



Camp Bruce McCoy Training Guide 2022



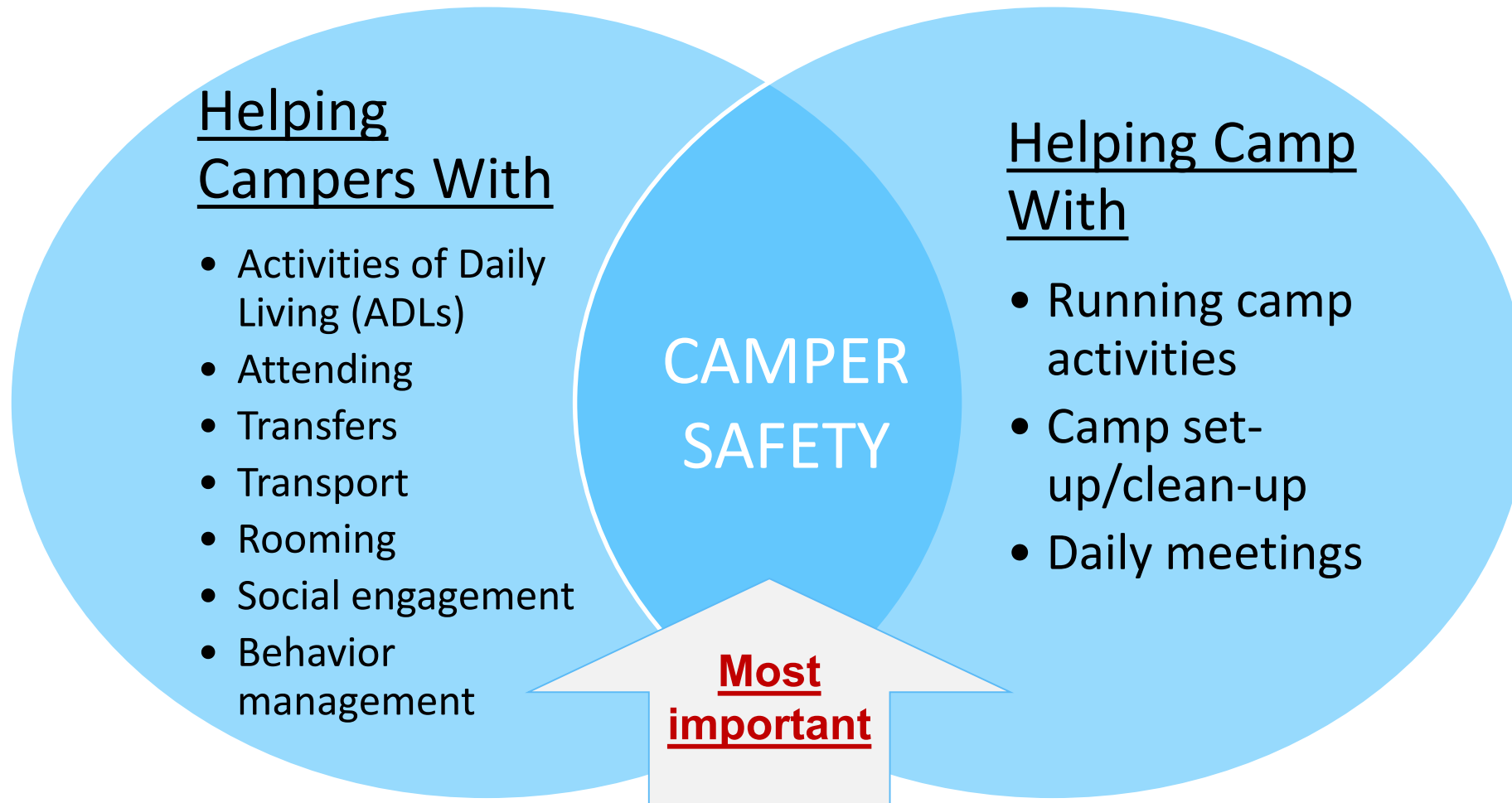
Created by Nicholas Lee

With contributions from Samantha Carmack, Lauren Carter-Smith, Dana Larson, Amy Smith, and Emily Silva

Module 3

THE COUNSELOR ROLE

Our responsibilities include (but are not limited to)...



Camper Review

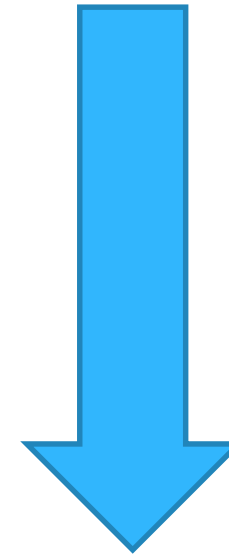
- Day before campers arrive
- Given list of campers, along with room assignments
- Brief review of medical history
- Review of any outstanding circumstances
 - Dietary restrictions
 - Past conflicts between campers
 - Campers who need attendants
- Take notes! – especially for the campers in your room

This is a prime opportunity to get a better idea of each camper's abilities and potential areas of need

Assistance Levels

Varied abilities lead to **varied needs** for assistance

- Terms to Know
 - Independent
 - **Modified** Independent
 - **Sup**ervision
 - **Minimal** Assistance
 - **Moderate** Assistance
 - **Maximal** Assistance
 - **Total** Assistance/**Dep**endent



Little to no help needed

Most help needed

***Keeping open communication (and some of your own problem solving) will allow you to see where each camper falls on this spectrum with each different activity.**

Activities of Daily Living (ADLs)

These are the everyday tasks we do to survive and/or to function at an individual level.

- **Eating**

- Potential problems: Dietary restrictions, swallowing precautions, handling of silverware, bringing food to mouth, clean-up, etc.
- Our role: cutting up food for campers, reminding them to swallow before taking another bite, take sips of drink between bite, feeding camper, assisting with hygiene before/after meal, etc.

*All campers with specific dietary restrictions (such as diabetic diet or severe allergies to certain foods) should be memorized; special diet plates will be served to those campers first at meals.

Activities of Daily Living (ADLs)

- **Toileting**

- Potential problems: Maintaining hygiene, transferring to/from toilet, managing clothing, managing assistive devices, incontinence, etc.
- Our role: wiping for camper, help with transfers, helping with zippers, buttons, pulling down/pulling up clothes, holding/handling urinal, changing brief/diaper

- **Dressing**

- Potential problems: picking out clothes, putting on clothes, removing clothes, remembering all items, etc.
- Our role: helping them pick/choose weather appropriate clothing, assisting with putting on shirts, pants, socks, shoes, bras, underwear, belts, hearing aids, etc.

Activities of Daily Living (ADLs)

- **Bathing**

- Potential problems: remembering all the steps, reaching parts of body, safely transferring to shower/shower bench, etc.
- Our role: giving camper reminders for steps, assisting with reaching parts to wash and/or dry, help with transfer

- **Grooming**

- Potential problems: remembering all the steps, grasping items (like toothbrush or comb), safety with shaving, oral/denture care, etc.
- Our role: give reminders, help set them up with needed items, assist with task itself

Attendants

- For campers who require all day one-on-one assistance
- Assisting with: ADLs, transportation, activity engagement, and most everything they need to participate in camp
- You will essentially be the “expert” on that camper for the week
- 1 camper/2 attendants
 - Usually attendants will alternate days and help one another out when needed



Transport

A variety of rough terrain exists at camp, as do various walking distances.

- Wheelchair/Powerchair management
 - Brakes
 - Leg rests
 - Seatbelts
 - Powerchair controls (especially turning on/off, starting and stopping)
- Golf carts
 - Some campers need to be transported via golf cart, which are operated by camp staff (including counselors)
- Keep track of campers, especially those who tend to wander or have memory deficits and could get lost

Transfers - Types

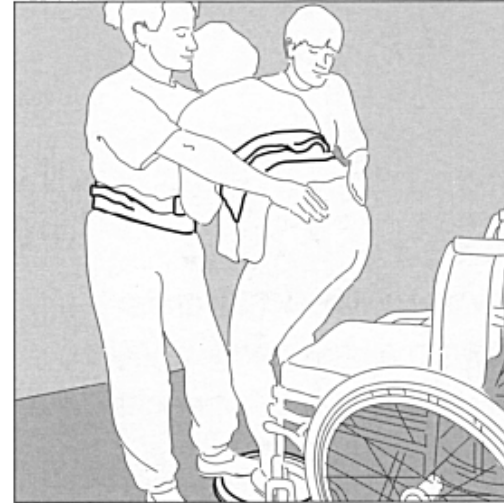
Most transfers will be practiced by everyone during on-site orientation.

- Common Types
 - Stand pivot, squat pivot, lateral
- Camp Specific Transfers
 - Horseback – getting on and off horse, stability while riding, often requires 2-3 people
 - Canoe – very low to the ground, support in canoe using bean bags, often requires 2 people
 - Pool – wheelchair to pool edge, pool edge into the water, and reverse
 - Port-a-potty – small/confined space (especially for wheelchairs)
- Mechanical Lifts
 - Hoyer lift – for campers in wheelchairs/powerchairs unable to complete pivot or lateral transfer safely; primarily used for shower transfers or bed transfers

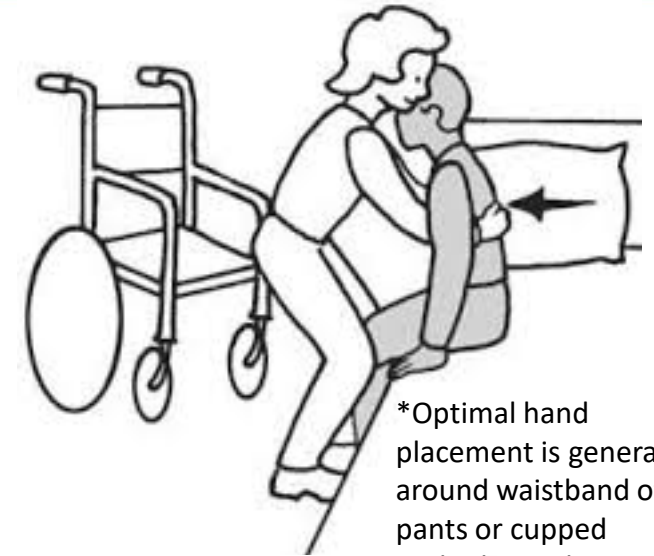
Transfers - Mechanics

- **Good Body Mechanics**

- Wide base of support
- Lift with your legs
- Bend at knees, not at waist
- Keep back straight – no twisting
- Toes follow direction of movement
- **Never** pull on the person's arm, leg, or under their armpit – could injure the camper
- Encourage them to *scoot* towards edge of seat and *reach* towards the transfer surface to avoid injury
 - If they do need to hold on to you, best to have them hold onto your tricep area, just above the elbow
 - Just be aware that having their hands around your neck or back could result in you getting injured
- **When in doubt, get help!**



1. Transfers between a wheelchair and a toilet



*Optimal hand placement is generally around waistband of pants or cupped under buttocks



Pivot Transfer

*Likely will not have gait belt available – standard belts/belt loops can be good substitute

Transfers – Assess, Prepare, and Position

- **Assess** the environment
 - Remove all obstacles on floor, transfer surfaces
 - Ensure floor is dry and camper has on non-slip shoes/socks
- **Prepare**
 - Arrange equipment conveniently
 - Sequence the steps in your mind beforehand
 - Especially with limited space or camp-specific transfers
 - **Ensure equipment brakes are locked** (e.g., wheelchair, rollator) **before initiating transfer**
 - Be mindful of camper's physical abilities
 - Example: Someone with right-sided weakness may do better transferring to their left or **unaffected side**
- **Position**
 - Must be comfortable being in someone else's personal space



Transfers - Communication

- **Always** let the camper know:
 1. What the **steps** are
 2. What **you** plan to do for assistance
 3. What you expect **them** to do to help you
 - Many campers know what transfer techniques work best for them, so *always ask*
 - If they are unsure or cannot remember, *ask someone who has worked with them before*
- **Be patient and listen** when the camper has questions/concerns
 - If either you or the camper are uncomfortable with the transfer set-up, *take time to pause, start over, and/or request backup as needed*



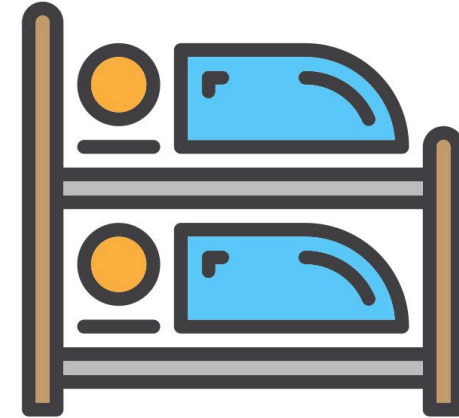
Transfers – Additional Points to Consider

- Pay attention to **vital signs** (e.g., breathing rate) and overall appearance during and after transfer
- **Orthostatic hypotension (OH)** can be a concern during transfers, primarily for those using wheelchairs or powerchairs
 - **OH: Sudden drop in blood pressure due to positional changes**
 - **Signs of OH:** Pale or flushed appearance, sudden sweating, dizziness, and/or nausea
 - **Response to OH:** Have camper safely sit or lie down and rest, encourage deep breathing, notify camp leadership and medical manager if symptoms persist or worsen



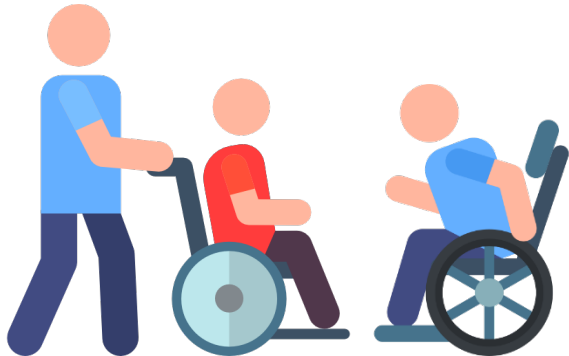
Rooming with Campers

- Up to 4 campers per room
- 2-3 counselors per room
- Bunk beds
 - ALL campers sleep only on the bottom bunk
- Morning and night-time routines
- Camper Check-in/Check-out
 - Help with bringing camper belongings to room and getting “unpacked”
 - Help with packing on second-to-last day and making sure all belongings are accounted for



Social Engagement

- You will not only socialize with campers, but facilitate campers' socialization with one another
- Help them participate by:
 - Problem solving with them
 - Offering encouragement
 - Demonstrating patience
 - Modeling appropriate behavior and a positive attitude
- **Desire for social participation is different for everyone.**



Facilitating Participation

Beyond just the social component, things to keep in mind when helping campers participate:

- **Improvisation**
 - Learning to improvise can be what makes an activity successful, especially when last minute changes occur
- **Repetition**
 - Memory deficits and lapses in attention/concentration particularly benefit
 - You may find yourself repeating the same thing many times before everyone gets it; try not to get frustrated
- **Fatigue**
 - Take breaks when needed – get to some shade and take a breather
 - Encourage **HYDRATION**.
 - The further into the week you get, the more fatigue will set in– prepare.

Behavior Management

In Module 2, a number of potential behavioral & cognitive effects of brain injury were addressed. Keep the following in mind when finding solutions:

- **Patience**
 - Essential for the whole camp experience, especially when campers need assistance and may not know how to effectively express it
 - Some campers may test your patience, intentionally or unintentionally, so do your best to remain professional
- **Boundary Setting**
 - Saying no to an inappropriate or unnecessary camper request is sometimes best
 - Don't let a camper mistake assistance or friendliness with affection (it happens)
- **Candidness**
 - Honesty goes a long way; if you don't have an answer or solution, don't try to bluff it; be truthful and ask for help from fellow counselors or other camp staff

Behavior Management

Specific scenarios where behavior management strategies are most relevant:

- **Aggression or Agitation**
 - Demonstrate calmness and rationality
 - Be assertive (but *not aggressive back*) in figuring out reason for aggression
 - **Redirection** - try to distract the camper by offering to walk to another area or talk about an area of interest for them
 - Be solution focused – try to find an answer before situations escalate
 - If a situation does escalate and a camper becomes physically aggressive to themselves or others, do *not* fight back – ensure other campers are not at risk of being harmed and that any harmful items are removed from situation; find staff with walkie talkie and get camp leadership involved ASAP

Behavior Management

Specific scenarios where behavior management strategies are most relevant:

- **Confusion**
 - Demonstrate calm – sudden worry or concern could distress the camper
 - Take a moment and allow camper to re-orient to the present situation
 - Keep instructions simple and repeat things if necessary
- **Camper Disputes**
 - Step one - make sure campers are not at risk of harming one another
 - Get clarification on the disagreement from the campers
 - See if a compromise can be reached
 - Get leadership staff involved if campers become more physically aggressive or if campers refuse to reach agreement

To sum up module 3...

- The counselor role includes a number of responsibilities to both campers and to the camp itself.
- Counselors may help campers with ADLs, transfers, transportation, rooming needs, social engagement, behavior management, and overall safety.
- Camper safety is your number one priority and responsibility as a camp counselor.
- Some campers will need personal one-on-one attendants during their stay at camp.
- Camper review is an excellent opportunity to become more familiar with each camper's individual strengths and needs.
- Campers require varying levels of assistance for different tasks, if any assistance is needed at all.

References

Brain Injury Association of Virginia. (n.d). *Camp Bruce McCoy operations manual, appendix 2: Camp staff training information.*

<https://www.biav.net/camp/>

Module 3 Quiz

Please return to the training homepage to take the Module 3 Quiz and complete a couple of brief survey questions that will help us continue to keep improving the training program.