



# HOSPICE TORONTO

## Things to consider when applying for a Hospice Toronto volunteer role

Volunteer services are an integral part of any hospice program. In considering whether hospice volunteering is a good fit for you *please spend some time thinking about:*

- What is **your interest** in the philosophy of hospice palliative care and the desire to serve? Do you have an awareness of what is drawing you to hospice work and are you willing to explore this in depth?
- Are you **sensitive to** the special needs of people living with a life-limiting illness and their families and have you considered the seriousness of the commitment to choose to provide services to them?
- Are you **aware of the losses** (both death and non-death related) that you have experienced and your way of grieving, and are you able to talk about your perspectives on life and death, loss and grief?
- Volunteering in hospice can be demanding: physically, mentally, emotionally, spiritually/socially. Do you have a good support system and are you willing to commit to **developing/maintaining ways to take care of yourself**, including learning to meet change and uncertainty with ease?
- Are you open to **learning how to be present with others** who may have different values, beliefs and ways of living? Are you able to listen well and to validate others where they are, rather than where you might believe they should be?
- Do you have a **realistic awareness** of your own strengths and weaknesses and the ability to set limits/boundaries? As you may be called on to work in a variety of areas and perform many different tasks, self-reliance, flexibility, adaptability, and dependability are assets.
- What are your experiences **working on a team**? Being part of an inter-disciplinary care team means be willing to explore ways of supporting and being supported by other team members.
- Would your friends describe you as: warm, compassionate, caring, open and able to receive feedback? Are you interested in **continuing to learn and grow**? Having a sense of humour, perspective and being grounded is also helpful in this service work.
- Are you able and willing to **commit to a minimum of ONE YEAR** of volunteer service? Will you complete the required education, training and volunteer responsibilities that follow and are necessary to gaining an understanding of the standards and policies of hospice care?
- Most importantly, do you understand that your role is to meet people where they are, and understand that our service work in hospice is not to change people but to **be with them where they are**.

***“If you cannot add days to life, add life to days.”***