

# CAMP JABIRU 2020

**DATES: April 19 – Orientation day at Camp Yarramundi  
Camp dates April 20 - 24 at Camp Yarramundi**

Camp Jabiru is modelled after Camp Avanti in the United States; Camp Avanti was developed by Pat and Julia Wilbarger and has been held for approximately the last 30 years. Camp Avanti allows for children with sensory processing challenges to have a typical “summer camp” experience. While Australia does not have quite the culture around “summer camp” that the United States does, a camp program provides a very unique set of physical and social challenges for children with sensory processing challenges. Therapeutic support during camp activities allows each child to participate and succeed to the “top” of his/her ability level. The intensive staff to camper ratio allows for each child to have an individualized treatment program that maximizes each child’s camp experience.

2020 will mark Camp Jabiru’s twelfth year. Jabiru’s charter year was a day camp program for 12 children. In 2010, we programmed for 48 children (aged 4-12) in both day camp and overnight camp programs, and in 2011, we programmed for 96 children, and we have remained between 100-125 campers since that time. The campers will have a variety of “diagnoses” but the common denominator for all of the children will be that of challenges with sensory processing. The majority of the children will be verbal and have only a mild intellectual disability, if any intellectual disability at all. A few campers with more intensive needs will be part of the camp experience as well. However, the intensive staffing patterns allow us to meld these higher needs campers into a more mainstream group of peers.

In 2017, we added Jabiru 2.0, an “apprenticeship” program for campers who have aged out of Camp Jabiru. Jabiru 2.0 campers take on the challenge of adolescent occupational roles within the camp environment, serving as support workers while still receiving the benefit of the therapeutic milieu. Jabiru 2.0 campers are encouraged, through group processes and individual support, to develop greater capacities for self-reflection and personal achievement.

As occupational therapists, we are very aware that the discrete existence of “sensory processing disorders” has yet to be empirically proven. However, many other diagnoses include disruptions in sensory processing as a defined characteristic. Camp Jabiru does not aim to be a “sensory processing” program for children. Instead, it is an incredible tapestry of all the tools we wield as occupational therapists. It is an amazing opportunity to practice both the art and science of our profession in the most holistic manner imaginable.

Camp is a uniquely rich occupational therapy environment in that it provides the possibility for observing the child in all of his/her occupational roles across a wider variety of experiences. The child at camp is a learner, a player, a friend, and a member of a “family” or a group. By far, the most important of these roles at camp is that of friend. For the most part, these are children who are not successful socially in their typical daily life. It will be the family’s most sincere desire that their child have a friend and be a friend during the week of camp.

Camp also provides the opportunity to observe the child through many of the activities and transitions that accompany a typical “day in the life” of the child as a family member. Being a first-hand witness and support to behaviours around routines such as meal times, dressing, toileting and

sleeping and waking (if an overnight camper) allows us to offer much more informed support for the families around these same events at home and school.

In general campers are between 4 & 12 years of age, are placed into groups of 6-10, dependent upon age and ability, are at camp anywhere from 4 hours per day to overnight for 5 days, dependent upon age, and have individual differences in sensory processing as a primary therapeutic concern.

Typical camp activities include canoeing, rock climbing, giant swing, crafts, abseiling, caving, games, high and low ropes courses, and a variety of cooperative activities. In general, the younger the camper, the more intensive the OT programming is for activities. The older campers are able to engage in a larger variety of "regular" camp activities as listed above.

Staffing is fairly intensive. There are 2 OTs per group, 2-4 OT students, a practicum OT (an OT in a "learning" role) and a YMCA outdoor education staff member per group. This allows for approximately 1 staff member per 1.5 campers.

#### **OT STUDENT RESPONSIBILITIES:**

- Anything assigned to you by your group leader (so flexibility and the willingness to "go with the flow" are essential)
- Implementation of therapeutic techniques
- Leading games and activities
- 1:1 intervention with a child
- At least one shift of sleeping overnight in a children's cabin (OT students must stay overnight at the camp)
- At least one shift of dining with an overnight group at dinner and/or breakfast
- Set up and clean up of camp each day
- Contribution to the daily camp newspaper (several students will need to bring laptop computers to camp – it is a very safe environment for your personal belongings)
- Photographic record of each camper's experience (each student must have a digital camera for use at camp)

#### **BENEFITS TO THE OT STUDENT:**

- Very hands on experience
- Immersion experience into "what is a sensory processing challenge?" and "how do disruptions in sensory processing affect daily life?"
- Full spectrum ideological approaches toward meaningful human occupation
- Implementation of a full gamut of occupational therapy tools and strategies from an eclectic base, so that individualization of programming needs per child can occur
- Access to some of the brightest clinicians in Australia for problem solving and clinical reasoning
- Access to venerated master clinicians from the United States (there will be at least 3 mentor therapists from the US at camp helping to support the entire experience)
- A HELL OF A LOT OF FUN!

# CAMP JABIRU 2020

## OT STUDENT EXPECTATIONS

Camp is a massive effort and the expectations for your camp day run beyond just the hours that the children are attending camp. In signing up for camp, you should recognize that the rewards will be many, the experience both uplifting and exhausting, and that you may sometimes feel as if there are not enough hours in the day to complete the designated tasks. However, if you are considering paediatrics as your field or already know that you want to work with children, this experience is definitely for you. You will gain so much professional and personal knowledge from camp, and it will stay with you for years.

Just to give you a brief idea of what your day includes:

- Set up and clean up are expected responsibilities each day. Your group leader will assign you specific duties that help facilitate ease for the campers.
- Additionally, taking photos and preparing them for printing is a time-consuming task and most typically has to be done in the evening following campfire.
- You will also have responsibilities for sleeping overnight with campers,
- sharing meals with campers,
- and helping out with overnight groups during campfire.
- Clean up at the end of your camp day is also expected. This means your area should be litter-free. Monitor this throughout the day with your campers.
- Your equipment should all be put back in its designated spot.
- You will also need to debrief with your group each day in order to plan for the coming day. This includes use of a specific clinical reasoning tool to help make interventions precise per child.

This is all on top of managing the campers each day!

You are expected to live the week at camp. Orientation this year occurs at camp on April 19, so you will actually be spending 5 nights at camp. Full meal service begins the morning camp begins. Lunch will be provided on orientation day but you will need to make arrangements for dinner on April 19. Typically camp groups go into Richmond and share a meal together. On April 19, we will hold student orientation in the morning, full staff orientation at mid-day, and the remainder of the day will be spent with your camp group, setting up your area and planning for the week. You will begin at approximately 7:00 am on April 20 and finish at approximately 5 pm on April 24. Students will need to be at camp 24 hours per day during the interim and will be expected to remain at camp until clean up and debriefing have occurred on April 24.

Also, while we do our best to plan our staffing needs in advance based on the children that are coming, sometimes the groups don't meld as we've anticipated. Please know that we will need you to be flexible in your assignment. You may be moved to a different group that has different staffing needs, you may be requested to help support a different group for just a few hours, or you may be requested to be more 1:1 with a child. Flexibility is critical to being able to function well at camp.

Additionally, we know that camp is a very long and intense week. It is easy to work with the kids and sometimes more challenging to work with the big team of adults that is there. However, we need you to be a responsible adult and communicate clearly and consistently with your team leader. This means informing your team leader of when you are taking a quick break (i.e. going to the toilet), communicating about challenges you are having with a child, communicating your own needs clearly, and being proactive rather than reactive in your communication.

**DRESS CODE:** Camp is obviously quite casual and we suggest that you wear clothes that you aren't fussed about as some things may get stained or torn. However, we also request that you dress modestly. This means no cleavage (front or back) should be showing. No spaghetti straps, please. No bikinis either unless you intend to wear board shorts and a rash vest or singlet over the bikini at all times. Please no super short shorts either. Your bum cheeks should be covered well, with shorts being at least 12-15 cm below your bum cheek.

**ORIENTATION:** There is a mandatory camp orientation day on April 19. Camp itself runs from April 20-24 at Camp Yarramundi (in Yarramundi). Please note that orientation is on a Sunday, and camp runs from Monday – Friday. More specific details regarding schedule and topics will be provided at a later date. Orientation will also be held at Camp Yarramundi.

**COST:** While we would love to be able to provide this experience for no cost to students, it does cost The Sensory Gym® about \$550 per staff person for the week. This covers your meals and lodging. We ask that each student pay \$175 of these expenses and The Sensory Gym® will cover the remainder of the cost. In addition to meals and lodging, you will be provided with an intensive training week in paediatric occupational therapy that is yet to be duplicated in Australia.

**EXTRA OVERNIGHT OPTION:** Some of you may be travelling interstate to get to camp, so the YMCA has offered lodging (no meals) for the evening of April 18, prior to orientation. There is an additional \$55 cost for this. Please indicate on your application whether or not you are interested in staying overnight on April 18. It is not an obligation at this point (I will need full commitment about a month in advance of camp.), just an idea of how many people are interested in staying.

# CAMP JABIRU 2020 COMMITMENT FORM APRIL 20 – 24, 2020

(with mandatory orientation day on April 19, 2020)

Please complete and return to The Sensory Gym® by December 2 if you are committed to the Camp Jabiru experience for 2020. You also need to complete the medical form for the YMCA and return it with your commitment form. We also need a copy of a current Working with Children Check. If you don't have this through your university program, you will need to get one prior to being accepted for camp. In NSW, the application form for your Working with Children Check is [wwccheck.cyp.nsw.gov.au](http://wwccheck.cyp.nsw.gov.au). We accept Working with Children Check's from any state or territory within Australia.

When submitting your application, please either scan documents and then email or post them. The postal address is The Sensory Gym® 4C/28 Laurence Street, Hobartville NSW 2753. Photos taken of documents that are then emailed are often **NOT** of high enough quality to suffice. Faxes of originals are also acceptable (02 4578 4184).

Additionally, please submit an appropriate photo with your application. Often parents want to familiarize their children with the adults in their camp group prior to camp, so this is the sole intended use of your photo.

**Total Cost - \$175**

**This can be paid by direct deposit, Cheque, Cash, Credit Card (Surcharges Apply)**

Please complete and return the following documents to [colleen@sensorygym.com.au](mailto:colleen@sensorygym.com.au)

- **Completed application**
- **Current WWCC**
- **Medical form**
- **Photo of yourself**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone numbers: \_\_\_\_\_

Email address: \_\_\_\_\_

School attending: \_\_\_\_\_

Year in Uni in **2020**: \_\_\_\_\_

Briefly explain your interest in working as an OT in paediatrics: \_\_\_\_\_

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Briefly explain what you hope to get out of the Camp Jabiru experience: \_\_\_\_\_

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Briefly explain what special interests or talents that you might contribute at camp (i.e. music, sign language, leadership, creativity, etc.): \_\_\_\_\_

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What age range (between 4 & 12, or "job coach role") would you be most interested in joining? \_\_\_\_\_

T-shirt size (S/M/L/XL/XXL): \_\_\_\_\_

Special dietary needs: \_\_\_\_\_

I would like to stay overnight at camp on April 18. Y/N: \_\_\_\_\_

Please note there is an additional \$25 fee for gluten free meal provision during camp. There is an additional \$55 charge for staying overnight at camp on April 18.

Anything else we need to know?

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# Camp Jabiru Payment Student

Name: \_\_\_\_\_

## Please tick

- I have attached a cheque to my application  
(Made out to The Sensory Gym)
- I wish to pay with my credit card **(A 1.155% surcharge will apply)**
- I have paid by Direct Deposit – (Please use your Name as a reference)

Please circle card type

**Visa**

**Mastercard**

**Card Number:** \_\_\_\_\_

**Expiry Date:** \_\_\_\_\_

**CVV Number:** \_\_\_\_\_

Cardholder Signature

  

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## Bank Details – Direct Deposit

Account Name – The Sensory Gym Pty Ltd

Bsb: 112 879

Account: 491 763 765

**Please use your name as a reference so we can track your payment**

