

People are here to help you

For all things, **Firstly, go to your Cabin Leader.** If there is something he or she can not deal with, then for medical problems, go to one of the Area Nurses, for other matters, go to one of the Committee Members or the Camp Director. Specific people are designated for other jobs. See the notice board in the Dining room for their names and details.

As well as having a person to assist, you will be called on to help with other tasks around the camp, eg.. Laying or clearing tables, or being on pool roster. For morning and afternoon teas, helpers are requested to get this for people with disabilities to save time.



Curfew

It is very, very important to have silence after 11.00pm. Many people will be tired at the end of their day, epileptics are particularly susceptible to attacks when they are over-tired.

Even though you may like staying up late yourself, being in bed at this time is one of your **contributions** to the camp.

Please be considerate of others, no talking after this time.

... Funny that...

Many people have found that in helping people with disabilities, they have been rid of a burden that has previously weighed them down..
Self centredness



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HELPERS GUIDE

HELPING PEOPLE WITH DISABILITIES



ELEVATE Christian Disability Trust

Who This Booklet Is For

This book is primarily produced for new helpers at the ELEVATE Christian Disability Trust National Camp, and also at any of the camps run under the umbrella of ELEVATEcdt. It will also be particularly relevant to those who attend seminars and to new helpers generally.

FIRSTLY...

Thank you for coming to camp and offering to be a helper. The essential factor to bear in mind is that those who you will be helping are **people** who happen to have a disability. We pray that you will be blessed.

ESSENTIAL INGREDIENTS

When working with People with disabilities....

- It is necessary to have **compassion, love, understanding and concern**
- **Prayer** and **dependence** upon the **Lord**
- Be **willing** to learn
- Use your **common sense**
- Keep a sense of **humour**
- Never be afraid to **ASK**
- Be **sensitive**
- Keep **calm** at all times
- **Desire** to want to help
- Be **aware** that a nurse and other medical personnel are available

REMEMBER... "It is in the giving, that we receive..."



Feeding

Everybody must wash their hands before a meal

Assisting someone to eat or drink can be fun. With drinks, watch out for how hot they are. Straws are available at all times. Don't be afraid to use serviettes, bibs or tea-towels where appropriate. With eating, you may need to offer to cut the food up into bite-sized pieces. Give only small amounts at a time to avoid coughing or choking (keep jokes until after the meal is over). Some people require their food to be mashed.

Feeding an adult is not different from feeding a child. They may or may not be able to help you. In the case of those with Cerebral Palsy, get someone to show you how best to feed them. **Watch how others do the job - ask for help if you need it.**

Pool Use

Do not let your disabled buddy enter the pool area without you. The pool area is off limits at all times unless during the designated times on the programme. Do not let your buddy into the water without you. If necessary discuss alternatives with your Cabin Leader (someone else may take them in if you are unable to). **You must be vigilant at all times while in the pool with a disabled person**

As it is a thermal pool - DO NOT put head under water - yours or theirs!

Time is made for you to be able to enjoy the pool yourself without the responsibility of watching out for someone else. This is at the end of the evening and is usually coordinated with your cabin leader. The latest time for helpers to be out of the pool is 11.00pm



Dressing, Showering & Toileting

Always let the person do what they can do for themselves, except if you are going to be late for a meal or a meeting. Do not struggle to lift or manoeuvre your buddy on your own. You may injure your back, so ask your Cabin Leader or Deputy to help. Make sure that people brush their teeth, or brush them for them.

Certain folk must be reminded about showering and you must insist on clean linen.

Laundry This is not for general washing

Laundry facilities are available if bed linen has been soiled or clothing has been badly soiled. Items can be left at the laundry room, details are to be clearly marked so that the items can be returned to you.

Wheelchairs

These come in several varieties, the electric ones need to be charged every night (make sure that someone takes it over to the charge - room each evening) and manual, which the person may push themselves or have others push them. Some people need a lot of help, others don't, the best thing to do is just ask.

Some wheelchairs can be placed outside the cabin during the night. (check this is okay with your buddy first).

Beware of the parts that may come off eg. armrest, foot rests, extended back rests. Don't grab these when lifting, use the handles or sections of the frame.

- Extension bars are at the back on the bottom of the frame - put your foot on one to tilt the chair up when going up or down curbs, bumps and steps etc.
- When going up steps, pull the wheelchair up, backwards.
- If the chair is foldable, to fold it, lift up the middle of the seat.

Be a good timekeeper

As helpers, we ask your assistance in getting your people to activities in good time. Plan to arrive at meals, meetings etc. promptly, as this greatly assists the smooth running of the camp. Think about how long it is going to take you to get your buddy settled.

You will be great planners and forward thinkers after this time at camp!



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INTRODUCTION

Welcome to the Camp. We guarantee you an action-packed and challenging time! This booklet is designed with you in mind. It provides a broad outline of helping principles and concepts **as they apply to one of our camps.**

The National Camp at Labour Weekend, the CFFD camps and other camps under the umbrella of ELEVATEcdt are camps with a difference, as you will soon discover...

Remember.....

You are here as a **servant**, but you **will** be blessed
It **won't** be a holiday, but it **will** be rewarding
But you are **more than a conqueror through Christ Jesus**

He is able to make **all** grace abound to you
So that in **all things** and at **all times** you might abound to every **good work**

At all times we want you to remember that you are here to help people. You are not here to pity or pander... You are here to serve as the Lord would have you to serve.

Jesus did only what the Father told Him to do

If you keep this in mind, camp will be a rewarding time for you as you learn more skills, discover ones you didn't know existed and realize that **we all need each other.**

Throughout this time at camp, a great contribution you can make is to talk to people.

We are here to help one another!

Not sure what to do?
Pray about it....
then ASK!



GENERAL

Rest

Remember, if people get overtired or overexcited, they tend to have problems and people with disabilities are no exception. After lunch, a ONE HOUR REST is actually programmed into the day. Ensure no-one goes off by themselves, and make sure others know where your group is going. Make sure the camp is QUIET at these times to allow people to rest or sleep.

Warmth

People who are less mobile - especially those in wheelchairs, get cold very easily. Be aware of this, take a rug or jacket on a walk, and a rug or extra pillows where appropriate to the meetings.

Pain

Pain can be very draining no matter what the disability. If the person you are helping has pain, they may have difficulty sleeping, sitting, or even standing in one position for an extended period of time. Be alert to this because they may tire or be grumpy when you expect them to be chirpy. Offer support, or a rug for warmth, a just a shoulder to cry on. Find out what the individual finds comforting, and ask them whether they prefer to be by themselves or stay with the group.

Medication

The person you are assisting may be on medication. It is **essential** for them to have their medication on time.

The camp Nurse is the one to consult if you have any queries. She has full details, and will advise you if she is supervising their medication. Before giving medication,

ALWAYS

- Read the instruction label **with your Cabin Leader**
- Check tablet dose with the Cabin Leader and your buddy
- Ask them if the tablet dose and time is correct
- Ensure that dose and time are accurately adhered to. It's **essential** for epileptics and asthmatics, and those with heart problems.
- If you're not sure—Find Out
- Check everything above (ie dosage & time)



Rheumatoid Arthritis

This is caused by inflammation and swelling in various joints, leading to stiffness and pain.

Osteo Arthritis

This is caused by wear and tear on the joints due to age, stiffness along with pain may be present. Individuals may use walking aides or wheelchairs as needed.

Heart Conditions

These vary in effects. Get to know early on what sort of symptoms your buddy experiences. Also, know where they keep their *Anginine* tablets. Make sure to **read the instructions on the label**.

If chest pain occurs, it is common to give half a tablet-under the tongue - note, **these always** dissolve **under the tongue - not to be swallowed!**

Make sure you seek help **Immediately**.

Asthma

Do not panic if the person complains of getting shortness of breath, and breathes with a wheezing noise. The helper should ensure the inhaler is carried at all times and **read** the instruction label **beforehand**. If an attack is felt to be coming on, give one or two puffs of the inhaler and seek help **immediately**.

Intellectual Disability

People with an intellectual disability display widely varying levels of ability. Do not make assumptions from outward appearances. If they are part of the Joy Ministries group, it is essential that you accompany them to where they are supposed to be, rather than telling them. Be aware that reactions to situations can sometimes be on a more immature level, giving rise to slower, behavioural problems. If needed, contact the Leader of the Joy Ministries group.



PRACTICAL HELP

Helping people with disabilities is to be their hands, feet, eyes and ears. To assist you in this, the various types of disabilities and means of helping people with these are as follows. Remember to ask the individual how you can help them, to let them know that you are enabling them, not doing things for them.

DIFFERENT DISABILITIES

Blind & Visually Impaired

Let the person be aware that you are with them, and are talking to them specifically.

Ask if, and how, you can be of assistance to them.

Lead the person, rather than push them. Allow them to take you by the elbow. When you leave, tell the person you are going so they don't talk to an empty space!

Be their eyes for them—let them know about obstacles, steps etc. When serving food, ask the person's preferences, tell them what is on the plate, and where, using 'clock' directions. Do not overfill cups.

Deaf & Hearing Impaired

Speak clearly without shouting.

Look directly at the person so they can see your lips.

Some announcements may not be heard so make them clear, either by repeating them, or writing them down.

Hearing impaired people can easily feel left out of conversations. Make an effort to include the person in conversations at all times. Explain jokes to them simply or they will miss out on the fun.

During meetings, write the main points down. If the talk is being signed, ensure they are seated where they can see.

Speech Difficulties

Remember, lack of speech doesn't necessarily mean lack of intelligence. Ask questions that can be answered with a YES or a NO. If they can not speak, find out what the person's YES and NO signals are (nodding, eye or hand movement etc).

Take time, be patient.

Don't be afraid to ask the person to repeat once what they have said. If necessary, ask them to say it another way. If you still don't understand, ask them to give you a 'Key' word. They may be able to say it, or spell it or you could try the alphabet method. Is it a vowel? Is it A-K or L-Z? See if they have other forms of communication eg; communication board or computer etc. If you still cannot get it, then seek help, but make sure you have tried the above first.

Paraplegia

Paralysis of part or all of the lower half of the body, often as a result of polio or spinal injury (from perhaps a road accident or sports accident).



You will find that most paraplegics are completely independent apart from needing some assistance in negotiating steps or rough terrain areas.

Tetraplegia (or Quadraplegia)

Paralysis of the body from the neck or shoulders down, resulting in zero or limited hand and arm mobility. Tetraplegics are very dependent, and normally use electric wheelchairs.

Spina Bifida

Congenital malformation of the spinal cord, usually resulting in paraplegia. Individuals are often independent, using wheelchairs or crutches.

Multiple Sclerosis

A progressive and usually serious disorder of the spinal cord, which can affect all body systems, including eyes, coordination, digestive tract, bladder and bowel. Individuals may be paraplegic or tetraplegic, and may use wheelchairs.

Muscular Dystrophy

A progressive and serious loss of use of muscles. Individuals can vary from independence to dependence on a variety of mobility aides. eg. Wheelchairs, walking aides, frames etc.

Cerebral Palsy

Damage to the coordination area of the brain, often at birth, leads to difficulties with control of physical movement, and in many cases speech is badly affected as well. Individuals can range from being totally independent to being fully dependent.



Head Injuries

Head injury can provide a wide range of symptoms, including walking with an uncoordinated gait, similar to Cerebral Palsy sufferers. They often have lapses of concentration or memory. They may also show emotional instability, along with variable behaviour, and there could also be problems with coordination.

Hemiplegia

In most cases, this is caused by a stroke, and results in paralysis down one side of the body. Individuals tend to use walking aides rather than wheelchairs. Bouts of extreme emotion can be associated with strokes, and the person may cry often.

Epilepsy

These can vary from *absence* (Petit Mal) attacks, lasting a very short period of time (where the person appears to be dreaming), to *tonic chronic* (Grand Mal) where there is loss of consciousness for a few moments, accompanied by twitching and thrashing movements, followed by a half hour of sleep. Some people may have warning symptoms like feeling funny, scream etc. Ask the person if they have these.

How to Cope

- Don't panic
- Get the person to the floor-recovery position
- Remove any obstacles that they could hurt themselves on.
- Loosen clothing
- Do not try to restrain movements
- Often epileptics go blue after having a fit. If this persists for more than 2-3 minutes, and the person is not making any effort to breathe, get help as mouth-to-mouth resuscitation may be required.
- Medication is essential for epileptics, and helpers must ensure that the prescribed drugs are taken at the correct times.