



Volunteering as part of your recovery



Volunteering

Recovering from a workplace injury or illness is different for each person. Some people are ready to jump right back into work once they have recovered enough. Others are more comfortable taking their recovery in stages or steps to reach their end goal.

Volunteering with a charity or in your local community can help with your recovery. Benefits to you can be promoting wellness, connecting with others, and maintaining a routine in an environment removed from the workplace. The local community benefits too.



Do I need skills or experience to be able to volunteer?

No, you do not require any experience or specific skills to volunteer. Most volunteer organisations have established programs and will provide all necessary support and training. For smaller volunteer organisations without well-established programs, your Volunteer Support Service consultant will be there to make sure that everything is set up for you.

It is important that whatever volunteering opportunity you explore, it can support your recovery and wellbeing.



What opportunities are available?

If there is a charity or community group which interests you, we can help you explore volunteer opportunities as part of your recovery. You may consider volunteer options with organisations such as RSPCA, Men's Shed, Parks Victoria, local sport clubs, schools or other not-for-profit organisations. Your volunteering experience can match your interests or build your professional skills depending on your recovery goals.



How much time do I need to commit to volunteering?

Your Volunteer Support Service consultant will talk to you about what you are interested in doing and how much time you wish to contribute and for how long. Participation will depend on your own capacity and what can be accommodated by the volunteer organisation.



Volunteer Support Service

You can set up your volunteer experience independently, or you can be supported by a consultant from an Occupational Rehabilitation Provider who will help you through all the steps. The program is called Volunteer Support Service. The consultant will talk you through the options and help you find a suitable volunteering opportunity based on your current medical advice and interests. An assessment of the location of the volunteering may also occur to ensure it is safe for you and your wellbeing.



How will participating effect my claim?

Involvement in volunteering through WorkSafe's Volunteer Support Service will not be used to impact any compensation or entitlements that you are currently receiving.



How do I get started?

To participate in the volunteer program, contact your case manager.