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**COVID-19 and People with ID:
Special Olympics Responds**

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Special Olympics
Health
FOUNDATION
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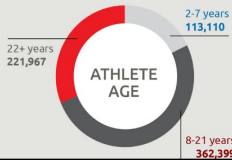
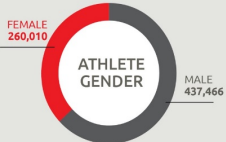
Special Olympics impact across the US



SPECIAL OLYMPICS 2018 REACH REPORT

ATHLETES

700,000



COMPETITIONS

30,000

UNIFIED
8,275



82 COMPETITIONS / DAY
3 COMPETITIONS / HOUR

HEALTH MESSENGERS

980

ATHLETE LEADERS
TRAINED AS HEALTH
ADVOCATES



HEALTH VOLUNTEERS

118,831

BASED ON A SURVEY OF
170 TRAINED PROFESSIONALS

91% Agree that the
SO training improved their
ability to communicate with
people with ID

93% Agree that they
will be able to provide better
care for patients with ID



FAMILY LEADERSHIP

FAMILY LEADERS

13,290

FAMILY MEMBERS
EDUCATED ON THE
HEALTH NEEDS OF
ATHLETES



US ATTITUDES DATA



87% Agree that people with ID
have a **right to access healthcare**

87% Agree that people with ID
should have the **same access to
health services**

64% Agree that people with ID
are **capable of describing symptoms
to a doctor**

9% of people agree that a **person
with ID will receive worse healthcare**
than a person without ID in their community

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For every 10 athletes on a U.S. Special Olympics team:



8 are overweight
or obese

7 have significant
problems with
flexibility

4 need a new
prescription
for eyeglasses

2 have some kind
of eye disease

3 will fail a
hearing test

3 have low
bone density

3 have untreated
tooth decay

1 needs an urgent
referral to a
dentist

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Special Olympics Health: solutions for athletes



In the U.S. alone:

- Offered over 1 million health screenings
- Captured health data on 31,135 athletes with ID
- 53,247 participate in year-round wellness programming
- Trained 980 Athlete Health Leaders



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COVID-19 and the health of people with ID



People with intellectual disabilities are **at higher risk** to COVID-19.

Significant challenges:

- lack of access to prevention & health care
- high risk conditions and group settings
- lack of trained health professionals
- policies and practices that exclude people with ID from treatments



In New York, there was a **5x higher transmission** of COVID-19 and **5x higher death rate** among people with IDD.

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What has Special Olympics done so far?



CORONAVIRUS (COVID-19)
What you need to know

SYMPTOMS

COUGH SHORTNESS OF BREATH

OR AT LEAST TWO OF THE BELOW SYMPTOMS

FEVER CHILLS FATIGUED MUSCLE PAIN HEADACHE SORE THROAT

HOW LONG DO THESE LAST?

CALL YOUR HEALTHCARE PROVIDER IF YOU HAVE ANY OF THESE SYMPTOMS

HOW DOES IT SPREAD?

- Coughing or sneezing or close personal contact
- Shaking hands
- Touching your eyes, mouth, or nose after touching an object or surface an infected person has touched

HOW TO PROTECT YOURSELF?

- Washing your hands often with soap and water for at least 20 seconds
- Wear a face covering whenever you are out in public
- Avoid being around people who are sick
- Stay home if you are sick
- Clean surfaces with disinfectant
- Don't touch your eyes, nose and mouth with unwashed hands
- Cover your nose and mouth when you sneeze or cough

- Postponing local and international events and travel until June 30th.
- Providing the entire Movement with COVID-19 FAQs, infographics, and online learning and stay-at-home health activities.
- Conducting weekly updates, ongoing online programming, and needs assessments.

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What has Special Olympics done so far?



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All resources can be found online



We have created a range of health and fitness resources aimed at Special Olympics athletes, coaches, families, and volunteers around the world.

Check them out at:
www.specialolympics.org/our-work/covid19



Helping athletes stay healthy: Strong Minds



Tips for keeping a Strong Mind

- CONNECT WITH OTHERS**
Text, call or video chat friends, team mates, coaches and family
- GET 8 HOURS OF SLEEP**
Avoid caffeine and technology before bed
- STAY ACTIVE**
Exercise 30 minutes a day most days of the week
- EAT HEALTHY FOODS**
Fill your plate with fruit, vegetables, lean protein or beans and whole grains
- USE STRONG MINDS STRATEGIES**
Try deep breathing, stretching and thinking positive thoughts
- ASK FOR HELP**
Contact your medical provider if you feel unwell

Special Olympics Health - SpecialOlympics.org

Healthy Sleeping Tips

- LESS SCREEN TIME**
Try limiting the use of technology (like TV, smartphones, and computers) for at least 30 minutes before bed.
- AVOID CAFFEINE BEFORE BED**
Don't eat or drink any caffeine for at least 6 hours before bed. Caffeine can be found in coffee, tea, chocolate, and soda.
- SLEEP ROUTINE**
Create a routine by going to bed and waking up at the same time every day and doing relaxing activities before bed (read a book, take a warm bath, do some stretching, listen to music, or meditate).
- GOOD SLEEPING SPACE**
Your sleeping space should be dark and be a comfortable temperature.
- CALMING ACTIVITY**
If you have trouble falling asleep, try a calming activity. For example: listen to music, meditate, think positive thoughts, deep breathing, or use a stress ball.
- DAILY EXERCISE**
Exercise is important, but not right before bed. Finish exercise at least 3 hours before bedtime to help you fall asleep faster.

Special Olympics Health - SpecialOlympics.org

Take 5 for Strong Minds Challenge

Spent 5 minutes every day from April 20th - May 17th practicing a Strong Mind, while reducing technique.

CHALLENGE RESOURCES

- Filter
- Registration
- Online Tracker
- Printable Tracker

VIDEOS

- INTRODUCTION**
Week 1: Introduction
April 20 - April 20
- WEEK 1: USING A STRESS BALL**
Week 1: Using a Stress Ball
April 21 - April 21
- WEEK 2: THINKING POSITIVE THOUGHTS**
Week 2: Thinking Positive Thoughts
April 22 - April 22

HANDOUTS



- Strong Minds Yoga
- Strong Minds Stretching

All resources can be downloaded at:
<https://www.specialolympics.org/our-work/covid19>

Helping athletes stay healthy: Fitness



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Staying Fit at Home  

Practice may have been cancelled due to Coronavirus, but you can stay fit and ready for when practice starts again! **Fit 5** and **Fitness Cards** can help our athletes to keep on track.

[Click here](#) to register for our newsletter where Health Messengers will provide tips and ideas to stay healthy at home!

Choose the **beginner** or **advanced** workout calendar.


Beginner						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Rest				Rest
<small>The 5 levels of all levels of fitness</small>	<small>Walk for 10 minutes</small>	<small>Rest Day</small>	<small>The 5 levels of all levels of fitness</small>	<small>Stretch for 10 minutes</small>	<small>The 5 levels of all levels of fitness</small>	<small>Rest Day</small>

Advanced						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Rest				Rest
<small>The 5 levels of all levels of fitness</small>	<small>Run for 10-15 minutes</small>	<small>Rest Day</small>	<small>The 5 levels of all levels of fitness</small>	<small>Stretch for 10 minutes</small>	<small>The 5 levels of all levels of fitness</small>	<small>Rest Day</small>


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Help athletes stay healthy & fit at home



 **Special Olympics** [OUR WORK](#) [GET INVOLVED](#) [STORIES](#) [ABOUT](#) [DONATE](#)

LEARN MORE ABOUT YOUNG ATHLETES



Family Flash Cards

Fun and engaging flashcards featuring each of the individual activities and at home equipment modifications for

SPORTS ESSENTIALS


Young Athletes At Home

Guide for families and caregivers on how to run Young Athletes activities at home.

SPORTS ESSENTIALS

Young Athletes Videos

Videos demonstrating the individual Young Athletes activities.



Healthy Play at Home

IN THE NEWS

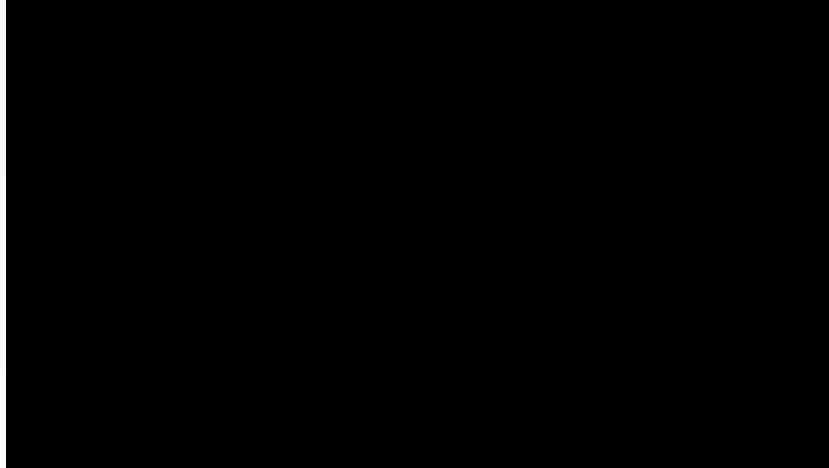
Staying Active with Young Athletes at Home

Young Athletes provides children, ages 2 – 7, with fun and

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Special Olympics Florida inspiring athletes



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The need for COVID-19 data on people with ID



- The federal government has no standard requirement of what state health departments should include as part of their reporting data.
- Race and ethnic data is missing in over 50% of COVID-19 cases federally reported.
- **To address this challenge**, Special Olympics is working on a survey to understand the experience of our athletes during the pandemic. We plan to use the results to better advocate for the needs of people with intellectual disabilities.



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What can healthcare professionals do?



Tell-Show-Do:

1. Communicate clearly
2. Ensure that your patient with ID has their support person
3. Prepare the patient for COVID-19 testing
4. Aftercare instructions



Enroll in the Special Olympics free online course to learn how to treat patients with ID: learn.specialolympics.org

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Special Olympics Health: Moving forward



The screenshot shows the Special Olympics Health website. At the top, there is a navigation bar with 'LEARN', 'ABOUT', and 'PARTNERS'. Below this is a banner for the 'Online Learning Portal' with 'Register' and 'Login' buttons. A testimonial from Samhita, Special Olympics Clinical Director, is visible. The main content area is divided into sections: 'Sport', 'Health', and 'Protective Behaviors'. A prominent red banner titled 'Getting Ready for your COVID-19 Health Care Visit' lists items to bring: a list of medications, questions for the doctor, ID cards/insurance, and an 'About Me' form. Below this, it details what to expect at the doctor's office, including the testing location and the doctor's protective gear.

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Special Olympics Health: Moving forward



Even during a once-in-a-generation pandemic, we will continue to deliver high-quality programming and services in 4 critical areas—with a new focus on online learning and tools:

- Prevention and delivery
- Health and fitness
- Health workforce training
- Partnerships for policy change



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The work of Special Olympics Health is made possible by the Golisano Foundation, and in the United States in collaboration with the U.S. Centers for Disease Control and Prevention.

Visit www.specialolympics.org/health to learn more.

#InclusiveHealth



Special Olympics
Health

MADE POSSIBLE BY **Golisano** FOUNDATION

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