

# Preparing for Camp and Beyond!

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August 29, 2024



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Group

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# Preparing for Camp ...and Beyond!



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# Disclaimer


The information in this presentation is provided for educational purposes only and is not intended to serve as a substitute for a medical, psychiatric, mental health, or behavioral evaluation, diagnosis, or treatment plan by a qualified professional.





## What We Will Cover:

- Brainstorm things to think about before heading off for some time away from home
- Discuss ways to plan ahead to set up for success
- Define consent
- Go over helpful tips and tricks for hygiene practices and sharing spaces with others
- Consider practical footwear considerations
- Review common medication questions and concerns



What looks different in a shared living space compared to your home environment?



Some things  
that come  
to mind:



COMMUNAL BATHROOMS



LIVING WITH ROOMMATES



DIFFERENT FURNITURE



TEMPERATURE CONTROL



YOUR NIGHT-TIME  
ROUTINE (NIGHTLIGHTS,  
TABLE NEXT TO BED, ETC.)



ACCESS TO GARBAGE  
CANS



STORAGE AREAS FOR  
CLOTHES AND PERSONAL  
ITEMS



You're going to be going to camp for the first time this summer, and you're so excited!

What things do you think you need to pack?

# Plan ahead!

- Read provided packing lists weeks (or even months!) in advance and/or make your own lists
- Know the rules of where you're going (e.g. independently handling all personal hygiene needs)
- Think about the things that you will need daily and throughout your time away to be happy and healthy

## Packing:

### Tip:

Pack a full outfit in gallon bags

- Shirt
- Shorts
- Underwear

Label the bags with special events such as dances, fashion shows etc.



# Make a camp training plan:

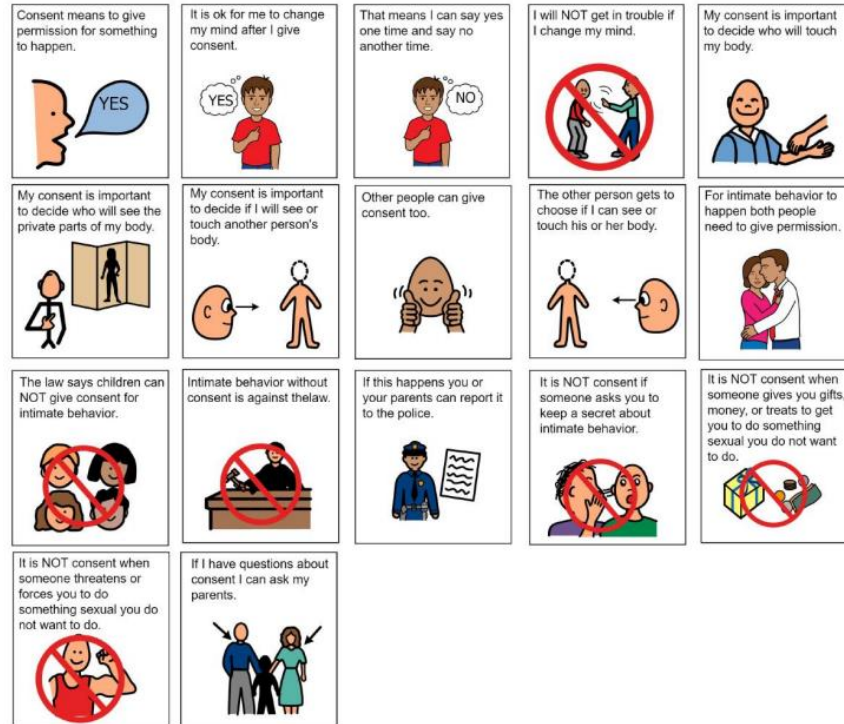
- Identify areas which need practice
- Make a list
- Cross off areas once independence is achieved
- Provide verbal and visual cues or lists when necessary
- Be open and honest with the counselors or peers if support is needed during camp
- Accidents happen!

# Consent

- Giving permission.
- No one should touch or see your body without your permission.
- You must give consent every time, even if you gave permission one time.
- Before camp
  - Identify who the individual can ask to help or accept help from.
  - Reiterate that people need to ask if help is needed or wanted before providing assistance.
  - Just because a counselor/coach thinks you should do something does not mean you have to.
  - It is ok to ask for help if you need it.

# Consent resources

## Story About Consent



<https://www.youtube.com/watch?v=AArIv-tvxWE>

# Public and private

<p>Privacy means no one should see my body without my permission.</p>	<p>My body is private.</p>	<p>My body parts that can be covered by a bathing suit are private.</p>	<p>My penis, scrotum, and bottom are private body parts.</p>	<p>My parents can see my private body parts with my permission.</p>
<p>My doctor can see my private parts during a medical exam with my permission.</p>	<p>No one else should see my private parts without my permission.</p>	<p>Some behaviors are private.</p>	<p>No one can enter my space without my permission.</p>	<p>Getting dressed is a private behavior.</p>
<p>Going to the bathroom is a private behavior.</p>	<p>Some places are private.</p>	<p>My bathroom at home is private.</p>	<p>The bathroom at school or work is not private. It is public.</p>	<p>My bedroom is a private place.</p>
<p>When I want privacy in my room, I can close the door.</p>	<p>I can talk about private things with my parents at home.</p>	<p>I should not talk about private things when I am in public.</p>	<p>If I have questions I can talk to my parents.</p>	<p>Privacy means my body is special.</p>

Story about Privacy for Boys

<p>Public means lots of other people are around.</p>	<p>School is a public place.</p>	<p>My classroom at school is a public place.</p>	<p>Work is a public place.</p>	<p>The bathroom at school or work is a public place.</p>
<p>The bathroom stall at school or work is a private space.</p>	<p>I can change clothes at school or work in a bathroom stall because it is private. The door closes and locks.</p>	<p>I can use the toilet in a bathroom stall because it is private. The door closes and locks.</p>	<p>Stores are public places.</p>	<p>Restaurants are public places.</p>
<p>I can do lots of things in public!</p>	<p>I can eat in public.</p>	<p>I can play with my toys and my friends in public.</p>	<p>I can talk to my parents and friends in public.</p>	<p>There are things I can NOT do in public.</p>
<p>When I am in public I should NOT show the private parts of my body.</p>	<p>When I am in public I should NOT show private behaviors.</p>	<p>When I am in public I should NOT talk about private things.</p>	<p>If I have questions about public and private, I can talk to my parents.</p>	

Story about Public

# Shared spaces resources



## Tips for Living with Housemates

-  **Treat your housemates like you want to be treated.**
-  **Follow the rules of the house.**
-  **Coordinate schedules.**
-  **Respect others' things.**
-  **Be a good communicator.**
-  **Be flexible. Compromise.**
-  **Share your emotions effectively.**
-  **Ask permission before touching someone else. No one should touch you without your permission.**
-  **Knock on closed doors before entering. Wait for permission to enter.**

 **Remember**  
It is important to be kind and respectful. You may not be best friends with your housemates. That is ok!



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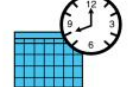
## Boundaries

Boundaries are a line you do not cross without permission. There are three types:



### 1. Personal Boundaries

 <p>Personal space and what type of touch you are comfortable with.</p>	 <p>You can hug members of your family. You can fist bump or high-five your friends.</p>
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### 2. Social Boundaries

 <p>How much we talk, text, and hang out. What we talk about.</p>	 <p>You can silence your phone while at work or at bedtime. You can choose to make plans to see your friends.</p>
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### 3. Environmental Boundaries

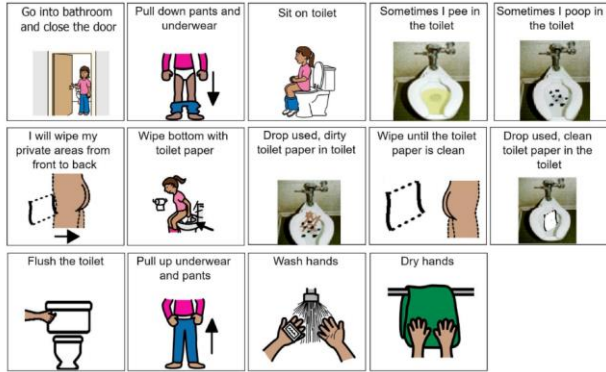
 <p>Respecting the spaces and property we interact with throughout the day.</p>	 <p>You should ask permission before taking something that is not yours or entering a space that is not yours. You should keep a shared space clean. You should return borrowed items in the same condition you received them.</p>
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# Hygiene



# Hygiene resources

## Using the Toilet Girls/Women



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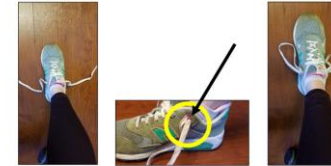
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## New Way to Learn How to Tie Shoes

Tying shoes can sometimes be challenging for individuals with Down syndrome. We found this new technique that makes tying shoes a little easier!

After putting your shoe on, push the end of your laces into one of the extra holes at the top of the shoe.



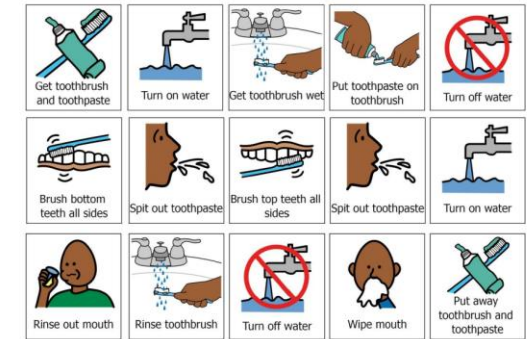
Take one lace in each hand and make an X. Then loop the lace under and pull.



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## Brushing Teeth



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## Washing Hair






# Long Hair Tips:

- Pack conditioner and practice using shampoo and conditioner
- Comb or brush hair after a shower
- Practice using a hair tie or barrette to make a ponytail









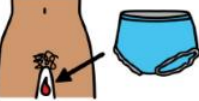




# Menstruation

## Story About Getting My Period

<p>I am growing up.</p> 	<p>My body is changing.</p> 	<p>I will start my period soon.</p> 	<p>I am not able to start or stop my period. My body is in control. This can be frustrating.</p> 	<p>Sometimes it may surprise me.</p> 
<p>It will happen one time a month for many years.</p> 	<p>It may last 4 to 7 days each time I have it.</p> 	<p>My mom can help me keep track of my menstrual cycle.</p> 	<p>When I get my period I will see blood in my underpants.</p> 	<p>When this happens I will need a hygiene product like a sanitary pad, tampon, or period panties.</p> 
<p>Using a hygiene product will stop the blood from getting on my clothes.</p> 	<p>Menstruation is private.</p> 	<p>I can ask my mom questions about menstruation, she can help me decide which hygiene product is best for me to use.</p> 	<p>My mom can help me choose a safe person at school or work to help me if I have my period.</p> 	<p>During my period I may notice other changes in my body.</p> 
<p>I may notice breast tenderness or stomach pain.</p> 	<p>I can still do most of my usual activities when I have my period.</p> 			

## Story About When to Change My Menstrual Hygiene Product

<p>I have my period.</p> 	<p>I use hygiene products like a sanitary pad in my underwear, a tampon, or period panties when I have my period.</p> 	<p>I need to change my hygiene product every few hours when I have my period.</p> 	<p>There are some times when I will need to change my hygiene product.</p> 
<p>When I wake up in the morning I will use a new hygiene product.</p> 	<p>I will change my hygiene product at lunchtime.</p> 	<p>I will change my hygiene product before dinner.</p> 	<p>Finally, I will change my hygiene product when I get ready for bed.</p> 
<p>Sometimes blood may get on my underwear by accident if I use a pad or tampon. If that happens I will need to change my underwear too!</p> 	<p>I will let my mom know if there is blood in my underwear so she can help me wash it out. I will also need to tell her about my used period panties.</p> 	<p>If I have questions, I can talk to a parent.</p> 	

# Menstrual hygiene products

**Story**

This is how I will change my period panties.



I will go to the bathroom for privacy.



I will take off my pants and my dirty period panties.



I will put my dirty period panties in the garbage can.



I will stand up and pull up my clean period panties and pants.



I will flush the toilet.



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**Story About How to Change My Pad**


This is how I will change my sanitary pad.



I will go to the bathroom for privacy.



I can keep clean pads and underwear in a bag so I can bring the supplies to the bathroom with me.



When I go to the bathroom, I will pull down my pants and my underwear. I will sit on the toilet.



I will take the dirty pad out of my underwear.



I will fold it in half so I do NOT see the blood. Then I will wrap it in toilet paper.




I will throw the pad and toilet paper in the garbage can.



I will NOT throw it into the toilet.



I will make sure there is no blood on my underwear. If there is, I will need to put on clean underwear.



I will get a new, clean sanitary pad out of my bag.



I will open the wrapper and take the pad out.



I will remove the paper so I can see the sticky tape.



I will put the clean pad in my underwear with the sticky side touching my underwear.



I will make sure the pad sticks to my underwear.



I can throw the paper away in the garbage can.



I should also use the toilet and wipe to make sure I am clean.



I will pull up my underwear and pants.



I will take my bag of supplies with me when I leave the bathroom.



I will wash my hands.



If I have questions or need help, I can ask a parent.



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**How to Change My Tampon**

I keep my tampons clean underwear in a bag so I can bring the supplies to the bathroom with me.



When I go to the bathroom, I will pull down my pants and my underwear.



I will sit on the toilet.



I remove the new tampon from the packaging.



I will put the applicator in my vagina and push the plastic to insert the tampon in my vagina.



I may need to stand up to make it easier to insert.



I could also use the toilet and wipe to make sure I am clean.



I will pull up my underwear and pants.



I will flush the toilet.



If I have questions or need help, I can ask a parent.



# Make A Plan:

Make a plan and discuss what to do if a period starts during camp.

- Will you wear pads or tampons?

- Wearing pads at night
- Wearing tampons or period bathing suits when swimming
- You should be independent with period management

- Discuss when to change a pad or tampon during the day.

- When you wake up
- Before swimming
- After swimming
- After lunch
- Before dinner
- Before bed

# Footwear

The function of shoes and socks:

Protection

Support

Cushioning

Grip

Stability

Fashion

Status

Comfort



# Footwear

- What will you be doing?
  - Exercising: walking far distances, playing a sport?
  - Going to the pool?
  - Going to a dance?
  - Going to shower or use the bathroom?
  - Walking inside the dorm/cabin?



# What to look for in a good supportive shoe?

Arch support

Motion control

Flexible forefoot

Durable outsole

Heel support

Tie or snug mid-foot control

Proper fit with a roomy toe box

Rate the shoe on a 0-10  
scale

## Rating your footwear



HelenMilliganPT, DPT, PCS

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# Rating your footwear

Rate the shoe on a 0-10 scale

HelenMilliganPT, DPT, PCS



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# Rating your footwear

Rate the shoe on a 0-10 scale

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## Rating your footwear

Rate the shoe on a 0-10 scale

HelenMilliganPT, DPT, PCS



Rating your footwear

Rate the shoe on a 0-10 scale



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Question

What shoe should I wear?

HelenMilliganPT, DPT, PCS



Be a champion and  
Set Yourself up for  
Success!!!!

# Let's Practice!



- Dancing
- Hiking
- Showering
- Basketball
- Riding in a bus
- Going to dinner
- Hanging out in your room



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What do you think of their footwear choices???

# Medications



# Know the rules (early!)

- Original bottles and/or blister packs required?
  - Med planners may be a no go!
- Will the meds be dispensed by a medical professional or coach?
- Are there preferred times to give meds?
  - Can you simplify your loved one's schedule in advance?
    - Best times generally pre-breakfast and pre-bed
    - Best practice is to give Synthroid/levothyroxine pre-breakfast on an empty stomach





# Pearls

- Can you leave out the supplements?
  - Don't forget the bowel routine!
  - Do not check medications if traveling on a plane!
  - Have all the medications in a personal carry bag and be ready to bring to program check in with a list!
  - Medical forms are often done way in advance so bring a list and the original bottles/blister packs to clarify discrepancies
    - If not traveling with the individual to the destination, keep a list handy if you get a phone call!
-



# Special considerations – Diabetes/low blood sugar

- Insulin pumps are beyond the scope of this presentation but require advanced planning!
  - For patients who need to monitor blood sugar
    - Send clear instructions on how the glucometer works even if the self-advocate knows how to operate the meter!
      - In an emergency setting, they may not be able to so clear directions need to be available as all meters are a little different.
  - For patients at risk for low blood sugar, what's the plan?
    - Glucose gels or tabs vs. jelly beans etc
-




# Special considerations - Asthma

- Pack and practice with a spacer
    - You can buy on Amazon without a prescription
    - Medicaid may cover
    - They are not just for kids!
-



Using an  
inhaler  
with a  
spacer



# Special considerations – Supplements/Herbals

- Just to highlight again – it can be a big pill burden and hard to handle if you need to bring in an original container
  - CBD/THC is likely going to be a problem
-



# Rescue/PRN meds

- Think about an action plan for migraines/asthma/allergic reactions
    - How do you pack it?
    - Is the individual allowed to self carry?
-

# Liquids, crushed tabs and capsules oh my!

- Store liquids in a separate sealed bag from other meds
  - Bring a new, sealed bottle if at all possible
- Send a pill crusher if needed
  - Check, do you need to send your own applesauce, pudding, juice, etc or is it provided?
- We are all life-long learners!
  - Is it time to try swallowing pills again?
    - Videos
    - Devices – like pill cups
    - Speech or OT consultation



# Traveling with Medications

- Make sure persons travel with their medications in their original prescribed packaging



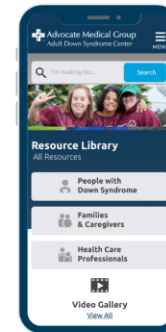
- It is recommended that persons have a written prescription for any medications, especially in case the medications are lost and a replacement prescription be needed

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## FREE HEALTH RESOURCES

*for people with Down syndrome, families and caregivers, and professionals*



### Resource Library



Find information on aging, puberty, mental health, self-talk, weight management, Alzheimer's disease, social skills, and more.

[adsresources.advocatehealth.com](https://adsresources.advocatehealth.com)

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### Email List



[www.eepurl.com/c7uV1v](http://www.eepurl.com/c7uV1v)

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