

# Do you engage older volunteers?



**Volunteers** make an enormous economic, social, and educational contribution to our society.



Have you asked your older volunteers about their volunteering preferences and why they want to contribute?

Have you made sure there are regular breaks, time for rest and social interaction?

Have you been clear about what tasks entail, and the physical requirements of the task?

Have you made sure older people feel like they are valued for the unique skills and life experiences they can offer?

Have you marketed volunteering to older people as something they can fit around their lifestyle and which is aligned to their interests?

Have you created volunteering opportunities that are close to the individual's interests, values and home?

Have you built flexibility into the volunteering role to enable older people to carry on as other things change in their life?

Have you given older volunteers the opportunity to undertake training in a variety of formats to suit their preferred methods of learning?

Have you checked that your insurance policies cover older volunteers?



If you are an older Tasmanian looking for volunteering opportunities, visit [www.volunteeringtas.org.au](http://www.volunteeringtas.org.au) or call 1800 677 895.

This project is part of the *Inclusive Ageing: Tasmania 2012-2014 Strategy*.

