

Spectrum Adventures



O'Reilly's Rainforest Retreat
Camp Information

Our O'Reilly's Rainforest camp

Thank you for your interest in Spectrum Adventures O'Reilly's Rainforest Retreat camps.

We are a neurodivergent-led organisation that specialises in delivering outstanding social opportunities and community connections to our Autistic children and their families in South-East Queensland.

We are driven by the need to deliver neuro-affirming supports that unite our community and to bring our village together, while offering opportunities to learn, immerse and challenge our camp families together.

We offer safe and supported experiences for everyone to connect, learn and play together - we do not offer a segregated level of care, but the voice of neurodivergent supports alongside parents and children together, with experience to help you form connection and memories, and try something new together.

We know that strong evidence exists that autistic children struggle to make connections, genuine friendships and our camp offers opportunities to immerse in autistic-led interests, and see children and families flourish.

We deliver resources and access to allied health sessions throughout the weekend, to lift capability and understanding.

Our camps are very popular and book out months in advance. We have delivered nine camps to over 770 individuals across three years.

We are excited to welcome more of our community to experience camp.

If you have any questions at all, please read this booklet and reach out to us.



2025 dates
May 23-25
July 18-20

www.spectrumadventures.com.au

Who is this camp for?

Spectrum Adventures hosts camps for autistic children and their families. Our camps are designed for the entire family to experience together.

Our aim is to strengthen families and communities by encouraging families of autistic children to build their village with like-minded people. Families find immense value in hearing about the experiences and shared support of other families going through similar experiences.

Our camp helps families develop stronger relationships by providing opportunities for new experiences in a safe and nurturing environment. The program includes a range of team work / problem solving activities that encourages personal growth and strengthens family relationships.

How long will it run?

The camp will run from **5.30 pm Friday to 1.30pm Sunday.**

We recommend families drive up earlier in the afternoon to settle in their villa to join us for dinner and our evening activities.



What ages can attend?

Our O'Reilly's Rainforest Retreat camp offers variety of activities for all age groups. We have no minimum age requirements but participants will need to be able to safely participate in the activities and will need to meet minimum height/age requirements for certain activities.

The Flying Fox adventure requires that children are 3 years and up, with a weight requirement for participants being 15kg minimum and 110kg maximum.

There'll be plenty of time to relax and enjoy the gorgeous hinterland location. Lamington National Park is a jewel in the crown of rainforest bushwalking destinations in Queensland. It contains over 320 kms of walking tracks that lead to spectacular lookouts, waterfalls and some of Queensland's most significant wilderness areas.



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What are the activities?

Be prepared for an immersion in the rainforest, a chance to slow down and enjoy the natural beauty in the World Heritage Lamington National Park.

You'll have a chance to meet majestic predators of the sky including owls and wedge tail eagles and more.

Strap into a safety harness and soar across a 180 metre zip line with epic views, with exclusive sessions on the flying fox organised with similar age groups giving you more chance to see your child connect to peers and friends.

You'll enjoy the chance to catch up on bird feeding as well as enjoy the animal encounters show with the chance to learn about the animals and engage one on one.,



Over the weekend we continue our activity groups together including two special night time group activities including star gazing and glow worm tours. Glow worm tours see you perch beside the secluded gully, home to millions of ancient Glow Worms, illuminating the cliff face in a blanket of twinkling stars.

Spectrum Adventure's camps feature a calming room that has been developed in consultation with an Occupational Therapist. The room contains emotional regulation tools and equipment, movement for sensory seekers and calm space and small emotional regulation tools, which will help guests regulate if they are feeling overwhelmed.



Parents and children will be able to trial a number of emotional regulation tools and equipment and will be able to further develop their knowledge of emotional regulation strategies.

Through using the calming room, families have also exchanged strategies and have left camp armed with greater knowledge about how to support positive emotional regulation.



Learning & building capacity

Our camp program has been designed by a Learning and Development professional, experienced at meeting neurodivergent communication needs.

Parent education and training is supported with Allied Health sessions during the camp with a range of talks and discussion opportunities helping deliver learning opportunities to families to understand and support their child's needs.

Each family is provided with a camp welcome book full of articles to guide and educate parents further including understanding and supporting sensory needs, parenting strategies for demand avoidance children, and more.

Our camp welcome book includes resources from leading Autistic advocates including:

- Reframing Autism
- NeuroWild
- Outcomes Therapy
- Thinker's Theatre
- Social Space Community
- Resonance Counselling & Kids Therapy



Each camp offers resources and sessions to help children and parents understand more about Autism and how to support their needs.

We include parent talks and discussions, led by Allied Health specialists who embrace neuroaffirming approaches and evidence-based resources.

Peer-led discussions are also on offer, allowing parents to share their lived experience and insight, building strength in community.



Our camp library offers parents and children access to additional curated resources across a wide range of topics that are autistic led, and include accessible content around the neurodiverse experience.

Parents are able to then return home with new knowledge around resources, and embed strategies around supporting their children's needs in everyday life.



Are meals provided?

Yes, absolutely! Our camp is fully catered, to enable you the time to connect and explore activities as a family rather than worrying about food. We will be providing breakfast, morning tea, lunch and afternoon tea and dinner. Set meals will be provided for the majority of the meals, however, you will also be able to access items from the restaurants and cafes at your own expense.

All of our meals are restaurant quality meals and have been carefully selected and expertly prepared by the chefs on site. We understand that many adults and children may have limited diets or food intolerances/allergies. Provided that you let us know at the time of enrolment into the camp, we will be able to cater for any intolerances or dietary requirements.



Do you supervise the children?

Our camp is designed to be experienced as a family adventure. Parents are expected to join in on activities with their children to help develop their capacity and strengthen family relationships.

Families with multiple children, and children that do require 1-1 support have been requested to bring along another adult or their support worker to ensure that all of their children can be supported to engage in the activities. Please discuss this with us so that we can ensure that your family is best supported.

During the day the children will be supported by our camp staff alongside their families in the sensory area at camp and will be able to use the sensory and gross motor equipment, play board/card games, watch movies and enjoy our art and craft activities. This will allow parents the opportunity to talk with and meet other families.

What if I need to bring a support worker?

If you need to bring a support worker to support you/your children on the activities, you're most welcome to do so. Please contact us about pricing for additional accommodation and/or activities for your support worker.



Can I sign up with another family?



You can register for the same weekend with friends. Please make note of this on your registration form and we will try and accommodate you next to their room. However, we can not guarantee you will get into the same weekend.

Each family needs to register separately. The only exception to this rule is that additional adult family members that are in your lodge, such as an uncle or grandparent, can be added to your registration. They will be housed in your lodging.

What happens if my child becomes overwhelmed?

We all understand that children, and adults alike, can become overwhelmed. If you or your child need a break from activities, that's absolutely okay.

Our calming room will be open throughout the day. You may also find it helpful to explore the beautiful rainforest and natural surrounds - with most tracks easily accessibly from our camp location.



We will also have some quieter activities available, such as art and craft activities, movies, play doh and card games for those that need some quiet time or time away from activities.

If your child finds the planned activities overwhelming or doesn't want to participate, they will not be required to do so. Please enjoy the other activities that we have on offer or feel free to explore the venue as a family.

Please ensure that you supervise your child in the sensory and dining area, as we are located in national park and near the pool.



Can I bring my iPad/ personal devices?

Electronic devices may be brought to the camp but will remain the responsibility of the families.

There is intermittent wifi throughout the resort.

Spectrum Adventures will not be held responsible for any lost items, breakages or damage.

We strongly recommend locking them in your room when they are not in use and to consider having personal insurance for your devices.

Wifi will be available in most places of our camp. If your child watches any particular shows to self-regulate, please ensure you have your shows saved on your child's device.



What types of accommodation are available?

We offer self-contained 2 and 3 bedroom villas that have a full lounge, kitchen and ensuites that are located close to the conference centre we will be based over the weekend.

Is there a laundry facility onsite?

It is expected that families bring sufficient clothing for the weekend. However, if there are any accidents or urgent washing needed, there is a full laundry on offer in the villas.

If you have specific washing powder for your family, please bring this along.



What should I pack?

We recommend that you bring enough clothing for three days and nights (plus spares!), toiletries and any medication needed. If rain is expected, please bring more clothes.

Lamington National Park is nearly 1000 metres above sea level which means not only that the temperature is 5-8 degrees cooler than Brisbane or the Gold Coast, but that the weather is changeable. O'Reilly's has average temperatures of 14°C in winter.

- Water shoes or shoes that can get wet for water-based activities
- Pyjamas
- Water bottle
- Hat and sun glasses
- Clothes for 3 days: If it is warm, sun safe shorts and T-shirts. Jumpers and long pants for when it cools down
- Swimmers to use in the spa or pool (if brave enough! the pool is heated in Winter)
- Socks and underwear
- Enclosed footwear will be needed for some of the activities.
- Spares clothes in case they get wet or muddy.
- Wet or plastic bags for wet/dirty clothes
- Sunscreen and insect repellent
- Day backpack
- Toiletries and personal hygiene products
- Medication as necessary**
- Personal items for self-regulation as required
- Brollysheets/conni pads if required
- Torch
- A sense of adventure! 😊

Spectrum Adventures will not be responsible for the storage and dispensing of medication. Medication will remain the responsibility of the families attending.

Given this is an adventure camp, it is recommended that you leave your valuables at home.

O'Reilly's Rainforest Retreat does have a general store where you can buy things if needed including snacks and clothing.

Meet Spectrum Adventures - Dee



Spectrum Adventures is led by Dee - our amazingly creative and passionate Neurodivergent leader who delights in delivering camps for autistic children and their families with authentic understanding from learnings and lived experience. #actuallyautistic

Dee's deliberate design for Spectrum Adventures is to create neuro-affirming and safe spaces, where autistic needs are embraced, celebrated and supported, sensory needs are catered to and adjustments are accommodated as part of our camp DNA.

Spectrum Adventures offers genuine social support that allows our community to connect through shared interests. We provide resources to help build knowledge and understanding of disability needs, and workshops that enable both kids and families to participate together.

Spectrum Adventures camps help autistic families develop stronger relationships by providing opportunities for new experiences in a safe and nurturing environment. The program includes a range of team work / problem solving activities that encourages personal growth and strengthens family relationships.

The Spectrum Adventures Team

The Spectrum Adventures team includes our cohort of wonderful support workers who help to deliver camp and support our autistic children and families to connect.

We are a proudly inclusive and diverse team - supporting neurodiversity, gender diversity and more within our ranks, allowing us to bring authentic lived experience to how we support our community.

Our team include allied health specialists, registered nurses, teachers and more - all with significant understanding of disability support needs - and we continue our learning to ensure our supports are current with emerging researches and approaches.



Social Inclusion

- Neurodivergent team of support staff – positive role models
- Make new social connections


Feeling accepted & build positive neurodivergent identity

- Cultural and gender diversity celebrated
- Reduced masking

Learn new skills

- Understand more about sensory needs & regulation tools
- access resources & learning about Autistic needs
- Workshops for young people & parents
- Increased capacity for self-management

Spectrum Adventures Camp Outcomes



Increased confidence & resilience

- try new experience with peers
- more confident with other new experiences, like attending school camps
- improved mental health

Sense of community

- Safe space in recreation room catered to neurodivergent needs
- Individual choice over level of participation

Build capacity with social communication

- All communication styles are valued
- Opportunity to become more independent with self-advocacy and communicating needs

Feedback from our camps

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Thank you Dee and all the Spectrum Adventures team!!

It far exceeded anything I expected.

An amazing weekend, meeting beautiful people and a perfect mix of relaxing and activities for all 😊



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Family Feedback

Thanks so much Dee and SA team.

We had such a great weekend. I am so proud of my son that he immediately made friends, was kind, participated in all activities.

I was quite surprised that he went up the sand dune twice. He would never give something like that a go unless he felt absolutely safe.

Thank you so much for creating an environment where our kids can feel safe, have a great time and thrive.

I also had such an amazing weekend and I'm exhausted.
Thank you xxx



Family Feedback

Thank you to and your team for an absolute fantastic weekend away Dee!

F - First Grade Food
A - Adventure
N - Nighttime activities
T - Terrific Staff
A - Accommodation at the Villa was amazing
S - Supportive
T - Thoughtful and Thorough
I - Inclusive
C - Carefree. All the hard work is done for you!

All the staff are super accommodating, friendly, encouraging & caring.
If you haven't been on one of Dee's Spectrum Adventure camps, I highly recommend you do.



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It was also wonderful to meet you and your amazing team! What a wonderful contribution you are making to the world! I appreciated feeling part of a community who share the same experiences and challenges and who get it. Thank you for this and making us feel less alone



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Thanks Dee and SA Crew for another amazing camp tucked away in an absolutely breathtaking destination. It's so wonderful to see both my kids grow in these types of safe, unmasked environments. My heart is so happy and full



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Family Feedback

Camp team were amazing !!! Big Thankyou for facilitating this weekend, thankful so far I can definitely share some highlights- seeing my boys learn chess, and make friends with other kids too this weekend , engaging in the thinkers theatre and gave everything ago...

My other boy flew a kite, went down the sand hill , he accepted so many new foods he ate soooo much this weekend ! He also tried stepping out of his comfort zone to try to talk which is a big thing for this boy whom is more often situationally mute .. those lanyard picture card's definitely helped ..

Seeing my boys joy from feeding the dolphins is a highlight aswell. They were so excited

Meeting other families and just seeing in real time that we aren't alone in this journey. Making some connections which I hope will last when we leave this island too.



NDIS funding

At this stage, we can only accept registrations from self-managed or plan managed NDIS participants. **Our camp is pre-paid in advance.**

In accordance with NDIS guidelines, we cannot charge for food and accommodation, which the \$300 non-NDIS claimable amount covers. This cost includes costs representing your family's attendance and must be paid from non-NDIS funds.

NDIS participants can claim the rest of the cost of the camp from the following categories:

Community and social activity costs (Core: 04_210_0125_6_1)

This support is included in a participant's plan to enable them to pursue recreational activities and engage in the community when associated with a participant's disability and goals. Participants may use this funding for activities such as camps, vacation and outside school hours' care, course or membership fees.



Core funding is flexible, so provided you have sufficient funding within Core, you will be able to claim the cost of this camp.

Community participation activity (Capacity Building: 09_011_0125_6_3)

Supports that could be claimed include: Attendance at a "camp" or group that builds a participant's relationship skills and offer a range of activities and opportunities to explore wider interests.

Innovative Community Participation (Capacity Building: 09_008_0116_6_3)

This support item is designed to enable providers to offer new and innovative services to participant and is for mainstream providers who want to enable participants to access mainstream activities.

If your family has more than one NDIS participant, the costs may be split between each of their plans. Please specify this on your registration form.

Please check that you have the funding in the right categories.

Can I use CB Improved Daily Living to pay for the camp? Unfortunately, no. If you do not have any of the above funding categories available, we can provide you with a quote for the camp to take to NDIS to request funding at your next review.

We cannot use funds out of Capacity Building Improved Daily Living.

How do I pay my invoice? (self managed plan)

The NDIS guide to self management lists the two different ways you can claim your payment for providers [as per this link -](#)

1. Make a payment request and then pay your provider - After you receive our invoice, you can make a claim.

How do you pay for supports?

Once you've arranged your supports and providers, you'll need to pay for them using your NDIS funding.

As a self-manager, you're responsible for paying your providers, contractors and staff. The NDIA cannot pay your providers for you. If you don't pay your providers, they may stop delivering services to you, pursue debt recovery, or report your non-payment to the NDIA. If you can't keep on top of payments to providers, we may reconsider if self-management is right for you.



Payment options

As a self-manager there are 2 ways to pay for your supports with your NDIS funding.

1. Make a payment request and then pay your provider

After you receive an account, invoice or timesheet from your provider or staff, you can make a claim. This can be done online using the myplace portal or through the my NDIS app. Money from your NDIS plan budget will usually be paid into your nominated bank account within 1-2 business days. You can then pay your provider.

The instructions for the [My NDIS mobile app](#) will help you, your nominee or child representative, to access and use the app.

2. Pay your provider and then make a claim

After you receive your support, pay your provider using your own money and get a receipt. Make a claim to have the money from your NDIS plan budget paid into your nominated bank account. You will be reimbursed, usually within 1-2 business days.

Make sure the amount of your claim matches the invoice or receipt from your provider, or if you are directly engaging staff, your payroll records.

Remember, you can't make a claim before you receive your support.

Learn more on the NDIS website about how to [claim from your plan](#).

Sign me up! What do I do next?

1. **Review our Accommodation Options form** to determine the accommodation you want to book for your family. Some of our accommodation options are limited and we will be filling these on a first-come, first served basis.
2. **Check your funding** - the amounts & categories - please refer to our Check your funding tools on our camp page to make sure you have the right funding.
3. **Complete our camp registration link on our website.** . Please complete the registration form on our website. We will then email you a link to register your family on our online booking portal. This is a detailed process and we will ask a lot of questions around your family to ensure we are able to support your family.

Please include as much information as you can. We need you to complete this process for everyone (over the age of 3 years) who is attending camp. If you have a younger child attending camp, please let us know.

4. **Once your camp registration is accepted we will issue you with an invoice to be paid.** Our camps are pre-paid, so please consider this and if you have funds available to proceed before registering for camp.

What is your cancellation policy?

Spectrum Adventures understands that sometimes family circumstances can change quite suddenly. If your family needs to cancel attending the camp and we have another family on the waiting list that can take their place, we will endeavour to fill your position with another family.

Cancellation must be given in writing. Should your family not be able to attend the camp, provided that notice is provided in writing more than 30 days before the start of the camp, the deposit will be refunded.

If less than 30 days before the start of the camp, the deposit will be forfeited.

If less than 10 working days' notice is provided and we are not able to fill your position with another family, the participant agrees to pay for the full cost of the camp. This is because we will have already been charged by our venue and ordered provisions for your family for the camp.

We look forward to you joining us on camp 😊