



VOLUNTEERING WITH VULNERABLE PEOPLE

VOLUNTEER PROFILE

This Volunteer Profile can help you think about whether volunteering with vulnerable people (for example, with children, the elderly, or people with disabilities) is right for you. It is important to choose a volunteer position that you feel comfortable with, as this will have the best outcome not only for you, but also for the beneficiary (the person that you are helping).

ATTENTION TO DETAIL

When working with like vulnerable people like children, the elderly or people with disabilities, you may be required to monitor the person in need. This requires attention to detail and maintaining high standards, to ensure that the person is well looked after.

FLEXIBILITY

Flexibility is being able to adapt and work efficiently in a variety of different situations, with diverse groups of people. This type of person can work in different environments and adapt his/her work to different requirements.

INTERPERSONAL UNDERSTANDING

Interpersonal understanding involves wanting to understand others. It is the ability to listen to and fully understand thoughts, feelings and worries, even if they are not properly articulated or expressed by the beneficiary.

INTERPERSONAL RELATIONSHIPS

It is important to establish friendly, mutual and warm relationships with parents or tutors in order to build productive, lasting social bonds.

PLAYFUL PERSONALITY

In certain situations, it can be useful to use games, metaphors and graphic representations to explain things. Playfulness often helps to develop creativity and express what has been experienced and learned.

PATIENCE

Patience is being able to keep calm in the face of complex situations. This involves respecting, understanding, and coping calmly with conditions or people that are in a certain state of discontent, failure and/or confusion.

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SELF-CONTROL

Having self-control means avoiding having a negative reaction when facing any kind of provocation, opposition or hostility from others. The volunteer might deal with people whose attitudes or personal circumstances can create a stressful environment, meaning that the volunteer's emotional stability is important at all times.

ASSERTIVENESS

Assertiveness is the ability to combine our thoughts and behaviours to defend our rights, without bullying or being bullied. It is the ability to express ourselves properly in society. It could be situated between passiveness and aggressiveness. Assertiveness includes forms of language (verbal and non-verbal), as well as gestures that demonstrate a good relationship between addresser and addressee.

ABILITY TO ESTABLISH LIMITS

The ability to establish and respect limits helps us to maintain the safety and wellbeing of the people that we are helping. We must understand that 'limits' have nothing to do with 'limitations', but actually refer to the development of safe behaviours like prevention and protection. For example, the safety of the physical space should be taken into account, as well as ensuring that rules are respected.

NO VIOLENCE

The volunteer must not have a history of mistreatment, whether physical or verbal abuse, of any kind. A criminal record certificate is needed to verify this.

AVAILABILITY

When volunteering with vulnerable people, it is recommended to volunteer for a minimum of 3 months, in which the volunteer has regular contact with the beneficiaries (at least once a week). This allows a bond to be created, ensuring successful relationships, trust and, overall, an experience that benefits both the volunteer and the beneficiary.

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