



**volunteering**sa-nt  
*volunteers are vital*

© Volunteering SA&NT Inc.



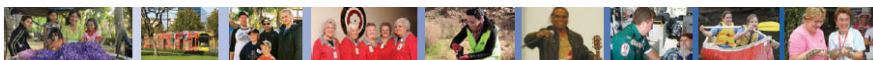
## Positive Ageing – Think Volunteering



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*“An ageing population creates opportunities that human society has never before experienced that will require new roles, new attitudes and new vision.”*

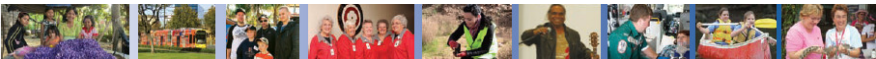
Are you ready for that challenge?



## Volunteering SA & NT



# Adelaide, SA

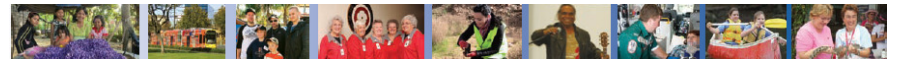


# Volunteering SA & NT

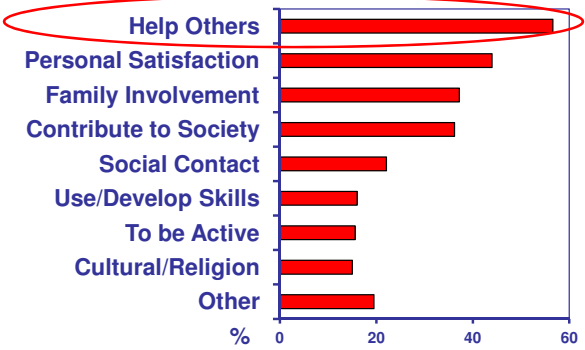
Not-for-profit peak body representing the interests of volunteers and the volunteering sector in SA and NT.

## What do we do?

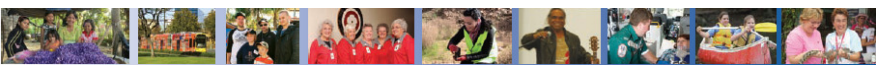
- Volunteer **role advertising, referral** and **matching**
- **Advocacy** – an independence voice for volunteers
- Promotion, **events** and networking
- **Advice** and Information
- **Training**, up-skilling and **professional development**
- **Research and Policy** development
- Supporting effective **management** practices
- Developing volunteering **pathways**



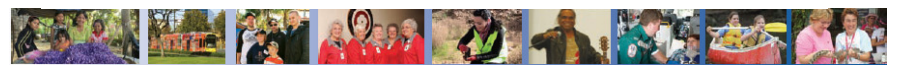
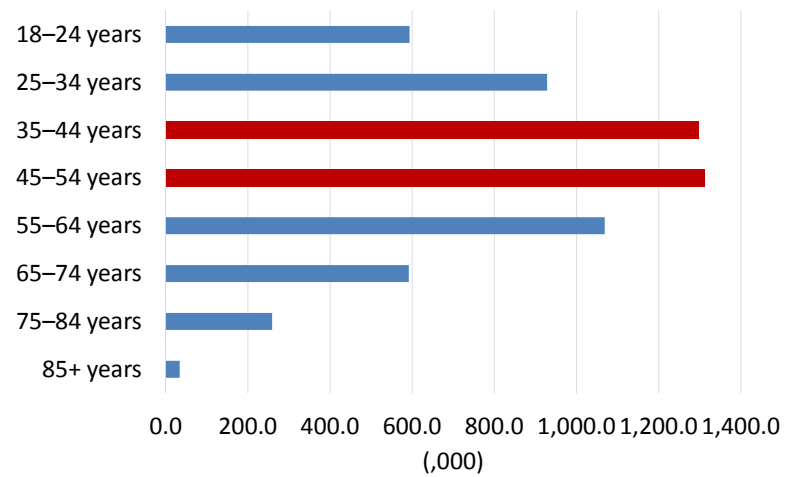
# Why do people Volunteer?



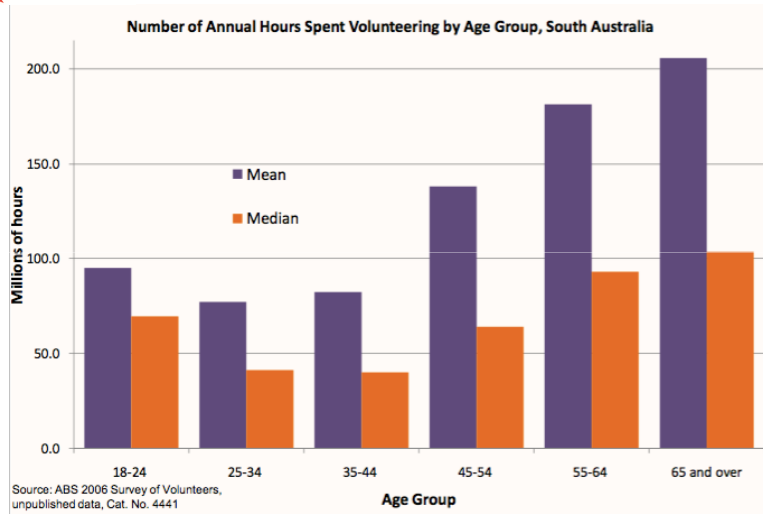
ABS Voluntary Work, Australia, 2006



# Age?



## Age?

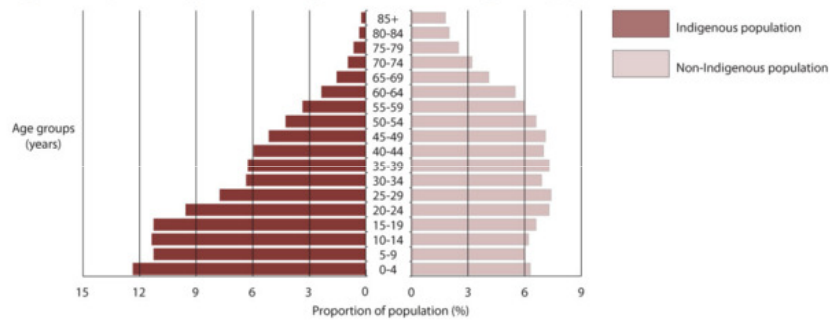


## Indigenous and non-Indigenous

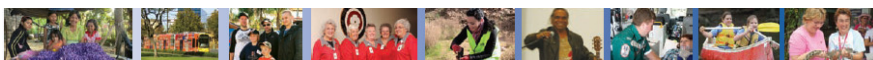


## Indigenous and non-Indigenous

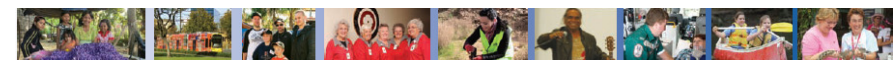
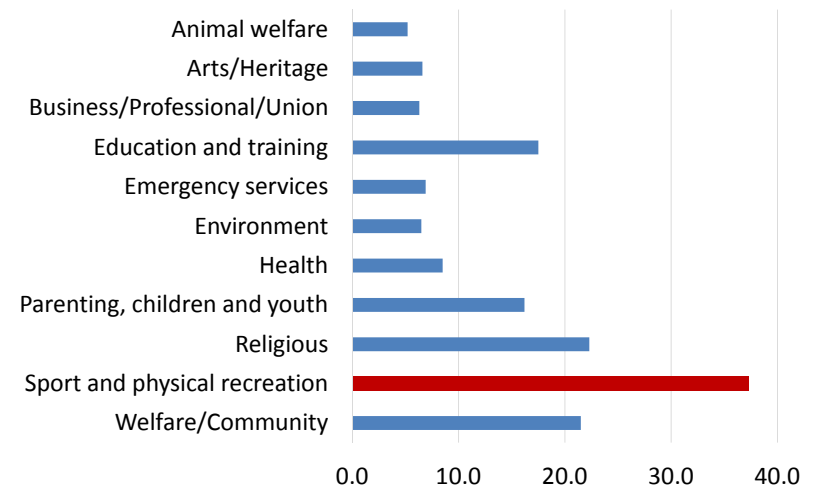
Figure 1. Population pyramid of Indigenous and non-Indigenous populations, 2011



Source: ABS, 2012 [9]



## Where?

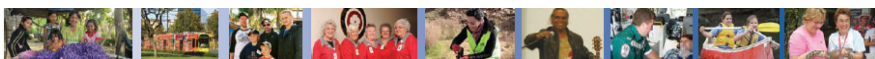




## Did you know?

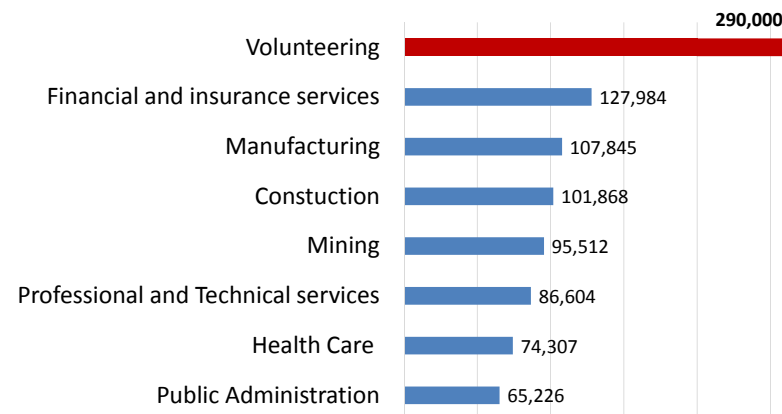
- Total volunteer economic contribution for **Australia**  
**>\$290 billion**
- Equivalent to **9% of Australia's GDP** in 2014 (\$1.5 trillion)
- **6.1 million (36%)** of Australians over the age of 18 volunteer
- Provide a total of **713 million** volunteer hours p/a
- There are, on average, **5** volunteers for every paid worker

Sources: ABS Cat. No. 1345.0 - Key Economic Indicators, 2014  
 ABS Voluntary Work Survey 2006; ABS Census 2011; Volunteering Australia 2009; Productivity Commission report 2010;  
 Valuing Volunteering: The Economic Value of Volunteering in South Australia by Dr Duncan Ironmonger;  
 Dr Lisel O'Dwyer, Uni of Adelaide 2014

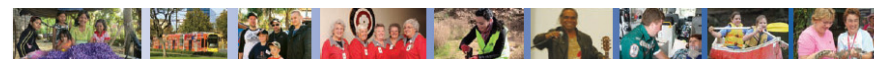


## Value?

Contribution to GDP 2010-2011 in Billions of \$AU

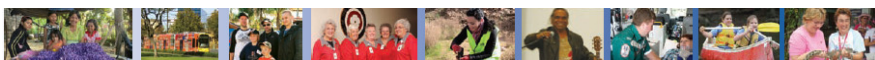


Lisel O'Dwyer, University of Adelaide 2014 and Reported in the Australian Financial Review, 29 August 2012



## Key Benefits of Volunteering

- Escapism and 'me time'
- Develop new friendships, social networks & have FUN!
- Excitement and doing things that are out of the ordinary
- Keeping fit and improving health
- Developing an interest in something you love
- Developing yourself and your skills
- A sense of achievement



## Key Benefits of Volunteering

- A way to express your values
- Learn about the population being helped
- Developing self-confidence and self awareness
- Making a valuable contribution to society
- Gaining the respect of your community and peers
- Fostering active citizens who help building wellbeing and resilience in a modern society

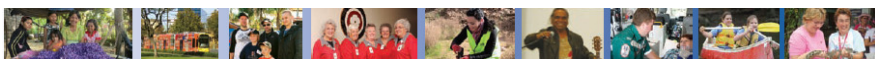




## Health Benefits for Older Volunteers

- Good for mental and physical health
- Remain engaged in your community
- Enjoy active social interaction
- Delay or reverse declining brain function
- Lower levels of depression
- Help with effects of dementia
- Diminish risk of heart related diseases

\*Source; Daniel and Singer, 2011

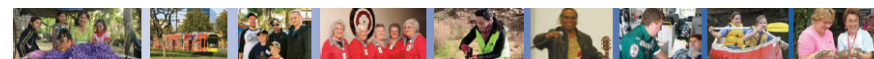


## Health Benefits for Older Volunteers

- Lower heart rate and blood pressure
- Promote weight control
- Better sleep
- Higher energy levels
- Increase one's sense of "mattering" \*
- Positive effect on psychological well-being

[http://www.healthyaging.eu/sites/www.healthyaging.eu/files/resources/Publications\\_Volunteering.pdf](http://www.healthyaging.eu/sites/www.healthyaging.eu/files/resources/Publications_Volunteering.pdf)

Source; Rosenberg & McCullough, 1981



## Strategies for Engaging Older Volunteers



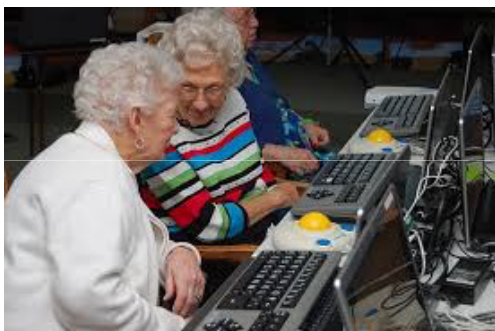
## Strategies for Engaging Older Volunteers

*Matching and placing volunteers in the best role for each individual is worth the effort.*

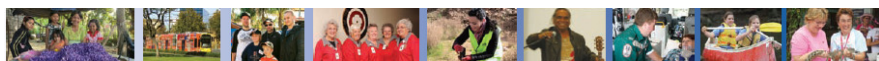
- Have you asked your older volunteers about their volunteering preferences and why they want to contribute?
- Have you been clear about what tasks entail, and the physical requirements of the task?
- Have you made sure older people feel like they are valued for the unique skills and life experiences they can offer?



## Strategies for Engaging Older Volunteers



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



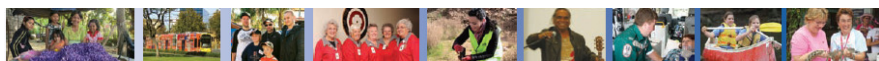
## Strategies for Engaging Older Volunteers

- Have you created volunteering opportunities that are close to the individual's interests, values and home?
- Have you built flexibility into the role to enable older people to carry on as other things change in their life?

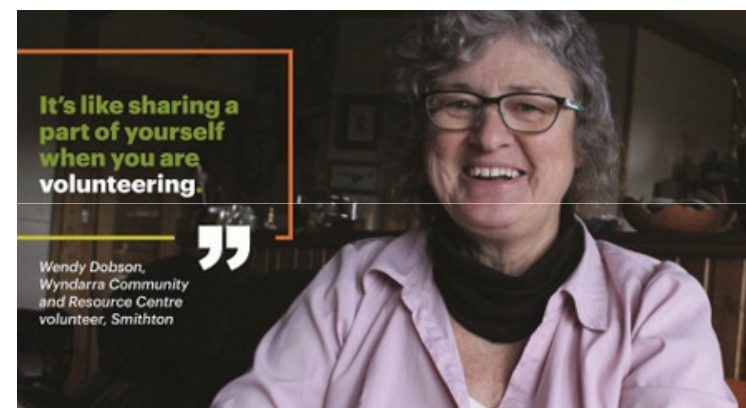


## Strategies for Engaging Older Volunteers

- Are regular breaks, time for rest and social interaction?
- 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?



## Volunteering Roles for Older People





## Volunteering Roles for Older People

**Men's Sheds** – help in addressing health and wellbeing and help men to once again become valued and productive members of their community.



<https://youtu.be/79pjoDepAh0>

<http://mensshed.org/>



## Volunteering Roles for Older People

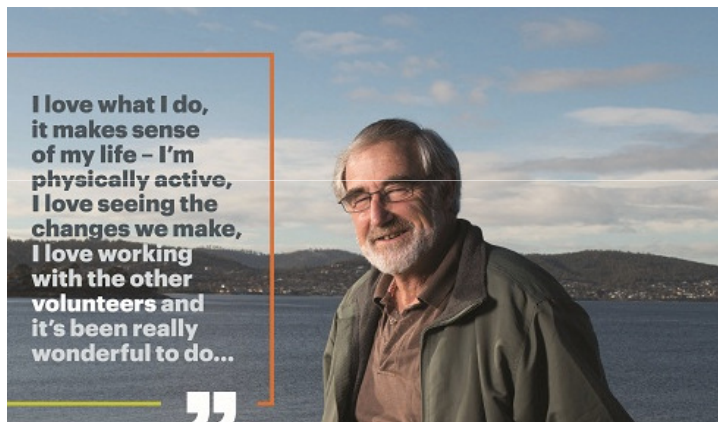
**Short-term and Seasonal Assignments** - Conferences, festivals and special events are also ideal for those seeking short-term or seasonal assignments

**Skills-based Volunteering** - capitalises on an older person's whole career of experience, personal talents or professional skills, experience or education, often for the purpose of building organisational strength and increasing capacity

<https://volunteer.ca/content/volunteering-and-older-adults-final-report>



## Volunteering Roles for Older People

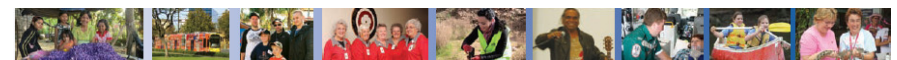


## Volunteering Roles for Older People

**Citizen Science** - Citizen Science involves people as volunteers who help scientists by collecting information about the environment



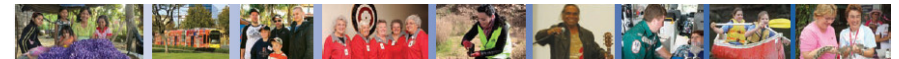
*Volunteers collecting data in the field*





## Volunteering Roles for Older People

**Intergenerational Volunteering and Mentoring** – older volunteers are involved in providing structured learning to students and young people



## Volunteering Roles for Older People

### Volunteer Exchanges

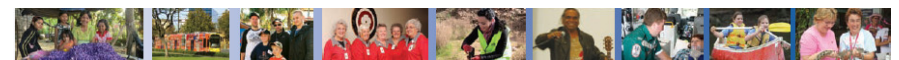
– seVen (Senior Europeans Volunteer Exchange Network) is an international network of 29 organisations promoting senior volunteer exchanges

Or NGO's in the same region can exchange volunteers



*SeVen volunteers working with archaeologists in Greece*

<http://www.seven-network.eu/>



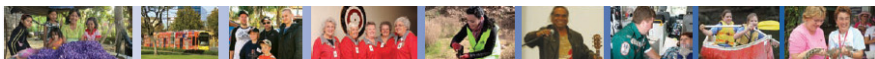




## Volunteering Roles for Older People

### International Development Volunteering –

Some program attract individuals aged 40 to 70 with a desire to use their extensive experience, especially their specialized knowledge and technological expertise in developing countries



## Volunteering Roles for Older People

Food-Related Volunteering – using kitchens in schools or colleges on weekends or the evening



There is little doubt that volunteers explore, experiment, sustain and comfort

*and more than anything ...*

***“They make a difference”***

