



High Needs Training

We acknowledge the Traditional Owners of the land

Breakaway is located on Darkinjung country, which extends from the Hawkesbury River in the south, to Lake Macquarie in the north, from The McDonald River and Wollombi up to Mt Yengo in the west, to the Pacific Ocean in the east, and we wish to acknowledge them as Traditional Owners.

We would also like to pay our respects to their Elders, past and present, and to Aboriginal Elders of all nations.

By completing this training session you will

- Be introduced to the Breakaway Child and Young Person Safe & Friendly Policy.
- Know what to expect from guests during the camp.
- Know and apply acceptable behaviour management techniques.
- Learn some skills to earn trust and co-operation from a high needs child.

**This online training session should take approximately
20 minutes to complete**

Our Mission Statement

Camp Breakaway is a non-profit, charitable organization committed to enhancing the lives of all people with a disability, at the same time allowing respite for families and carers.

Please take the time to read this important document

(Click on each link for access)

Link to NDIS Code of Conduct

<https://www.nwss.org.au/support/wp-content/uploads/NDIS-Code-of-Conduct.pdf>

Child & Young Person Safe and Friendly Policy

CAMP BREAKAWAY is firmly committed to creating and maintaining a safe and friendly environment for all children and young people.

We support and respect the children and young people who participate in our camps and endeavour to create happy experiences to enhance their lives.

We do this by...

- **Ensuring Their Safety** - physical, emotional & mental well being.
- **Respecting Their Rights** - ensuring our behaviour towards them is exemplary.
- **Setting Clear Boundaries** – never being alone with a child, inappropriate touching and language.
- **Reporting Incidents** - at risk of harm; disclosure by a child; etc.
- **Reading all documents carefully** - e.g. Code of Conduct.

Legal Requirements for Privacy

Mandated by Law, and required under Breakaway policy

Mobile Phones / Cameras / Laptops

- Considered **Personal** information - requiring
- **Permission** to take photos, and
- **Disclosure** of the use to which photos will be put (e.g. on Social Media).

Looking at things the right way

High needs children are commonly defined by what they *can't* do.

Here at Breakaway we define high needs children by what they *can* do.

Connecting with a high needs child

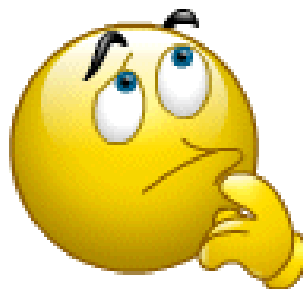
Children with high needs can have a number of varied presenting issues that can be a challenge to deal with.

Sometimes, the parents, siblings and extended families also have high needs.

These factors make it very important that children (and their families) feel accepted and supported.

The challenge in working with high needs children is to earn their trust and co-operation in making their Breakaway experience a triumph for them.

What you should expect...



Things to know up-front

- **It will be stressful**
High needs children often require more attention
- **You will wear multiple hats**
Meeting needs and providing support requires a diverse skills set
- **There is no 'typical' high needs child**
Different children need entirely different approaches and management skills
- **Having fun is essential**
Being creative and spontaneous create lasting memories
- **A positive mindset is your best friend**
An upbeat positive approach is the key to success

Medical Issues in Children with High Needs

These include chronic conditions like Muscular Dystrophy, Cystic Fibrosis, Cerebral Palsy, Asperger's Disease, Global Development Delay.

Establishing a good support system is very important in providing a safe and secure environment in which high needs children can enjoy a Breakaway Camp.

Personal Hygiene is VERY important!

High needs children are more susceptible to infections.

- Wash your hands after toileting and before eating
- Use tissues to cover coughs, sneezes and to blow noses
 - Dispose of tissues immediately and wash hands
 - Use children's own towels (clean towels daily)
- Dispose of soiled nappies, etc., in contaminated waste bins

Behaviour Issues

Children with behaviour issues may not respond to traditional discipline.

These children require specialised strategies that are tailored to their specific needs.

You will need to be flexible, creative and patient.

Acceptable Behaviour Management Techniques

Have a quiet talk with the child

- Find out if there is a perceived reason for the behaviour (e.g. Might not like the activity, might feel threatened).
- Explain why the behaviour is inappropriate.
- Give child a choice about what he/she is going to do about the behaviour.
- Explain consequences if inappropriate behaviour continues
 - Camp Rules.

Acceptable Behaviour Management Techniques

- Give child time to think about actions & make a choice.
- Ask for assistance in dealing with very difficult behaviour.

Consult with Breakaway staff before taking action.

Never initiate an action that is outside camp rules.

Do not isolate a child in a position where he/she cannot be seen at all times.

Developmental Issues

These can change a child's vision of the future, and provide immediate difficulties in managing a child.

These children experience lack of acceptance and are often removed from mainstream.

A camp at Breakaway provides an accepting environment where simple pleasures can be enjoyed.

Earning trust and co-operation

- **Interact**

Introduce yourself. Explain how you are connected to Breakaway. Explain what you want them to do; break it down into simple steps.

- **Observe**

Remember that all behaviour is communication. Keep a lookout for tell-tail behaviour and think about what the child is communicating.

- **Use common sense**

Put safety first and arrange the environment for physical and emotional comfort.

Continued ➔

Earning trust and co-operation (2)

- **Be flexible**
Change the way you do things to accommodate individual differences.
- **Be consistent**
Apply rules to everyone in the same way, but be gentle in their application or enforcement.
- **Use visual auditory of tactile cues**
Having the right cues can mean the difference between participation and non-participation for a child.
- **Have a plan, and a back-up plan**
Careful planning is essential to keep things moving smoothly.

Volunteer Medication

- All medication usage/dosage should be documented accurately on relevant camp form documentation in order to assist volunteer if requiring medication
- Medications brought to camp by volunteers must be kept safe & secure **away from guests**
- No sharing of medications- especially guests
- Sleeping medication- **NOT** if responsible for guests overnight

Continued ➔

Volunteers can store their medication

- In their own locker
- With the RN
- In the valuables safe (Camp office)
- On their own person(use of bum bag is recommended)
- Mixture of the above options



**Thank you for
completing this
online training
session.**

Any Questions?
(See following page)



For more information

Please visit our website @

www.breakaway.org.au

or visit Facebook @

<https://www.facebook.com/campbreakaway>

or contact Breakaway on

(02) 4390 7624

Please continue to next slide 

Please exit 'Slide Show' mode now

Enter your details on the following slide to certify that you have completed this training module.

Then print out the completed slide, sign it, and deliver or send it to Breakaway.

We will use this information to update your volunteer record in our database to show that you have completed this training module.

This completed form is the only evidence that the module has been completed that Breakaway is able to accept.

Certification of completion of Module #5: High Needs training session

**I have read and understand the Camp Breakaway Module 5
& agree to abide by the principles as outlined in this module.**

Name: _____

Date Completed: _____

Signature: _____

Please print out this completed form, sign it, and either deliver or send it to Breakaway.

We will use this information to update your volunteer record in our database to show that you have completed this training module.