



AGEING IN HUNGARY

KINGA MILÁNKOVICS

19/03/2025

WWW.HEKATE.FOUNDATION

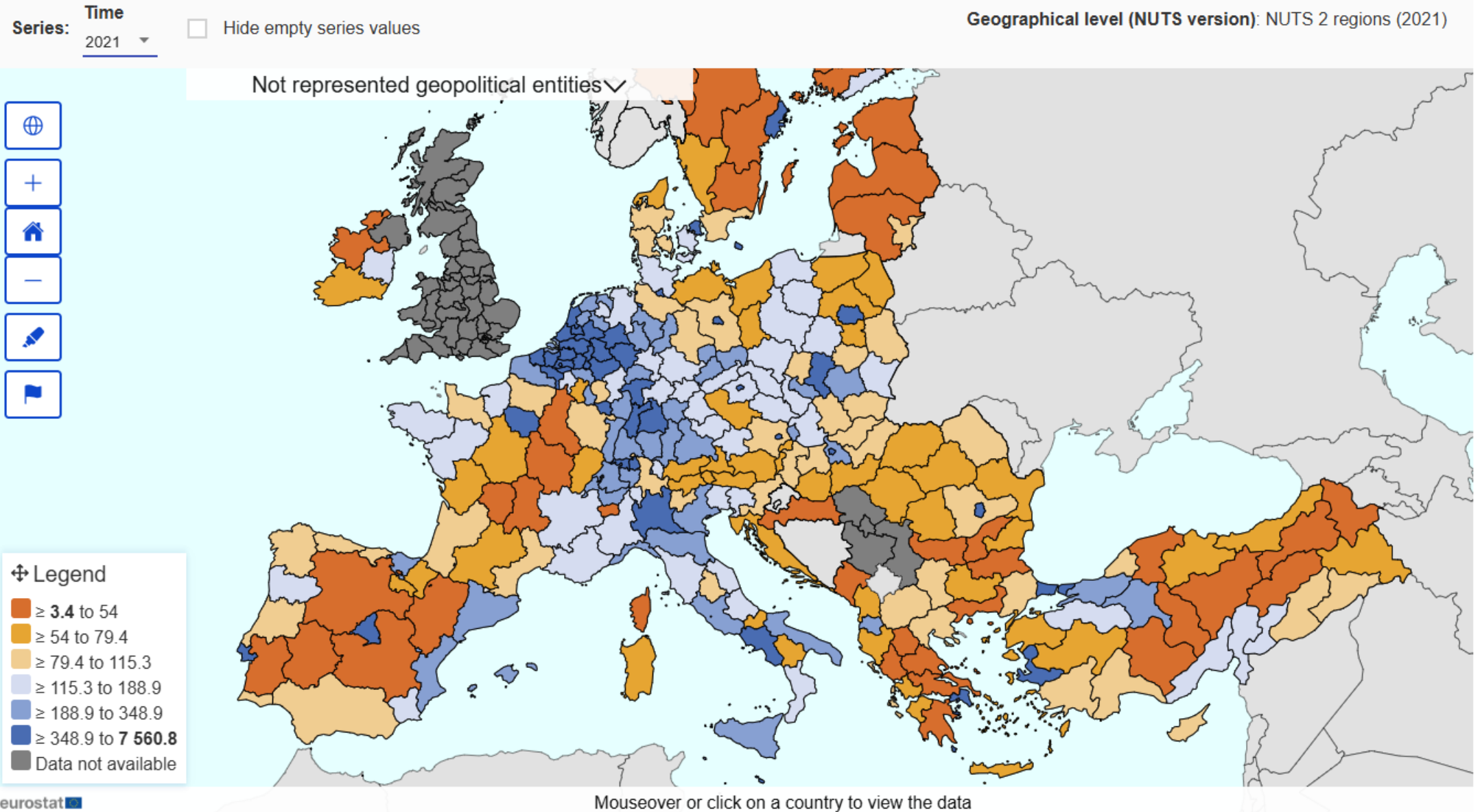


**CONSCIOUS
AGEING**
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Rural, urban vision



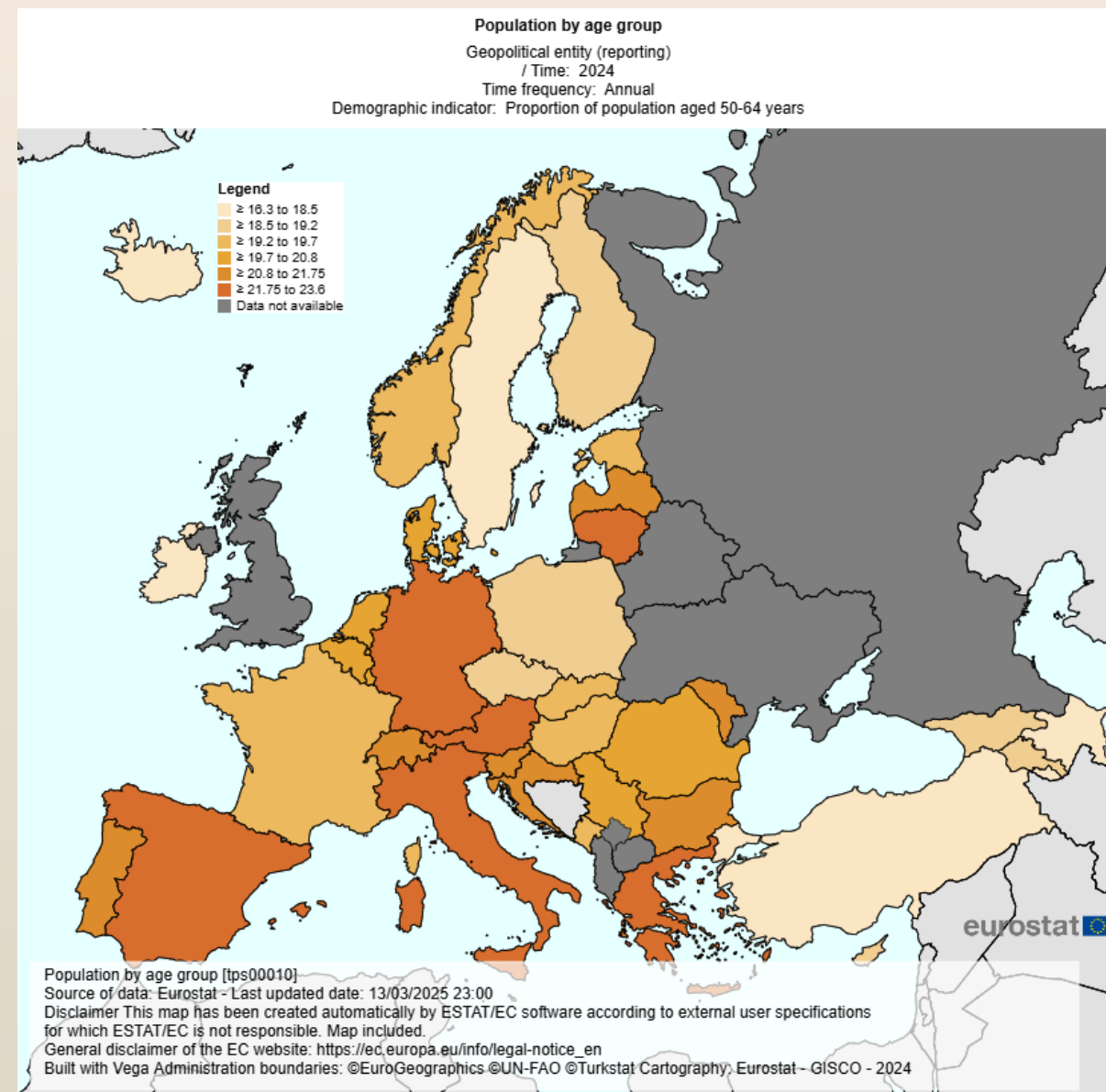
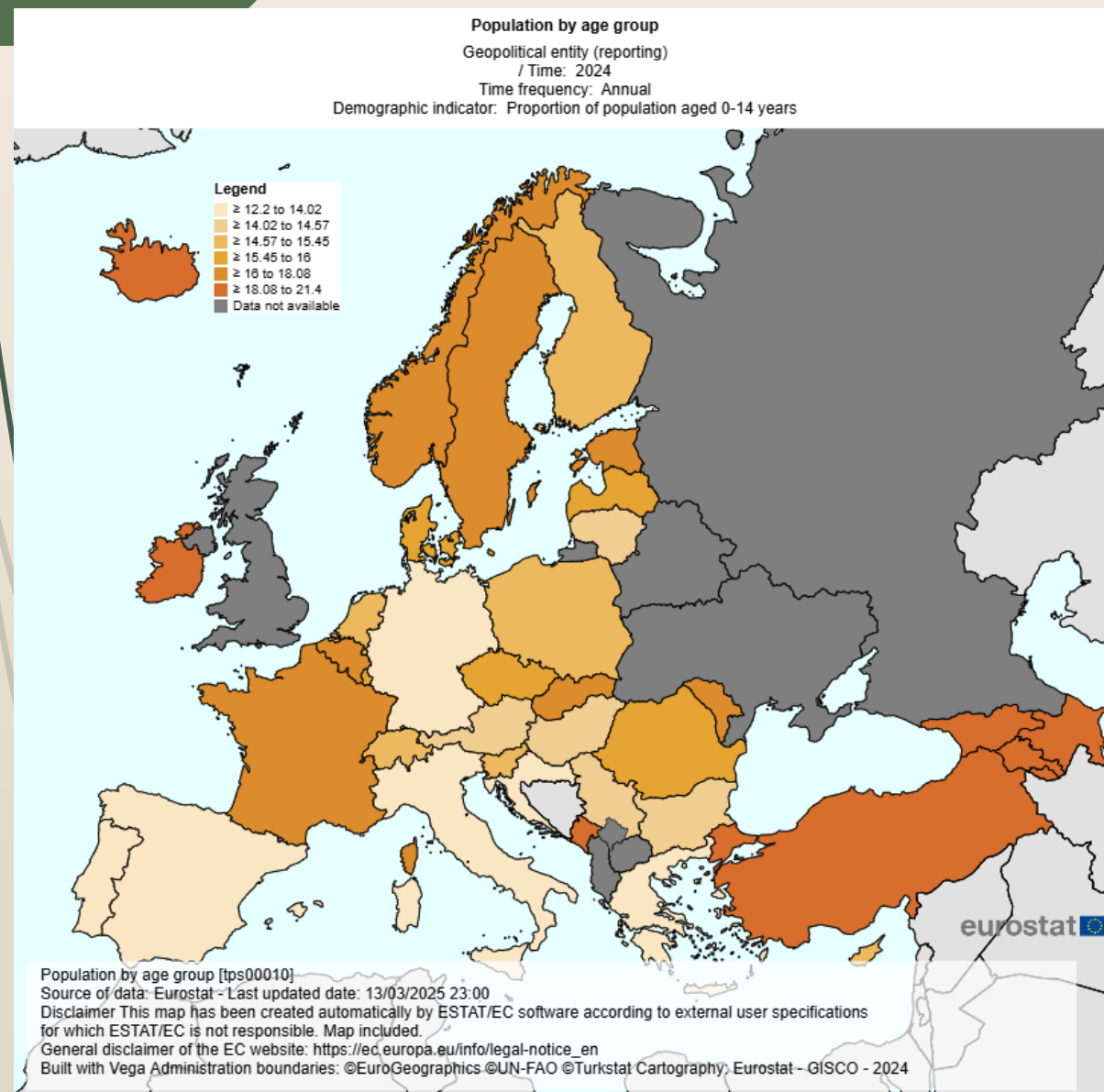
Population density by NUTS 2 region (persons/ km2)



Built with Vega Administration boundaries: ©EuroGeographics ©UN-FAO ©Turkstat Cartography: Eurostat - GISCO - 2024

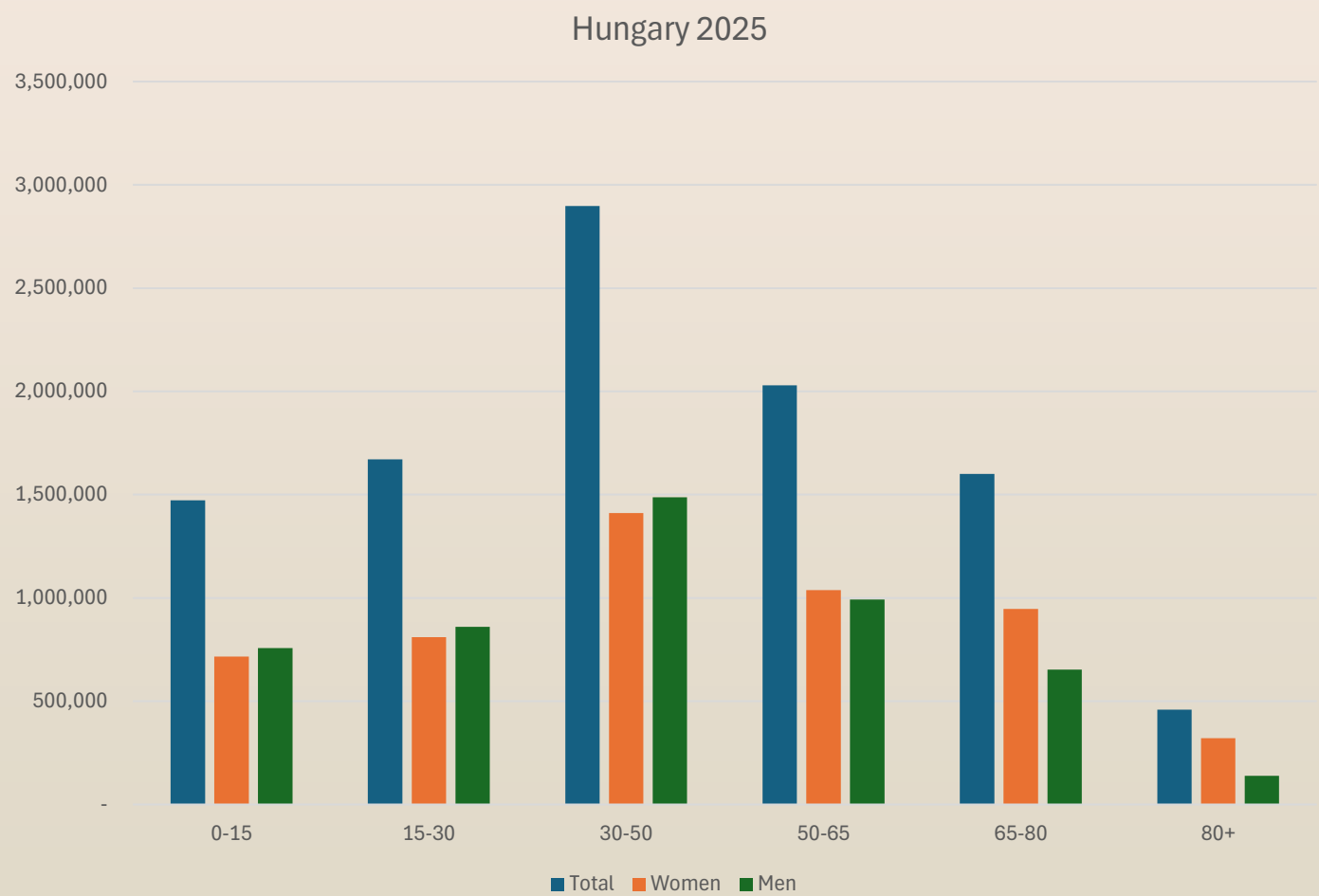
This map shows the statistical values per region: For values representing quantities, this map does not accurately depict the geographical distribution of the statistical variable.

Population by age group (persons/ km2)



Age cohorts (Hungary, 1 Jan 2025)

Age cohort 2025	Total	Women	Men
0-15	1,473,406	716,037	757,369
15-30	1,670,635	810,076	860,562
30-50	2,897,865	1,411,191	1,486,674
50-65	2,029,391	1,037,282	992,109
65-80	1,599,934	946,540	653,394
80+	459,829	320,304	139,525



Source: Hungarian Central Statistical Office

Level of the individual

Conscious Ageing Wheel



Macro level

Silver Economy sectors





Silver economy

„the grey gold”

Silver economy

Economic opportunities arising from the increasing public and consumer spending related to aging populations. It encompasses all economic activities, products, and services that cater to the needs and demands of people aged **50 and over**.

- Healthcare and pharmaceuticals
- Elderly care and assistive technologies
- Tourism and leisure for older adults
- Financial services and pension systems
- Smart homes and age-friendly housing
- Mobility and accessibility solutions

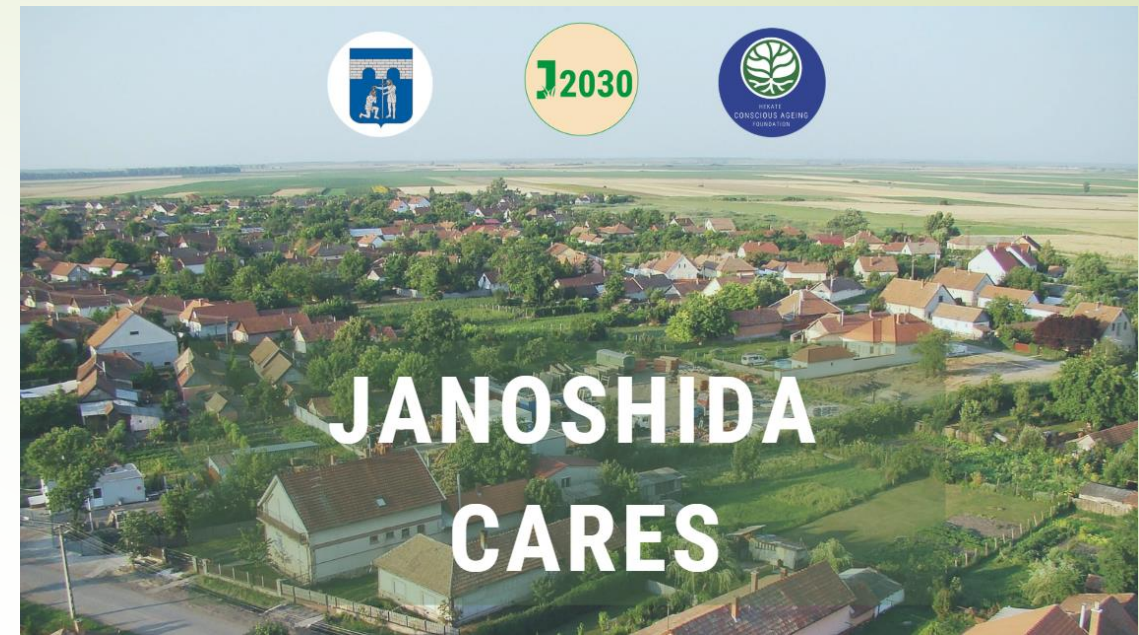
The European Commission sees the Silver Economy as a driver for **innovation, job creation, and economic growth**, given Europe's aging demographics. By 2070, around **30% of the EU's population** is expected to be 65 or older, making this sector increasingly significant.

- **2015:** contributed over €4.2 trillion to the EU's GDP and supported more than 78 million jobs.
- **2025 (Forecasted):** SE contribution will reach approximately €6.4 trillion, 32% of the EU's GDP, around 88 million jobs, which represents 38% of the Union's employment.

Source: https://publications.europa.eu/resource/cellar/2dca9276-3ec5-11e8-b5fe-01aa75ed71a1.0002.01/DOC_1

Jánoshida2030

- Complex regional development strategy
- „Caring communities”
- Social infrastructure development
- Elderly care
- Mother center, intergenerational cooperation
- Local food

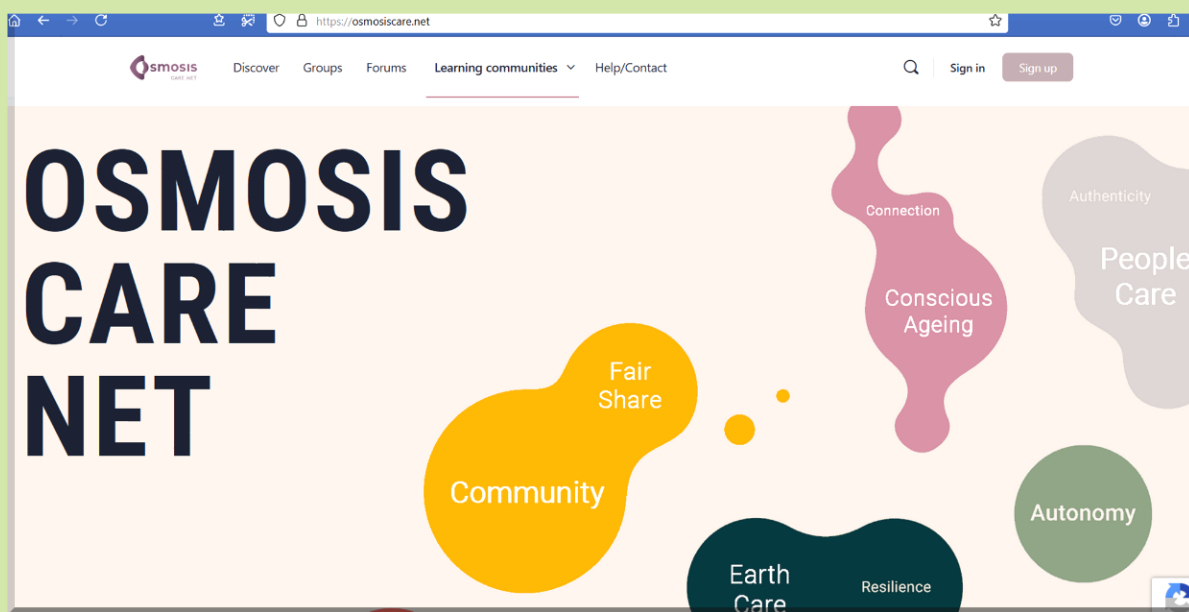




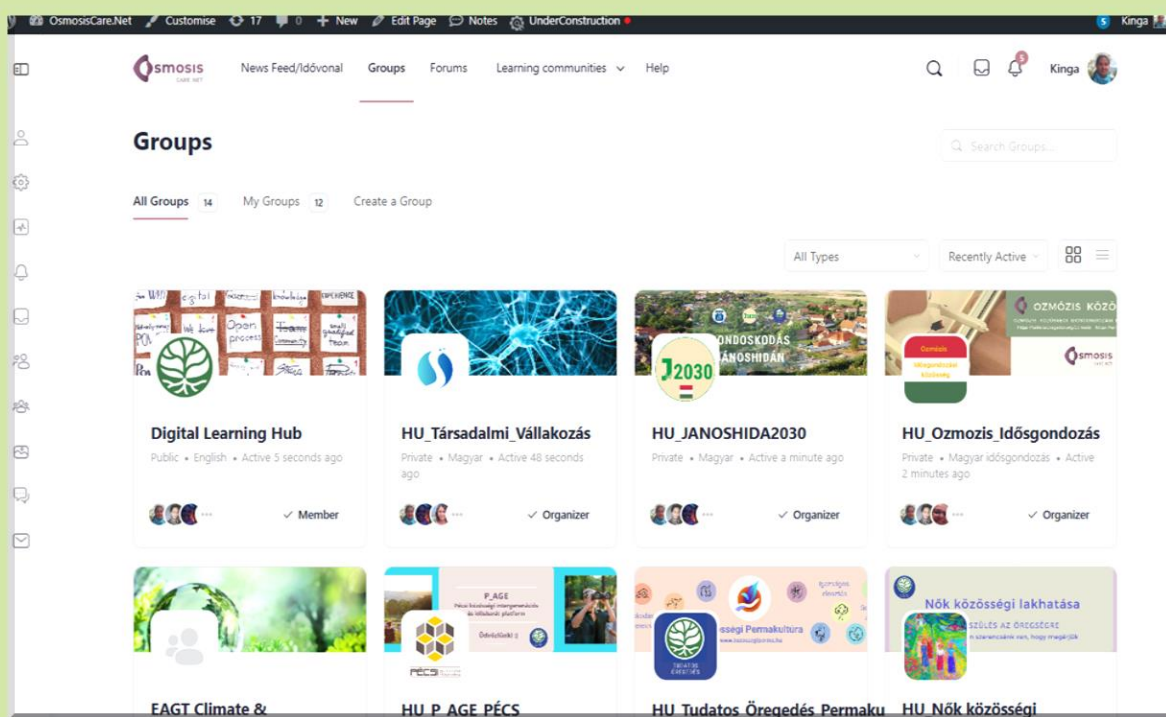


Alsómocsolád





Osmosis Community for Care



Active and Conscious Ageing as Opportunity

Representative research and training programme:
ageism, self-ageism, self-care



HALÉON



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CONSCIOUS AGEING
EUROPEAN NETWORK

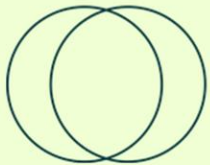
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[Community](#)

Ageing consciously, together

We are co-creating, developing, maintaining, and multiplying community-based solutions to multiple crises (care, climate, housing, mental health) at local, regional, and European levels simultaneously.

European Conscious Ageing Network (ECAN)



Network of Local Organisations

NGO's, Municipalities, SMEs, academics are working together for an actively ageing Europe.



Sustainable and Regenerative

Our work is based on the ethics of Permaculture: People Care, Earth Care, Fair Share



Intergenerational Dialogue

All generations coming together to create and build a new, more harmonious vision and future

Caring communities in Europe!



- ✓ People Care
- ✓ Earth Care
- ✓ Fair Share





Thank you!



www.hekate.foundation

Connecting
and
caring