



Information Booklet
2023 Summer Respite

Emergence & iDÉFix
Programs

Documents to bring

- ❑ A copy of the most current intervention plan (if any)
- ❑ A copy of any medical prescriptions
- ❑ Photocopy of the health insurance card

Camp de Grandpré

756, Chemin des Patriotes

Otterburn Park (QC) J3H 1Z5

Tel.: **514-312-1423** (coordinator team)

ARRIVAL AND DEPARTURE TIMES

Welcome activities will take place at the camp between **2 p.m. and 3 p.m.**

On the departure day, between **12 p.m. and 1 p.m.**

To contact us

Emergo Respite

1862, rue Jolicoeur

Montréal (Québec) H4E 1X2

Telephone : 514-931-2882
Telephone camp : 514-312-1423 (coordinator team)
E-mail : info@repitemergo.com
Website : www.repitemergo.com

Welcoming activities at the Campsite

Upon your arrival, the team will be at the main entrance to greet you.

After meeting the counselor, placing luggage in the room and wishing your camper a nice stay, we ask that you go to the cafeteria to meet with the health care coordinator to:

- Verify your emergency contact information
- Make sure that all consent forms are up to date
- Give the coordinator all medication (if any), with their prescriptions. Make sure not to pack any medication in the camper's luggage (not even medicated creams).

Enjoy your respite!

At the end of the camper's stay, the counselors really appreciate your feedback. Please, take time to talk with them and express your appreciation/comments. They will have prepared an activity log of the camp stay with comments from the team.

Cancellation and Reimbursement 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), 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	10-30%	Every 3-4 hours Avoid face and hands.
18 years old and over	20-30%	Every 3-4 hours Avoid face and hands.

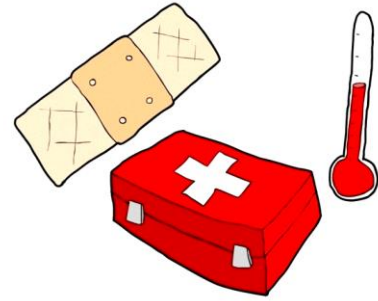
Incontinence

Pack a sufficient quantity of protective underwear or diapers for the total duration of the camper's stay.

Menstruation

Pack a sufficient quantity of sanitary pads and medication for the camper's stay.

Health



Medication

We require a Domette (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 Domette, 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.

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.

6 pairs of underwear	1 pair of waterproof pants	Soap
6 pairs of socks	1 pair of shoes	Comb or hairbrush
2 pairs of warm socks	1 pair of sandals	Toothbrush
5 t-shirts	1 pair of slippers	Toothpaste
3 long-sleeved shirts	1 pair of rain boots	Shaving cream and razor
3 pairs of shorts	1 identified laundry bag (for dirty laundry)	Mosquito repellent
2 pairs of pants	5 washcloths	Sunscreen (SPF30 or more)
2 pairs of pyjamas	2 bath towels	1 backpack (required)
1 bathing suit	2 beach towels	1 bottle of water
1 sun hat	Shampoo	
1 windbreaker	Deodorant	
1 raincoat		

Other Information

COMMUNICATION TOOLS

Considering that there are various means of communication (communication books, pictograms, etc.), we ask you to bring, during your camper's stay, the communication tool that they use. When necessary, we use Boardmaker pictograms.

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 them with better supervision.

Directions

Camp de Grandpré
(Previously known as Colonie des Bosquets)
756, Chemin des Patriotes
Otterburn Park (QC) J3H 1Z5
Tel.: **514-312-1423** (Voice message only)

Option 1: Champlain Bridge

- After crossing the bridge, take **AUTOROUTE 10 E** towards Sherbrooke.
- Take exit 11 to **AUT-30 E** towards **Sorel / AUT-20 / Québec City**.
- Take exit 118 to **Boulevard Sir-Wilfrid-Laurier / RTE-116 E** towards **Beloeil**.
- After crossing the Richelieu river, **stay on your right**.
- Turn right on **Rue de Rouville** (to go down towards the river).
- At the light, turn **left** on **Chemin des Patriotes S** towards Otterburn Park.
- Continue along **Chemin des Patriotes** until you get to Camp de Grandpré.

Option 2: L.-H.-La Fontaine Tunnel

- Take the **L.-H.-La Fontaine Tunnel**.
- Continue along **AUT-20 E / Autoroute transcanadienne E**.
- Take exit 113 towards **Mont-Saint-Hilaire / Saint-Charles-sur-Richelieu / Chemin des Patriotes / RTE-133**.
- At the stop, turn **right** on **Rue Brunet**.
- At the next stop, turn **left** on **Chemin des Patriotes**.
- Continue along **Chemin des Patriotes** until you get to Camp de Grandpré.