subsídio social específico por internamento hospitalar do recém-nascido \(Specific social allowance in case of hospitalisation of the newborn child\)](#)

What is the Primary Informal Caregiver Allowance (*Subsídio de Apoio ao Cuidador informal principal*)?

It is an allowance granted to primary informal caregivers.

Who is entitled to the Primary Informal Caregiver Allowance?

People who have been recognised as primary informal caregivers and who reside in one of the municipalities covered by the identified pilot projects.

You may find more information on this subject on the Social Security Portal: Subsídio de apoio ao cuidador informal principal (Support allowance for the primary informal caregiver).

What is the Family Benefit for Children and Young People (*Abono de Família para Crianças e Jovens*)?

It is a monthly cash benefit aimed to support families in the care and education of their children and young people and whose amount is determined according to the household income level, which varies according to the household reference income and the year to which it concerns.

Who is entitled to the Family Benefit for Children and Young People?

Children and young people:

- who reside in Portugal or are treated as residents i.e., foreign citizens not covered by an international agreement or Community legislation;
- Foreign citizens with a valid residence permit in Portugal. Other acceptable permits are: temporary protection permit, stay permits and respective renewals (the assessment must be carried out on a case-by-case basis):
 - a) Whose household movable assets (bank accounts, shares, bonds) do not exceed the value of €105,314.40 at the date of the application submission;
 - b) Whose families reference income is below the threshold value;
 - c) Who are accommodated in social support establishments;
 - d) Young people who are not working, unless the work is carried out under an employment contract during school holidays.

You may find more information on this subject on the Social Security Portal: [Abono de Família para Crianças e Jovens \(Family Benefit for Children and Young People\)](#)

What is the Scholarship (*Bolsa de Estudo*)?

It is a monthly cash benefit aimed to combat school dropout, improve the qualification of school-age young people and compensate for the increased costs with compulsory attendance of the secondary level of education or equivalent.

Who is entitled to a scholarship?

The student enrolled in the secondary level of education or equivalent and who cumulatively fulfils the following conditions is entitled to a scholarship:

- His/her household reference income corresponds to the 1st or 2nd income level of the family benefit for children and young people;
- Is enrolled in and attending the 10th, 11th or 12th school grade or equivalent;
- Is aged under 18. If the student completes this age during the school year, he/she continues to be entitled to the scholarship until the end of the school year;
- Successfully completes the school grades while attending the secondary level of education or equivalent.

You may find more information on this subject on the Social Security Portal: Bolsa de Estudo (Scholarship)

What is the Sickness Benefit (*Subsídio de Doença*)?

This benefit is granted to the beneficiary to compensate for the loss of earnings resulting from his/her temporary absence from work due to sickness.

Sickness is considered to be any morbid, evolving situation, not resulting from an occupational cause or an act under the responsibility of a third party for which compensation is due, which determines incapacity for work.

What are the sickness benefit entitlement conditions?

The person concerned must:

- Be in a situation of temporary incapacity for work certified by a physician from the competent health service;

- Have completed 6 calendar months, continuous or non-continuous, with earnings registration on the date of the sickness beginning and, if there are earnings registered in the month in which the sickness occurs, that month may also be taken into account, if necessary (qualifying period);
- Have completed the minimum working period (*Índice de profissionalidade*).

You may find more information on this subject on the Social Security Portal: [Subsídio de Doença \(Sickness allowance\)](#)

What is the Childcare Allowance (*Subsídio por Assistência a Filho/a*)?

It is a cash support granted to the father or mother to provide essential and urgent care to a child due to medically certified sickness or accident, provided that:

- Both parents are carrying out a professional activity and
- The other parent does not apply for this allowance for the same reason, or is unable to provide care to the child.

If the son/daughter is aged over 18, the childcare allowance granting also depends on whether he/she belongs to the beneficiary's household.

Who is entitled to the Childcare Allowance?

The beneficiary, at the time of the absence from work, must:

- Have completed the qualifying period of 6 calendar months with earnings registration. The qualifying period includes periods completed under other national or foreign social protection schemes covering this type of protection, including the civil servants' scheme;
- Have his/her contributory duties towards social security fulfilled at the date on which entitlement to the allowance is recognised — if the person concerned is covered by the voluntary social insurance scheme.

The Childcare Allowance granting also depends on the condition that the beneficiary takes the respective leave as provided for in the Labour Code, in the case of employees, or an equivalent period in other cases.

The termination or suspension of the employment contract does not affect the right to the childcare allowance during the period in which it is granted.

You may find more information on this subject on the Social Security Portal: Subsídio por Assistência a Filho/a (Childcare Allowance)

What is the Grandchild Care Allowance (*Subsídio para Assistência a Neto/a*)?

It is a cash benefit granted for the provision of urgent and essential care to a minor grandson/granddaughter or, regardless of age, a grandson/granddaughter with a disability or chronic disease due to sickness or accident.

This allowance is paid to grandparents or persons treated as such, if the parents work, are unable to provide care to the child, do not apply for this allowance for the same reason, and if no other family member of the same degree of kinship is absent from work to provide that care.

Who is entitled to the Grandchild Care Allowance?

The beneficiary, at the time of the absence from work, must:

- Have completed the qualifying period of 6 calendar months with earnings registration. The qualifying period includes periods completed under other national or foreign social protection schemes covering this type of protection, including the civil servants' scheme;
- Have his/her contributory duties towards social security fulfilled at the date on which entitlement to the allowance is recognised — if the person concerned is covered by the voluntary social insurance scheme.

The Grandchild Care Allowance granting also depends on the condition that the beneficiary takes the respective leave as provided for in the Labour Code, in the case of employees, or an equivalent period in other cases.

The termination or suspension of the employment contract does not affect the right to the grandchild care allowance during the period in which it is granted.

You may find more information on this subject on the Social Security Portal: [Subsídio por Assistência a Neto/a \(Grandchild Care Allowance\)](#)

What is the Temporary Disability Benefit (*Incapacidade Temporária*)?

It is a cash benefit paid to a worker who is suspected to have an occupational disease. This benefit is paid for a limited period and is aimed to compensate the person concerned for the loss or reduction of his/her working or earning capacity resulting from that disease.

Who is entitled to the Temporary Disability benefit?

- Employees, with the exception of civil servants;
- Self-employed persons (issuing green receipts/invoices or individual entrepreneurs) who pay Social Security contributions;
- Domestic service workers, provided that they are registered as employees in the Social Security system;
- Members of the Voluntary Social Insurance Scheme, provided that they pay 0,5 % of the respective contributions amount for the occupational disease contingency.

You may find more information on this subject on the Social Security Portal: [Incapacidade temporária \(Temporary disability\)](#)

What are Benefits in Kind (*Prestações em Espécie*)?

Benefits in kind are benefits of a medical, surgical, pharmaceutical or hospital nature and of any other nature, provided that they are necessary and adequate to restore the health state of the occupational patient and his/her work or earning capacity to be able to return to the working life.

Persons with an occupational disease certified by the Department for Protection against Occupational Risks (DPRP – *Departamento de Proteção contra os Riscos Profissionais*) may claim the reimbursement of expenses aimed at restoring their health and work capacity.

Who is entitled to Benefits in Kind?

To be entitled to this compensation, the beneficiary must:

- Have an occupational disease recognised by the Department for Protection against Occupational Risks [with the exception of civil servants, who, in the event of an occupational disease, are covered by the Civil Servants Pension Fund (*Caixa Geral de Aposentações*)];

- Submit a medical statement justifying the need for medical treatment, equipment, etc. (e.g., before undergoing spa treatments, the person concerned must submit a medical statement indicating the number of treatments, the place where these treatments will be provided and if he/she needs to be accompanied by another person).

You may find more information on this subject on the Social Security Portal: *Prestações em espécie* (Benefits in kind).

- 3 continuous or non-continuous calendar years with earnings registration;
- 36 months with earnings registration — beneficiaries covered by the voluntary social insurance scheme.

What is the Allowance for Care provided by a Third Party (*Subsídio por Assistência de Terceira Pessoa*)?

It is a monthly cash benefit aimed to compensate families with descendants entitled to the family benefit for children and young people and the supplement for disabled children, who are in a dependency situation and need permanent care from a third party.

Who is entitled to the Allowance for Care provided by a Third Party?

Contributory scheme

Entitlement conditions of the beneficiary who takes care of the disabled child or adult:

- To have earnings registered in the Social Security system (with contributions paid) in the first 12 months of the last 14 as of the date of the application submission (qualifying period).

This condition does not apply to:

✓ Pensioners;

✓ Pensioners from the Department for Protection against Occupational Risks (DPRP – *Departamento de Proteção contra os Riscos Profissionais*) with a permanent disability equal to or higher than 50%.

Entitlement conditions of the disabled person:

- He/she must receive the family benefit for children and young people and the supplement for disabled children;
- He/she must be in a dependency situation.
- The person is considered to be in a dependency situation if, due exclusively to his/her disability, he/she:
- Is unable to meet the basic needs of daily life autonomously (in what concerns food, locomotion and personal hygiene care);
- needs permanent care from another person for at least 6 hours a day.

The care may be provided by any person, by more than one person and within the scope of home support services.

The certification of the dependency situation is carried out by the Disability Assessment System (SVI – *Sistema de Verificação de Incapacidades*) of the District Centre of the Social Security Institute, I.P., which covers the residence area of the descendant.

- He/she does not carry out a professional activity covered by a mandatory social protection scheme;
- He/she lives under the care of the beneficiary.

Family members under the beneficiary's care and living in the same household:

- single descendants;
- married descendants with a monthly income of less than EUR 423,58 (2 x the social pension amount);
- legally separated, divorced or widowed descendants, with a monthly income of less than EUR 211,79 (the social pension amount).

Non-contributory scheme (people not covered by any social protection system and who are in a situation of economic need)

To be entitled to the allowance, it is necessary that:

- The dependent person or the respective household fulfils one of the following means-testing conditions:
 - √ Monthly gross income equal to or lower than EUR 175,52 [corresponding to 40% of the Social Support Index (IAS) value], provided that the income of the respective household is not higher than EUR 658,22 (1,5 x IAS) or
 - √ Household income per family member equal to or lower than EUR 131,64 [30% of the Social Support Index (IAS) value] and the family is at risk or in a situation of social dysfunction.
IAS value/2022 = EUR 443,20.
- The dependent person does not carry out a professional activity covered by a mandatory social protection scheme.

The Allowance for Care provided by a Third Party is not granted if the permanent care is provided in public or private, non-profit health or social support establishments, financed by the State or by other legal persons governed by public or private law and of public interest.

You may find more information on this subject on the Social Security Portal: [Subsídio por Assistência de Terceira Pessoa \(Allowance for Care provided by a Third Party\)](#)

What is the Long-term Care Supplement (*Complemento por Dependência*)?

It is a cash benefit granted to the following citizens who are in a dependency situation and need the help of another person to meet the basic needs of daily life:

- Invalidity, old-age and survivors pensioners from the social security general scheme and the voluntary social insurance scheme;
- Old-age and survivors pensioners from the non-contributory scheme and similar schemes;
- Beneficiaries of the social benefit for inclusion;
- Beneficiaries who are not pensioners from the above-mentioned schemes and who suffer from a disease which may give them entitlement to the special invalidity pension.

You may find more information on this subject on the Social Security Portal: [Complemento por dependência \(Long-term care supplement\)](#).

What is the Increase in the Amount of the Family Benefit for Children and Young People with Disabilities (*Bonificação do Abono de Família para Crianças e Jovens com Deficiência*)?

The increase in the amount of the family benefit for children and young people with disabilities is granted when, due to loss or congenital or acquired anomaly, of psychological, intellectual, physiological or anatomical structure or function, the child or young person needs pedagogical or therapeutic support.

You may find more information on this subject on the Social Security Portal: [Bonificação por deficiência \(Increase in the amount of the family benefit for children and young people with disabilities\)](#)

What is the Social Benefit for Inclusion (*Prestação Social para a Inclusão*)?

This benefit is granted to national and foreign citizens, refugees and stateless persons, legally resident in Portugal and who suffer from a disability, whose incapacity degree is equal to or higher than 60%.

You may find more information on this subject on the Social Security Portal: [Prestação Social para a Inclusão \(Social benefit for inclusion\)](#)

What is the Allowance for the Attendance of Special Education Establishments (*Subsídio de Educação Especial*)?

It is an allowance of cost sharing nature aimed at children and young people with permanent disabilities, aged up to 24, to compensate for the costs arising from the attendance of suitable establishments or individual support provided by a specialised technician.

You may find more information on this subject on the Social Security Portal: [Educação Especial \(Special Education\)](#)

What is the Allowance for the Care of a Child with a Disability, Chronic Illness or Cancer (*Subsídio para Assistência a Filho/a com deficiência, doença crónica ou doença oncológica*)?

This benefit is granted to the father or mother, or another person entitled to parental allowances, to provide care to a child with a disability, chronic illness or cancer, who belongs to the same household, if the other parent is working and does not apply for the allowance for the same reason or is unable to provide care.

You may find more information on this subject on the Social Security Portal:

Subsídio para assistência a filho com deficiência, doença crónica ou doença oncológica (Allowance for the care of a child with a disability, chronic illness or cancer)

What is the Unemployment Benefit (*Subsídio de Desemprego*)?

It is a cash benefit granted to unemployed beneficiaries to compensate for the lack of remuneration due to the involuntary loss of employment.

Who is entitled to the Unemployment Benefit?

People who:

- Reside in the national territory;
- Are in a situation of involuntary unemployment;
- Have the ability and availability to work;
- Are registered as job seekers at the employment centre of their residence area;
- Have completed the qualifying period of 360 days of work as an employed person with earnings registration in the 24 months prior to the unemployment date.

You may find more information on this subject on the Social Security Portal: [Subsídio de desemprego \(Unemployment benefit\)](#)

What is the Unemployment Social Benefit (*Subsídio Social de Desemprego*)?

It is a cash benefit granted to unemployed beneficiaries to compensate for the lack of remuneration due to the involuntary loss of employment, when they:

- Do not fulfil the entitlement conditions to the unemployment benefit, or
- Have already received the full unemployment benefit to which they were entitled (unemployment social benefit following the unemployment benefit).

What are the entitlement conditions to the Unemployment Social Benefit?

People who:

- Reside in the national territory;
- Are in a situation of involuntary unemployment;
- Have the ability and availability to work;
- Are registered as job seekers at the employment centre of their residence area;
- Fulfil the means-testing condition - They cannot:
 - hold movable assets (bank accounts, shares, investment funds, etc.) that exceed the value of EUR 105.314,40 [240 times the Social Support Index (IAS – *Indexante dos Apoios Sociais*) value] on the date of the application submission, and
 - the monthly income per household member cannot be higher than EUR 354,56 (80 % of the IAS value) on the date of unemployment (the income considered for this purpose is the most recent monthly income). The IAS value in 2022 corresponds to EUR 443,201.

You may find more information on this subject on the Social Security Portal: [Subsídio Social de Desemprego \(Unemployment Social Benefit\)](#)

What is the Partial Unemployment Benefit (*Subsídio de Desemprego Parcial*)?

It is a cash benefit granted to workers who have applied for or are receiving unemployment benefits and start working as employees under a part-time employment contract or as self-employed persons.

What are the entitlement conditions to the Partial Unemployment Benefit?

People who:

- Have applied for or are already receiving unemployment benefits;
- Are or will be carrying out a professional activity as employees on a part-time basis with a normal weekly working period shorter than the one practiced on a full-time basis in a comparable situation, provided that the remuneration amount is lower than the unemployment benefit amount, or
- Are or will be carrying out a professional activity as self-employed persons, provided that the value of the annual income from self-employment is lower than the unemployment benefit amount.

It is considered relevant for this purpose the income from self-employment corresponding to 70% of the value of services provided or 20% of the value of sales of goods and products, as well as of services provided within the scope of hotel and similar activities, catering and beverages, earned in the immediately preceding calendar year.

You may find more information on this subject on the Social Security Portal: [Subsídio de desemprego parcial \(Partial unemployment benefit\)](#)

What is the Old-age Pension (*Pensão de Velhice*)?

The old-age pension is a monthly payment aimed to protect the beneficiaries of the social security general scheme in old-age, replacing their work remuneration.

What are the entitlement conditions to the Old-age Pension?

This benefit is granted to the beneficiary who, on the date of the application submission, has reached the normal age for access to the old-age pension:

- 66 years and 5 months in 2020 and
- 66 years and 6 months in 2021.

If the person concerned is under the mentioned age, he/she may be entitled to an early old-age pension under certain conditions.

You may find more information on this subject on the Social Security Portal: [Pensão de velhice \(Old-age pension\)](#)

What is the Old-age Social Pension?

It is a monthly cash benefit paid to the beneficiaries who have completed the normal age of access to the old-age pension from the social security general scheme, which is 66 years and 6 months in 2021.

This pension is different from the old-age pension because it is aimed at beneficiaries who are not covered by any mandatory social protection system or have not paid sufficient social security contributions to be entitled to the old-age pension, i.e. they do not fulfil the qualifying period.

Who is entitled to the Old-age Social Pension?

- National citizens residing in Portugal;
- Foreign citizens residing in Portugal, covered by Social Security EU regulations (EU Member States, Iceland, Liechtenstein, Norway and Switzerland), and by international Social Security instruments in force in Portugal (Australia, Brazil, Cape Verde and Canada);
- Citizens who are not covered by any mandatory social protection scheme or by the transitional schemes for farm workers or, if covered, do not fulfil the qualifying periods for the access to the pension;
- Old-age or survivor's pensioners whose pension amount is lower than the social pension amount;
- Have a gross monthly income equal to or lower than EUR 175,52 for single persons, or EUR 263,29 for couples (corresponding to 40 % and 60 % of the social support index (IAS – *Indexante dos Apoios Sociais*) value, respectively – means testing).

You may find more information on this subject on the Social Security Portal: [Pensão Social de Velhice \(Old-age social pension\)](#)

What is the Solidarity Supplement for the Elderly (*Complemento Solidário para Idosos*)?

The Solidarity Supplement for the Elderly (CSI – *Complemento Solidário para Idosos*) is a monthly cash support paid to elderly people with low income, who have completed the normal age of access to the old-age pension from the social security general scheme, i.e., 66 years and 6 months, and are residing in Portugal.

What are the entitlement conditions to the Solidarity Supplement for the Elderly?

1. To have resources below the Solidarity Supplement for the Elderly threshold amount:
 - If the beneficiary is married or living in a *de facto* relationship for more than 2 years
 - The couple's resources must be lower than or equal to EUR 9202,60 per year and the resources of the person applying for the Solidarity Supplement for the Elderly must be lower than or equal to EUR 5258,63 per year;
 - If the beneficiary is not married or living in a *de facto* relationship for more than 2 years
 - His/her resources must be lower than or equal to EUR 5258,63 per year (2019 value).

2. To be residing in Portugal for at least 6 consecutive years before the date of the application submission (see FAQs — specific conditions for people who carried out their last activity outside Portugal).

You may find more information on this subject on the Social Security Portal: Complemento solidário para idosos (Solidarity supplement for the elderly).

What are Additional Health Benefits (*Benefícios Adicionais de Saúde*)?

Additional Health Benefits are supports aimed to reduce health expenses within the scope of two specific programmes:

1. Additional Health Benefits.

This programme allows the reimbursement of health expenses in the following situations:

- Purchase of medicines (part of the price not supported by the State) — financial participation of 50 %;
- Purchase of spectacles and lenses — financial participation of 75 % of the expense, up to a limit of EUR 100,00, for each period of two years;
- Purchase and repair of removable dental prostheses — financial participation of 75 % of the expense, up to a limit of EUR 250,00, for each period of three years.

2. National Oral Health Promotion Programme.

This programme allows the access to dentist/stomatologist appointments free of charge, through a dental cheque issued by the Family Physician. With the dental cheque, the beneficiary may choose the dentist/stomatologist from a list of Oral Health professionals associated with this programme, available at the Health Centre where the person is registered. Once the dentist/stomatologist has been chosen, the beneficiary must schedule the appointment and submit the respective dental cheque.

What is the Survivor's Pension (*Pensão de Sobrevivência*)?

It is a monthly cash benefit aimed to compensate the family members of the beneficiary for the loss of earnings resulting from the beneficiary's death.

What are the entitlement conditions to the Survivor's Pension?

The survivor's pension is granted if, at the time of death, the deceased beneficiary had fulfilled the qualifying period of:

- 36 months of contributions payment — Social Security General Scheme;
- 72 months of contributions payment — Voluntary Social Insurance Scheme.

You may find more information on this subject on the Social Security Portal: Pensão de sobrevivência (Survivor's pension).

What is the Death Grant (*Subsídio por Morte*)?

It is a lump-sum cash benefit paid to the family members of the beneficiary to compensate for the increased costs resulting from the beneficiary's death, with the aim of facilitating the reorganisation of family life.

What are the entitlement conditions to the Death Grant?

This benefit is granted to the family members of the deceased beneficiary:

- who is not required to have fulfilled the qualifying period under the Social Security General Scheme;
- who is required to have fulfilled 36 months of contributions payment — Voluntary Social Insurance Scheme.

You may find more information on this subject on the Social Security Portal: [Subsídio por Morte \(Death Grant\)](#)

What are Social Action Information and Support Services (*Atendimento de Ação Social*)?

In order to carry out its social protection mission, the Social Security Institute, PI (ISS, IP – *Instituto da Segurança Social, IP*) has a network of social action information and support services throughout mainland Portugal, with competences within the scope of social monitoring and support to people, families and groups who are in a social vulnerability situation.

The social action information and support services provide for the definition, conclusion, implementation and evaluation of an integration plan and possible granting of occasional cash supports.

You may find more information on this subject on the Social Security Portal: [Ação Social \(Social Action\)](#)

What is the National Social Emergency Line 144 (LNES – *Linha Nacional de Emergência Social*)?

It is a free nationwide public service line operating continuously and without interruption, aimed to protect and safeguard the security of citizens in a Social Emergency situation — 24 hours a day, 365 days a year — available via the telephone number 144.

Its main objective is to trigger an immediate social response to social emergency situations and ensure the access to subsequent social referral/monitoring, with a view to the integration and autonomy of the person/s concerned.

You may find more information on this subject on the Social Security Portal: [Linha Nacional de Emergência Social \(National Social Emergency Line\)](#)

What is the Social Security Telephone Service 300 502 502?

It is a customer information service line that reduces the distance between the citizen and Social Security, simplifies the information given about the Social Security services and clarifies the citizen's doubts, with direct answers.

Personalised Service timetable: working days from 9:00 am to 6:00 pm.

Automated Answering service timetable: 24 hours a day, 7 days a week.

You may find more information on this subject on the Social Security Portal: [Linha da Segurança Social \(Social Security Line\)](#)

What is the Social Security Online Service (SSD – *Segurança Social Direta*)?

The Social Security Online Service (SSD) is a direct, fast, effective, convenient and safe communication channel through which natural persons and companies may have access to Social Security services via the Internet without having to go to face-to-face customer information services.



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The main purpose is to provide a functional and proximity service to citizens and companies, according to their needs, in order to maximize their relationship and interaction with Social Security.

You may find more information on this subject on the Social Security Portal: [Segurança Social Direta \(Social Security Online Service\)](#)

What is the Appointment Scheduling service (*Atendimento por Marcação*)?

This service allows the scheduling of an appointment at the Social Security customer information services in a previously defined day and time. The appointment scheduling service allows the provision of Social Security information to the citizen on the day and time that best suits his/her availability, without having to remain in queues.

The appointment may be scheduled online or by phone. An appointment at the right time!

You may find more information on this subject on the Social Security Portal: [Atendimento por marcação \(Appointment scheduling\)](#)