

Measures Psychosocial Disability

Here you will find a list of the measures we want to implement for the System Change Camp 2025. We will endeavour to achieve all of them. But we cannot guarantee it. If you need specific support, please let us know in advance of the camp by registering. Then we can adjust accordingly. Also let us know if you are missing anything that you need to take part in the camp and we will endeavour to provide it. You can find our contact details under "Barrier-free registration".

Before the camp

Low-barrier registration

- Registration of individual support needs
 - via encrypted form:
<https://cryptpad.fr/form/#/2/form/view/aLptCttgQmld4KGfN1G1i9PhDnW+YVKBxsVFq9UuxSU/>
 - by phone: every Tuesday, 14:00-16:00 on +49 163 9799864
 - by e-mail: campfueralle@system-change-camp.org
- Possibility to specify needs such as medication refrigeration, rest requirements, stimulus reduction, physical rest or special nutrition
- Preferred places at the bed exchange

Information

- Information about the site on our website (e.g. site plan, location of quiet zones, shaded areas)
- Information about the programme on our website (incl. meal and break times)
- Support with packing through checklists
- List of barriers on our website

Arrival and departure and orientation

- Support person for arrival and departure
- Contact persons from the inclusion team on site

At the camp

Infrastructure

- Safer spaces for retreat
- Quiet tent for eating
- Rental of noise-cancelling headphones and regulation aids
- Crisis support on site by awareness team

Communication

- Moderators and participants are sensitised to take enough breaks
- Sunflower buttons as a voluntary identification sign for invisible disabilities
- Buttons for "I feel like sharing" and "I don't want to be approached"
- If desired: Buddy as a social and emotional reference person

Programme design

- Sensitisation of speakers to trauma-sensitive language
- Reserved seats in the front row if required
- Request to all participants to express their agreement via DGS applause or snapping instead of clapping

After the camp

Feedback

- Opportunities for feedback via email or telephone so that we can improve our programme in subsequent years

⚠ Remaining barriers

- Not all participants & helpers are trained in trauma-sensitive language and facilitation
- Loudness or stimulation during active participation in the camp
- Abundance of programme and networking opportunities can cause fear of missing too much during breaks or by choosing one option over another