



cooinda retreats

# camp

thirty eight

**Providing a respectful, inclusive  
and goal-focused camp for young  
autistic people and their families.**



cooinda retreats

# About Us

## Cooinda Retreats is focused on improving the social, recreational and wellbeing needs of the community.

An initiative of Toc H SA Inc, we have been operating since 1925, providing quality programs to South Australians, along with volunteer opportunities to help strengthen communities.

We know that a great camp experience builds independence, enhances social skills, supports positive decision making and creates environmental awareness. **And camps are loads of fun too!**





**Camp 38 provides an authentic camping experience for families who might not have the chance to take a traditional holiday. With an emphasis on FUN, Camp 38 has something for the whole family, and the family as a whole.**

Camp 38 provides an inclusive, non-judgemental environment where young autistic people are able to reach goals and learn life skills, while having positive peer interactions.

Camp 38 is tailored with the individual needs of the young autistic person at heart, giving them many opportunities to build social skills, emotional regulation and life skills with a professional management of sensory needs.

Camp 38 considers the needs of every member of the family, providing a program that includes family time, young person time, sibling time and adult time.

The Camp focuses on self-care for all attendees, and offers a range of fun activities to give the whole family a memorable and enjoyable 5-day adventure at Victor Harbor.

***With like-minded families, this camp has something for everyone, and we hope it will give you some of your best memories.***



# The Program



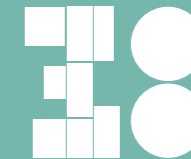
**The primary goal of Camp 38 is to provide a supported respite-break experience, inclusive of therapies and life skills development. Participants and their families can hang out with other young autistic people and their families in a safe and enjoyable environment.**

### **The Program**

Camp 38 works with the individual prior to the camp to develop a program that will help them work towards their goals.

### **Some of goals we focus on include:**

- Increased independence
- Emotional regulation
- Increased social and community participation and skills
- Provide social connection and develop relationships
- Developing capacity to actively take part in the community
- Challenging self with new activities
- Therapeutic support including behaviour support
- Help with household tasks
- Improved health and well being
- Improved learning
- Improved life choices
- Improved daily living skills
- Food and diet - eating a balanced diet and trying new foods



# Sample Activities

**Along with formal workshops and seminars there will be plenty of opportunities to work towards goals through fun and play. Each Camp 38 schedule is based on the needs of the participants so no two camps will be the same, however some of the activities may include:**

**Autistic Young Person:**

- Cooking for the family
- Aquatic Activities
- Beach Exploration
- Animal Therapy
- Sensory interactive Lumo play
- Social Skills support making new friends
- Nature Play
- Learning through art and crafts

**Family:**

- Movie Night
- Family meals
- Family Animal Farm
- Family building games and activities
- Family Yoga
- Workshops

**Sibling Activities:**

- Aquatics and Surfing
- Sports, Volleyball and Basketball
- Bike Riding
- Nature Play
- Interactive Lumo play
- Excursions
- Geocaching

**Parents Program:**

- Balcony Brunch
- Massage Therapy
- Recreational activities
- Educational Workshops



**Camp 38 is available to all families where a child has a diagnosis of autism. The child must be aged 5 to 14 years old.**

We can accommodate families with up to two adults and up to three siblings (those aged 14 years or over are counted as siblings but will be included in the adult program), in addition to the one young autistic person. Additional participants can be included at an additional cost. Please call us to discuss on 1300 445 910.

Pricing will be determined on an individual case basis and on the level of professional care required. We offer 1:2 or 1:1 ratio care.

For more information about your pricing please register now via the website [cooindaretreats.org.au/camp-38](http://cooindaretreats.org.au/camp-38)

***“What’s exciting and unique about this camp is that it’s centred around the whole family and creates space for connection, fun and growth, whilst also supporting and celebrating each family member along their own journey.”***

**Alice Ramsey**  
Camp 38 Program Director



**Cooinda Retreats campsite is located in Victor Harbor, only one hour from the Adelaide CBD.**

Nestled in native scrubland, Cooinda Retreats provides an authentic camping experience, yet is only a short distance to all the attractions the Fleurieu has to offer.

- Five nights in bunkhouse style accommodation. Each family will be provided a private secured sleeping area
- Four and a half days tailored activities and workshops
- Full catering of all meals including morning and afternoon tea
- One participant in the Autistic Young Persons Program. Additional participants can attend at an additional cost
- Up to three participants in the Siblings Program. (Under 14 years of age.)
- Up to two participants in the Parents/Carers Program. All siblings over 14 will be included in the parents/caregivers program but count as siblings, not caregivers
- Activities and workshops for the family unit and individuals
- Professional on-site carers 24 hours a day



# Funding:

**Funding for our camps can be claimed through NDIS for self and plan-managed participants.**

Support Purpose	Category	Item number
Core	Assistance with Daily Life Tasks in a Group or Shared Living Arrangement	01_045_0115_1_1
Core	Daily Personal Activities	01_010_0107_1_1
Core	Group and Centre Based Activities Social Group Activities In The Community - 1:2 - Standard - Weekday Daytime	04_120_0136_6_1
Core	Group and Centre Based Activities Social Group Activities In The Community - 1:2 - Standard - Saturday Daytime	04_121_0136_6_1
Core	Group and Centre Based Activities Social Group Activities In The Community - 1:2 - Standard - Sunday Daytime	04_104_0125_6_1
Capacity Building	Innovative Community Participation	09_008_0116_6_3
Capacity Building	Development Of Daily Living And Life Skills	09_009_0117_6_3

# How to Book:

For more information and to register your interest please visit [cooindaretreats.org.au/camp-38](http://cooindaretreats.org.au/camp-38)



The logo for Camp 38 features the word "camp" in a blue, lowercase, sans-serif font. The letter "a" is stylized with a blue mountain range silhouette integrated into its shape. Below "camp" is the number "thirty eight" in a smaller, blue, lowercase, sans-serif font.

camp  
thirty eight

**Cooinda Retreats: Camp 38**

54 Waggon Rd

Victor Harbor SA 5211

1300 445 910

[camp38@cooindaretreats.org.au](mailto:camp38@cooindaretreats.org.au)

[cooindaretreats.org.au](http://cooindaretreats.org.au)