

Down Syndrome Association of Greater St. Louis

Family Connection E-Newsletter



Sharing Our Strategies: Making Summer Plans

Summer camps and programs fill up quickly, so don't delay! Take a look at the [Recreation Council's 2024 Summer Guide](#) to find information on several camps and activities happening in the area this summer. This list is updated frequently with new information as it becomes available, so check back often. The Recreation Council also has a [voucher program](#) with funding available to help families with the cost of activities. If you live in St. Louis city, St. Louis county or St. Charles county, you may qualify for financial assistance.

For families living in Illinois, check out this [list of recreation programs](#) in your area. Programs such as Challenger Baseball, Boundless Playground, Edwardsville YMCA, Beverly Farms Equestrian Center, Camp Little Giant, and more.

Planning for the summer this early in the year can be overwhelming! Take a look at these resources and don't hesitate to reach out if you have specific needs or questions. 314-961-2504 or info@dsagsl.org

Specialized Overnight Camps Currently Accepting Registration

[Sunnyhill Adventures](#) - all ages, all disabilities

[Camp Barnabas Specialized Weeklong Overnight Camp](#) - ages and disabilities grouped by weeks, sibling weeks available

[Wonderland Camp Specialized Weeklong Overnight Camp](#) - ages 6 to 65+, fall, spring, and summer camps available

[St. Louis Arc Summer Camps](#) - for ages 13+

[Special Olympics Sports Camp](#) - all ages, all abilities

Inclusive Overnight Camps Currently Accepting Registration

[Cub Creek Science Camp](#) - ages 7 to 11 and 12 to 17

[Camp Sabra](#) - for campers entering grades 3 to 10

Specialized Day Camps Currently Accepting Registration

[Variety's Adventure Day camp](#) - ages 4 to 20

[Harbor Unlimited, Camp Lighthouse](#) - all ages, all abilities

[Camp Circle Star](#) - for teens and adults

[STAGES St. Louis Performing Arts Academy: Access the Arts \(ATA\)](#) - for ages 12+

Inclusive Day Camps Currently Accepting Registration

[The J - Jewish Community Center](#) - for campers entering grade 3 and older

Finding Summer Caregivers & In-Home Providers

Finding summer care can be challenging. Start your search early and give yourself plenty of time for interviewing and making sure you have the right fit for your family. Doing your research can be time consuming, but it's worth it in the long run. If you are looking at a facility outside your home, make sure they are licensed and do a visit where the care will be provided. If it's someone who you'll hire to come to your house, always ask for and check references. Continual communication with the provider is key and always be on the lookout for any warning signs your child might exhibit that might indicate things are not working out.

Here are some ideas for places you can look for summer care:

- **[Care.com](#)**
- Special education 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 or child development majors at nearby colleges.
- Go to your local college departments, such as special education, psychology, social work, occupational therapy, etc. and put up a flyer about needing respite or summer childcare.
- Network with contacts in the community such as family, friends, church members, etc. to get ideas on potential caregivers.
- Reach out to DSAGSL if you have any specific questions or needs and we'll do our best to help