

## **Diabetes Youth Foundation Camp – Goals, Outcomes, and Camp Philosophy**

### **DYF Program Goals and Outcomes**

- Provide a safe, fun, camping experience for campers ages 7 to 15  
Outcome Objective –
  - All staff will ensure that camp policies are followed and campers’ safety is maintained at all time.
  - Program will provide good diabetes management and a program consistent with good diabetes care.
- Provide hands-on activities in life, physical, and environmental sciences.  
Outcome Objective –
  - All campers will participate in the science program
  - All campers will develop and create a personal science investigation
- Provide an enriched recreation program defined by “Full Value Contract of Play fair, Play safe, have fun” and provide a natural setting with comfortable facilities flexible enough for groups to carry out programs of their own design.  
Outcome Objective –
  - All campers participate in camp program and make choices on activities and projects.
  - All campers will understand and use the Full Value Contract.
  - All staff will work together to ensure safe use of camp resources and programs.
- Provide opportunities for campers to make new life-long friendships within the program, and develop interpersonal relationships and social skills.  
Outcome Objectives – 80% of the campers will have:
  - shared in the work for all cabin clean-ups by the end of the session
  - demonstrated good listening skills on at least two occasions in the first week
  - made at least three new friends by the end of the session and maintained contact with at least one for three months after camp
  - acknowledged the feelings of a group member on at least two occasions during the camp session
  - demonstrated or improved their pro-social behaviors such as not interrupting others on at least three occasions each week
- Provide campers service opportunities.  
Outcome Objective --
  - All campers will participate in one or more camp improvement/environmental improvement project: trail project, bird house, feeder stations, cleaning, etc.
- Provide campers diabetic education that fosters a healthy and productive lifestyle.  
Outcome Objective --
  - All campers will participate in the daily diabetic education program.
  - All campers will participate in special programs, speakers and activities directed to foster a healthy lifestyle in regards to: diet, exercise and insulin control.

## **DYF Camp Philosophy**

If we would state a single concept that pervades the entire philosophy and operation of the Summer Diabetes Safari, it would be that we exist as a CAMP for CHILDREN with DIABETES (stated in order of priority). This order of priority was selected at the First International Workshop on Diabetes and Camping. Perhaps to a casual viewer this order of priority may seem unimportant; however, this statement reflects the philosophy that the primary purpose of this program is for the enjoyment of children. Every experience offered to the child during his or her stay at camp should be planned for the maximum stimulation and enjoyment of the children. All programs should be child oriented and all decisions rest on what is best for the child. CAMP is defined as a place that children may have a safe educational and recreational experience in the outdoors. We are in the business of providing that safe educational and recreational experience to a child who happens to have DIABETES. Revisiting the original statement: This means that the time spent at the Summer Diabetes Safari will be a safe educational and recreational experience in the outdoors (definition of camp) for children who just happen to have diabetes. Although diabetes often seems to govern the entire lives of the children and their families when they are away from camp, if we are to be successful in our intended program, it will not govern their lives at camp. One must realize that this relaxed attitude toward diabetes and daily activity only comes after extensive planning and careful medical supervision. This supervision should not, however, be oppressive or inhibit the program. In order to properly and safely care for the child with diabetes certain procedures must be incorporated into the daily schedule such as testing blood sugars, giving insulin, changing pump sites and timely meals. In the time the camp has existed, many more programs have become available to children with diabetes; however, it remains that there are only two camps that truly welcome them.

We also appreciate the psychological impact to a child created by the existence of a chronic illness. Since Type I (previously call Juvenile) diabetes is found only in 1 to 2% of the camp aged population, many of the children from smaller towns may not have ever met another child with diabetes of his or her own age. As a result, the children may have unnecessary feelings of uniqueness, which can only be quelled by exposure to other children with a like condition. If a child has previously been exposed only to elderly individuals with complications of diabetes, it is very difficult to visualize the many years of good health the child has before him or her.

When a doctor refers a child to the Summer Diabetes Safari and the Diabetes Youth Foundation, trust has been placed in the entire program to provide the best medical and program possible for every child. To this end, the medical and dietary staffs strive to establish the best possible management tempered by the numbers of children being treated, means of treatment, previous management and the activity level and schedules provided at camp. Minimal changes like insulin dosage and number of carbohydrates or calories in the diet are made frequently. Major changes such as types of insulin and number of doses are changed only after due consideration. The camp serves as a consultant to the local physician rather than the provider of primary care of the child.

It has previously been mentioned that the children gain a great deal from the mere exposure to other diabetics both campers and staff. Although one would hope that the children would learn a great deal about their diabetes through daily living and encounters with other campers, staff and medical staff; unfortunately the knowledge shared is not always positive. Parents and Physicians usually send the child to camp to learn more about diabetes while being in an enjoyable environment. An important part of camp is diabetes education and teachable moments that happen any time, anywhere in camp. The overall program of the Summer Diabetes Safari is educational—thus diabetes education falls into the general purposes of the camp.