



## Diabetes Care at Camp

### **An Important Message About your Child's Diabetes at Camp:**

Your child's blood sugar levels may run lower or higher during their stay at camp than you may see at home. While they and their blood sugars are carefully monitored, variables such as altitude, new activities, new routine, length of stay, excitement, and so on, will affect your child's blood sugar levels. Please know that camp works diligently to fine tune your child's diabetes control during their stay, but it is not always possible to have the same level of control that they may have at home. To address any diabetes concerns prior to camp, please give us a call.

### **Diabetes Care at Independent Camps:**

Campers will be under the care of our highly qualified and trained staff. These staff include counselors and program staff (more than 70% have type 1 diabetes themselves), dietitians, certified diabetes educators, nurses, endocrinologists, and general practice physicians. Each group will consist of 8-14 campers, 2-5 counselors, and one nurse. At every meal and at nighttime snack, each camper meets one on one with their nurse to adjust insulin doses. The nurses report to the lead medical staff on duty, who then report to our Medical Director.

### **Diabetes Care at Family Camps:**

Family camps have a lead medical team consisting of 2-5 people. At a minimum, one of these persons is an endocrinologist and one is a general practice physician. We may also have additional medical staffing by nurses, psychologists, certified diabetes educators, and dietitians. Parents and campers can check in with a designated healthcare provider four times per day to discuss insulin doses; this process is called "Insulin Line." This is also a great time for campers to watch other kids checking blood sugars, bolusing, and injecting insulin, which often encourages them to try out a new skill.

Each morning, parents spend time in diabetes education sessions while children rotate through camp activities with other children their age and counselors. Before your session begins, a parent education schedule will be available so that you know what will be taught and can decide which sessions you will want to attend.

### **Diabetes Benefits at All Programs:**

Aside from formal education, participants continually chat with staff and each other about living with type 1. Campers share tricks of the trade, experiences, and knowledge that enrich each other's lives and they know that they are not alone. It is very common for a child with diabetes to have a "first" at camp such as giving their own shot, trying a new pump site, or counting their own carbs. We celebrate and encourage these "firsts" at all programs.