

Introduction to Inclusive Health & Fitness

Special Olympics Delaware



Special Olympics
Health

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What is Special Olympics?



The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.



Key Milestones



Eunice Kennedy Shriver begins a summer day camp for children with I/DD **to reach their potential** in sports and physical activities

1962



1968

The first international Special Olympics Summer Games are held in Chicago, Illinois; one thousand people with I/DD compete in track and field and swimming.

The US Olympic Committee approves SO to use the name 'Olympics' in the US.

1971



1968

SO is recognized as the premier sports organization for people with I/DD around the world.

1981: The Law Enforcement Torch Run for Special Olympics movement begins.

The United Nations launches the International Year of SO called "Special Olympics—Uniting the World."

1986



1988

The International Olympic Committee signs a historic agreement with Sargent and Eunice Kennedy Shriver, in which the IOC officially endorses and recognizes SO.

First World Winter Games in Salzburg and Schladming, Austria – first Games outside of the US.

1993



2018

SO celebrates its 50th anniversary in Chicago, Illinois with competition at the Unified Cup and family-friendly fun at the Torch Run and Global Day of Inclusion Festival.

CHANGING ATTITUDES ABOUT
INTELLECTUAL
DISABILITIES

Special Olympics Delaware



- Athletes: 5,384
- Young Athletes: 1,197
- State and Local Comps: 190
- Athlete leaders: 38
- Youth leaders: 303
- Volunteers: 3,005



Intellectual Disability



- Intellectual Disability is a condition characterized by significant limitations in both intellectual functioning and adaptive behavior occurring before the age of 22.

Intellectual Functioning

- Usually measured via IQ test
- Limitations in:
 - Problem Solving
 - Reasoning
 - Learning

Adaptive Behavior

- Conceptual skills: reading and writing, money, time
- Practical skills: skills of daily living (using a toothbrush or getting dressed), occupational skills, transportation
- Social skills: conversation, self-esteem, interpersonal skills

What Does This Mean?



Some individuals may have difficulty:

- Understanding what others say or mean
- Describing what they mean or how they feel
- Understanding social cues
- Understanding societal rules
- Handling last minute changes or lack of routine
- Showing and receiving affection
- Filtering sounds, lights, people or things moving

Why is Special Olympics Involved in Health?



- Many athletes show up to train and compete while in pain
- On a team of 10 athletes:
 - 3 will have untreated tooth decay.
 - 5 will have high blood pressure.
 - 5 will need a new eyeglass prescription.
 - 3 will fail a hearing test.
 - 7 will have problems with flexibility, strength, and balance.
 - 6 will be overweight/obese and at risk for chronic health conditions.
- A person with intellectual disability will die **10-20 years sooner** than a person without intellectual disability.

Physician's Perceptions: Quality of Life



- Physicians perceive worse quality of life for people with disability compared to those without.
- In a survey of 714 physicians:
 - 40.7% were very confident in ability to provide the same quality of care to people with disability compared to those without.
 - 56.5% strongly agreed that they welcomed patients with disability into their practice.
 - 18.1% strongly agreed the healthcare system treats people with disability unfairly.

Why Health Disparities Exist?



- Lack of training in medical, dental, or other health professions education
- In a survey of 427 students in residency programs:
 - 81% reported they had not received any clinical training on ID
 - 56% felt inadequately prepared to provide treatment
- In the same study, 198 medical and dental school deans were surveyed:
 - 58% stated that curriculum content about people with disabilities was not a high priority

What is Special Olympics Delaware doing?



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Healthy Athletes



Special Olympics Delaware currently offers screenings at all major competitions, we hope to include some screening in schools in the future



FIT FEET
(podiatry)



funFITNESS®
(physical
therapy)



HEALTHY HEARING
(audiology)



OPENING EYES®
(vision)



SPECIAL SMILES®
(dentistry)

Special Olympics is providing Inclusive Fitness Opportunities



Special Olympics encourages individuals with ID to pursue a life of fitness through

- physical activity
- Nutrition
- hydration.

Resources for individuals, coaches, families, and communities support healthy habits both within and outside of the sports experience.



Special Olympics is providing Inclusive Fitness Opportunities



- Working with local gyms and fitness providers to offer inclusive fitness opportunities
- Encouraging coaches and volunteers to include fitness programming as part of their practices
- Identifying Fitness Captains to lead warm-ups and cool downs
- Training Athletes as Health Messengers in the community



What Can You Do?



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Tips for **Communication**



Use simple or plain language

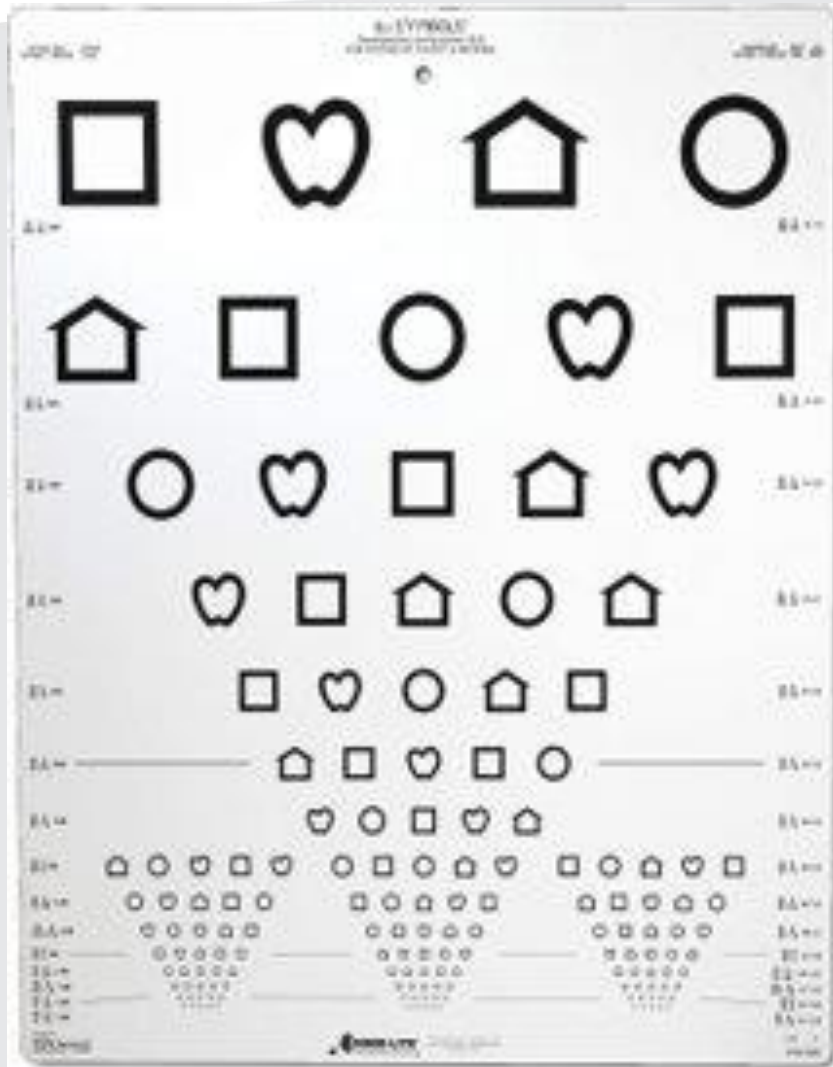
Try multiple methods of
communication






Check for understanding often

Use pre- or low-literacy concepts
during exams

Communicate directly with the
patient

Visual Aids



Medication	Lansoprazole
Reason	 heartburn
Route	 take 1 capsule by mouth
Frequency	 in the morning
How to take	 keep out of reach of babies
Side effects	 headache

Sensory Aids/Accommodations

- Remove toys from the room
- Dim the lights
- Caregiver or support in the room
- Sensory aids to hold during appointment



During the Visit



- Tell, Show, Do
- Ask questions
- Adjust as needed

Challenges Affecting Successful Outcomes



- Finances
- Family support
- Transportation
- Accurate diagnosis
- Appropriate recommendations

Systems Based Change



- Discuss health disparities with fellow providers.
- Engage in training about caring for people with ID.
- Advocate for schools to include curricula and training around health needs of people with ID.
- Encourage health systems to train support staff (front desk, billing, etc.)



Want to Learn More? Get Involved?



- Free, online training available at elearn.specialolympics.org/health
 - Inclusive Health Fundamentals
 - Other clinical specialty topics
- Volunteer at Healthy Athletes
- Volunteer at events and programs
- Volunteer to coach a sport or health and fitness
- Ask your local fitness center to offer inclusive opportunities

Thank you!

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