



Healthy Athletes



Special Olympics
Healthy Athletes®



INTRODUCTION

The mission of Special Olympics Healthy Athletes®, developed in 1996 by Special Olympics International, is to improve athletes' ability to train and compete in Special Olympics. Healthy Athletes is designed to help Special Olympics athletes improve their health and fitness, leading to enhanced sports experience and improved well-being. Healthy Athletes offers exams in six disciplines, including Fit Feet, FUNfitness (Physical Therapy), Healthy Hearing, Health Promotion, Opening Eyes®, and Special Smiles®. **Encourage athletes to visit disciplines offered at State Competitions and to seek follow-up care if they have received a referral at a Healthy Athletes visit.**

OBJECTIVES

- To improve access and health care for Special Olympics athletes at event-based health exams
- To make referrals to local health practitioners when appropriate
- To train healthcare professionals and students in the health professions about the needs and care of people with intellectual disabilities
- To collect, analyze and disseminate data on the health status and needs of people with intellectual disabilities
- To advocate for improved health policies and programs for persons with intellectual disabilities

DISCIPLINES OFFERED

- **HEALTH PROMOTION**
is a free screening that offers health information and advice in the areas of nutrition, sun safety, bone density, tobacco cessation, and physical fitness. Health Promotion is designed to convey and reinforce key concepts on healthy living, healthy lifestyle choices, and nation-specific health issues.
Clinical Directors: Dr. Mary Ciccarelli, Dr. Amanda Ernest, Lauren Hansley, RN
- **OPENING EYES**
is a vision and eye health screening in partnership with the Lions Clubs International Foundation. Led by volunteer vision care professionals, Opening Eyes is able to offer prescription eyewear, sunglasses, and sports goggles to Special Olympics athletes.
Clinical Directors: Dr. Katie Connolly, Dr. Steve Hitzeman
- **SPECIAL SMILES**
offers free dental screening, oral health information, and instructions on brushing and flossing properly to participating Special Olympics athletes, as well as preventative supplies like toothpaste and toothbrushes.
Clinical Directors: Dr. Armando Soto, Dr. Louis Stumpf
- **HEALTHY HEARING**
is a free hearing screening designed to ensure proper audio logical care for participating Special Olympics athletes. Led by volunteer professionals, Healthy Hearing tests for cerumen (ear wax) and otoacoustic emissions tests.
Clinical Directors: Dr. Carolyn Garner, Dr. Steffanie Standish
- **FIT FEET**
is a free pediatric screening for participating Special Olympics athletes evaluating ankles, feet, lower extremity biomechanics, and proper shoe and sock gear.
Clinical Directors: Dr. Ken Krueger, Dr. Ken Stumpf
- **FUNFITNESS**
is a physical therapy screening program that is designed to assess and improve physical strength, flexibility, balance, and aerobic fitness, educate athletes and parents on the importance of becoming and staying physically fit.
Clinical Directors: Dr. Howell Tapley, Dr. Stasia Tapley

Do you know a physician/specialist interested in joining our Clinical Directors team?

Contact Itzel Graber (igraber@soindiana.org).

FREE SCREENINGS

For more information regarding upcoming opportunities for Healthy Athletes screenings, visit www.soindiana.org for a detailed schedule of events. If you need more information on times and locations, contact Itzel Graber (igraber@soindiana.org).



Healthy Athletes



Through the Healthy Athletes® program, Special Olympics Indiana athletes will receive free screenings during Summer Games in a fun, welcoming environment that removes the anxiety and fear that individuals with intellectual disabilities often experience when faced with a visit to the doctor or dentist. Our mission is to improve each athlete's health and fitness, leading to enhanced sports experience and improved well-being. Athletes should intend to visit disciplines based on medical needs or absence in health care. While participating in Healthy Athletes, an athlete may be referred to seek additional care for an identified health concern. Please encourage athletes to follow-up with a primary physician or specialist if they receive a referral.

SCHEDULE

<p>Friday, June 12 10:00 a.m. - 5:00 p.m. <i>All disciplines</i></p>	<p>Saturday, June 13 10:00 a.m. - 5:00 p.m. <i>All disciplines</i></p>
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LOCATION

Health and Human Services building
Indiana State University

DID YOU KNOW?







Athletes do not have to be competing at Summer Games to go through Healthy Athletes. The Athlete must be compliant (have an Application for Participation on file with the State Office and a current Medical Form).

INCENTIVES

Incentives are specific to the discipline. Examples are a pair of socks at Fit Feet, a toothbrush and/or toothpaste at Special Smiles, and a pair of glasses or sports goggles at Opening Eyes. Finish Line shoes are no longer contingent on Healthy Athletes screenings.

For last minute up-to-date information, look for the Summer Games webinar posted on Special Olympics Indiana resource page, the Summer Games Pre-Arrival Guide, and the Summer Games Handbook.

DISCIPLINES

	<p>FIT FEET (Podiatry) Estimated time: 15 minutes</p>		<p>HEALTHY HEARING (Audiology) Estimated time: 25 minutes</p>
	<p>FUN FITNESS (Physical Therapy) Estimated time: 45 minutes</p>		<p>OPENING EYES (Vision) Estimated time: 25 minutes</p>
	<p>HEALTH PROMOTION (Better Health & Well-Being) Estimated time: 20 minutes</p>		<p>SPECIAL SMILES (Dentistry) Estimated time: 20 minutes</p>

STATE OFFICE CONTACT

Itzel Graber (igraber@soindiana.org)