

2020 Summer - Autumn Camp Programs



AUSTRALIAN
CAMPS ASSOCIATION
PEOPLE OUTDOORS
Adventure for all



www.peopleoutdoors.org.au

People Outdoors - Experts at providing outdoor experiences for people with disabilities

About People Outdoors Programs

'Adventure For All' – Outdoor Experiences for People with Disabilities

People Outdoors, a branch of the Australian Camps Association, was established in 1989 to provide outdoor recreation for people of all ages with physical or intellectual disabilities. The Australian Camps Association is a registered NDIS service provider certified with the Department of Health and Human Services (DHHS) and accredited with the Quality Tourism Framework, formerly the Australian Tourism Accreditation Program.



Programs include single day through to week long camps which provide people with disabilities the opportunity to experience the social and developmental benefits of adventure outdoors. All programs are staffed by trained, passionate professionals and volunteers.

People Outdoors programs are hallmarked by a high level of communication with parents/guardians and campers. Our programs only operate at Australian Camps Association member camps that are accredited through the Quality Tourism Framework. Camp staff provide expert oversight of activities, allowing the People Outdoors team to focus entirely on supporting our campers. People Outdoors programs are goal focused and are all about fun, trying new things, personal development, social connection and enjoying the great outdoors.



Contact us for advice on completing NDIS Plans - we can help you or your camper prepare for the plan, so that it provides access to the important benefits derived from our camp program.

People Outdoors are experts in providing outdoor experiences for people with disabilities.



Our Programs Explained

Day Activities

- Join us for a day out. Generally these programs are held on the weekend, departing at 9am and returning at 4pm. Departure locations will vary. Some *Day Activities* may be during the school holidays.
- Expect visits to attractions or events in Melbourne and surrounds.

Overnight Camps

- *Overnight Camps* depart on a Saturday morning and return on a Sunday afternoon - this is a great way to experience camp for the first time.
- Enjoy a mix of adventure based activities, time outdoors as well as a chance to spend time with friends old and new.

Weekend Camps

- *Weekend Camps* depart on a Friday evening and return on a Sunday afternoon - a perfect weekend away.
- Enjoy a mix of adventure based activities, time outdoors as well as a chance to spend time with friends old and new.

School Holiday Camps

- *School Holiday Camps* vary from 3 to 4 days in duration. These camps may run during the week or on a weekend over the school holiday period.

"Adventure For All" Camps

- *Adventure For All Camps* provide the opportunity for campers friends or siblings to join us on a camp. No parents allowed! These camps could be weekend, overnight or school holiday.

Departure Location:

Our programs depart from the Carinya Society (10 Bellevue St, Coburg) with the exception of Day Activities which have various departure points. Alternate regional pick-up locations may be available (eg. Ballarat).

What's Included:

All program costs include transport (to and from the camp), all meals, activities, accommodation and support.

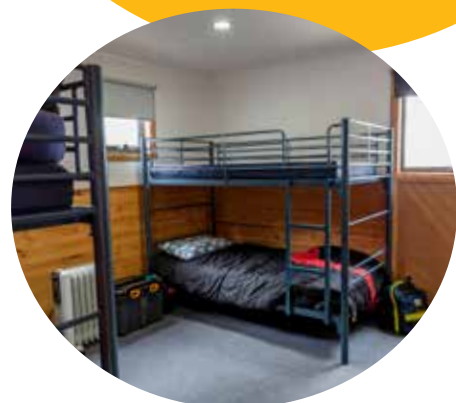
What to Bring:

Our programs will involve you being outdoors, so make sure you pack appropriate clothing and footwear (for all weather conditions). Bedding is **not included**, you will need to bring your own pillow and sleeping bag/doona on Overnight, Weekend and School Holiday Camps. Our pre-camp information pack explains it all.

Did You Know...

Research conducted by the Murdoch Children's Research Institute in 2016/17 shows that participating in camps:

- decreases anxiety
- increases efficacy (ability to get things done)
- Increases connection with peers
- increases connection with school



Our Support Ratios Explained

How much support do you need?

1:3 Ratio

- A person who is independent in all areas of personal care including toileting, showering and brushing teeth (may just require prompting).
- Can eat independently, make drinks for themselves and has good communication, social skills.
- Understands road rules, social settings and can stay with the group on outings.

1:2 Ratio

- Requires prompting or some assistance with showering, toileting and brushing teeth.
- May require prompting to pick appropriate clothes and get ready for the day.
- May need supervision or help eating or using cutlery.
- May need staff to look after spending money and help with daily living choices.
- Requires closer supervision in the community and on outings.
- May display some mild to moderate behaviours of concern.

1:1 Ratio

- Participants who use manual or electric wheelchairs and need assistance.
- A person that needs full assistance with personal care such as showering, toileting, brushing teeth and with dressing.
- Has special requirements during meal times and needs assistance to eat.
- Requires full assistance and constant supervision in the community.
- May have challenging behaviours.
- May have limited social skills.

How to Join us on Camp

To make a booking all you need to do is follow these simple steps:

- Pick a camp/s you wish to go on.
- Call or email the office to make a booking.
- We will provide you with a quote based on what funding you currently have (NDIS or DHHS).
- If you are NDIS funded, a service agreement will be sent to you along with confirmation of your place on the camp.
- If you are DHHS funded, we will send you a confirmation one month prior to the date of the camp.

Some important things to remember:

- If you are DHHS funded, you will be supported on camp by a volunteer on a 1:1 ratio.
- If you are NDIS funded, you will be supported on camp by a disability support worker based on the ratio you require (1:1, 1:2 or 1:3).

We understand that funding transition periods can be confusing and stressful for some campers and carers so please remember we are here to help you. Please do not hesitate to contact us if you have any questions!



2020 - Summer/Autumn Program Calendar



YOU DO NOT NEED AN 'NDIS PLAN' TO JOIN US ON CAMP

Program Dates	Program Type	Location	Age Group	Cost
14 - 17 January	School Holiday Camp	YMCA Anglesea Recreation Camp	Combined (6 - 18yrs+)	<p>People Outdoors is a registered DHHS and NDIS Service Provider.</p> <p>Please call 03 9863 6824 or email peopleoutdoors@auscamps.asn.au for a quote and to book!</p> <p><i>Don't have an NDIS Plan? You're still able to join us on camp. Contact us for more information.</i></p> <p>In partnership with:</p>
21 - 24 January	School Holiday Camp	YMCA Anglesea Recreation Camp	Adults (18yrs+)	
7 - 9 February	Weekend Camp	Grantville Lodge	Adults (18yrs+)	
22 - 23 February	Overnight Camp	YMCA Lady Northcote Recreation Camp	Teens (13 - 17yrs)	
7 - 8 March	Overnight Camp	YMCA Anglesea Recreation Camp	Children (6-14yrs)	
13 - 15 March	Weekend Camp	Grantville Lodge	Teens (13 - 17yrs)	
27 - 29 March	Weekend Camp	YMCA Anglesea Recreation Camp	Adults (18yrs+)	
6 - 9 April	School Holiday Camp	YMCA Anglesea Recreation Camp	Combined (6 - 18yrs)	
18 - 19 April	Overnight Camp	YMCA Lady Northcote Recreation Camp	Children (6 - 14yrs)	
1 - 3 May	Weekend Camp	Grantville Lodge	Adults (18yrs+)	
15 - 17 May	Weekend Camp	YMCA Camp Manyung	Teens (13 - 17yrs)	
22 - 24 May	Weekend Camp	YMCA Camp Manyung	Adults (18yrs+)	
5 - 7 June	Weekend Camp	YMCA Lady Northcote Recreation Camp	Adults (18yrs+)	
19 - 21 June	Weekend Camp	YMCA Anglesea Recreation Camp	Teens (13 - 17yrs)	
29 June - 2 July	School Holiday Camp	YMCA Camp Manyung	Adults (18yrs+)	
7 - 10 July	School Holiday Camp	Stringybark Lodge	Combined (6 - 18yrs)	

**All programs will depart from Coburg however, alternate regional pick-up destinations (eg. Ballarat) may be available. Please ask our staff when you call for a quote - 03 9863 6824.*

**Please note program location, dates and times are subject to change.*

**YOU DO NOT NEED A 'NDIS PLAN' TO COME ON CAMP!
CONTACT 03 9863 6824 FOR DETAILS**

“Could not ask for a better organisation. People Outdoors are amazing, when my son goes on camps, I don’t have to worry about him. They take such great care of him. The volunteers are amazing taking the time out to go on camps with such special children. It just shows that there are still great people out there in the world, I take my hat off to the amazing people that do this - I thank you very much. People Outdoors, I thank you very much for making my son so happy. A very professional company and very thorough with the information they gather.”
- Stephanie, Parent



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I love the camps it gives me the opportunity to meet new people, try new things and the volunteers are awesome - there is not a thing they want do for you - Rita, Camper.



“People Outdoors is an important beneficiary of my time because it is full of so many caring, wonderful and dedicated volunteers who are there for the sole reason of making others happy.” - Rachel, People Outdoors Volunteer Program Leader

“My daughter loves the volunteers at People Outdoors, she finds peer interaction difficult but having the volunteers of all ages gives her the opportunity to feel part of a friendship group. We love turning up at drop off and hearing lots of different people calling her name and making her feel so welcome. Thank you People Outdoors x” - Michelle, Parent

“I like the activities they organized. The camp buddies are nice, young, funny, helpful, and thoughtful. I love the food, art and craft.” - Alisa, Camper

Expression of Interest



So you'd like to join us on a camp? Great news! Please fill out and return this Expression of Interest form. We'll then get in touch to provide more information and to learn more about your needs.

Name of Applicant:

Address:

Suburb: **Postcode:**

Date of Birth: **Age:**

Gender:

Disability:

Carer/Contact Person:

Email Address:

Phone Number:

Preferred Method of Contact: Phone Email

Do you have an NDIS Package? Yes No

Support Ratio Required: 1:1 1:2 1:3

Do you (Applicant) have any medical conditions or need any special assistance (eg. anaphylaxis, epilepsy, mobility assistance, behaviour management, etc)?

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Please list the program dates you are interested in attending:

.....
.....

Do you have any special interests (eg. water sports, craft, ball games, outdoors etc)?

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Do you have any specific goals you would like to achieve?

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Please return this form to People Outdoors via the following methods:

Mail to: Att: Melissa Puccio **Email:** peopleoutdoors@auscamps.asn.au

People Outdoors
Corporate One
84 Hotham St
Preston VIC 3072

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*'Experts in providing outdoor experiences
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Weekend Camps | School Holiday Camps | Day Activities
Volunteer Opportunities | Off-road Wheelchair Hire

www.peopleoutdoors.org.au

03 9863 6824

Find us on  <https://www.facebook.com/PeopleOutdoors/>

The Australian Camps Association, including People Outdoors, acknowledge the traditional owners of Australia and we welcome all Aboriginal and Torres Strait Islanders to our service.

