

Your year to volunteer



Volunteers are at the heart of aged care, just ask Kathleen Herz.

Volunteering in aged care is more than an act of service - it's a chance to become part of a community built on compassion, connection and shared humanity.

Kathleen Herz, a dedicated volunteer at Kapunda Homes embodies this spirit. Having volunteered there for the past 2 years, she brings warmth, experience and a genuine love for supporting older people.

At Kapunda Homes, Kathleen spends around five hours each week visiting residents in their rooms, sharing conversations, running the weekly Wednesday quiz and helping wherever she's needed.

She describes the staff as "angels" and the volunteer team as inspiring, united by a passion for making the home feel welcoming and full of life.

For Kathleen, the greatest joy is being invited into residents' stories - learning about their extraordinary lives and forming meaningful bonds with their families.

Her journey into volunteering began after the loss of her husband, when she realised how powerful companionship can be during

life's most difficult moments.

Since 2005, she has supported residents in both Sydney and Kapunda, including a woman she visited from age 97 until her passing at 100, a relationship she calls a blessing.

Residents benefit deeply from volunteer involvement. They enjoy friendship, laughter, activities and the chance to reminisce with someone who has time to listen.

Volunteers help them stay connected to the broader community and feel valued as individuals.

Kathleen encourages anyone considering aged care volunteering to take the leap. She says the sense of purpose is immeasurable, and being welcomed into the lives of community elders is a privilege.

"At Kapunda Homes, it feels like joining a big, caring family, one filled with kindness, and compassion."

Is it Your Year to Volunteer in Aged Care?

Become a part of Kapunda Homes or any of the many aged care homes run by SA Health. Contact Nancie during office hours, ph: 8522 8476.

