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## Volunteerism and Older Adults

Last reviewed January 2023

### Volunteering and Well-Being Among Ageing Adults: A Longitudinal Analysis

<https://link.springer.com/article/10.1007/s11266-018-0041-8>

Studies have shown evidence of a positive relationship between volunteering and improved measure of mental and physical well-being. This study examines whether volunteering can buffer against the adverse effects of low self-esteem to increase psychosocial well-being in adults from mid- to later life. (PAID ACCESS)

### A Randomized Controlled Trial and Pragmatic Analysis of The Effects of Volunteering on the Health and Well-Being of Older People

<https://link.springer.com/article/10.1007/s40520-019-01241-3>

Volunteering among older adults has the potential to deliver health benefits to individuals, along with economic and social benefits to society. This study aims to assess the effects of commencing volunteering among older non-volunteers utilizing a randomized controlled trial approach. (PAID ACCESS)

### Benefits of Volunteering on Psychological Well-Being in Older Adulthood: Evidence from a Randomized Controlled Trial

<https://www.tandfonline.com/doi/abs/10.1080/13607863.2020.1711862>

This study notes that only some studies have examined the longitudinal benefits of volunteering. As such, they conducted four one-hour volunteering intervention sessions to promote volunteering among a group of older adults with limited volunteering experience and examined the impact of volunteering on depressive symptoms, meaning in life, general self-efficacy, and perceived autonomy. (PAID ACCESS)

### The Impact of Volunteering and Its Characteristics on Well-Being After State Pension Age: Longitudinal Evidence from the English Longitudinal Study of Ageing

<https://academic.oup.com/psychsocgerontology/article/76/3/632/5901801?login=true>

Volunteering after retirement has been found to benefit one's overall well-being. This study presents a longitudinal analysis of the well-being of volunteers, compared to non-volunteers, based on characteristics of the voluntary work in which they participate. (OPEN ACCESS)

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### Does Becoming a Volunteer Attenuate Loneliness Among Recently Widowed Older Adults?

<https://academic.oup.com/psychsocgerontology/article/73/3/501/3938841>

Loneliness has been found to be a significant public health concern, particularly for those who have lost a spouse through widowhood. This study examines whether becoming a volunteer at the time of widowhood is associated with a reduction of these risks. (PAID ACCESS)

### Aspects of Formal Volunteering that Contribute to Favourable Psychological Outcomes in Older Adults

<https://link.springer.com/article/10.1007/s10433-021-00618-6>

The objective of this study was to (1) examine the aspects of volunteering that predict improvements or declines in older people's psychological outcomes over time, and (2) assess the extent to which demographic characteristics and time spent engaging in informal volunteering moderate the relationship between aspects of volunteering and potential outcomes. (PAID ACCESS)

### Volunteering and Loneliness in Older Adults: A Parallel Mediation Model

<https://pubmed.ncbi.nlm.nih.gov/33878983/>

This study aimed to examine the relationship between participation in volunteer work and loneliness among older adults and explore the mediating role of perceived control and social self-efficacy in this association. (PAID ACCESS)

### Formal Versus Informal Volunteering and Well-Being: Does Volunteering Type Matter for Older Adults

<https://bristoluniversitypressdigital.com/view/journals/vsr/11/3/article-p317.xml>

With the extensive literature on volunteering and well-being among older adults, this study examines whether differences in volunteer engagement influence the relationship between volunteering and well-being outcomes among older adults. (PAID ACCESS)

### Volunteering and Subsequent Health and Well-Being in Older Adults: An Outcome-Wide Longitudinal Approach

<https://pubmed.ncbi.nlm.nih.gov/32536452/>

Evidence suggests a strong correlation between volunteering and favourable health and well-being outcomes. This study evaluates whether changes in volunteering are associated with subsequent health and well-being outcomes. (OPEN ACCESS)

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### Enhancing Older Adults' Well-Being and Quality of Life Through Purposeful Activity: A Systematic Review of Intervention Studies

<https://academic.oup.com/gerontologist/article/62/6/e317/6131479?login=true>

This review sought to determine the nature and effectiveness of purposeful activity interventions in older adults for well-being and quality-of-life outcomes. (PAID ACCESS)

### “Charity Begins at Home”: Informal Caring Barriers to Formal Volunteering Among Older People

<https://link.springer.com/article/10.1007/s11266-018-0017-8>

This qualitative study explores reasons for non-volunteering among older adults, focusing on those who attribute their non-volunteering to their existing helping communities. (PAID ACCESS)

### Volunteering in the Community: Potential Benefits for Cognitive Aging

<https://academic.oup.com/psychsocgerontology/article/73/3/399/4638261?login=true>

This review explores the potential benefits of volunteering in the community for older adults' cognitive functioning by taking an in-depth look at the relevant evidence. (OPEN ACCESS)