



Questions to ask yourself

when applying to become a volunteer

- Are you familiar with and have an interest in the role of the volunteer with Colchester East Hants Hospice Society?
- What are the reasons you are drawn to this work and are you are willing to explore these reasons?
- Do you feel you have a sensitivity to the special needs of people approaching the end of their life, and their families? Will you 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 open to working with a team? Are you comfortable with regular reporting, both written and oral, to the Hospice and Palliative Care team? Are you able to take direction and receive feedback from an assigned team member?
- Are able to commit to a specific number of hours per week or month to Colchester East Hants Hospice Society as well as 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 Colchester East Hants Hospice Society volunteer?
- We provide support to people in our community regardless of their religion, race, identity, and social/financial situation. Do you understand that Hospice volunteering is not about changing or healing someone, but rather being there for them in their time of need?
- Palliative care and grief work can become very stressful at times and good self-care practices are important. Do you have good support systems in place and are able to recognize when you need to access these supports?
- Palliative care and grief work can intensify your own grief even if you think you are not actively grieving. If you have experienced a significant death in the past year you need to consider your ability to do this work. We will review each applicant individually in this situation.

20230920

www.cehhospice.org



902.893.3265

@cehhospice

Our office is located at: 89 Queen Street, Truro NS B2N 2B2