

# Changed emigration as a remedy against depopulation

## Short abstract

Depopulation and population ageing are interlinked topics of great concern in many countries. To counteract the negative effects of these phenomena, increased fertility and/or increased immigration are often proposed as demographic solutions. However, substantial long-term fertility increases have proved difficult to achieve, and whereas increased immigration usually reduces ageing in the short-term, it may be politically controversial and have limited effects in the long term, because immigrants also age. However, in this discourse and at the national level, changed *emigration* is rarely mentioned.

This paper explores how changed emigration could mitigate the challenges of a country's ageing population. Using cohort-component methods, we create scenarios of future populations and old-age dependency ratios in Norway with reduced levels of emigration. We also estimate how much fertility and immigration would have to change to yield the same effects for population counts and ageing. By comparing how much these components would need to change to avoid population decline and limit the growth in future old-age dependency ratios – while discussing the opportunities of potential policies to substantially affect fertility, immigration, and emigration – we assess how realistic each of these demographic remedies to counteract depopulation and ageing may be.