

## **Aspire Early Admissions Program – Sample Application**

### *Involvement (role)*

*For the past thirteen months I have volunteered at my local aged care home, ABC Aged Care. I have undertaken many activities with the residents throughout this time, including spending time speaking with residents who do not often have visitors, playing games such as scrabble and participating in “wheelchair walks” around the local park with residents who are unable to push themselves. Furthermore, I have assisted residents to operate technology such as an iPad and zoom, to stay in touch with their family and friends. Recently, I have formed a reading group with the residents to share stories, poetry, novel/book or discuss about things they’ve learnt or heard on the TV/news.*

### *Impact (on self and community)*

*Volunteering has been an extremely fulfilling experience. By having this opportunity to engage with the community, I have furthered my personal development and improved my confidence while broadening my knowledge. Through my volunteering there have been many occasions when I’ve visited residents who’ve been having a bad day, but I feel privileged to have the opportunity to brighten their mood and offer them a distraction from their sadness or worries. As I’ve been visiting many of the residents on a regular basis, I have formed strong trusting relationships; it’s been extremely rewarding hearing them acknowledge my efforts with remarks like, “you’ve made my day”.*