
INCLUSION TRAINING GUIDE FOR JEWISH SUMMER CAMPS

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CHAPTER 12: GLOSSARY

TYPES OF DISABILITIES

Every child is a unique individual and no two children with the same disability are alike. Disabilities display themselves very differently in each child.

Following is a short list of some of the disabilities that you might come across in your conversations with parents.

Autism is a complex developmental disability that typically appears during the first three years of life. Autism impacts the normal development of the brain, the areas of social interaction and communication skills. Children and adults with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities. The disorder makes it hard for them to communicate with others and relate to the outside world. In some cases, aggressive and/or self-injurious behavior may be present. Persons with autism may exhibit repeated body movements (hand flapping, rocking), unusual responses to people or attachments to objects and resistance to changes in routines. Individuals may also experience sensitivities in the five senses of sight, hearing, touch, smell, and taste.

Asperger's syndrome Characterized by impairments in social interactions and the presence of restricted interests and activities, with no clinically significant general delay in language, and testing in the range of average to above average intelligence.

Pervasive Developmental Disorder-Not Otherwise Specified (PDD-NOS) (commonly referred to as atypical autism) a diagnosis of PDD-NOS may be made when a child does not meet the criteria for a specific diagnosis, but there is a severe and pervasive impairment in specified behaviors.

Bipolar disorder (also known as manic-depression) is a serious but treatable medical illness. It is a disorder of the brain marked by extreme changes in mood, energy, and behavior. Symptoms may be present since infancy or early childhood, or may suddenly emerge in adolescence or adulthood. The more we learn about this disorder, the more prevalent it appears to be among children. Children usually have an ongoing, continuous mood disturbance that is a mix of mania and depression. This rapid and severe cycling between moods produces chronic irritability and few clear periods of wellness between episodes.

Obsessive Compulsive Disorder The brain gets stuck on a particular thought or urge and just can't let go. Worries, doubts and superstitious beliefs can become excessive such as hours of hand washing.

Normal worries, such as contamination fears, may increase during times of stress, such as when someone in the family is sick or dying. Only when symptoms persist, make no sense, cause much distress, or interfere with functioning do they need clinical attention. Obsessions are thoughts, images, or impulses that occur over and over again and feel out of your control. The person does not want to have these ideas, finds them disturbing and intrusive, and usually recognizes that they don't really make sense. People with OCD typically try to make their obsessions go away by performing compulsions. Compulsions are acts the person performs over and over again, often according to certain "rules." People with an obsession about contamination may wash constantly to the point that their hands become raw and inflamed.

Tourette syndrome is an inherited, neurological disorder characterized by repeated involuntary movements and uncontrollable vocal (phonic) sounds called tics. In a few cases, such tics can include inappropriate words and phrases. Eye blinking is a common tic. However, facial tics can also include nose twitching or grimaces. With time, other motor tics may appear such as head jerking, neck stretching, foot stamping, or body twisting and bending. A person may also utter strange and unacceptable sounds, words, or phrases. It is not uncommon for a person with TS to continuously clear his or her throat, cough, sniff, grunt, yelp, bark, or shout.

Epilepsy (Seizures) - Epilepsy is a neurological disorder in which a person has repeated seizures (convulsions) over time. Seizures are episodes of disturbed brain activity that cause changes in attention or behavior. Episodes can vary from brief and nearly undetectable to long periods of vigorous shaking

Dyspraxia is a disorder that affects motor skill development. People with **dyspraxia** have trouble planning and completing fine motor tasks. This can vary from simple motor tasks such as waving goodbye to more complex tasks like brushing teeth. Individuals with dyspraxia often have language problems, and sometimes a degree of difficulty with thought and perception.

Cerebral Palsy is a group of disorders that can involve brain and nervous system functions, such as movement, learning, hearing, seeing, and thinking. It is a life-long physical disability due to damage of the developing brain. In most cases brain injuries occur during pregnancy. Motor disability can range from minimal to profound, depending on the individual and can range from weakness in one hand, to an almost complete lack of voluntary movement requiring 24 hour care. Children with cerebral palsy are likely to also have other impairments in addition to their motor disability. Spastic hemiplegia, where one half of the body has difficulty with voluntary movement, is the most common presentation of cerebral palsy.

Muscular Dystrophy is a group of inherited disorders that involve muscle weakness and loss of muscle tissue, which get worse over time. There are many different kinds of muscular dystrophy. Symptoms of the most common variety begin in childhood, primarily in boys. Other types of muscular dystrophy don't surface until adulthood. Most people diagnosed with MD will eventually need to use a wheelchair.

Down syndrome is a chromosomal condition that is associated with intellectual disability, a characteristic facial appearance, and weak muscle tone (hypotonia) in infancy. All affected individuals experience cognitive delays, but the intellectual disability is usually mild to moderate. Individuals with Down syndrome often have distinct physical characteristics, unique health issues, and variability in cognitive development.

OTHER WORDS TO BE AWARE OF

Assistive communication device or technology refers to any device that helps a person to communicate with hearing loss or a voice, speech, or language disorder. Examples can be as simple as highlighters, color coding files or drawers, books on cd, calculators or a different paper color or background color on a computer screen. Complex or high-tech assistive technology devices include computers with print-recognition software that "reads" text aloud or speech recognition systems that turn oral language into written text.

ADA compliant (American with Disabilities Act) – this usually means is the camp equipped for campers in wheelchairs and is within the regulations set forth by the American with Disabilities Act.

Camper to staff ratio – meaning how many staff are assigned to a bunk of children

Shadow – a counselor assigned to a child with a disability

Gluten free diet excludes the protein **gluten**. **Gluten** is found in grains such as wheat, barley, rye and triticale (a cross between wheat and rye). A **gluten-free diet** is used to treat celiac disease. **Gluten** causes inflammation in the small intestines of people with celiac disease.

Celiac disease is a condition that damages the lining of the small intestine and prevents it from absorbing parts of food that are important for staying healthy.