

# Spectrum Adventures



Tangalooma Island  
Camp Information



[www.spectrumadventures.com.au](http://www.spectrumadventures.com.au)

# Our Tangalooma Island camp

Thank you for your interest in Spectrum Adventures Tangalooma Island 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.



2024 dates  
Nov 1 - 3  
waiting list only  
2025  
March 28-30

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## 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 **2.30pm Sunday**.

We arrive to the wharf by **11.30am** Friday to allow sufficient time to board the ferry at 12.30 pm, which will arrive at Tangalooma around 2pm giving you time to check into your room before joining us at camp.

Boarding for the return ferry on **Sunday** is at **1.30 pm**, it will depart at 2.30 pm and will arrive in Brisbane at 3.45pm.

## What ages can attend?

Our Tangalooma camp offers activities for all age groups. Families will enjoy marine adventures on Queensland's beautiful Moreton Island including sightseeing around the wrecks and feeding over 200 species of fish from a glass bottom boat, thrilling 4wd bus tour followed by sand tobogganing, and a Kayak or Stand Up Paddleboard experience, all giving your family a chance to enjoy a beautiful and different experience of marine life.

There'll be plenty of time to relax and enjoy the gorgeous coastal location, with a beach and pool available to swim in and explore, and a playground for you to enjoy at your own pace amongst our organised activities.



## What are the activities?

The highlight of any visit to Tangalooma is the opportunity to feed one of the wild bottlenose dolphins that visit the shores at sunset. Guests will be able to feed the dolphins on one of the nights during their stay. All of our activities are booked exclusively for our group and our team to attend to give each person time to engage and support Autistic needs.



Our camp features an adventure filled weekend, with families enjoying a cruise across the beautiful waters of Moreton Bay, before stopping in the crystal clear waters as we anchor at the wrecks and feed the many species of fish.

For a change of pace you'll also be able to take a journey to the scenic Tangalooma Desert region as part of a thrilling 4WD bus tour, of course followed by the exhilarating sport of sand tobogganing, reaching speeds of up to 40 km per hour!

Kayak & Stand Up Paddleboard (SUP) will see you explore the marine life at a gentle pace, and is suitable for beginners. There are minimum age requirements for SUP (12+). Children as young as 5 years will be able to go kayaking in a double kayak with their parents.

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
- Neurokinecton
- 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 purchase 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 as set meals during camp - as per NDIS guidelines we will invoice you separately for food costs as part of our event as a non-ndis 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 and will be located in the Waterfront Pavillion, where we will also be dining.



We will also have some quieter activities available, such as art and craft activities, movies, board 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 island as a family.

Please ensure that you supervise your child in the sensory and dining area, as it is located on the beach, near the water.



## 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 have a range of accommodation available, to suit different budgets, family shapes/sizes and needs. Please see our accommodation and costs page for more information.

## 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 are guest laundry facilities onsite.

If you have specific washing powder for your family, please bring this along, along with coins for the machines.





## 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.

Typical temperature will be about 22 c.

- 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 and shorts for dolphin feeding & swimming. If your child is temperature sensitive, a wet suit may be more suitable.
- Socks and underwear
- Enclosed footwear will be needed for some of the activities.
- Spares clothes in case they get wet or sandy.
- 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.

Tangalooma Island Resort does have a general store where you can buy things if needed including snacks and additional clothing. We will provide a guide to luggage limits closer to camp.

## 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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My son managed to feel comfortable enough to engage with the other kids in his cohort which was wonderful to see

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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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*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



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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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Watching our child transform from being angry & ashamed of our camp to accepting & making friends.

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## NDIS funding



We can only accept registrations from self-managed or plan managed NDIS participants - we will need to prepare a service agreement and receive confirmation funds are held and reserved for your camp invoice for payment to be made immediately following camp delivery.

Some plan managers are able to quarantine or hold funds against your plan for this to happen - we recommend checking with your plan manager if they can do so.

Our camp requires a **non-NDIS claimable payment per person of \$150 for** & a signed service agreement to be held to secure your attendance. In accordance with NDIS guidelines, our camp includes NDIS support costs and also costs that are not to be paid by the NDIS (non-NDIS supports) - more detail follows on the next page.

**Tangalooma Camp costs of \$7,400** are able to be claimed (for up to 4 people) to attend camp from the following NDIS categories:

### **Core - Community, Social and Recreational Activities (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.

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

### **Capacity Building - Increased Social & Community participation (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.

### **We cannot use funds out of Capacity Building Improved Daily Living**

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

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.

## Non-NDIS costs

For each camp we deliver there is a **non-NDIS claimable co-payment per person of \$150 to attend. This means this must be paid by the family without claiming it through the NDIS.**

In accordance with NDIS guidelines, our camp includes NDIS support costs and also costs that are not to be paid by the NDIS (non-NDIS supports).

The \$150 per person covers the costs the NDIS does not cover including:

- costs around travel, such as travel to our location where we host our camp.
- activity costs including the private activities held at camp as a group that help you reach your goals of making shared connections with peers and others.
- meal costs provided at camp which we deliver to you as a buffet option, providing access to shared dining with peers and the opportunity to enjoy food shared with peers and expand eating habits.
- accommodation costs for you to stay at our onsite camp location.

If you ask for additional night/s accommodation at our camp venue to assist your young person's transition to our event this is to be billed at our venue's full commercial rate, and cannot be claimed against the NDIS plan.

## What is included in the camp costs payable by the NDIS?

Spectrum Adventures delivers an outcome-focused camp providing opportunities for Autistic young people to attend and meet other Autistic young people and form connection as peers in a supported and private group event spanning up to three days.

Our camp provides access to Allied Health workshops, a dedicated parent support group & parent talks at camp. a curated Sensory Space designed by an OT and available all weekend, and tables of resources to assist families in supporting their Autistic young person's needs.

Team building and adventure activities are scheduled to run over the duration, with meals and planned time for socialising in between. Throughout the camp, families are also able to access additional activities at their leisure, that develop fine and gross motor skills.

Our camp provides Autistic young people the opportunity to practice their social skills and develop friendships. Our camp support staff support the development of friendships by modelling and encouraging social skills and sharing from lived experience as neurodivergent individuals with over 95% of our team either Autistic or AuDhd.

## Sign me up! What do I do next?

1. **Review our Accommodation & camp costs form.** Larger families may need an alternative room to be booked so please contact us if this is the case.
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 available.
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 your invoice/s to be paid & a Service agreement.** Our camp invoice needs to be secured by a Service Agreement with confirmation funds are held and reserved, so please consider this and ensure you have funds available to proceed before registering for camp. **You will need to reserve these funds for our invoice to be paid.**

## 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 non-NDIS 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, and we have already confirmed our team of staff to support your attendance at camp, including Allied Health team and Qualified Disability support workers. We look forward to you joining us on camp 😊