

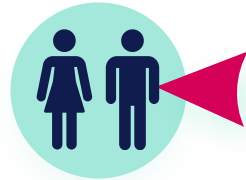
FACTSHEET

VOLUNTEERING WITH A DISABILITY

15%

OF PEOPLE
WITH A
DISABILITY
VOLUNTEER

That's just over **160,000**
people with a disability to any
extent that volunteer in at
least one activity.



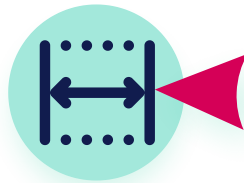
Gender

Slightly more women (51%) with a disability volunteer than men (49%) with a disability.



Type of activity

38% of men with a disability volunteered with a sporting organisation, while women (41%) were more likely to volunteer with a social or charitable organisation.



Extent of disability

10% of people who reported experiencing a disability to a *great extent* volunteer.

Engaging volunteers with disabilities



Not all disabilities are visible. Consider a broad range when assessing barriers in your organisation.



Communicate clearly. Make sure to use Plain language, and that it's clear from your communications that your organisation is inclusive and wants to engage volunteers with disabilities.



Never assume, always listen. Ask volunteers what extra support they might need to fulfil their role.



Don't judge. Look at the person and their abilities, rather than their challenges or disabilities.

Learn more in our report on [Inclusion in Volunteer Programmes](#).

The most effective way to make a volunteer programme more inclusive is to implement good volunteer management practices throughout the organisation.

Remember:
If we don't intentionally *include*, then we unintentionally *exclude*.

