



Things to consider when applying to be a hospice volunteer

Volunteer services are an integral part of our hospice program. In considering whether hospice volunteering is what you wish to do, please think about these ideas.

- You have an interest in the hospice concept and have the desire to help others. You have an awareness of what is drawing you to hospice work and are willing to explore this in depth.
- You are sensitive to the special needs of dying people and their families and have chosen to work to support them.
- You are aware of the losses that you have experienced and your way of grieving, and you have a perspective about life and death, loss and grief.
- Working at hospice can be stressful at times. It is important that you have a good support system and ways to take care of yourself, meeting change and the unexpected with ease.
- You are open to others who may have different values, beliefs and ways of living. You are able to listen well and to validate others where they are, rather than where you might believe they should be.
- As you may be called on to work in a variety of areas and perform many different tasks, self-reliance, flexibility and adaptability are assets. Realistic awareness of your own strengths and weaknesses and the ability to set limits are important.
- You will be working as part of a team, and be willing to explore ways of supporting and being supported by other team members. You are dedicated to your own growth and on-going learning. Your personal strengths will likely include warmth, concern for other people, sense of humour and approachability.
- You are willing to commit yourself to the training and to the volunteer responsibilities that follow and to gaining an understanding of the standards and policies of hospice care.
- You are not bringing personal agendas or missions to your hospice work and understand that our work is not to change people but to be with them where they are.

Adopted from Hospice Toronto