

CAMP CAPACITY 2012



Wacky Wildlife Adventures



Thank you for your expression of interest in participating in the Muscular Dystrophy South Australia's Camp Capacity for 2012. This letter contains some additional information about our camp, so you can better understand what is involved and what the role of the Volunteer Carer entails.

If we have not answered any questions you have with this letter, please do not hesitate to contact Richelle here at MDSA.

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CAMP DETAILS:

Date: Monday 16th -> Friday 20th April 2012

Location: Baptist Centre Campsite, Wingrove Road, Mylor. This campsite has accessible accommodation which caters to the needs of people with disabilities.

Who attends Camp?

Camp Capacity is held for people with neuromuscular disorders and their siblings who are aged between 5 – 25. Our camp in 2011 had roughly 50 campers attend all ranging in age and physical ability.

What is a neuromuscular disorder?

Neuromuscular disorders have certain features in common; most are genetic; most are progressive; and each causes muscle weakness and wasting. These disorders all vary in severity and the groups of muscles affected, but may cause significant physical disability. Many of our campers use mobility aids such as motorised or manual wheelchairs and walking frames.

Who is Muscular Dystrophy South Australia?

Muscular Dystrophy South Australia provides a range of services to people with a variety of neuromuscular disorders. MDSA provides services such as Hydrotherapy, Counselling, Equipment Loan, Advocacy, Speech Therapy & Physiotherapy.

What will happen at camp?

Camp is a fantastic opportunity for campers to have fun, make new friends, experience new things and to have some time away from home. Camp is also a good opportunity for parents and carers to have a break. Every year a lot of planning goes into Camp Capacity to plan a range of new and exciting activities. We have some old favorites that make an appearance each year including swimming, flying fox, laser skirmish and a visit from the Harley Owners Group (HOGS).

The theme for Camp Capacity in 2012 is Wacky Wildlife Adventures. We have jam packed the programme with all kinds of fun and exciting activities with plenty of wacky animals and wildlife to be seen along the way. Carers will sometimes be required to assist or encourage campers to participate in activities; however, as much as possible we would encourage the carer to have a go themselves.

What will be provided to the carers at camp?

All accommodation, meals, transport, activities and training are provided to carers free of charge. Any equipment or support required for your caring role will also be provided.

What is the volunteer carers role?

All campers are allocated a carer for the duration of camp and you are responsible for ensuring all of your camper's needs are met. This could involve personal care, such as assistance with eating, showering and going to the toilet; assistance with participation in activities; supporting social interaction; and helping to make sure campers are safe, occupied and having a good time.

Will carers be expected to work 24-hours a day?

We aim to match carers with campers one-on-one for the entire duration of camp. We understand that carers will need adequate break time so we ensure that carers will have rostered breaks and 'nights off' to make sure that the camp experience is an enjoyable one for everyone involved. We will use the information provided to us, to match campers with their carers based on experience, qualifications and the needs of the camper. It is vital for us to ensure you are matched with the camper most suited to you, to ensure that both campers and carers are safe and not at risk.

How is a person eligible to be a Volunteer Carer at camp?

Past carers have come from all different backgrounds and have different experience and skills. To be eligible to volunteer at Camp Capacity you need to:

- Be at least 18 years old
- Complete a National Police Clearance
- Be able to work well in a team
- Have good communication skills
- Be willing to provide personal care, if necessary

We would welcome anyone who meets the requirements to volunteer for camp. If you are unsure whether you meet the requirements contact Richelle at MDSA for further clarification.

What about training?

To ensure that you are comfortable with the volunteer carers role and that you understand the needs of people with a neuromuscular disorder, we will hold a compulsory training and information session. We will aim to hold a session in November/December and one in February/March, however you are only required to attend one. Further details about the date, time and location will be provided in the coming months.

The training includes manual handling, use of relevant equipment and personal care. We will give all participants plenty of opportunity to use the equipment and ask any questions. We will also provide detailed information about neuromuscular disorders and an outline of the programme for camp.

The training session is a really important part of the recruitment process as it enables us to get to know who the volunteers are and to determine your suitability as a carer.

What happens now?

If you are still interested in volunteering at Camp Capacity in 2012, please fill in the attached Volunteer Carer Registration Forms. It is required by law that Muscular Dystrophy South Australia obtains a police clearance for all volunteers who work with our clients. **IF YOU HAVE A POLICE CHECK THAT IS DATED PRIOR TO 20/04/2009, YOU MUST OBTAIN A NEW ONE.** Please undertake the following before sending back the forms:

- Use the following link to obtain the form:
www.sapolice.sa.gov.au/public/download.jsp?id=48798
- Fill in your personal information
- Write "Volunteer for MDSA Camp" in 'Purpose for Check'
- Tick "Working with Children/Vulnerable Groups" in 'Category'
- Tick "VOAN volunteer (VC)" in 'Check Type'
- Sign and date the consent section
- Under 'Volunteer Authority' tick "VOAN (Volunteer Organisation Authorisation Number)
- Take your application along with two forms of ID (see 'proof of identity') to a police station and get an authorised SAPOL employee to fill out and stamp 'SAPOL use only'. This is to say that they have sighted your identification.
- **DO NOT** LODGE THE APPLICATION OR PAY ANY MONEY
- Once signed and stamped by the police, return with other forms to MDSA. We will fill out the other details and lodge it on your behalf (please note, we cannot fill out our section until SAPOL have checked your ID and stamped your form). Once we receive the Certificate, we will keep a copy and then give the original back to you to keep with your own records.

We hope this booklet has given you the information that you require, however please contact Richelle on either 8234 5266 or rclements@mdasa.org.au if you have any other queries or you require any further information.

Hope to see you all at the training sessions!