



Kidney Q&A

4-12 months

Life Options Rehabilitation Program
414 D'Onofrio Drive, Ste. 200
Madison, WI 53719
www.lifeoptions.org

Q: How can I find a place to volunteer?

A: There are as many places to volunteer as you have interests. Some places to think about are schools, hospitals, non-profit organizations, and churches. Retired business executives can help someone else start a business by volunteering for SCORE, American's counselors to small business. On the Internet, VolunteerMatch helps match volunteers with those nearby who need help.

Benefits of volunteering: Volunteering can make you feel good, keep your skills up-to-date, teach you new skills, and fill holes in your resumé. It can also provide references and up-to-date information on your skills and attendance that you can use when you apply for a paid job.

You can volunteer to see if you might like a new kind of job. Sometimes volunteer work can even lead to full- or part-time work, either at your volunteer site or through skills you learn or people you meet while volunteering.

What I can do to find out more about my volunteer options:

- Ask my social worker about where I might volunteer in my community.
- Contact organizations and agencies that need volunteers.

- Offer to help someone start a business by visiting SCORE, at www.score.org.
- Look at the VolunteerMatch website (www.volunteermatch.org) and search for other Internet volunteer sites.
- Read *Employment: A Kidney Patient's Guide to Working and Paying for Treatment* at www.lifeoptions.org.