Participant Outcomes

At DYF Programs our hope is that your child not only grows in diabetes self-care and management, but also in their development. Listed below are the participant outcomes we hope that your child achieves in our camping programs.

1. **Participant demonstrates increased knowledge about the outdoors.**
   a. Stays on trail
   b. Can identify flora and fauna surrounding camp
   c. Carries out all trash from campsite

2. **Participant demonstrates a deeper appreciation of regular physical activity utilizing the outdoor environment including hiking and/or backpacking and/or nature exploration.**
   a. Familiar with hiking trails departing from camp
   b. Shows interest in joining programs involving outdoor activity for next year’s camp season

3. **Participant sees themselves as a steward and ambassador of the outdoors.**
   a. Chooses rugged terrain when traveling cross country to minimize impact
   b. Collects fire wood from existing and dead debris surrounding campsite
   c. Does not pick wildflowers or damages other flora

4. **Participant demonstrates increased confidence in diabetes management and diabetes decision-making.**
   a. Can count the carbohydrates in their own meal
   b. Suggests possible insulin dosages to medical staff and/or parents

5. **Participant demonstrates increased independence in diabetes management.**
   a. Checks blood glucose without reminder
   b. Recognizes personal symptoms of hypo and hyperglycemia
   c. Self-administers insulin injections

6. **Participant understands the different types of insulin and technology available to adjust and administer insulin levels.**
   a. Recognizes various insulin pumps
   b. Knows the difference between long acting and short acting insulin

7. **Participant knows and understands how to identify and treat hypo and hyperglycemic episodes especially during high and low activity periods.**
   a. Chooses fast acting carbohydrates such as sugar cubes when experiencing hypoglycemia
   b. Recognizes personal symptoms of hypo and hyperglycemia
   c. Parent will also report changes in home behavior

8. **Participant demonstrates an increased sense of diabetes responsibility upon returning home.**
   a. Checks blood sugars more frequently
   b. Closely monitors blood sugar pre and post times of increased physical activity in order to prevent severe hypoglycemia
   c. Parent will also report changes in home behavior
9. Participant sees the self as a useful and valued member of the camp community by camp peers and adults.
   a. Offers input to counselors when selecting an activity
   b. Participates in group discussion

10. Participant feels encouraged to do well in school and home community.
    a. Completes tasks to the best of their ability as assigned
    b. Faces challenges with a positive attitude
    c. Parent will also report changes in home behavior

11. Participant is aware of, and confident in, the steps of group and individual decision making.
    a. Voices opinions and concerns in a respectful manner
    b. Actively listens when others speak
    c. Takes other’s opinions into consideration

12. Participant has increased friendship-making skills.
    a. Plans to communicate with fellow campers post camp
    b. Actively listens and engages in conversation with peers
    c. Parent will also report changes in home behavior

13. Participant reports having increased self-esteem.
    a. Introduces self to a new person
    b. Engages in conversation
    c. Parent will also report changes in home behavior.

14. Participant reports feeling optimistic about personal future.
    a. Confident in diabetes management
    b. Makes plans for the future
    c. Parent will also report changes in home behavior

15. Participant shares diabetes knowledge learned at camp with peers, family, and school personnel.
    a. Talks openly and willingly about their disease
    b. Demonstrates ability to administer own injection/check blood sugar/etc.
    c. Parent will also report changes in home behavior

16. Participant shares enthusiasm about outdoors gained at camp with the surrounding community including peers, and family.
    a. Shares stories camping experience with friends
    b. Exemplifies “Leave No Trace” principles in outdoor settings
    c. Parent will also report changes in home behavior

17. Participant encourages peer participation in outdoor activities.
    a. Encourages friends to join them next year
    b. Identifies flora and fauna for peers
    c. Parent will also report changes in home behavior