



## **Questions to ask Yourself When Applying to be a Hospice Volunteer**

- ✓ Are you familiar with and have an interest in the values and mission of Hospice?
- ✓ What are the reasons you are drawn to this work? Are you willing to explore these reasons?
- ✓ Do you feel you have a sensitivity to the special needs of dying people and their families and will work to support them to the best of your abilities?
- ✓ Have you considered that the deaths you have experienced may impact you in this work no matter how much time has passed?
- ✓ Are you willing to work with a team and comfortable with both written and oral regular reporting to Hospice and Palliative Care staff? Are you able to take direction and receive feedback from an assigned staff member?
- ✓ Are able to commit a specific number of hours per week or month to Hospice and commit to attending meetings and all training sessions?
- ✓ Are you able to ensure your personal beliefs and feelings about managing serious illness, death, dying, and grieving do not impact your role as a Hospice volunteer? Do you understand that Hospice volunteering is not about changing or healing someone, it is about being there for them at their time of need? We provide support to people in our community regardless of their religion, race, sexual orientation, and social/financial situation.
- ✓ Do you have good support systems in place and are able to recognize when you need to access these supports? Palliative and grief work can become very stressful at times and good self-care practices are important.
- ✓ If you have experienced a significant death in the past year you need to consider your ability to do this work. Hospice Palliative Care can intensify your own grief even if you think you are not actively grieving. We will review each applicant individually in this situation.