



# 08 active seniors seniors fact sheet

This fact sheet outlines ways in which the Howard Government and community programs support seniors who want to be involved in volunteering and other activities.

## Older Australians and Volunteering

Older Australians make an important contribution to our communities by volunteering with local organisations. Over 4.4 million volunteers across Australia undertake more than 704 million hours of unpaid work each year. It is well known that the work of volunteers makes a tremendous economic and social contribution to our society. Volunteering helps not-for-profit organisations deliver their services and gives volunteers themselves an opportunity to meet new people, sharpen their skills, and remain active members of the community.

## Volunteering Information

The Australian Government supports volunteers through a number of programs and initiatives. For example, the Volunteer Management Program provides referral and placement services for volunteers and support for volunteers involving organisations through Volunteer Resource Centres across Australia.

Volunteering Australia manages the Go Volunteer website. The website provides referral and placement services for volunteers and support for not-for-profit organisations. Go Volunteer provides volunteers with all they need to find out about volunteer opportunities in all areas, and helps them make the best match possible between their personal requirements and choice of volunteer work.

If you are interested in finding out more about volunteering opportunities in your local area, contact Centrelink on **13 1021** and ask

about the location of your nearest Volunteer Resource Centre or visit Go Volunteer's website at [www.govolunteer.com.au](http://www.govolunteer.com.au)

## Overseas Volunteering

As part of the Australian Government's commitment to assisting developing countries in our region, organisations such as Australian Volunteers International and Australian Business Volunteers receive funding to recruit, prepare and support Australian volunteers to live and work overseas.

### (a) Australian Volunteers International (AVI)

AVI is Australia's largest volunteer sending agency. Every year, AVI recruit, prepare and support hundreds of Australians who volunteer to live, work and learn alongside people in developing countries. AVI provides much needed technical support through the assignment of volunteers in direct response to locally identified needs, and is committed to long term development outcomes. For more information on volunteering through AVI, telephone **(03) 9279 1788** or visit [www.australianvolunteers.com.au](http://www.australianvolunteers.com.au)

### (b) Australian Business Volunteers (ABV)

ABV, formerly known as AESOP Business Volunteers, is a not-for-profit volunteer sending agency largely funded by the Australian Government through AusAID. ABV contributes to the Australian Aid Program by providing short-term volunteers who, through sharing their skills and experience, assist businesses and organisations in developing countries to grow and thrive. For more information on ABV, telephone **(02) 6285 1686** or visit [www.abv.org.au](http://www.abv.org.au)

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### Green Reserve

The Green Reserve is a volunteer program where people can volunteer to work two days a week for 26 weeks on local conservation projects. The types of projects include:

- > surveying walking tracks through local parks and reserves;
- > restoring heritage buildings;
- > assisting with community gardens; and
- > data collection and entry.

Participants do not need any particular skills or experience as all necessary training is provided. A person must be between 35 and 65 years of age and receiving Newstart Allowance. Green Reserve participants receive an additional supplement each fortnight.

For more information, telephone **1300 855 866** or visit [www.greenreserve.com.au](http://www.greenreserve.com.au)

### Gardening for Older Gardeners

Gardening for Older Gardeners is a program designed to encourage older people to stay active in their gardens. The website includes information aimed at providing older gardeners with ideas and concepts to improve quality of life and enjoyment of gardening. The site also provides a meeting place for discussion and awareness of the issues facing older gardeners.

For more information, telephone **03 9818 5700** or visit [www.greenweb.com.au](http://www.greenweb.com.au)

### Travelling Seniors

The Australian Government provides travel information to help seniors planning a trip overseas. The information is available on the Smart Traveller website, the official consular website of the Department of Foreign Affairs and Trade.

Seniors can also order a special travel brochure called 'For the Travelling Senior' by phoning the number listed below. So whether you are an experienced international traveller or have waited a lifetime to take the perfect trip, the information provided on the Smart Traveller website will help you stay safe and healthy while travelling.

Topics covered include:

- > medication and reciprocal health care agreements;
- > Senior Citizens cards;
- > Pharmaceutical Benefits Scheme (PBS); and
- > dual nationality.

For more information telephone **1300 139 281** or visit [www.smartraveller.gov.au/tips/mature\\_travellers.html](http://www.smartraveller.gov.au/tips/mature_travellers.html)

### Parks Australia

Australia aims to be a leader in natural and cultural heritage conservation, establishing and managing protected areas and building land-management partnerships with Indigenous Australians. Parks Australia manages 21 parks and reserves throughout Australia, including 6 Commonwealth National Parks, 13 Commonwealth Marine Protected Areas and 2 Botanic Gardens. The Parks Australia website provides information on the management of these locations, as well as providing links to detailed information on each.

For more information telephone **(02) 6274 1111** or visit the website [www.deh.gov.au/parks](http://www.deh.gov.au/parks)

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