



Down Syndrome Association of Greater St. Louis

benefiting the lives of people with Down syndrome and their families through individual and family support, education, public awareness and advocacy

Sharing Our Strategies: Summer Plans

With winter coats, hats, and mittens still out in full force, it may seem a little early to start making plans for this summer. However, if you start to make plans now, it may save you a headache or two down the road. We've gathered up some ideas about camps and activities your loved one can participate in over the school break. Get your registration forms in sooner rather than later, and it will be smooth sailing all summer long.



DSAGSL Small Steps Therapy Camp

Small Steps camp is for kids with Down syndrome ages 3-5. Campers participate in therapeutic play with an Occupational Therapist, Physical Therapist, Speech Therapist, and Music Therapist along with

Early Childhood Special Education professionals.

Small Steps Camp is Monday, July 16th- Wednesday, July 18th from 9:00am-12:00pm. Registration for the camp opens in March! Check the DSAGSL website for updates <http://dsagsl.org/programs/small-steps/small-steps-summer-camp/>

Lydia Faith Cox Memorial Bike Camp

DSAGSL is proud to continue our partnerships with the Lydia Faith Cox Family Foundation and iCan Shine to bring you our annual Lydia Faith Cox Memorial Bike Camp. This camp teaches individuals

with developmental disabilities ages 8+ to ride a conventional two wheeled bike resulting in a lifetime of confidence, physical activity, and independence.



We are excited to announce there will be two camp sessions to choose from in 2018!! The first camp will be held Monday, June 4th- Friday, June 8th at South Technical High School in South County. The second session will be held from Monday, June 11th- Friday, June 15th at Harvester Christian Church in St. Charles!!

Please visit our [website](#) for more information and directions on registering for this awesome camp!

DSAGSL is also looking for LOTS of volunteers for camp! It's a super fun way to get in service hours and help out over the summer. If you'd like to volunteer, please contact Abigail at abigailbeckord@dsagsl.org or [314.961.2504 x6](tel:314.961.2504).

Ideas for Finding Summer Caregivers and Funding

Finding an in-home caregiver for the summer can be a daunting task! Here are some ideas for places to start. We recommend beginning your search early to ensure you have enough time for interviews, background checks, and a trial run before the summer is here.

- www.care.com- this online search engine has the capability of narrowing your search and being specific about what you are looking for in a caregiver. It will also give you a preliminary overview of the caregiver's qualifications.
- Special Ed School staff or paraprofessionals looking for summer work- ask to post something in schools/newsletters
- Contact nursing students at local hospitals or schools of nursing- nursing students maybe looking for summer job opportunities related to their field
- Go to your local college departments- students majoring in special education, psychology, child development, social work, Occupational Therapy, etc. may have some basic knowledge about the additional needs your loved one may need. You could even put up a flyer about needing respite or summer childcare
- Network with contacts in the community- Reach out to families, friends, church members, etc. to get ideas on potential caregivers

It's important to always do your research when hiring a provider and investigate if they are licensed and able to do the job. Interview them and also do a visit where the care

will be provided. Always ask for and check references. Communicate with the provider often and always be on the lookout for any warning signs your child might exhibit that might indicate that things are not working out. Don't hesitate to reach out if you have any questions! Christy@dsagsl.org

Recreation Council Summer Camp Resource Guide

The Recreation Council of Greater St. Louis 2018 Summer Opportunities Guide is out! They have compiled an extensive list of summer opportunities for individuals of all abilities and all ages. The guide includes activities in St. Louis City, County, and St. Charles County areas throughout Missouri and in Illinois. Through their voucher programs, funding may be available to families, eligibility requirements apply and funding is based on a first-come, first-served basis. You can find information about how to apply on the first page of the guidebook.

This guide has information for overnight camps, day camps, sports and recreation camps, camps that focus on the arts, and teen and adult programs! Look through and see what all the greater St. Louis area has to offer this summer!<https://www.stltd.org/articles/Recreation%20Council%20Summer%202018.pdf>



Adam's Camp In Texas



Adam's Camp is a week-long therapy camp using the established Colorado model that provides intensive therapies for children with developmental delays often related to autism, cerebral palsy

or Down syndrome. The camp also offers activities and support for moms, dads, and siblings so they can unwind and re-energize in a supportive and caring environment.

[\(Click here to watch a video of a family that attended last year's camp describe their experience\)](#)

Therapists focus on each child's strengths to provide goal-centered, outcome-based treatment. Some of the Camp's Highlights are:

- 5 consecutive days of intensive, individualized therapy for the child with special needs
- Multidisciplinary professional therapy team working together on identified goals
- Comprehensive clinical report provided digitally to parents outlines goals,

- strategies, outcomes and recommendations
- Individualized parent conferences with the therapy team
- Optional parent presentations and activities as well as opportunities to network and connect
- Optional sibling camp
- Two sessions to choose from

Session 1, Early Start is from June 17th to 22nd. This is for campers ages 1 to preschool at Hill Country Bible Church of Austin.

Session 2, Pathfinders is from July 22nd to 27th. This session is for campers ages 4 to 8/9 at T Bar M Ranch in New Braunfels.

Scholarships may be available to St. Louis families!!

You can visit the Adam's Camp website at adamscamp texas.org for more information and to register or you can email adamscamp texas@gmail.com with any questions.



Down Syndrome Education Specialist Summer Bootcamp

DSAGSL partners with greater St. Louis area schools, agencies, and parents to provide the training, resources, networking, and support to education professionals that are seeking to build meaningful education for students with Down syndrome. The summer course takes place over two days and aims to provide educators with tools and strategies that set both them and their students with Down syndrome up for success.

Continuing Education Credits are available for this course. Encourage your child's educators to register today!

The summer session will be on July 26th and 27th from 8:30am-4:30pm at the Down Syndrome Association office. Visit our [website](#) for registration details and more information!