



# Palliative Care Volunteering SA



A project of **Palliative Care Connect**



## THINKING OF GETTING INVOLVED IN PALLIATIVE CARE VOLUNTEERING?

Here's 8 helpful things you need to know before getting started!

- 1 Palliative care volunteers are generally over 18
- 2 Expect to be trained and carefully selected for the role
- 3 You might have the opportunity to work in different settings
- 4 Make sure you give yourself time to grieve your own loss
- 5 You should expect to be valued as a member of the team
- 6 Some organisations ask volunteers to sign up for a given time, perhaps a year
- 7 Volunteering in palliative care isn't always direct contact with the person who is dying, it is also helping the people around the person who is unwell
- 8 Palliative care can be rewarding but we recognise that it isn't for everyone



(08) 7079 0188



[palliativecaresa.org.au/volunteeringSAhub](http://palliativecaresa.org.au/volunteeringSAhub)

This resource has been adapted from a similar resource with a similar name created by Palliative Care NSW, as part of their Palliative Care Volunteering Project.

Funded by SA Health as part of the Palliative Care Connect Program



SA Health



Palliative Care Volunteering SA is administrated by Palliative Care SA in collaboration with Volunteering SA&NT, Northern Volunteering (SA) and Southern Volunteering (SA)