



Parent Handbook

- **WELCOME**
 - Mission and Vision of the Camp
 - Contact Information
- **About JA Camp**
 - Who We Serve (Ages, Conditions, etc.)
 - Eligibility Criteria
 - Camp Location and Dates
- **How to Register**
 - Cost of Camp
- **Health and Safety**
 - Camper Medications and Care
 - Emergency Medications
 - Medical Emergencies
 - Pre-Camp Health Screening
 - Counselors and Volunteers
- **Camp Life**
 - Neurodivergent Camper Support
 - Swim Requirement
 - Meal Plans and Dietary Accommodations
 - Camp Traditions
 - Cabin Details
 - Daily Schedule
- **Packing List**
 - Essentials
 - Prohibited Items
- **Communication During Camp**
 - Camp's Policy on Phones and Electronics
- **Code of Conduct**
 - Inclusion and Bullying Prevention
 - Dress Code
- **Preparing for Camp**
 - Homesickness
 - Preparing your camper
 - Preparing yourself
- **Arthritis Foundation Resources**

WELCOME TO JA CAMP!



We're excited to welcome your child to an incredible camp experience! Preparing for camp ensures they have a fun, meaningful, and memorable time.

At the Arthritis Foundation, your child's safety, health, and happiness are our top priorities. Our juvenile arthritis camps are medically supervised by a team of healthcare professionals, including pediatric rheumatologists, nurses, and mental health providers. Camp counselors will guide your child through new adventures, building friendships, and embracing exciting opportunities.

Camp is more than just fun—it's transformative. Campers experience traditional summer camp activities like rock climbing, high ropes courses, kayaking, and archery. These activities encourage teamwork, foster new friendships, and build self-confidence. Most importantly, campers learn they are not alone on their journey with juvenile arthritis.

Thanks to the support of healthcare professionals, we provide engaging programming that helps campers better understand and manage their condition. They explore strategies to care for their mental and physical health through activities like journaling, yoga, Rheumatology Jeopardy, and practical lessons on injections, infusions, and self-advocacy.

At JA Camp, campers share experiences, create lasting memories, and discover their strength in a supportive, fun environment.

JA CAMP STAFF CONTACT INFORMATION

Robin Kingham Dir, JA Family Engagement Time Zone: Eastern rkingham@arthritis.org office: 850-583-5930 Cell: 504-508-0411	Caitie Dailey Manager, JA Camps Time Zone: Pacific cdailey@arthritis.org Office: 410-441-5816 Cell: 267-261-6642	Noelle Johnson Manager, JA Camps Time Zone: Pacific njohnson@arthritis.org Office: 859-787-0459 Cell: 859-324-2432
--	---	---

WHO WE SERVE

Our resident camps serve children aged 8-17 diagnosed with a childhood rheumatic disease. Our weekend family camp serves children of all ages and their families, including siblings. One child in the family must have a childhood rheumatic diagnosis.

ELIGIBILITY CRITERIA

Children who attend an Arthritis Foundation JA Camp must meet certain criteria in order to participate. Eligible applicants must:

- Have a doctor-diagnosed childhood rheumatic disease.
- Display behaviors at home and school that allow them to function in an overnight group setting without negatively affecting others (e.g., no biting, kicking, defiance, or running away).
- Be predominantly independent in personal care, including bathing, dressing, toileting, eating, and sleeping through the night.
- If the child has a mental health condition, it must be managed under medical supervision for at least six months before camp.
- If the child has a comorbidity (e.g., epilepsy, diabetes), it must also be managed under medical supervision for at least six months.
- Have a desire to participate in camp activities like swimming and arts and crafts.
 - Be comfortable receiving supervision from unfamiliar adults, such as volunteer counselors.

“

My husband and I couldn't be more thrilled with our child's experience at JA Camp. From registration to drop-off, everything ran smoothly. As first-time camp parents, we felt well-informed and supported. Our child had an incredible time learning new skills like managing injections, advocating for themselves, and processing their feelings about JA—while also enjoying activities like rock wall climbing and pond fishing. They're already counting the days until next summer!

”



CAMP LOCATIONS AND DATES



Our camps are hosted at rented facilities, which vary by location. We carefully select sites that prioritize safety, have experience with medical camps, and strive to meet Americans with Disability Act (ADA) accessibility standards to ensure a welcoming environment for all campers.

Camp Esperanza Staff: Noelle Johnson	YMCA Camp Whittle 31701 Rim of the World Dr Fawnskin, CA 92333	June 16 - June 21
Camp Joint Adventures Staff: Caitie Dailey	Wilderness Camping and Retreat Center 34030 West 204th St Lawson, MO 64062	June 16 - June 21
JA Camp Colorado Staff: Robin Kingham	YMCA Camp Shady Brook 8716 S Y Camp Rd Deckers, CO 80135	June 22 - June 27
Camp JRA Staff: Noelle Johnson	Camp Victory 58 Camp Victory Rd Millville, PA 17846	July 13 - July 18
Camp Milagros Staff: Robin Kingham	Camp Arroyo 5535 Arroyo Rd Livermore, CA 94550	July 14 - July 18
Camp Sisu Staff: Caitie Dailey	Camp Courage 8046 83rd St NW Maple Lake, MN 55358	July 20 - July 25
KATFISH Family Camp Staff: Noelle Johnson	Black Diamond Camp 19830 SE 328th Pl Auburn, WA 98092	July 25 - July 27
Camp KODA Staff: Caitie Dailey	Camp Kostopulos 4180 Emigration Canyon Rd Emigration Canyon, UT 84108	July 30 - August 2
Camp M.A.S.H. Staff: Robin Kingham	Lions Camp Wisconsin 3834 County Rd A Rosholt, WI 54473	August 17 - August 22

HOW TO REGISTER



1. Pick a camp session

Visit arthritis.org/events/ja-camps and find the camp that you want to register for camper to attend. Click the link to register

2. Create Account and complete application

Create (or log in) your parent account in the camp registration platform, UltraCamp. Make sure you are the primary contact. Then add your child as the camper

3. Upload documentation

We require immunization records, a signed form from your camper's rheumatologist, and other forms to ensure your camper is medically fit to attend camp.

4. Application Review

Your camper's application will be reviewed by Arthritis Foundation camp staff, the camp's medical director, and the mental health director.

5. Acceptance

Once your camper's application has been reviewed, you'll receive notification via email that your camper has been accepted.

To upload required documents to your UltraCamp account visit the Document Center or email your forms to our JA Camp Managers at kgat@arthritis.org

As part of the registration process, we ask families to provide complete and accurate information about their camper. This includes details about their mental, emotional, and social health, as well as up-to-date medical information. Thorough and truthful applications allow us to prepare appropriately to meet your camper's needs.

COST OF CAMP

There is a \$25 registration fee with your child's camp application. If you need assistance covering this cost, please let us know or select the financial assistance option during the registration process.



CAMPER MEDICATIONS AND CARE

Every JA camp has a 24-hour “Med Shed” staffed by pediatric rheumatologists, nurses, and mental health professionals experienced in working with children with chronic health conditions.

Medication is distributed three times daily at breakfast, lunch, and dinner, with select medications given at bedtime. The Med Shed staff will work with families to accommodate special medication schedules when possible. It is important that all special scheduling and administration needs are clearly listed on your child’s medication list in UltraCamp.

Important Notes:

- Supplies: Campers requiring specialized medical equipment must bring enough to last the entire camp session.
- Medication Security: All camper and staff medications (except emergency inhalers and Epi-pens) are securely stored when not in use. Medication is administered and recorded by licensed medical professionals.

EMERGENCY MEDICATIONS

- Counselors responsible for children with severe allergies will be trained to administer Epi-pens. One Epi-pen will stay with the camper, or in close proximity to the camper, at all times.
- Emergency inhalers may also stay with the camper if deemed appropriate.

The medical team takes great care to ensure that each camper adheres to their prescribed medical regimen. Parents and the camper’s home physician will be consulted if the camp medical team needs more information for best care during the week of camp. Parents will be informed if their child visits the Med Shed for a non-routine ailment or experiences a severe allergic reaction.

MEDICAL EMERGENCIES

In the event of a medical emergency, campers will be transported via ambulance to the nearest hospital. For non-emergency medical visits, campers may be transported in a camp-approved vehicle or by a chartered service, accompanied by two trained adults.

Our team is committed to ensuring your child’s safety, health, and well-being throughout their camp experience.

PRE-CAMP HEALTH SCREENING

To ensure the safety of all campers, we conduct a pre-camp health screening during the check-in process onsite.

Important Notes:

- **Parent/Guardian Requirement:** The health screening must be done with a parent or authorized adult present.
- **Contagious Conditions:** If your child is found to be too ill or has a contagious condition, they may not be able to attend camp.
- **Medication Instructions:** Please ensure all medications are sorted and labeled before camp. Please send medications in their original containers.
- **Epi-Pens:** If your child requires an Epi-pen, please bring two.
- **Special Equipment:** Bring any special medical equipment or supplies needed for your child and turn them in at the screening.



Arrival and Screening:

- **Arrival Time:** Please arrive at the designated time provided to you by the JA Camp Manager to ensure a smooth check-in experience.
- **Stay for the Duration:** Plan to stay for the entire health screening.

What We Check:

- **Contagious conditions:** Lice, rashes, flu, and other illnesses, may include COVID-19.
- **Rheumatic flare-ups and general health.**
- **Medications and medical equipment:** We will confirm all necessary medications and equipment.

Counselors and Volunteers

Our JA Summer Camp is staffed by experienced volunteers, many of whom were former campers themselves. Some are college students studying fields such as pediatrics, occupational therapy, and education. All volunteers undergo yearly background checks and participate in both virtual and in-person training. We ensure each camp follows a 1:6 adult-to-camper ratio, providing personalized attention and a safe environment for all participants.



Neurodivergent Camper Support

At JA Camp, we strive to create a fun and inclusive experience for all campers, including those who are neurodivergent. We cannot guarantee that we will be able to provide accommodation that may be needed, we are not able to provide 1-1 support. To help your camper succeed, please consider the following as you prepare for camp:

- **Communicate Triggers and Coping Skills:** Let us know about any known triggers or effective coping mechanisms. If your camper hasn't practiced techniques like deep breathing, introducing them before camp can be beneficial.
- **Medication Continuity:** "Medication vacations" are not recommended at camp. Please ensure your camper continues any and all medications they rely on for focus, behavior, or well-being.
- **Prepare for Camp Dynamics:** If this is your camper's first sleepaway camp, discuss what to expect, such as sharing close quarters with peers, limited personal space and quiet time. Camp can get quite loud and exciting!
- **Plan for Sensory Needs:** Activities and dining halls can sometimes be loud. Consider sending noise-canceling headphones or earplugs to support your camper if noise sensitivity may be a challenge.
- **Pack Comfort Items:** Send inexpensive and easily replaced low-stimulation activities, sensory or fidget toys, headphones, sunglasses, or other soothing items can help your camper feel more comfortable.

Please label all items and do not send valuable items in case they are lost or damaged. The Arthritis Foundation is not responsible for any lost or damaged items.

If you anticipate any specific challenges for your camper, please share them with us in advance. Thank you for helping us create a supportive and positive environment at JA Camp!



SWIM REQUIREMENT

Your child will complete a Swim Check on the first or second day of camp. For example, if they are able to swim at least 2 lengths of the pool (50 yards) unaided and without any flotation device. While life jackets are required at all lake waterfront activities, they are not used at the pool. If your child does not pass the swim check, they will be required to stay in a certain area of the pool, and we'll play some games!

MEALS & DIETARY ACCOMMODATIONS

We understand the importance of diet and nutrition in managing our camper's health. Meals are served in a separate dining hall, and we work closely with each host site to create menus that accommodate our campers. JA Camp and our partner facilities are committed to providing meal options to fit many dietary needs, including gluten-free, dairy-free, vegetarian, and vegan. We are happy to collaborate with families on specific dietary accommodations to ensure each camper has access to appropriate food options. If the facility provides menus they will be shared as they become available.

For campers with limited diets, we may not be able to fully accommodate all needs. In these cases, families may need to send supplemental food from home. Storage is limited, so please only send essential items, not preferences.

If you're sending food, please follow these guidelines:

- Package each meal individually.
- Clearly label with the camper's name, the meal (e.g., "Wednesday dinner"), and storage/preparation instructions.
- Pack meals in a cooler with ice packs if refrigeration is needed, and label everything as instructed.

NUT-FREE CAMP

Do not send any foods made with peanuts or tree nuts, as other campers may have severe allergies and some of our facilities are completely NUT FREE.



CABIN DETAILS

Campers will sleep in same-gender identity cabins with background checked adult counselors and children close to their age/grade. Campers will have their own beds and sleeping areas, where they can keep their clothes and personal belongings. You can give permission in the application for your child to sleep on the top bunk if permitted.

To make sure campers stay healthy and well rested throughout the week we set times for rest and naps and stick to appropriate bedtimes, so they have energy for the next day!

Most camp facility cabins have a bathroom and shower. JA Camp staff works with each host site to ensure that there is an adequate supply of additional bathroom facilities located throughout camp, so that campers can easily access them at any point during the day.

For facilities that do not have bathrooms inside the cabins, they are all within a short and accessible distance. We follow the rule of three and will be in a group when moving around camp.

CAMP TRADITIONS

JA Camp is full of fun traditions that bring everyone together! We start each session with an opening campfire and s'mores, creating a cozy and welcoming atmosphere. Throughout the week campers enjoy all-camp field games or indoor activities, encouraging teamwork and friendly competition. A favorite tradition is the talent show, where campers showcase their skills, followed by the fun of receiving playful and silly awards, typically given by their cabin.

An example of an exciting tradition at Camp Colorado is the rubber duck race, where campers race rubber ducks down the stream, cheering on their ducks as they float to victory! Another example from our Pennsylvania and Missouri camps is campers getting to watch their favorite counselor or med team member try to stay afloat in a boat built by the campers themselves out of cardboard, often ending in a dramatic dunk in the pool!

These traditions create lasting memories, filled with laughter, bonding, and a sense of community.



DAILY SCHEDULE EXAMPLE



Time	Activity
7:30 AM	Breakfast & Morning Medication Distribution
8:15 AM	Morning Announcements and Camp Songs
8:30 - 9:30 AM	Activity Block 1
9:45 - 10:45 AM	Activity Block 2
11:00 - 12:00 PM	Activity Block 3
12:15 PM	Lunch & Midday Medication Distribution
1:00 - 2:00 PM	Rest Period (Cabin Time/Quiet Time)
2:15 - 3:15 PM	Activity Block 4
3:30 - 4:30 PM	Free Time (Campers choose activities or relax)
4:45 - 5:45 PM	Activity Block 5
6:00 PM	Dinner & Evening Medication Distribution
7:00 - 8:00 PM	Evening All-Camp Activity (Group Games, Campfire, etc.)
8:15 - 9:00 PM	Evening Wind-Down (Cabin Chats, Storytelling, Journaling)
8:45 - 9:15 PM	Bedtime Medication Distribution
9:30 PM	Lights Out for Younger Campers / Quiet Time for Older Campers

This structured schedule ensures a balance of fun activities, rest, and medication times for a safe and enjoyable camp experience.

Activity blocks may include...

- Archery
- High or Low ropes course
- Climbing Wall
- Swimming
- Canoe or Kayak
- Arts and Crafts
- Horseback riding (not available at all sites)
- Group Games
- Yoga and Mindfulness
- Intentional JA Programming

PACKING LIST



Please limit your child's luggage to one clearly labeled carry-on, one suitcase and sleeping bag/bedding.

Packing List: Personal Items

- Sleeping bag or blanket/sheets
- Pillow
- Two towels (swim and bath)
- Goggles (if used)
- Toiletries - toothpaste, deodorant, etc.
- Sunscreen
- Insect Repellent
- Flashlight
- Book or playing cards

Packing List: Clothing

- Sleeping attire
- Six pairs of socks
- Six pairs of underwear
- Six shirts
- One pair of long pants
- Three or four pairs of shorts
- Swimsuit
- Two pairs of shoes (flip flops and tennis shoes)
- Rain gear (umbrella and/or raincoat)

Packing List: Medication

- It is important that medication is not packed in camper's luggage. Please only provide the proper dosage for the duration of the camp program.
- All medications will be collected by the medical team at check-in upon arrival.
- Medications, (prescription, non-prescription, and OTC drugs) must be in the original container with the pharmacy label on it.

What NOT to Bring: Prohibited Items

- Cell phones, iPads/tablets, smart watches, laptops, or other electronics with Wi-Fi or cellular capacity (unless given specific permission to do so by JA Camp Staff)
- Weapons of any kind, including army knives
- Alcohol
- Tobacco products and/or related equipment (e.g., vape pen, rolling papers)
- Illegal drugs and/or related equipment (e.g., vape pen, rolling papers)
- Cannabis
- Fireworks and/or other explosives
- Obscene materials including pornography
- Items to be used for pranks (e.g., water balloons, silly string, itching powder)

NOTE: If found, the above-listed items will be confiscated. Due to their harmful nature, the presence/use of some items may also result in dismissal from camp.

We also ask that you refrain from sending:

- Food, candy
- Anything sentimental or expensive, in case it gets lost
- The cost to replace and/or repair equipment or property destroyed will need to be assumed by parent or guardian of camper responsible and not the Arthritis Foundation.

LABEL BELONGINGS!

It is important that you label everything sent to camp! Please write the campers full name or all three initials.

If your camper is in need of any items for camp, please reach out to your JA camp manager. We may be able to provide support. Our goal is to remove any barriers that could prevent our JA kids from attending camp, and we're happy to help!

Thank you for your trust and partnership! Please know that we are committed to caring for your child's well-being throughout their time at camp. If an emergency arises or we have any concerns, we will contact you immediately to ensure your child receives the best care possible. You may be contacted throughout the week to gather information on your camper, do not assume a phone call from camp is an emergency.

- Parents with questions or concerns can contact the Arthritis Foundation staff via cellphone if there is reliable service. Calls will be returned as soon as possible.
- Arthritis Foundation staff member, Medical Director, or Mental Health Director will contact parents for any non-routine issues.
- Email updates with photos will be shared periodically throughout the week if internet service allows.

POLICY ON PHONES AND ELECTRONICS

At Arthritis Foundation Juvenile Arthritis Camps, we believe in the value of unplugging from technology. Research shows that taking a break from social media and screens helps kids focus on building independence, self-reliance, and meaningful connections. For these reasons, campers are not allowed to bring or use cell phones at camp, even as music players or cameras.

This policy was carefully considered for several reasons:

- Cell phone use can pose privacy and safety concerns, such as sharing inappropriate photos or bypassing camp communication channels.
- Cell phones can distract campers from fully engaging in the camp experience and building friendships.
- Contacting home during camp can interrupt the development of independence and self-confidence.
- Staff need to remain aware of all camper needs, and cell phone use can hinder this awareness.

If a camper is found with a phone, it will be taken and stored with the camper's medication and returned at the end of the session. The Arthritis Foundation and camp host site are not responsible for any damage or loss of cell phones.

We understand how important it is to stay connected with your camper. While instant access may not always be possible, rest assured that you can reach out to the camp manager via text or call with any questions or concerns throughout the week. In the event of an emergency, you will be promptly contacted.

Thank you for supporting this policy to create the best possible experience for all campers!





The Arthritis Foundation's number one priority during JA Camp is to provide a safe and structured environment. A factor to managing safety is by preventing/minimizing behavior problems through encouraging positive and responsible behavior.

Please review this with your camper. All campers and parents must agree to follow this Code of Conduct. The Participation Agreement will be in your camper application for signature. Breaking these rules may result in dismissal from camp.

1. **Stay on Campgrounds:** Campers must remain on campgrounds unless participating in Arthritis Foundation activities or in emergencies, as directed by staff.
2. **Active Participation:** Campers are required to participate actively in all assigned activities.
3. **Respect and Kindness:** Treat all peers, volunteers, and staff with respect and kindness at all times.
4. **Follow Safety and Behavior Guidelines:** Campers must adhere to all safety and behavior guidelines set by the Arthritis Foundation and the camp facility, including following staff instructions.
5. **No Possession or Use of Prohibited Items:** Possession or use of alcohol, cannabis, CBD, illegal drugs, or weapons is strictly prohibited. Staff may search personal belongings if necessary.
6. **Medication Storage:** All medications must be stored in the designated medical area under staff supervision.
7. **No Tobacco or E-Cigarettes:** Tobacco and e-cigarettes are not allowed at camp.
8. **Technology and Cell Phones:** Campers must follow the camp's technology and cell phone rules.
9. **No Bullying or Harassment:** Bullying, harassment, or similar behavior will not be tolerated.
10. **Follow Curfew and Lights-Out Rules:** Campers must follow curfew and stay in their assigned areas after the lights are out.
11. **Respect Privacy and Property:** Respect others' privacy, property, and personal space. Entry into other lodging areas requires staff permission.
12. **Follow the "Rule of Three":** Campers should never be alone with just one other person, whether another camper or an adult.

We appreciate your cooperation in making camp a safe and enjoyable experience for everyone!

INCLUSION AND BULLYING PREVENTION

At JA Camp, there is absolutely no tolerance for bullying, and any instance may result in immediate dismissal from camp. We are committed to creating an inclusive environment where all campers are welcome, regardless of age, race, class, gender, or religion. Everyone belongs, and we strive to ensure a safe and respectful space for all.

We want camp to be fun, educational, and an empowering experience. We are active and moving at camp! Because of this, we ask that everyone please be mindful of the clothing they pack. This Dress Code applies to all camp participants and is in place to keep everyone safe and comfortable. Here are some general rules you can follow to make sure your camper is prepared for the camp week:

- **T-shirts**

- T-shirts are the best item to wear at camp! They are comfortable, appropriate, and offer more protection from the sun. Crop-tops are not permitted as they do not offer safe coverage during harness-based activities. Two finger width tank tops are also accepted.
- Please note, sports bras and cropped active tops are not permitted in lieu of t-shirts at camps.
- We do not allow suggestive language, imaging, or logos on shirts/shorts/bags/water bottles/etc. at camp. We have campers as young as 8 years old and ask all participants to set a good example.

- **Unrolled active shorts, 5-inch inseam bike shorts, or leggings**

- We do a lot of movements and often need to use harnesses at activities that can cause discomfort, irritation, and injury to skin if not covered by clothing (ropes course, climbing wall, zipline, etc.).

- **Closed-toed shoes or dual-strap outdoor active sandals***

- Some camps will require closed-toed shoes only, due to environmental and safety factors. Sneakers or tennis shoes are suggested.
- *Dual-strap outdoor active sandals: A sandal that has a supportive sole and straps around the toes and ankle. Examples: TEVA or Chaco sandals.
- Flip-flips or non-secured sandals are only allowed in the pool or shower areas.
- Ask your JA Camp Manager if Crocs are accepted as closed toed at your JA Camp.

- **Full and secure coverage swimsuits.**

- Some facilities will require all swimmers to wear a t-shirt over a swimsuit.
- Pool and/or lake activities are often very active. All participants must wear swimsuits that are secure. Two-piece swimsuits are allowed, tankini or sport swimsuits. String bikinis are not allowed.
- Activities may include free swim, pool basketball, lake swimming, large water inflatables, kayaking, paddle boarding, fishing, polar plunge, etc.
- Campers are welcome to bring water shoes.

HOMESICKNESS

Our counselors are trained to recognize the symptoms associated with homesick campers. Efforts will be made to console campers and assist them in developing coping strategies. The following guidelines will be used to address homesick campers:

- Campers are encouraged NOT to call home until 48 hours have passed. Help prepare your child for this before camp.
- If a camper is still homesick after two nights and reasonable efforts by camp staff have been exhausted, parents may be contacted to pick up their camper.

To help your child cope with homesickness at camp, encourage their independence throughout the year, involve them in choosing the camp, and discuss camp expectations. Send a positive note or pack a comforting personal item in their luggage. If you do receive a call from your homesick camper, calmly reassure them and help put the time frame into perspective. Resist coming to pick your camper up early. Communicate with JA Camp staff about your child's adjustment and trust your instincts. While homesickness is common, extreme cases require attention.

For more details, visit [ACA - Coping with Homesickness](#).

PREPARING YOUR CAMPER

First-time campers and their parents may feel nervous about going away to camp, but this is completely normal. The best way to ease their anxiety is by helping them know what to expect. Share the typical camp schedule, details about the camp facility, and stories or quotes from past camps.

It's also important to reassure them that feeling anxious or homesick is common, and most kids (and adults) adjust once they settle into the new environment. Encourage them to embrace the experience, knowing that these feelings often fade as they get into the routine and start making new friends.

PREPARING YOURSELF

Sending your child to camp can be a positive experience for their growth, but it's natural to feel anxious as their parent. To manage your worries, focus on the facts instead of possible problems, and avoid over-reassuring your child, which could make them more anxious. Instead, prepare for likely challenges with a clear plan, which can help reduce uncertainty and anxiety. We hope this Parent Handbook will help you feel more prepared as well!

For more details, visit: [American Psychological Association - Camp Worries](#)

ARTHRITIS FOUNDATION JA RESOURCES



Juvenile Arthritis Family Summit

The annual National JA Family Summit is our signature, nationwide event for families affected by JA and other childhood rheumatic diseases. Since 1984, this conference has brought together kids, teens, young adults, parents, siblings, health care professionals and other experts, for a life-changing educational experience that focuses on health, wellness and fun. Held in the summer, locations vary and limited financial assistance is available.

JA Transitions

The Arthritis Foundation supports teens as they transition into adulthood through various programs and resources:

JA Transition Toolkit is designed to help teens and their families develop the skills needed to successfully make the leap to independence. Build a transition toolkit and find additional resources online.

Arthritis Champions Scholarship is for college students with a rheumatic disease who impact the arthritis community.

Webinars

Education doesn't end at camp or Family Summit! Explore year-round resources to help your family and child with JA thrive. Join upcoming webinars, watch past recordings, or explore our JA Explained video series for practical tips on pain management, medications, medical transitions, and more. Find upcoming webinars at arthritis.org/webinars and past recordings on YouTube.

Connect Groups

Live Yes! Connect Groups provide supportive social connections and are inclusive to parents/guardians of children or adults living with all types of arthritis and rheumatic diseases. These virtual or in person groups bring people together for fun social and informative educational events and activities focused on mutual support and positive coping strategies for living well. They offer a place of understanding and encouragement for both people living with arthritis and their loved ones. Group members become self-advocates, develop self-management skills and learn not only how to survive life with arthritis but to also thrive.

KIDS GET ARTHRITIS, TOO®



Arthritis Foundation®