



Information Booklet  
2019 Summer Respite

*Un Rêve à Réaliser*  
**Program**

# Documents to be returned to us

- ❑ A copy of the most current intervention plan (if any), prepared for the camper
- ❑ A copy of any medical prescriptions

**\*\* Please return the documents by mail within 15 days of receipt to the following address\*\***

## **Emergo Respite**

Address: 1862, rue Jolicoeur  
Montréal (Québec) H4E 1X2

Telephone: 514-931-2882

E-mail: [info@repitemergo.com](mailto:info@repitemergo.com)

Website: [www.repitemergo.com](http://www.repitemergo.com)

# Cancellation and Repayment Procedures

1. Membership fee of \$35 is not refundable.
2. In case of cancellation during the stay, you will have to pay the cost of the services already received. There is also a penalty that represents the smaller of these two amounts: \$ 50 or 10% of the cost of services that have not been received.
3. Notification of cancellation must be given by email ([info@repitemergo.com](mailto:info@repitemergo.com)), mail or by phone (514-931-2882) to a member of Emergo Respite's permanent staff (Administrative Assistant, Accountant or Director).

## Receipts

Receipts for the summer respite will be sent in **September**, along with reimbursements for financial assistance for those concerned.

# Well-being & Personal Hygiene



## Sunscreen

All campers must bring sunscreen. We recommend a sun protection factor of at least **SPF 30**, which provides better protection against sunburn.

## Mosquito repellent

Here is some information on the use of **mosquito repellents**, based on Health Canada's recommendations... It is important to know that repellent is the most effective way of preventing the West Nile virus. The chart below indicates the percentage of DEET recommended according to the age of the person concerned. Products containing citronella are also effective, but they must be applied more often.

Age of person	% of DEET recommended	Recommended no. of applications
2-12 years old	10% or less	Maximum 3 a day Avoid face and hands.
12-18 years old	10-20%	Every 3-4 hours Avoid face and hands.
18 years old and over	20-30%	Every 3-4 hours Avoid face and hands.

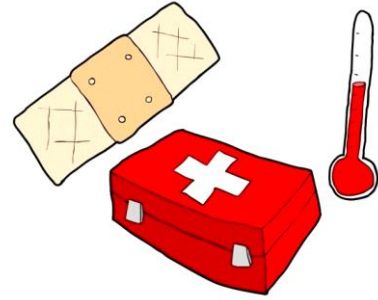
## Incontinence

Pack a sufficient quantity of protective underwear or diapers for the total duration of the camper's stay. If we need to buy any, we will provide you with a bill for the purchases made.

## Menstruation

Pack a sufficient quantity of sanitary pads and medication for the camper's stay. If we need to buy any, we will provide you with a bill for the purchases made.

# Health



## Medication

We require a Dosette (small container with compartments, available in pharmacies) or Dispill organizer for medication management. Ideally, we prefer to use the **Dispill system** prepared by your pharmacist. You may obtain this service on request, free of charge, by phoning your pharmacist in advance. This is the **safest method**, as the camper's name and the time of medication administration are written on each dose. If you use a Dosette, it must be clearly identified.

You **must** provide the **valid prescription**, or a photocopy, for each medication, whether routine ones or those administered as necessary (PRN).

Medication to be administered as necessary (PRN) must be in its original container with the pharmacy prescription label and be accompanied by an information sheet with the official administration procedure indicated by the doctor or pharmacist, the dose, the administration instructions, effect, duration of effect and side effects of that medication.

When you arrive at the camp, you must submit all **medication and medicated creams, corresponding prescriptions** and a **photocopy** of the camper's **health insurance card** to the health care coordinator. There should not be any medication in the camper's luggage upon your arrival at the campsite.

## Special diet (must be nut free)

If your camper has to follow a special diet, you must provide sufficient food for the full stay at camp. The meals must be prepared and well **identified** (name of camper and contents). Before the beginning of your camper's stay, you must also give us the menu for each day at camp. Don't forget that it is strictly prohibited to bring food containing—or possibly containing—nuts or traces of nuts.

## **Nuts and food containing—or possibly containing—traces of nuts**

It is strictly **PROHIBITED** to bring food containing—or possibly containing—**traces of nuts** to the campsite. If your camper follows a special diet, you must check his snacks, meals, liquids, cereals, desserts, etc. to make sure they don't contain any nuts or traces of nuts.

## **Heart disease**

If your camper has a heart disease, you must send us a medical certificate attesting that they may take part in the activities, while specifying any restrictions or limitations.

## **Contagious diseases**

If, 15 days before your camper's departure for his camp stay, they have had a contagious disease or been in contact with a person carrying a contagious disease (mumps, chicken pox or other), please notify the health care coordinator when you arrive at the campsite.

## **INTERVENTION PLAN**

If an intervention plan has been prepared for your camper during the past year, please send it to us so that we can take it into account in order to provide him with better supervision.

# Clothing and Other Articles to Bring

Here is the list of clothing to provide for your camper's stay. Do not forget to adjust quantities as required by your camper's needs. Please note that all clothing and personal belongings must be clearly **identified**. We are not responsible for lost clothing and belongings.

During the welcome day, a counselor will make a list of all clothing and personal belongings.

10 pairs of underwear	1 pair of shoes	Toothbrush
10 pairs of socks	1 pair of sandals	Toothpaste
2 pairs of warm socks	1 pair of slippers	Shaving cream and razor
10 t-shirts	1 pair of rain boots	Mosquito repellent
3 long-sleeved shirts	1 identified laundry bag (for dirty laundry)	Sunscreen
6 pairs of shorts	8 washcloths	1 backpack ( <b>required</b> )
4 pairs of pants	2 bath towels	1 bottle of water
3 pairs of pyjamas	2 beach towels	
1 bathing suit	Shampoo	
1 sun hat	Deodorant	
1 windbreaker	Soap	
1 raincoat	Comb or hairbrush	
1 pair of waterproof pants		

# Arrival and Departure Days

Welcome activities will take place at **Villa de l'Île Perrot** between **2 p.m. and 3 p.m.**

**Villa de l'Île Perrot**  
93 Chemin du Vieux-Moulin,  
Notre-Dame-de-l'Île-Perrot, QC  
J7V 8P6

On the departure day, you must come and pick-up your camper at the Villa at **11h a.m.**

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We remind you to send by mail:

- ❑ A copy of the most current intervention plan (if any), prepared for the camper
- ❑ A copy of any medical prescriptions

**Thank you!**