

Can I volunteer from home?

Pandemics can change the way we connect with others in the community so some volunteering roles may need to change during the course of a pandemic to stop it spreading.

If you would like to experience and contribute as an online virtual volunteer, there are a range of opportunities available where you can volunteer from home to stay connected while helping to reduce the isolation of vulnerable people or assisting with the ongoing needs of a range of important causes.

You can search the [Volunteering Qld website](#) to view virtual volunteering roles available in Queensland. Examples include mentoring people through virtual meetings, transcribing documents for a museum, tutoring and helping students with learning, sewing and knitting from home, reviewing and creating resources and promotional materials for a not-for-profit, helping people use technology better, and checking in with socially isolated people through a friendly daily phone call.

Checklist for effectively volunteering from home

If your volunteering position has been modified so you are now volunteering from home, check the following with your volunteer involving organisation:

✓	CHECKLIST
	Ensure your new role is documented and that you fully understand the role you will be undertaking.
	Check that you have a safe workspace to volunteer from home.
	Consider whether you will incur additional expenses when volunteering from home such as electricity and internet costs, ask if your organisation is able to reimburse you for these expenses.
	Do you have access to the appropriate technology, resources, and equipment you need to undertake the volunteering role?
	Ensure that you know to whom, when and on what matters you need to report.
	Have you been trained in how to undertake your new role? You can always request more training if you feel that you need it.
	Ensure you consider clear boundaries between your volunteering role and daily life as you want to avoid burnout during these uncertain times. Communicate the days and times you volunteer to your organisation and ensure you only volunteer within these times.
	Check in regularly with your organisation and provide updates on the progress you are making. Request any additional support you may need.
	Look after yourself and stay safe and healthy. Know who you can talk to in your organisation and how to contact them if you are experiencing issues or challenges with your work or wellbeing, or if your personal circumstances have changed. Beyond Blue and similar organisations have numerous resources, tools and tips you can share.

For tips on how to look after your mental health when working from home [click here](#).

To ensure your working space at home is safe, undertake an assessment using [this checklist](#).