THE IMPACTS OF VOLUNTEERISM AS WE AGE

PRESENTATION TO THE CLARK COUNTY COMMISSION ON AGING

Who Volunteers?

Stats from Corporation for National and Community Service

The Silent Generation (1928-1945)

- **25% volunteer**

Baby Boomers (1946-1964)

- **31% volunteer**

Gen X (1965 – 1980)

- **37% volunteer**

Millennials (1981 – 1996)

- **28% volunteer**

Men vs. Women

- **27% compared to 34% volunteer**

Veterans

- **30% volunteer**

***Bureau of Labor Statistics 2015 Report concludes that among the major race and ethnicity groups, Whites continued to volunteer at a higher rate (26.4 percent) than Blacks (19.3 percent), Asians (17.9 percent), and Hispanics (15.5 percent)*

Most Common Forms of Volunteering for Older Adults

The Corporation for National and Community Service reports the most common volunteer activities:

- Collecting, serving, preparing, or distributing food
- Fundraising or selling items to raise money
- Engaging in general labor, like helping build homes or clean up parks
- Tutoring or teaching
- Mentoring the youth
- Collecting, making, or distributing clothing

The Positive Impacts of Volunteering

2019 Study by the Corporation of National and Community Services

- 84 percent of Senior Corps volunteers (those 55 and older) reported improved or stable health after serving approximately two years in the program.
- 88 percent of Senior Corps volunteers who first reported a lack of companionship reported a decrease in feelings of isolation
- 78 percent reported fewer symptoms of depression

Senior Living Blog/A Place for Mom shows that volunteering:

- Helps bridge the generation gap
- Helps change the way people think about older adults
- Is good for mental health and can help prevent Alzheimer's
- Helps prevent senior isolation and depression
- Promotes healthy physical activity

https://www.youtube.com/watch?v=qbdSZymrWO8

How to Find the Right Volunteer Opportunity

- **Consider these factors:**
  - Would you like to work with adults, children, animals, or remotely from home?
  - Do you prefer to work alone or as part of a team?
  - Are you better behind the scenes or do you prefer to take a more visible role?
  - How much time are you willing to commit?
  - What skills can you bring to a volunteer job?
  - What causes are important to you?

Volunteer Opportunities in Clark County

- Volunteers in Motion a program of the Human Services Council
  - Jeananne Edwards, Program Manager
  - Connie Pickering, Volunteer Driver

Other Places to Learn About Volunteer Opportunities in Clark County

- Clark County website
- City of Vancouver website
- Catholic Community Services website
- Volunteermatch.org
- HandsonPortland.org
- VillagesClarkCounty.org
- Human Services Council's Volunteer Connections
- Directly with any non-profit (such as YWCA, Southwest Washington Humane Society, etc.)

QUESTIONS?

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