

## Volunteer FAQ for OCH

Are you interested in volunteering? Take a moment to ask it if is right for you by considering these questions?

- Am I at least 18 years of age or older and not enrolled in high school?
- Can my schedule prioritize a consistent, weekly shift (3 hours) for a full year?
- Do I have a positive attitude and a sincere interest in the hospital and its mission of helping children?
- Am I comfortable seeing children who are being treated for life-altering illnesses or after intensive surgeries?
- Will I treat my volunteer responsibilities with the same respect that I do work obligations?
- Do I enjoy working in new situations, taking on different duties, or helping in additional ways based on the needs of the people around me?
- Is it acceptable to take the many steps - application, background check, drug test, health screenings, orientations - required to volunteer (can be 5-7 weeks)
- Do I understand that volunteering will not provide me an opportunity to:
  - Shadow a doctor or hospital clinician for school
  - Work through loss of a loved one, and talk through my loss with families facing similar situations
  - Make my resume look active while I am in between jobs
  - Exchange contact information with kids or families, become friends outside the hospital, and share their stories with my friends
  - Gain hours for my court-ordered community service requirement

If you answered "no" to the questions above, volunteering might not be right for you. Experience shows us that commitment to the needs of others, confidentiality and a consistent presence working with teams at the hospital make for the very best volunteers... and the most meaningful interactions for volunteers.

For those who are unsure about volunteering full time, consider sponsoring a patient and family special event, making a donation to support a program that is important to you, arranging an online fundraiser or reviewing our wish list. It takes all of us, in different ways, to help kids at Oklahoma Children's Hospital have a positive, friendly, supportive experience.

For more information, reach out to us at 405-271-4870.