

# disability & volunteering

 **did you know:** Just a few hours of volunteer work can make you happier, healthier and sleep better than those who don't volunteer - doctors should recommend it.

## inclusive volunteering practice

### barriers

lack of resources, time and funding



lack of knowledge and awareness of working with people with disability



concerns that people living with disability will not be reliable or meet productivity standards



concerns that people living with disability will require additional support beyond the scope of available time and resources



### enablers

visit [victoriaalive.org.au](http://victoriaalive.org.au) to find useful resources



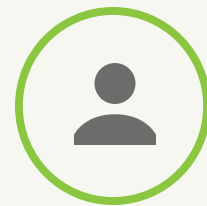
you don't need to be a disability expert to treat people with respect and ask about their accessibility needs



research shows that people with disability in general are more reliable volunteers



try a buddy or mentor system if your volunteer requires additional support



**9%**

of Victorian volunteers aged 15 years and over live with a profound disability



**1 in 5**

people have a disability



**45%**

of Australians aged 16–85 years, experience a mental health condition during their lifetime



**45%**

of Aboriginal and Torres Strait Islander people live with disability or long-term health conditions



**96%**

of volunteers say that it “makes people happier”



**4%**

of people with disability in Australia use a wheelchair



**32%**

of employees with disability work as professionals or managers



**56%**

of graduates with disability in Australia take longer to gain full-time employment

