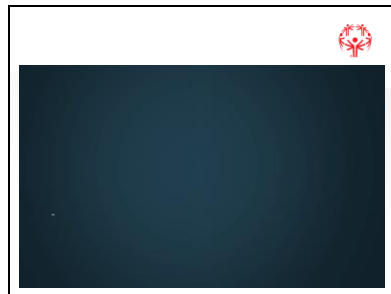


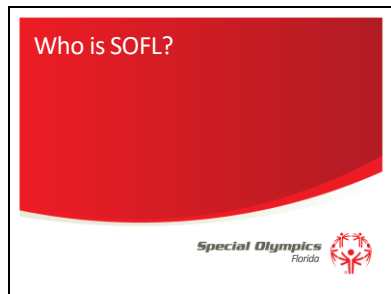
Slide 1



Slide 2



Slide 3



Slide 4

Special Olympics Mission 

Special Olympics provides 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 the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Components	Outcomes
<ul style="list-style-type: none">• Sports training & competition• Leadership• Health Screenings	<ul style="list-style-type: none">• Physical fitness• Courage & joy• Sharing gifts & skills• Friendship<ul style="list-style-type: none">- Families- Athletes- Community

Slide 5

Philosophy & Vision 

If individuals with intellectual disabilities can:

- Receive appropriate instruction and encouragement
- Receive constant training
- Compete among those with equal abilities
- Be healthy and fit

The results are:

- Personal growth
- Healthy on and off field
- Stronger families
- United communities
- An environment of equality, respect and acceptance

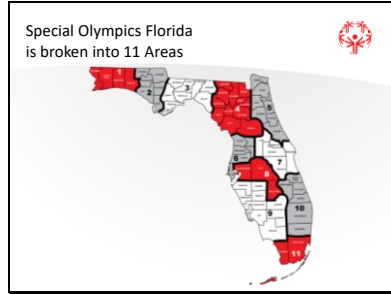


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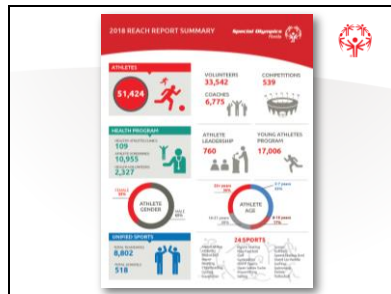
Special Olympics Florida 

- Special Olympics Inc. -world's largest provider of fitness training, education and athletic competition — coupled with social, life, and leadership skill development opportunities — for children and adults with intellectual disabilities or a similar developmental disability.
- Special Olympics Florida, an accredited program of Special Olympics Inc., was founded in 1972 and is one of the largest volunteer-driven athletic organizations in the state.

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Special Olympics Florida

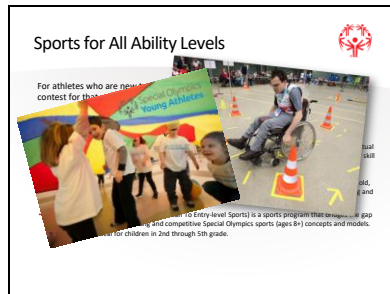
- Special Olympics Florida serves over 52,000 athletes with the help of over 32,000 volunteers and coaches
- Year-round sports, health and fitness training
- No fee or cost to athletes or their families
- Age 2 to ...
- Offer approximately 25 sports year-round and over 500 training and competitions each year

A small photograph of a swimmer in a pool, wearing a yellow swim cap and goggles, is located in the bottom right corner of the slide.

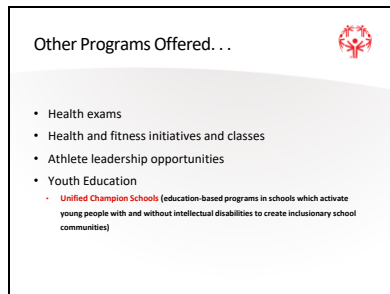
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Slide 11



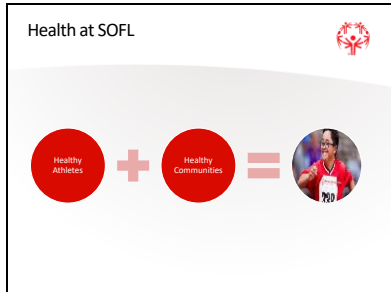
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Slide 14



Slide 15

Healthy Athletes

Purpose:

- To improve athletes' ability to train and compete in Special Olympics

Objectives:

- Provide **free health examinations** and some services (i.e., eyeglasses, hearing aids, etc.)
- Give **referrals** to local health practitioners when needed
- Recruit, educate, and train** health care professionals and students in health professions about the needs and care of people with ID (i.e., screeners, Clinical Directors)
- Collect, analyze and disseminate data** on health status and needs of people with ID

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Healthy Athletes 

- Healthy Athletes enhances the well-being, sports performance and quality of life for people with intellectual disabilities
- Healthy Athletes doesn't simply benefit Special Olympics athletes
- Healthy Athletes offers exams in seven disciplines, including **Strong Minds, Fit Feet, Healthy Hearing, Special Smiles, Opening Eyes*, MedFest, Special Smiles*, Health Promotion, and Strong Minds, FUNfitness** (Physical Therapy).

Special Olympics **Strong Minds** Special Olympics **Fit Feet** Special Olympics **Healthy Hearing** Special Olympics **Special Smiles** Special Olympics **Opening Eyes*** Special Olympics **MedFest** Special Olympics **Special Smiles*** Special Olympics **Health Promotion** Special Olympics **Strong Minds** Special Olympics **FUNfitness**



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Healthy Communities 


Purpose:

- Make healthcare an ongoing, community-based and year round focus for our athletes and persons with ID/DD (waitlist)

Objectives:

- Recruit/Network
- Educate
- Follow-up care/Referrals
- Year round wellness

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Healthy Communities In Florida 

Southeast, Southwest, Tampa Bay, Jacksonville

Improve health status of people with intellectual disabilities

Increase access to quality health care and health resources for people with intellectual disabilities

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Healthy Athletes	Healthy Community
<ul style="list-style-type: none">more episodicscreen, identify, referlimited referral abilitysnapshot data	<ul style="list-style-type: none">more continuous health carefollow-up with referrals, emphasizedfocus on education and care within population (i.e. ongoing health and wellness classes, Family health forum)works on continuing care partnershipslongitudinal
Screenings	
Improve access to quality health care	
Promote health, fitness and wellness	
Educate	
Recruit health professionals	
Referrals	
Collect data	

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Special Olympics Florida is broken into 11 Areas

- Healthy Community, North Florida
- Healthy Community, Tampa Bay
- Healthy Community, Southwest
- Healthy Community, Southeast

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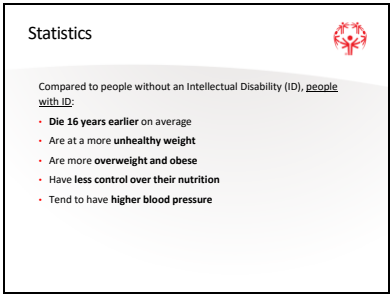
Some of SOFL's Health & Fitness Initiatives

- Cooking Class
- Sports Performance Stations
- Walking Club
- Garden Club
- Little Elites
- Health & Wellness
- Health Messages
- Yoga
- MATP Fit5
- Colpira
- Zumba
- Young Athletes
- Health & Wellness
- Cross Fit
- Health Messages

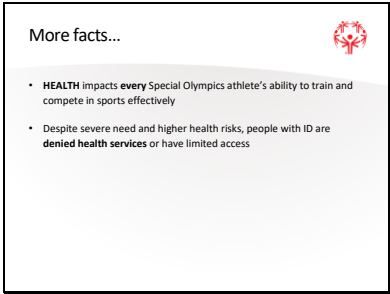
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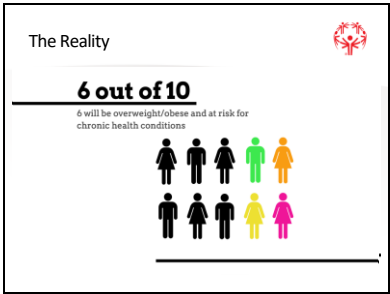
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-
- A list titled "SOFL Inclusive Health" with a red logo in the top right corner. The list contains seven bullet points:
- Identify unmet health needs
 - Increase health education
 - Provide training forum for healthcare providers
 - Influence and catalyze leaders
 - Develop community partnerships
 - Generate data to drive change
 - Train and activate athlete leaders as self-advocates
 - Involve family in health and fitness initiatives

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- How Can You Help?
1. Become a Special Olympics Health Screening **Volunteer** (MedFest, Health Promotion or FUNfitness Screenings)
 2. Join our state-wide Referral Provider **Database**
 3. **Lead** a Special Olympics Health Program: nutrition or other health related class
 4. Become a Special Olympics Florida **Clinical Director**

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Special Olympics
MedFest®



 Purpose: A MedFest exam consists of vitals (blood pressure, height and weight), cardiology, abdominal, and musculoskeletal checks.



Slide 32

Special Olympics
Health Promotion



 Purpose: Athletes are offered guides for healthy eating, lifestyle choices, fun ways to increase physical fitness as well as information (content varies with the health needs of the population) on topics such as tobacco avoidance, sun safety and skin care.



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Special Olympics
FUNfitness



 Purpose: FUNfitness is designed to assess and improve flexibility, functional strength and balance; to educate participants, families and coaches about the importance of flexibility, strength and balance; and to provide a hands-on opportunity for participants to learn about physical therapy.



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Questions? 

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