



HOSPICE
TORONTO

Things to consider when applying to be a hospice volunteer

Volunteer services are an integral part of the Home 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 humor 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.