



Scuola universitaria professionale
della Svizzera italiana



Wellbeing e inclusione sociale degli anziani: prospettive teoriche, questioni metodologiche ed evidenze empiriche

Scuola Universitaria Professionale della Svizzera Italiana
11 dicembre 2023 | 10:30

L'evento inizierà a breve

Ai sensi dell'art. 13 del Regolamento (UE) 2016/679 si comunica che l'evento sarà registrato, e che al termine dell'evento, al fine di renderne fruibili i contenuti ai terzi anche in momenti successivi, la registrazione audio-video può essere resa disponibile su uno o canali social del progetto e/o degli enti capofila e partner.



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SUPSI



PROGRAMMA

10.30-11:00 SALUTI E INTRODUZIONE

Stefano Cavalli [Scuola Universitaria Professionale della Svizzera Italiana]

Emanuela Sala [Università degli Studi di Milano-Bicocca]

11.00-11:30 WELLBEING E INCLUSIONE SOCIALE DEGLI ANZIANI: CONCETTI E MISURE

Daniele Zaccaria [Scuola Universitaria Professionale della Svizzera Italiana]

11.30-12:00 ANZIANI E VOLONTARIATO: UNA DISCUSSIONE CRITICA

Federica Cretazzo [Università degli Studi di Milano-Bicocca]

12:00-12:30 SFIDE NELLA MISURAZIONE DELLA PREVALENZA DELLA SOLITUDINE TRA GLI ANZIANI

Stefano Cereghetti [Scuola Universitaria Professionale della Svizzera Italiana]

12:30-14:00 LUNCH BREAK

14.00-14:30 INVECCHIAMENTO, ICT, PANDEMIA ED ESCLUSIONE SOCIALE: IMPULSO ALLA DIGITALIZZAZIONE E OCCASIONE MANCATA PER L'ALFABETIZZAZIONE DIGITALE NELLA POPOLAZIONE ANZIANA

Simone Carlo [Università degli Studi di Milano-Bicocca]

14:30-15:00 ANZIANI E DIGITAL PEER EDUCATION TRA INCLUSIONE SOCIALE E BENESSERE: ESPERIENZE, APPROCCI E RISULTATI

Dario Pizzul [Università degli Studi di Pavia]

15:00-15:30 CONCLUSIONI E SALUTI FINALI





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Federica Cretazzo

Older adults and volunteering: a critical discussion





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Age-it, A novel public-private alliance to generate socioeconomic, biomedical and technological solutions for an inclusive Italian ageing society, National Recovery and Resilience Plan (Ref. ID 2022-NAZ-0457, CUP: H43C22000840006).

The European Year of Voluntary Activities Promoting Active Citizenship (2011)

«**Volunteering** is a creator of human and social capital. It is a pathway to integration and employment and a key factor for improving social cohesion. Above all, volunteering translates the fundamental values of justice, solidarity, inclusion and citizenship upon which Europe is founded into action» (EC 2011, p. 2).

Unrevealing the theoretical puzzle on old-age volunteering

- * Social exclusion (Walsh et al. 2017, Walsh et al. 2021)
 - Civic exclusion as the lack of participation in the civic, political, or social sphere
 - Lack of involvement in voluntary activities, whether they be formal or informal
- * Social exclusion approach has a huge potential in detecting the dis-integration of individuals in society
 - Volunteering is a facilitator of social integration throughout the entire life course and in old age
 - Informal volunteering is beneficial and protective for the individual well-being



Strong shortcoming in theorizing the provision of informal care as involvement in informal volunteering

Unrevealing the theoretical puzzle on old-age volunteering

- * Formal volunteering (Piercy et al. 2011)
 - Involvement in clerical institutions or religious communities
 - Formal volunteering + strengthening social relationships + boosting individual wellbeing
- * Informal volunteering (Martinez et al. 2011)
 - Informal visits to sick friends or neighbours
 - Help friends or neighbours with transportation *vs.* cooking and house cleaning (men *vs.* women)



Crucial challenge in theorizing the involvement in informal volunteering toward needy non-family members

Unrevealing the theoretical puzzle on old-age volunteering

- * In our ongoing scoping review, we have been proposing the following conceptualisation of older carer

An older adult (i.e., aged 65 or over) who provides non-professional and unpaid continuous care (i.e., on a daily basis) (OECD 2018, p. 103) to someone, of any age, who cannot manage fundamental self-care and instrumental activities of daily living due to a chronic condition, disability, or impairment, who lives inside or outside its household (OECD 2019, p. 232), and with whom there is a social or family relationship, such as grandchildren, spouses, acquaintances, adult children, colleagues, friends, and neighbours (EUROCARERS 2023, Roth et al. 2015, p. 310, Triantafillou et al. 2010, p.11, Tur-Sinai et al. 2020, p. 3).



Theoretically soundness of the intrinsic normativity of the provision of informal care within the family

Raising a major methodological issue on old-age volunteering

- * The Survey of Health, Ageing and Retirement in Europe (SHARE) provides one question to measure (formal) volunteering

«Please look at card 43: which of the activities listed on this card - if any - have you done in the last twelve months?»

- Done voluntary or charity work
- Attended an educational or training course
- Gone to a sport, social or other kind of club
- Taken part in a political or community-related organization
- Read books, magazines or newspapers
- Did word or number games such as crossword puzzles or Sudoku
- Played cards or games such as chess
- None of these

Raising a major methodological issue on old-age volunteering

- * The Survey of Health, Ageing and Retirement in Europe (SHARE) provides more than one question to measure **(informal) volunteering**

«Now I would like to ask you about the help you have given to others. Please look at card 29. In the last twelve months, have you personally given any kind of help listed on this card to a family member from outside the household, a friend or neighbour?»

- Yes

- No

Raising a major methodological issue on old-age volunteering

- * The Survey of Health, Ageing and Retirement in Europe (SHARE) provides more than one question to measure (informal) volunteering

«Which [other] family member from outside the household, friend or neighbour have you helped [most often] in the last twelve months?»

- Spouse/Partner
- Mother
- Father
- Mother-in-law
- Father-in-law
- Stepmother
- Stepfather
- Brother
- Sister
- Child
- Step-child/your current partner's child
- Son-in-law
- Daughter-in-law
- Grandchild
- Grandparent
- Aunt
- Uncle
- Niece
- Nephew
- Other relative
- Friend
- (Ex-)colleague/co-worker
- Neighbour
- Ex-spouse/partner
- Minister, priest, or other clergy
- Therapist or other professional helper
- Housekeeper/Home health care provider

Raising a major methodological issue on old-age volunteering

- * The Survey of Health, Ageing and Retirement in Europe (SHARE) provides more than one question to measure (informal) volunteering
 - «Please look at card 29. Which types of help have you given to this person in the last twelve months?»
 - Personal care, e.g. dressing, bathing or showering, eating, getting in or out of bed, using the toilet
 - Practical household help, e.g. with home repairs, gardening, transportation, shopping, household chores
 - Help with paperwork, such as filling out forms, settling financial or legal matters

Raising a major methodological issue on old-age volunteering

- * The Survey of Health, Ageing and Retirement in Europe (SHARE) provides more than one question to measure (informal) volunteering

«In the last twelve months, how often altogether have you given such help to this person? Was it...»

- About daily
- About every week
- About every month
- Less often

Raising a major methodological issue on old-age volunteering

- * The Survey of Health, Ageing and Retirement in Europe (SHARE) provides more than one question to measure **(informal) care**

«Let us now talk about help within your household. Is there someone living in this household whom you have helped regularly during the last twelve months with personal care, such as washing, getting out of out of bed, or dressing»?

- Yes

- No

Raising a major methodological issue on old-age volunteering

- * The Survey of Health, Ageing and Retirement in Europe (SHARE) provides more than one question to measure (informal) care

«Who is that?»

- Spouse/Partner
- Mother
- Father
- Mother-in-law
- Father-in-law
- Stepmother
- Stepfather
- Brother
- Sister
- Child
- Step-child/your current partner's child
- Son-in-law
- Daughter-in-law
- Grandchild
- Grandparent
- Aunt
- Uncle
- Niece
- Nephew
- Other relative
- Friend
- (Ex-)colleague/co-worker
- Neighbour
- Ex-spouse/partner
- Minister, priest, or other clergy
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Raising a major methodological issue on old-age volunteering

- * The Survey of Health, Ageing and Retirement in Europe (SHARE) is *in between* with respect to whether, and in which way, allows to measure the multidimensional and complex concept of **old-age volunteering**
 - ‘Exact match measures’ of formal volunteering (i.e., concept = measure)
Compelling empirical evidence on formal volunteering (e.g., Angermann 2011, Ehlers et al. 2011)
 - Heterogeneity of informal volunteering (i.e., blurred borderline between concepts ≠ measures)
The least scholarly attention on informal volunteering (e.g., Walsh et al. 2017, Walsh et al. 2021)



Complexity of informal volunteering poses a major methodological challenge to researchers

Prospect for future research on old-age volunteering

- * Disentangling the challenging and complex relationship between **informal volunteering** and informal care
 - Free will ≠ forced choice
 - Help ≠ care
 - Non-kin ≠ kin

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Thanks for your attention