



*A World of Education,  
Inspiration and Support*

## 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



*A World of Education,  
Inspiration and Support*

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