

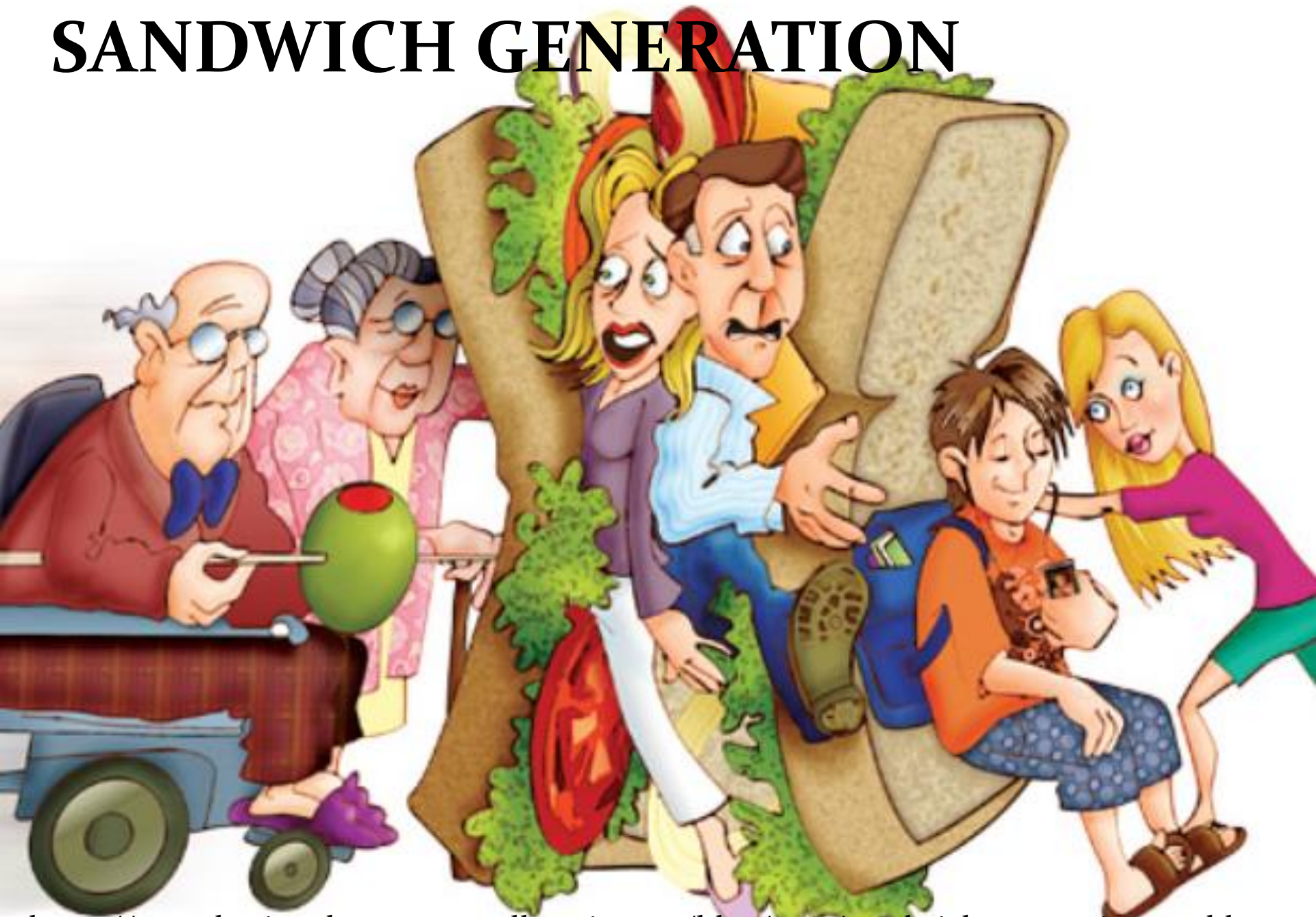


# OLDER PEOPLE AND COMMUNITY ACTIVITY

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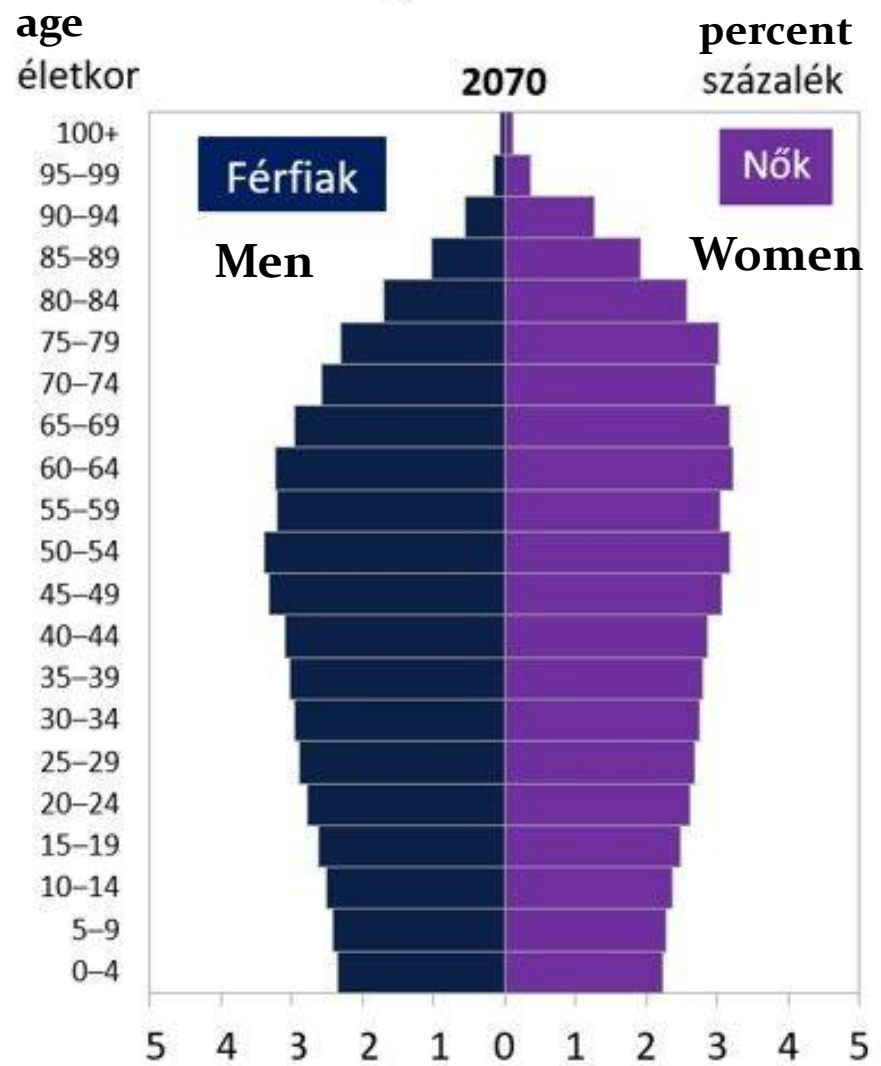
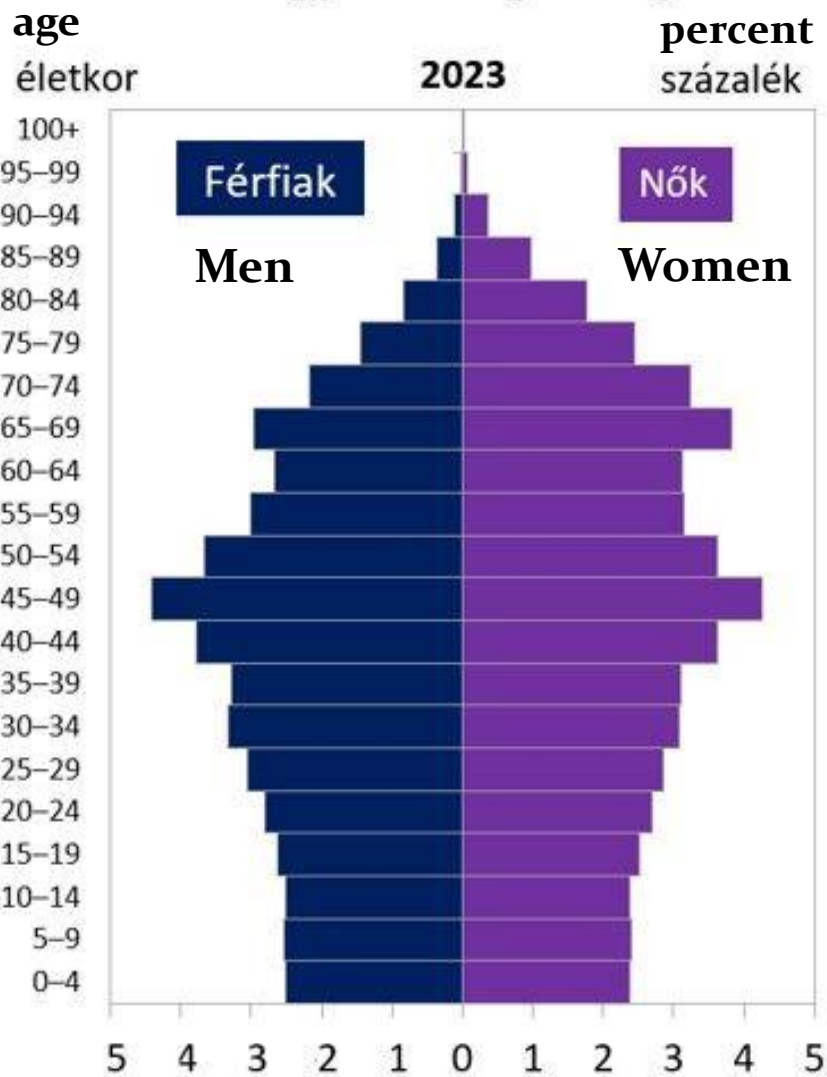


# SANDWICH GENERATION

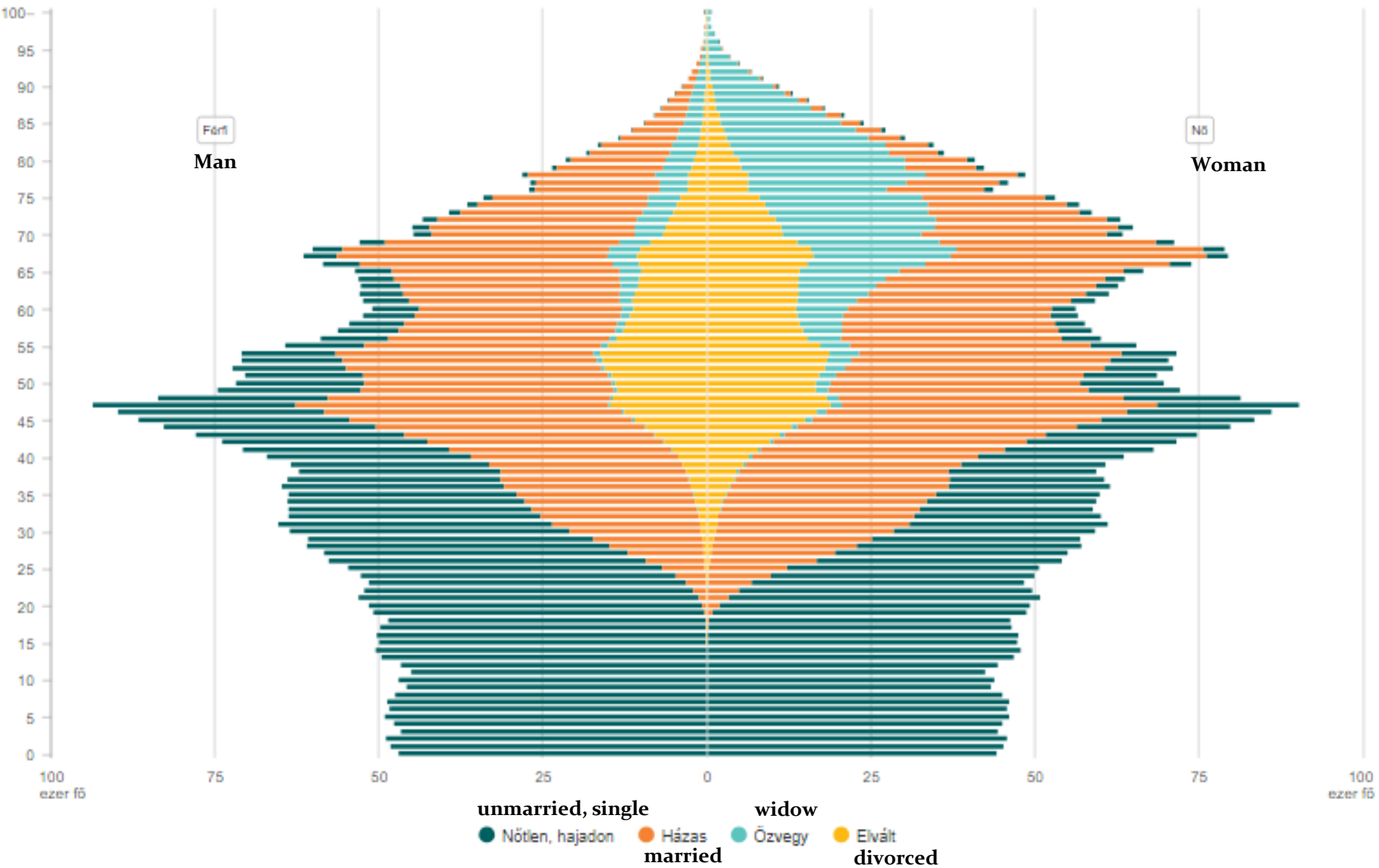


<https://www.horizonhomecareandhospice.org/blog/post/sandwich-generation-problems>

# Age structure of Hungary in 2023 and estimated age structure in 2070.



Forrás: KSH



veterans ~1925-1945



baby boomers ~1946-1964



Generation X ~1965-1985

# Stages of ageing (WHO)

slow-go

go-go

no-go

age of transition: 45/50 - 55/60 years

ageing: 60 - 75 years

old age: 75 - 90 years

age of old age: 90 - 100 years

Over 100 years: the age of Matusel

The "old"  
is a category that does not exist...





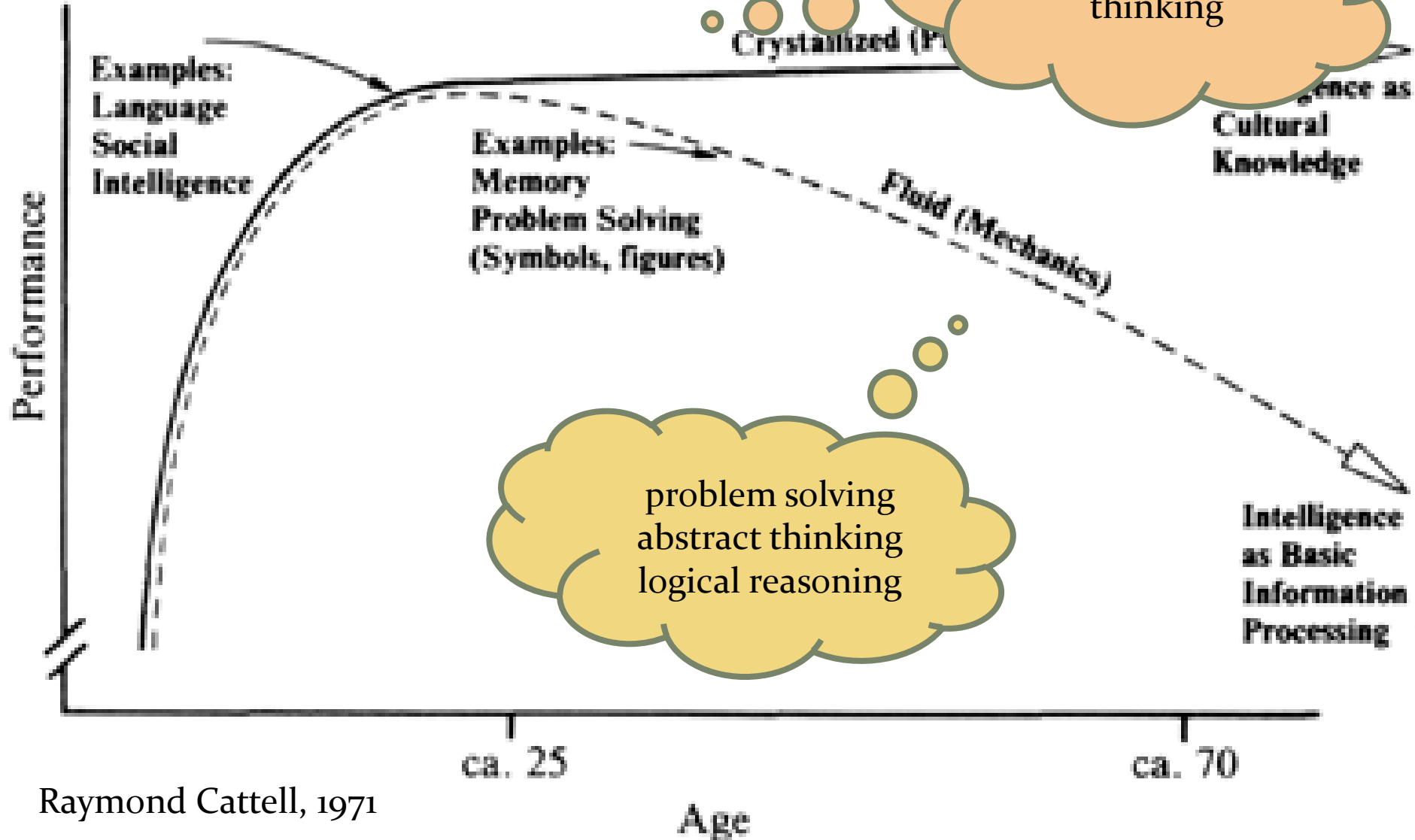
# Ageing

- biology, psychology, social
- factors (functional capacity)
- normal and abnormal lesions
- There is no uniform ageing pattern!
- "sustainable health" (Iván L.):  
the current homeostasis  
maintains its balance despite ageing
- the crucial role of personality



**Multidimensionality**  
**Multidirectionality**

**Different Forms**



ageing processes that vary from individual to individual

- individual characteristics: socialisation, life path, habitus, previous experiences
  - social inequalities
  - poverty, loneliness, Diseases
    - ageism

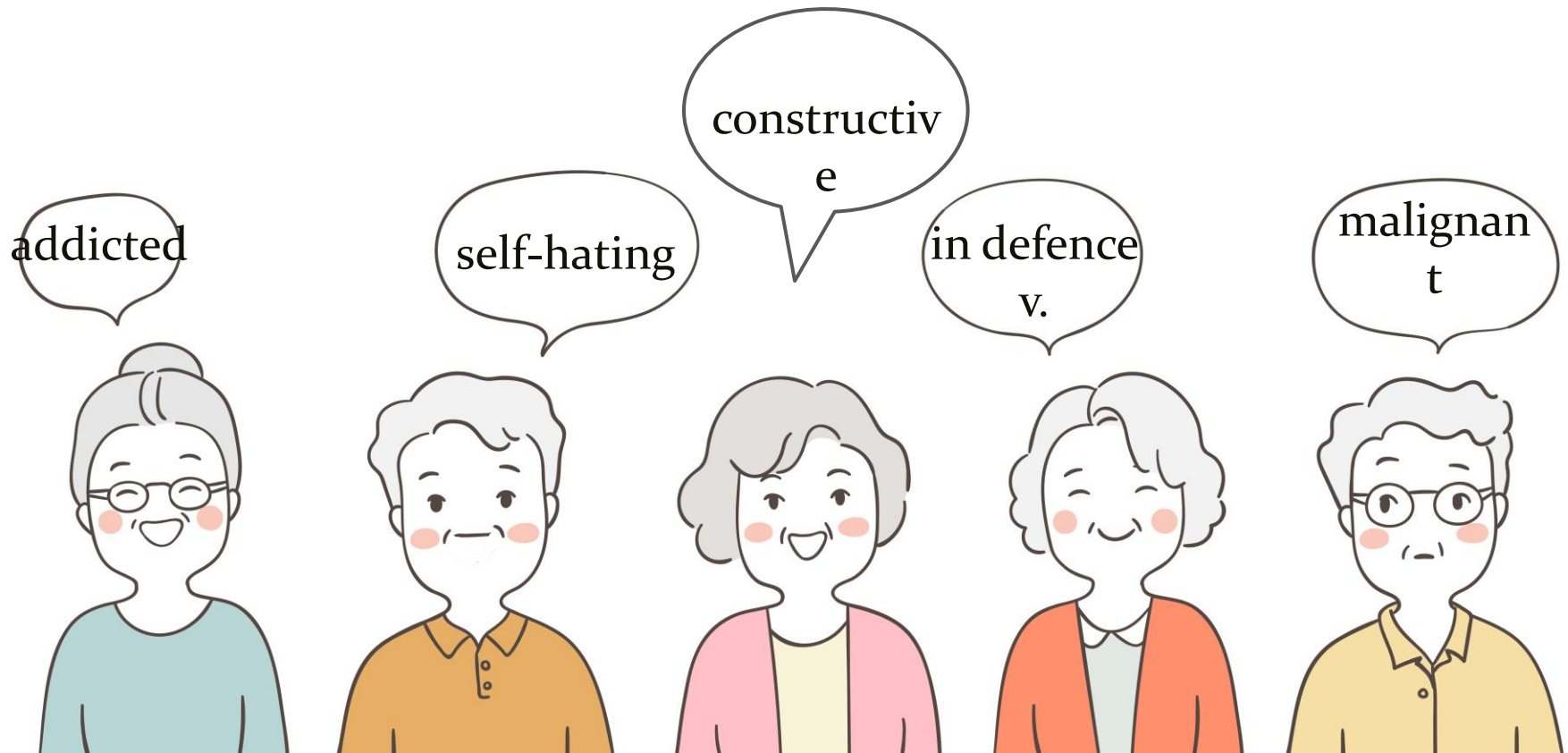


# dangers

- impoverishment
- addictions (drugs, alcohol, etc.)
- social isolation, exclusion, loneliness
- mental health problems (depression, dementia)



# ageing strategies (Bromley, 1972)



# Motivations in old age



need for communication, loneliness

keeping up with the changing world

desire to prove

a useful use of leisure time

common interest, profession

health reasons

# community activity



## Tradition or change?

- **veterans:** primarily to preserve tradition and stability
- **baby boomers:** taking a more active part in social change

## Community focus:

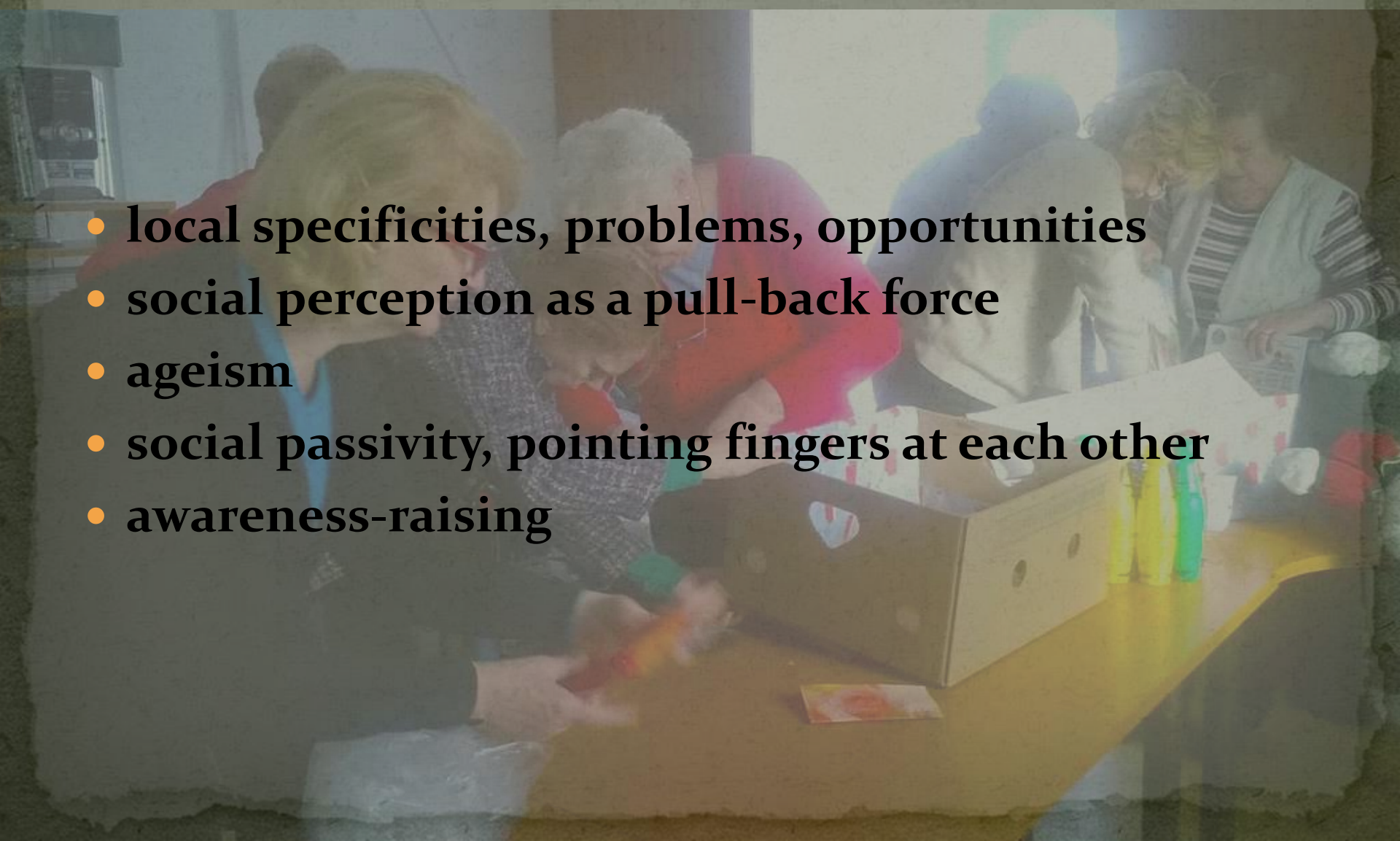
- **veterans:** local community events, religious organisations, top-down initiative
- **baby boomers:** broader social and political activism, more belief in grassroots organising


# barriers to community activity

- self-doubt
- fear of failure, shame
- lack of positive patterns
- lack of time
- Disease
- other access difficulties (travel, money, exclusion)
- lack of motivation, pessimism, depression




# SENIOR VOLUNTEERING

- local specificities, problems, opportunities
  - social perception as a pull-back force
  - ageism
  - social passivity, pointing fingers at each other
  - awareness-raising
- 
- A group of senior citizens are gathered around a table, engaged in a volunteer activity. They are looking at and sorting through various items, including boxes and papers. The scene is brightly lit, suggesting an indoor setting with large windows. The overall atmosphere is one of active participation and community service.



# **intergenerational programmes**

- knowledge transfer, skills development, personality development
- improving mental and physical health
- self-confidence and self-esteem



# **intergenerational programmes**

- **strengthening social cohesion**
- **breaking down prejudices and stereotypes**
- **solving community problems**

