



## **Important Considerations When Applying to Become a Hospice Volunteer**

*Our Volunteer Program is an integral component of the St. Joseph's Hospice Resource Centre of Sarnia Lambton. If you are thinking about becoming a Hospice Volunteer, we recommend that you review the basic requirements listed below:*

- You have an interest in the Hospice concept and have the desire to help others. You have some 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 patients and their families and have chosen to work to support them.
- You are aware of the losses you have experienced and your way of grieving and have a sense of perspective about life and death, loss and grief.
- If you have experienced a significant personal loss within the past year, one which you are still actively grieving, please consider carefully your present ability to take on a demanding training program. This work can intensify your own grief. We will review each applicant individually in this regard.
- As working at Hospice can be stressful at times, it is important that you have good supports and ways of taking 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 an effective listener and are able 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 like working as part of a team and are willing to explore ways of supporting and being supported by other team and staff members. You are dedicated to your own growth and on-going learning. Your personal strengths will likely include warmth, concern for 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 St. Joseph's Hospice Resource Centre of Sarnia Lambton.