

UOA YOUTH RALLY

A program for young people with bladder and/or bowel alterations

The UOA is a volunteer-based health organization dedicated to providing education, information, support, and advocacy for people who have had or will have intestinal or urinary diversions.



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A PLACE FOR YOU

The United Ostomy Association sponsored its first youth rally in 1978. It is a five-day camp held each year at different locations, usually college campuses. The rally has been expanded to include any young person, ages 11 through 17, who has or will have any of the following:

- Colostomy, urostomy and ileostomy
- Continent procedures such as; J-Pouch, Koch Pouch, cecostomy, Malone, Mitrofanoff, bladder augmentation
- Inflammatory bowel disease (IBD), ulcerative colitis or Crohn's disease
- Incontinence (urinary and/or bowel)

Campers will be joined by counselors who have an ostomy, continent procedure, IBD, ulcerative colitis or Crohn's disease, many of whom are former campers. Nurses will be available to assist with self-care and education. Campers with special needs will be accepted based on the ability to acquire appropriate



they are shown ways to become independent and advised on any new management techniques specific to their medical condition.

There are special motivational speakers who teach that strength comes from adversity.

JUST ONE OF THE GANG

No young person is truly alone. While many come from communities where they know of no one else with the same medical condition, at the youth rally, the kids share common challenges.

Camp Activities

Those challenges do not limit their activities. Besides general educational sessions dealing with their medical conditions, self-esteem, social issues and making wise choices as a teen, there are plenty of camp activities to enjoy: swimming, softball, football, arts & crafts, shopping, ROPES® courses, karaoke and just hanging out with friends to name just a few. In addition, field trips to amusement parks, beaches

support staff. The kids have rap sessions to discuss any concerns or difficulties they may be having. More importantly,

and other local attractions are available if campers chose to participate.

There's a graduation ceremony and dance the last night to celebrate the end of the rally. It's a busy five days, but there will be smiles, laughter and friendships that last a lifetime.

Camp Fees

\$300 per person. Includes room, board and transportation to and from the airport and all related activity costs. Transportation costs are additional. Many UOA chapters sponsor young people to attend the rally. Call the UOA central office at (800) 826-0826 for more information.



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FREQUENTLY ANSWERED QUESTIONS

How do I tell my friends about my medical condition?

Others can share their solutions to this question and strategies for disclosure.

How do I handle kids when they tease me?

Other campers and/or staff can help you with suggestions on dealing with teasing.

What new supplies can help me live without having problems?

Nurses will be available to help you assess your current management. They will help with any problems you are experiencing, offer self-care techniques and suggestions for ways to improve your management.

When do I tell my girl/boyfriend about my medical condition?

Several discussion groups and activities will give each youth an opportunity to seek advice from others about how they handled this and other relationship situations.

How do I gain more independence?

This five-day experience will demonstrate your ability to live independently.

Laughter and Learning...



are Two Common Traits



of Every UOA Youth Rally!

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