

# An Untapped Resource: Older CALD Volunteers – Understanding barriers and motivations to volunteering in NSW

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**Peer reviewed:** | **Topic area/s:** Social Inclusion

**Reference:**

**Key Words:**

social inclusion, volunteering

**Research aim:**

Aimed to investigate strategies and develop recommendations regarding how to increase volunteering in older CALD persons.

**Results/Conclusion:**

In general, motivations and barriers to volunteering were similar for older CALD persons as for the general community. Motivations were both altruistic (e.g. wanting to help others) and self-beneficial (e.g. maintaining own mental health). Major barriers were lack of time, poor physical health and in some groups, transport difficulties. A major issue identified was that some organisations did not have the language capabilities to work with volunteers with limited English.

**Implications:**

Key recommendations include that organisations are culturally competent, that English language proficiency required of the volunteer be specified and assessed, and that there is a paid bilingual volunteer coordinator for the CALD volunteers. Partnership models should be trialed between mainstream and CALD specific organisations to increase the use of CALD volunteers by mainstream organisations. An English language competency tool for volunteers should be identified or developed, benchmarks should be developed for this tool by volunteer role, and its use should be promoted.

**Cultural Group(s):**

Chinese, Italian

**Location of study:**

**Age group:**

60+

**Number included in study:**

N/A

**Type of participants:**

**Research approach:**

Mixed methods

**Type of data:**

Primary

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**