



Serving the needs of older people

Volunteers are vital

He pou herenga ngā kaimahi aroha

For older people and communities, voluntary work is a win-win opportunity.

At least one-third of older New Zealanders are involved in voluntary work, te mahi aroha, bringing valuable life experience and skills.

“When you stop paid work you have time to look around and you realise there are lots of things to do out there.

It’s a great opportunity to stretch yourself and try things you’ve never done before, whether it’s teaching children to read, planting trees, or having a governance role in a community organisation.”

– Liz Baxendine,
President of
Age Concern
New Zealand



Age Concern Information Sheet

*Volunteer lifeguard at Whiritoa Surf Club.
Picture courtesy of the Waikato Times.*



The benefits of volunteering include:

- a sense of wellbeing and usefulness
- involvement with other people
- mental and physical activity
- using expertise and knowledge
- developing skills
- involvement in an area of interest or a hobby
- the chance to try something new.

Volunteering in older age may take the form of additional social responsibility with older people asked to take on leadership roles as kaumatua, advisers, and mentors. The knowledge and experience of a lifetime is shared with younger generations, or with an organisation, enabling maintenance, change and growth.

Without volunteers many things would not be done and many community organisations would not be able to exist.

Volunteering for Age Concern

Help is always needed. Behind the scenes or in the forefront, volunteers with Age Concern make a difference in the lives of others.

You can help Age Concern to serve the needs of older people by volunteering with one of the 34 Age Concerns around the country.

Opportunities

Volunteers ensure that important Age Concern services are available to older people in their communities.

There are many opportunities where you can put your time, skills and experience to good use. These include helping with day to day tasks such as newsletters or answering the telephone, or becoming a trained visitor with Age Concern's Accredited Visiting Service.

Alternatively, if your skills are more around planning and strategy, governance might be an option. People who apply for and are voted into key volunteer leadership positions help to guide, shape, and advance their local Age Concern's services to older people in the locality.

For more information contact your local Age Concern.

How do I become a volunteer?

- Talk to Age Concern – help is always welcomed. See www.ageconcern.org.nz.
- Offer your time to a local school.
- Rest homes often need volunteers, for example to spend time with an older person who might be lonely.
- Men's sheds make items for the local community – ask Age Concern if there's one near you.
- Check out www.volunteeringnz.org.nz where you can search for volunteer opportunities.
- There may be a volunteer centre in your local community.
- Citizens Advice Bureaux can suggest possible avenues.
- Check out organisations that interest you on the internet or contact them directly.
- Talk to friends and family about what they do.

SeniorVoice / ReoKaumātua

- SeniorVoice is a national consultative e-panel that we use to ask older New Zealanders for comment on issues for older people. It is one of the ways that Age Concern New Zealand collects information to allow the national organisation to formulate positions and speak out with confidence.
- If you might be interested in joining SeniorVoice, please contact Age Concern New Zealand.



www.ageconcern.org.nz

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