

Retreat & Refresh Stroke Camp  
Camper FAQ's

Q. What do we do at Stroke Camp?

A. Crafts, games, educational sessions, resources, pampering, friendship, good food, hiking/walking, discussion groups, informal chat with experts, Wii, entertainment, relaxation, and more! Outdoor activities will vary by retreat center/facility and time of year, but may include fishing, boating, rock climbing, and swimming. The entire weekend is carefully planned for stroke survivors, caregivers, and family members. Activities are modified so everyone can participate. Volunteers will support and assist you throughout the weekend.

Q. Is camp right for my level of disability?

A. The three day weekend retreats are designed specifically for stroke survivors, caregivers, and their family members. Adaptations are made to the best of our ability so that everyone can participate. Survivors are encouraged to attend with a caregiver. At camp, caregivers are asked to assist their survivor with daily routines as is necessary. Our volunteers are available to provide a helping hand, but will not provide skilled nursing care. As long as the caregiver is able to assist the survivor with activities of daily living (bathing, dressing, grooming, medication administration, etc...), you are welcome to register for camp. The number of handicapped rooms varies by facility and are assigned based on greatest need. Please be sure to provide adequate information on the registration form about the level of disability to aid in our room assignments.

Q. Can I, a survivor, attend without a caregiver?

A. Camp is designed for both the survivor and caregiver. However, it is not uncommon for a more independent survivor to attend without their caregiver. Survivors attending alone need to be able to independently perform all activities of daily living (bathing, dressing, grooming, medication administration, etc...).

Q. Can I bring my pet with me to camp?

A. Stroke Camp has a no pets policy. Service animals are welcomed, but we must know in advance, and you need to provide the paperwork documenting that your pet is a service animal. Therapy/companion dogs/cats are not permitted. We appreciate your understanding in regards to this matter.

Q. How much does camp cost?

A. The three day weekend retreat is \$125 per person for *most* of the retreats. A few camps cost more, and some are less if the sponsor chooses to supplement the registration fee. The registration form for each retreat will have the registration fee listed on it. We thank our sponsors for the financial support that makes Stroke Camp possible!

Q. I don't think I'm able to pay registration fee. Is there any assistance available?

A. Yes, we ask that individuals needing assistance with the registration fees call our office at 309-688-5450 to discuss your needs.

- Q. I'm fortunate enough that the \$125 per person does not create a hardship for me and would like to help send someone else to camp. Can I donate?
- A. Yes! Donations designated for our "scholarship" fund can be made through the Donate button on our website or by mailing a check. Thanks to donations received throughout the year, we have never turned anyone away from camp due to inability to pay the full camper fee.
- Q. Do we sleep in tents?
- A. No! With few exceptions, the majority of camps are held at conference and retreat centers and campers stay in hotel style rooms with private or nearby bathrooms. A few of the camps are held at facilities with more dorm or bunk type lodging. More information will be provided to you about the lodging for your specific camp when you register. Volunteers may be asked to stay in bunk style lodging when necessary.
- Q. How can I find a camp near me?
- A. Go to the Camp Dates/Registration page of our website to see a listing of dates and locations. You can register online, or print a form to mail to us. Camp listings are frequently updated, so check back periodically!
- Q. There's not a camp in my area. What can I do to start one?
- A. We are happy to begin discussions about camp sponsorship with a hospital in your area. Once the hospital expresses interest in providing a camp, please connect them with us.
- Q. I'm not ready to attend a camp yet, but would like to be on your newsletter list.
- A. Please email [info@strokecamp.org](mailto:info@strokecamp.org) with your name, email address, mailing address, and phone number to be added to our quarterly newsletter.
- Q. How do I find a support group near me?
- A. Check with your local hospital/stroke center to find information on a stroke support group. Here are links with stroke support group information:  
<http://www.strokeassociation.org/STROKEORG/strokegroup/public/zipFinder.jsp>  
<http://www.stroke.org/stroke-resources/stroke-support-groups>  
There are also many online support groups that you can find through a simple internet search as well as through social media outlets.