



Seniors Volunteering

Ready to Volunteer? A Guide for Older Adults on Giving Back





Volunteering is a rewarding way to contribute to your community while making a positive impact.

Whether it's caring for animals, delivering groceries to a neighbour, helping at community events or participating in local environmental initiatives, your involvement can make a difference.

Volunteering provides a structured opportunity to connect with other, engage in meaningful activities, build a sense of community and belonging. In this way it reduces the risk of social isolation for many older people.

Experience the reward of giving back to your community through volunteering!

Why Volunteer?

A report from National Seniors Australia highlights that volunteering provides a profound sense of fulfillment and purpose. Getting involved keeps you active, helps build meaningful relationships, and supports causes that are close to your heart. Whatever amount of time you can spare, there are options to suit everyone.

Did you know?



27% of older Australians volunteer **up to 5 hours** a week



9% spend **10-20 hours** of their time.



12% contribute **5-10 hours** weekly.



2% commit **over 20 hours** each week.



Volunteering benefits those in need and enhances your physical and mental health and well-being, giving a sense of accomplishment and community connection.



The Benefits of Volunteering:

Getting involved in volunteering aids in building stronger communities and also provides a wealth of personal benefits.

Here are 9 key advantages of getting involved:

1. Boosts Mental Health

- Engaging in volunteer work keeps your mind active and can enhance your mood. Research shows it may even lower the risk of dementia.

2. Bridges Generational Gaps

- Interacting with younger generations fosters mutual respect and learning.

3. Combats Social Isolation

- Volunteering helps alleviate social isolation & loneliness, promoting connections that improve overall well-being.

4. Community Group Membership

- Builds community groups.

5. Cultivates New Skills

- Step outside your comfort zone and develop new skills through diverse volunteer opportunities.

6. Encourages Physical Activity

- Stay active through various volunteer roles, whether serving meals or cleaning up parks.

7. Fosters Friendships

- Meet like-minded individuals and build lasting friendships through shared volunteer efforts.

8. Provides Purpose

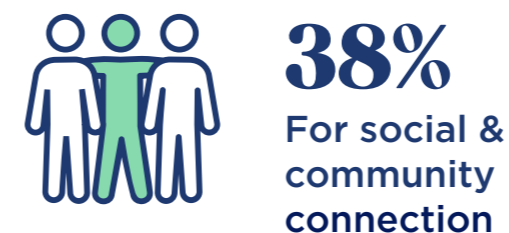
- As life changes, volunteering can reignite your sense of purpose and motivate you to pursue new goals.

9. Rekindles Hobbies

- Rediscover old passions by volunteering in areas you enjoy, like teaching or crafting.

Experience the reward of giving back while enriching your own life through volunteering!

Older Queenslanders are motivated to volunteer to:



How to Choose the Right Volunteer Opportunity

When considering volunteering, it's important to reflect on what works best for you.

Here are a few key questions to guide your decision:

How much time can you commit?

Volunteer opportunities vary in duration. Some are one-time events, while others require a weekly or monthly commitment. Decide what fits into your schedule to find the perfect opportunity.

Do you prefer virtual or in-person volunteering?

Many roles can be done from home, while others need in-person support. Consider what you're most comfortable with or find opportunities that offer a mix of both.

What are your interests and skills?

Think about what you enjoy and how you can apply your talents. When considering volunteer

opportunities, focus on activities that align with your strengths and provide flexibility. Think about how both your cognitive abilities - like problem-solving and communication - and your physical skills - such as endurance and coordination - can enhance your volunteering experience.

Finding the right fit ensures that your volunteer experience is both meaningful and enjoyable!

Finding Your Volunteer Opportunity

The ways in which older Queenslanders contribute to their community are through:



21.3%
Governance roles



12.7%
Other community contribution



10.7%
Administrative support



9.5%
Teaching or coaching



8.5%
Faith based or cultural support



Types of Volunteer Opportunities:

There are a wide range of volunteering opportunities available to suit your capacity to contribute:

Administrative Support

- Offer your skills by helping with office tasks for charities or non-profit organisations.

Advocacy Work

- Engage in campaigns for causes you care about, such as health, education, or the environment.

Animal Shelters

- Assist in caring for animals, cleaning, or walking dogs.

Arts and Crafts

- Lead or participate in craft-making sessions for children, seniors, or charity projects.

Charity Event Support

- Help organize or assist at fundraising events, fairs, or races.

Charity Shop Work

- Help out in thrift stores by sorting items, organising displays, or managing donations.

Community Service

- Join local community clean-up events or beautification projects

Delivering Meals

- Participate in programs like Meals on Wheels, delivering meals to those in need.

Driving

- Volunteer to transport individuals to appointments or deliver supplies for local organisations.

Friendly Visiting

- Spend time visiting or calling elderly or homebound individuals to provide companionship.

Gardening

- Contribute to community gardens or help maintain local parks and green spaces.

Hospital or Hospice Volunteering

- Provide comfort to patients by visiting, reading, or engaging in conversations.

Mentoring or Tutoring

- Help young people with their studies or offer guidance in career or life skills.

Teaching Classes

- Share your expertise by teaching a class in subjects like crafts, cooking, or computers.



There is a perfect volunteering opportunity waiting for you - start making a difference today.

Ready to Volunteer?

Take the next step today.

1. Contact a Volunteer Ambassador

Our Volunteer Ambassadors form a network dedicated to helping you find the right volunteering opportunity.

They will:

- Connect you with local organisations actively seeking volunteers.
- Discuss your interests, skills, and availability to identify suitable volunteer roles.
- Follow up with you to ensure you have the support and encouragement you need as you begin your volunteering journey.
- Provide resources such as websites, community boards, and local volunteer centres that list available opportunities in your area.

07 2145 8545

Email: info@seniors.org.au

2. Book into a “Get into Volunteering” Session

These sessions provide an overview of volunteering opportunities in your community, offering insights into the many ways you can contribute.

You’ll learn about different organisations and the important work they do, helping you find a cause that matches your interests and values. We’ll also cover what volunteering involves, including commitments, skills, and experiences you can gain.



By the end of the session, you’ll understand the various ways to get involved and have the knowledge and resources you need to take the next step.

07 2145 8545

Email: info@seniors.org.au

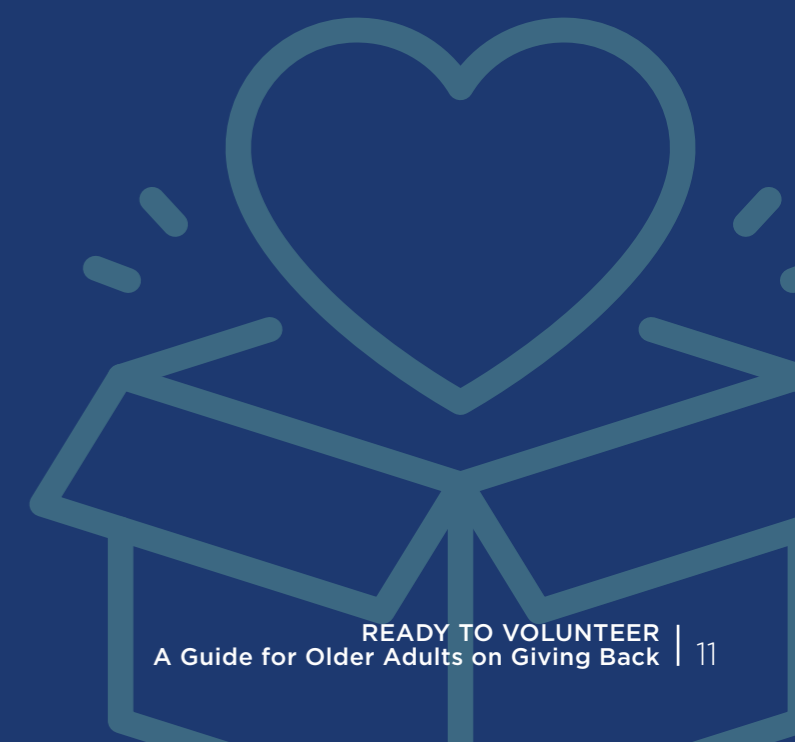
3. Search the Volunteering Queensland Website

To find volunteering opportunities through the Volunteering Queensland website navigate to the “Find a Volunteer Role” section.

[CLICK HERE](#)

1.	Visit the site and go to “Find a Volunteer Role.”
2.	Use filters like location , role type , and availability to refine your search.
3.	Browse opportunities that match your interests and skills.
4.	Apply or inquire directly through the site or by contacting the organisation.

By using the Volunteering Queensland website, you can easily find roles that suit your interests and availability.





Seniors Volunteering



For more information go to

vq.volunteeringqld.org.au/seniorsvolunteering

Resources

Queensland Government. (n.d.). Social isolation: Best practice guide for service delivery 2023. Queensland Council of Social Service Ltd. Retrieved from https://www.dcssds.qld.gov.au/_media/documents/seniors/social-isolation-practice-guide.pdf

Volunteering Queensland. (2024). State of Volunteering in Queensland 2024 Report. Retrieved September 2024, from <https://volunteeringqld.org.au/wp-content/uploads/2024/05/State-of-Volunteering-in-Queensland-2024-Report.pdf>

National Seniors Australia. (n.d.). Media release: Older Australians who volunteer and why. Retrieved October 26, 2024, from <https://nationalseniors.com.au/news/media-release/media-release-older-australians-who-volunteer-and-why#>

Volunteering Queensland. (2024). State of volunteering in Queensland 2024: Older people report. Retrieved October 2024, from <https://volunteeringqld.org.au/state-of-volunteering-in-queensland/sovriq-2024-older-people-report-65/>



Funded by

