2022 Summer Camp
MUSCULAR DYSTROPHY

▶ Who is this camper population?

- These campers are part of the Muscular Dystrophy Association.

- There are a lot of different types of muscular dystrophy, and each type affects campers differently.

- Muscular dystrophy causes progressive weakness and loss of muscle mass.

▶ How do I support my camper?

- Embrace what your camper CAN do!!! It might not look the same as you and I would do it, but if they can be independent, we want to encourage that.

- You might need to help them with "ADL care" (activities of daily living). This might mean helping them get dressed in the morning, helping them put on braces, socks and shoes, or maybe helping them transfer from a bed to a wheelchair, or from a wheelchair to a toilet.

- Ask your camper how you can help them. These campers are the best experts about themselves, and this is their daily life. So they are best able to tell you what they need, how you can help them, or how their parents do it at home.

- Be on safety alert! Some of our campers are at high risk for falls, and we want to be very careful that they aren't bumped or tripped. Help them navigate safely around camp and prevent any injuries.

► **How do I support my camper? (continued)**

- Watch for pressure injuries. Since our camper population uses devices like braces or wheelchairs, sometimes these devices can rub and cause bruising or injuries. If you notice a camper developing a blister under their braces, let the nurse know. We can help pad braces and prevent further injury.

► # What are these campers like?

- These campers are so excited to be at camp.

- Some of these campers are home-bound, and for them to be at camp where they can play and interact with their peers, is the highlight of their summer.

- These campers will probably know more about for Fortnite and video games than you ever knew.

- They are in school like everyone else, they have favorite songs, favorite colors and favorite foods.

- They also might have been planning their Stage Day act for months, so be prepared to be amazed!