

Camp Readiness Self Guided Tutorial



So what is Autism anyway?

Autism is a developmental disorder. At camp, we don't focus on the disorder, we focus on the person. However, it is helpful to have a clear understanding of ASD and its characteristics.

Watch this brief video on what Autism is:

<https://www.youtube.com/watch?v=hRmNnmM5e0M>

- Difficulties with social communication and interactions
- Restricted, repetitive patterns of behavior, interests, or activities

Social Communication and Interaction

- May struggle with maintaining typical back and forth conversation
- May be content to be alone
- Emotions-will often “bottle it up” and then “explode”
- Difficulty understanding social rules and cues
- Limited use of of gestures, eye contact, body language and facial expressions
- Often literal and concrete, may not get sarcasm or figurative language
- Will often say what they think and can blurt things out

Restricted, Repetitive Patterns

- Stereotyped or repetitive motor movements, use of objects, or speech
- Insistence on sameness, difficulty with change and transitions
- Highly restricted, fixated interests that are abnormal in intensity or focus
- Difficult with things that aren't an area of interest or aren't seen as relevant

Other issues that may be present:

Over-sensitive or under-sensitive to sensory input

- Textures
- Smells
- Light
- Sounds

Motor Issues - Clumsiness; trouble with fine motor skills

ASD really IS a spectrum.



Watch this video up to 2:45

<https://www.youtube.com/watch?v=d4G0HTIUBII>

Working with kids with ASD:

Watch this helpful video made by a teen with AS to better understand ways we can interact with our campers:

<https://www.youtube.com/watch?v=x5m5vqrFZpc>

- The term Asperger's syndrome is used in the last 2 videos. Aspergers is no longer a diagnosis. It is now considered part of the spectrum of autism. The term High Functioning Autism is also no longer used. To describe a person who would have been in either of these categories, it is best to say they have autism but mild or no intellectual delay.

Challenging Behaviors Will Manifest

How to handle them

Challenging Behaviors at Camp?

Most common at camp includes:

- non-compliance
- overstimulation
- outbursts

Rarely observed at camp and NOT tolerated:

- physical aggression
- verbal aggression
- self-injury
- property destruction

Challenging Behaviors

We aim to prevent these from occurring by providing a supportive, facilitative environment through our trained staff and implemented rules and routines.

- Countdowns & time warnings to transition times
- Posted schedules
- Having campers and counselors utilize the 5 point scale*

The 5 Point Scale	
 5	I am going to explode Things are not ok. I am extremely upset and feel like I am going to explode. I need a walk and some space!
 4	Not feeling OK. Things are not OK and I am upset or stressed. I need to take a walk or find a quiet place immediately.
 3	Starting to get stressed or upset Things are not going so great. I need a break or some space. I should take a
 2	Feeling OK Things are OK, I am still feeling pretty good, but not quite as calm.
 1	Feeling Good Everything is calm. I am feeling good. Things are great.

*5 Point Scale

Woohoo!

You completed the tutorial.

If you are unsure of some things still, don't worry. We will have more training in person as a whole group at camp.

Optional yet recommended Videos

<https://www.youtube.com/watch?v=jQ95xlZeHo8>- young woman speaks about her gift of autism and celebrating uniqueness

<https://www.youtube.com/watch?v=wKIMcLTqRLs>-what is known about Autism, its causes, and the future