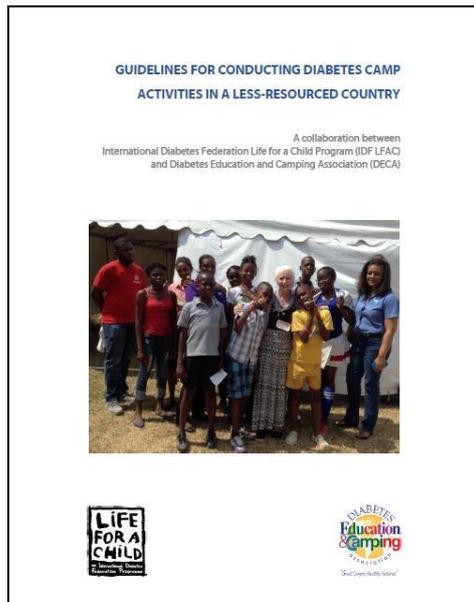
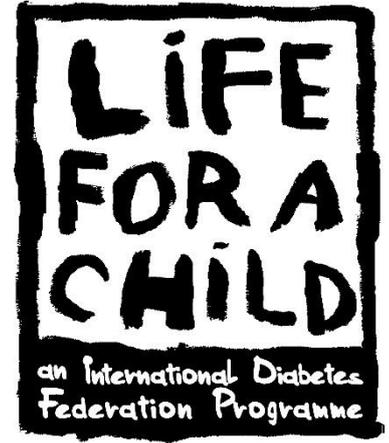


IDF LIFE FOR A CHILD EDUCATION BULLETIN #13

Guidelines for conducting Diabetes Camp activities in a Less-Resourced Country

The International Diabetes Federation Life for a Child (LFAC) Program has collaborated with the American Diabetes Education & Camping Association (DECA) to develop guidelines specifically for less-resourced countries to conduct camps or day activities.



The word “camp” is a term that not only includes overnight stays, but also activity days, support group meetings, and get-togethers for children, adolescents and young people with diabetes and their families.

Conducting a camp can be a challenging prospect, which is why we suggest starting small with a half-day, day or weekend activity. Camps can be very expensive and it should not be that only a few children can go, or that it can only be attended by wealthier families – it should be fair and equal for everyone. It is better to start small and plan something achievable and cost-effective.

Camps are widely perceived to be beneficial, as they offer young people with diabetes a great opportunity to develop confidence, adjust emotionally to the diagnosis of diabetes and to learn to manage their diabetes themselves.

It also helps young people to meet new friends of their own age, feel less isolated and have **FUN** in a safe environment. Attending camp can be a turning point in young people accepting their diabetes, as being with peers, who experience the same ups and downs, is invaluable.

The guidelines provide a framework for setting up an activity or camp that includes objectives, pre-camp preparation, funding, choosing a venue, participant and staff accommodation, staffing, diabetes and general medical management at camp, catering and

food choices, program development, suggested activities, camp procedure and evaluation post-camp.



Camp in
Goma,
Democratic
Republic of
Congo,
November
2017

You can download the guidelines here:

www.lifeforachild.org/about/education-resources/guidelines/20:guidelines-for-conducting-diabetes-camp-activities-in-a-less-resourced-country.html

DECA website details:

www.diabetescamps.org