

DIABETES CAMPS VICTORIA PROGRAM

Diabetes Camps Victoria runs camps for children and adolescents aged 8 – 17 years with type 1 diabetes. Camps are run by a consortium and camp executive from Diabetes Australia-Vic, The Royal Children's Hospital and Southern Health.

Diabetes Camps Victoria program is designed to be fun, as well as enhancing the diabetes management skills of the young campers. Camps include a wide range of activities, which allow campers increased freedom under professional medical and recreational supervision. The range of camp activities allow the individual to get to know their diabetes under a wide range of conditions.

Camps are divided in age specific camps:

Autumn	8-9 years
Junior	10-12 years
Senior	12 -14 years
Teenage	15-17 years

The camping experience provides the chance for the campers to:

- Develop confidence
- Learn self-responsibility
- Learn age appropriate diabetes management skills
- Opportunity to meet others with diabetes.

Parents/guardians can feel comfortable as all DCV volunteers and health professionals are trained in type 1 diabetes management by staff from Diabetes Australia-Vic, the Royal Children's Hospital and Southern Health.

DIABETES CAMPS
VICTORIA

Application criteria

All applications are reviewed by the Camp Executive. **Campers are given preference based on the following criteria:**

- Campers who have not been on camp before
- Campers who applied last year, but missed out
- Campers who live in rural / regional Victoria
- Campers who have been newly diagnosed

Unfortunately, not all applications for camp will be successful due to the high demand for camp places

Autumn Camp - Warburton

Autumn Camp is for children aged 8 -9 years. Camp runs over four days and three nights and is packed full of fun activities, including:

- Flying Fox
- Animal Feeding
- Gold Panning
- Low ropes course

Junior Camp - Anglesea

Junior Campers are aged 10-12 years. Many campers may draw up their own insulin or inject themselves for the first time whilst on Junior Camp. The camp runs for five days and four nights of non stop action.

Activities include:

- Surfing
- The Giant Swing
- Adventure Park
- Disco

Senior Camp - Anglesea

Senior camp is for 12-14 year olds and run over five days and four nights. Senior campers participate in a diabetes forum with feedback from their peers, recreation volunteers, and health professionals. The forum allows campers to discuss diabetes issues they wish to learn about.

The senior camp program includes:

- Surfing
- Canoeing
- The Giant Swing
- Rock climbing

Teenage Camp – tent based

Teenage camp is for 15-17 year olds and is held in tents over 6 days and five nights. This camp allows teens to meet others with diabetes in a social environment, and continue to learn more about their diabetes management with greater independence from their parents.

Teenage campers are required to be more independent in their own diabetes management and need to take responsibility for their insulin and other medications they may require.

Activities for teenage camp may include:

- Mystery Bus Tour
- Rock climbing
- Surfing
- Leadership training

When are camps held?

- Junior, Senior and Teenage camps are held in **January**
- Autumn camp is held in the **Easter school holidays**.

Camp Locations

- Junior and Senior camps are held in **Anglesea**
- Autumn camp is in **Warburton**
- Teenage camp varies from year to year at either coastal or bush campsite around Victoria

All DCV volunteers and health professionals must have a current Working with Children's Check and undergo training prior to attending camp.

Contact DCV:

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