

# GOLTC – International day of care and support 28 November 2025

## Rethinking the population ageing “timebomb”: Balancing the contribution and dependency of older people

**The Myth of Old Age:  
Addressing the Issue of  
Dependency and Contribution  
in Old Age Using Empirical  
Examples From the United  
Kingdom**

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ARTICLE

**The impact of demographic change in the  
balance between formal and informal old-age  
care in Spain. Results from a mixed  
microsimulation–agent-based model**

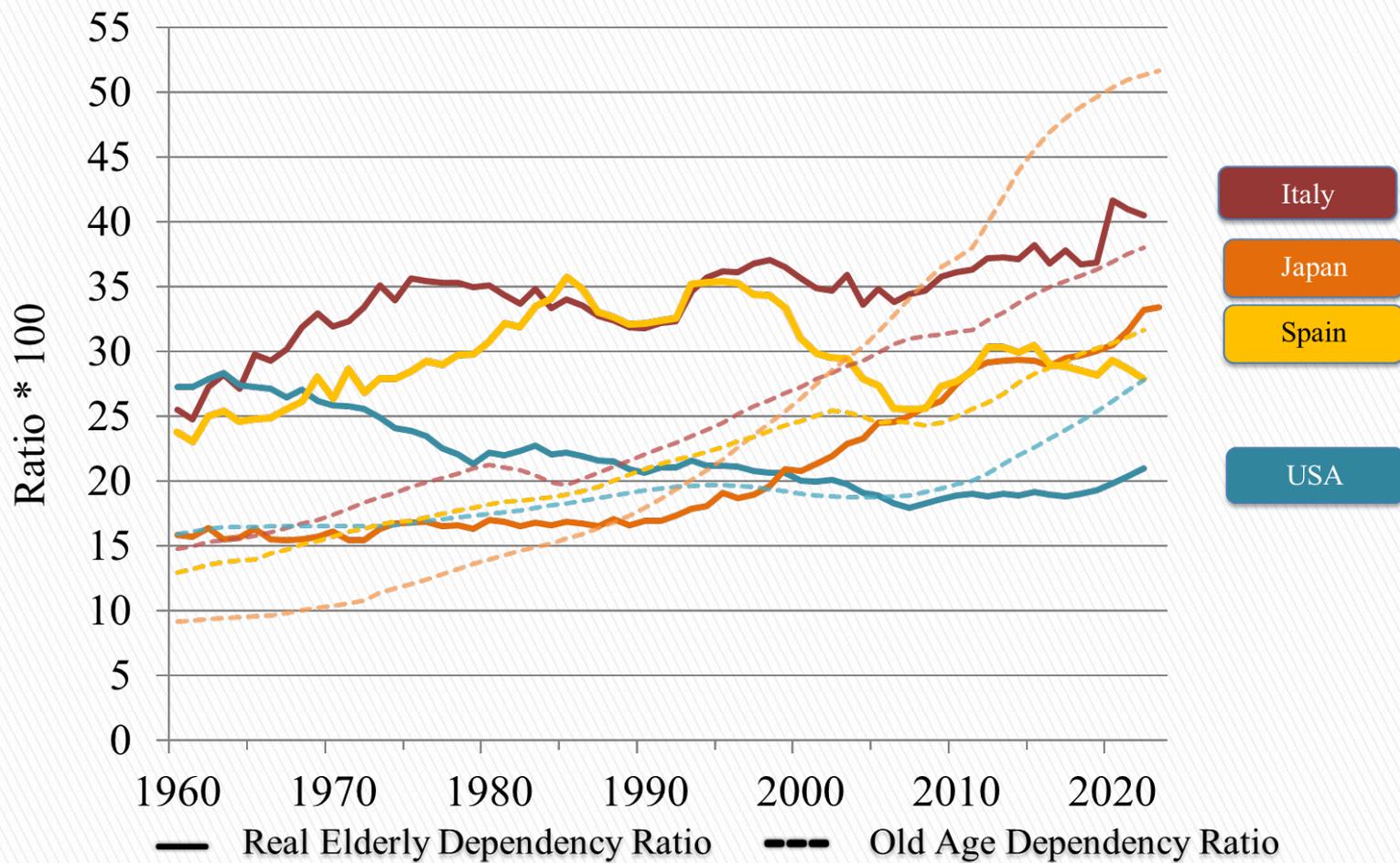


**Jeroen Spijker** (Ph.D.)

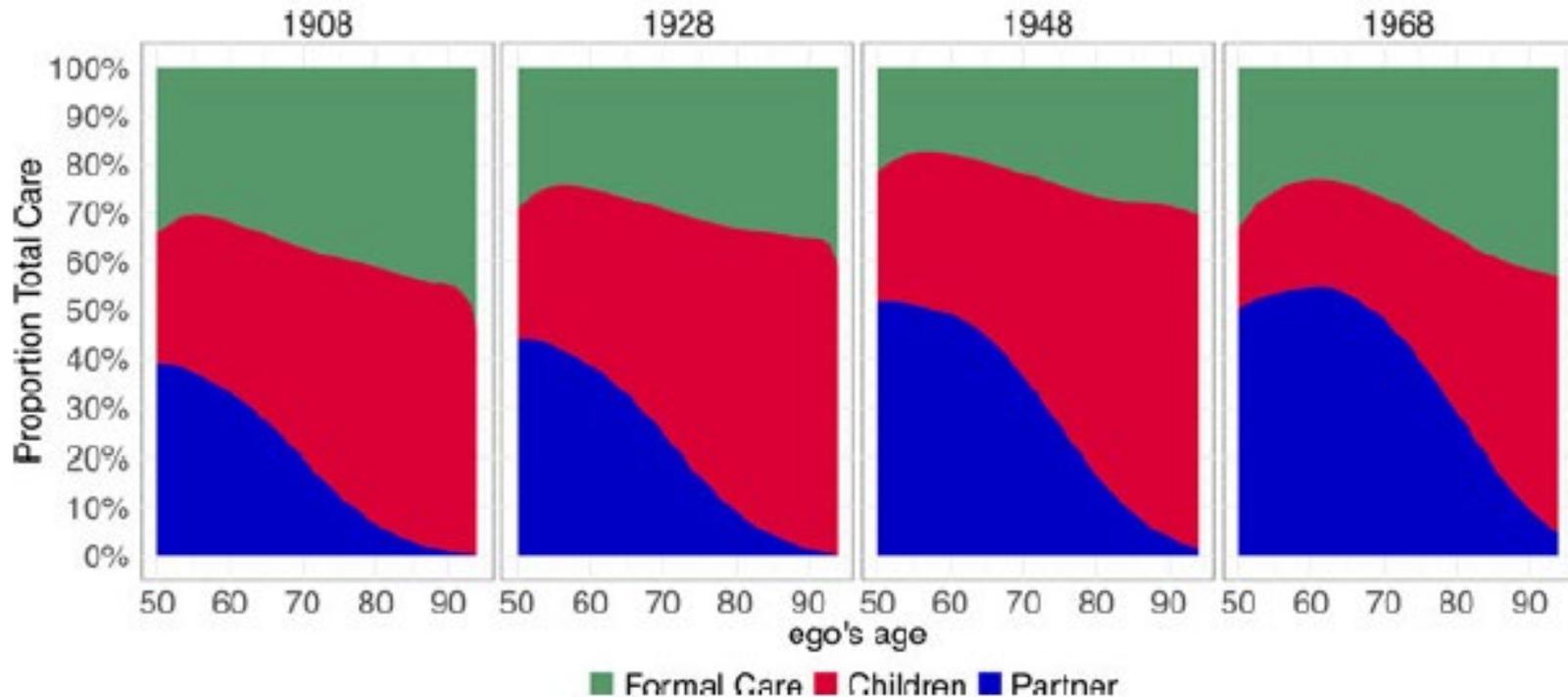
- ▶ *Senior researcher* at the International University of Catalonia (UIC- Barcelona), Spain
- ▶ [jjaspijker@uic.es](mailto:jjaspijker@uic.es)



# Real elderly dependency ratio and the OADR in various countries, 1960-2023.



The proportion of care needed by dependent egos that can be covered by the partner and children in Spain, according to their age and year of birth (1908, 1928, 1948 and 1968)



‘Formal Care’ refers to the number of hours of care that cannot be covered by direct family members and is considered to be mostly paid care. Authors’ calculations based on the results of the DemoCare simulation model

# Who does voluntary work?

**Table 1.** Participation in formal and informal volunteering at least once a month in England.

Age group	Volunteering	
	Formal (%)	Informal (%)
16–24	24	28
25–34	15	24
35–49	21	22
50–64	24	25
<b>65–74</b>	<b>29</b>	<b>34</b>
<b>75 and over</b>	<b>25</b>	<b>34</b>

Source: 2017–2018 Community Life Survey, Department for Digital, Culture, Media and Sport (DDCMS, 2018).

Values in bold represent population 65+.