



DISABILITY PRIDE MONTH

FLEXIBILITY

FLEXIBILITY IS KEY TO
ENABLE PARTICIPATION



WHAT WE HEARD:

Flexible hours, task choice, online options, rest breaks, and role adjustments make volunteering possible and sustainable.

Flexibility helps volunteers with disabilities feel included to succeed and reduce barriers.



WHAT IT LOOKS LIKE:



Offer varied roles and time commitments



Adapt communication to suit individual needs



Tailor tasks to volunteers' strengths and abilities wherever possible



“

If I couldn't get there, management offered me a shift swap, and said I could come in when feeling better, even if it was not my normal day or times.

”

~ DONNA

“

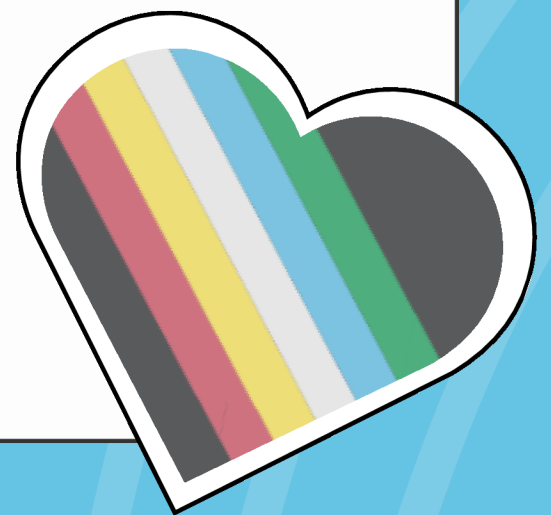
Flexibility in the time in which I could volunteer was a great motivator.

”

~ EVAN

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Resources.



volunteeringvictoria.org.au/vma-resources