



Benefits of engaging VOLUNTEERS WITH DISABILITIES

Reflections from those with lived experience

For individuals

For organisations



Wellbeing and social connection

Feel a greater sense of belonging and community connection

Meet new people and build friendships

Improve mental health and overall wellbeing

Gain support networks (personal and/or professional)

Show representation of people with disability

Step outside your comfort zone and try new things

Reduce marginalisation and stigma through visible participation

Feel valued and recognised for your contributions

Increase confidence, motivation and quality of life

Find purpose and fulfillment through meaningful activities

Create structure and routine in daily life

Skills, education and employment

Develop new skills or strengthen existing ones

Improve pathways to study or paid work

Change attitudes and build community understanding

Challenge stereotypes, by showing that disability does not mean inability



Culture and community impact

Foster a more inclusive, welcoming culture

Build a positive reputation in the community

Strengthen employee and volunteer engagement by valuing diversity

Demonstrate commitment to inclusion, accessibility and social responsibility

Foster inclusivity across diverse groups (e.g. LGBTQIA+, First Nations, CALD), recognising the value of intersectional experiences

Build stronger connections with the broader community, including the wider disability community

Increase visibility to help people with disabilities feel more comfortable and confident about volunteering

Innovation and service quality

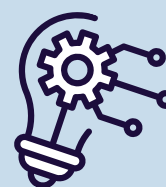
Tap into a broader range of skills, talents and lived experiences

Bring fresh ideas and perspectives to problem-solving

Improve services by learning how to make them more accessible

Boost collaboration between volunteers and other services

Strengthen your capacity to achieve your organisation's mission



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Volunteering Victoria acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea, and community. We pay our respect to Elders past and present.

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