Professor Rob Newton’s recent ARC Discovery Grant success

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For humanitarian and economic reasons, it is important to promote health-enhancing behaviours among older people to optimise their well-being. Volunteering constitutes one such behaviour. While there is some evidence that older people benefit from volunteering, there is inadequate data for policy development purposes. This project will quantify the physical and mental outcomes of seniors’ engagement in volunteering activities to assess the potential to enhance their health while providing much-needed labour inputs to the Australian economy. The results will also suggest ways to encourage older people to engage in volunteering by identifying effective ways to communicate the benefits to this audience. This grant totals $360,000 and will be administered by University of Western Australia. Investigators are Professor Simone Pettigrew, Professor Robert Newton, Professor Jennifer Warburton, and Dr Ben Jackson.