

## Aging Population of People with IDD

**Special Olympics**



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### Aging IDD Population Task Force



Lois	Arnold	Special Olympics Michigan	
Jim	Balamaci	Special Olympics Alaska	
Janet	Capetti	Special Olympics Oregon	<b>2016 Goal:</b> Gather current status on aging population and its impact on Special Olympics Athletes and their families.
Lisa	DeNatale	Special Olympics Vermont	
Greg	Epperson	Special Olympics North America	
Heather	Harmer	Special Olympics Inc.	
Paul	Hoffman	Special Olympics Southern California	
Seth	Keller	AADMD	<b>2017 Goal:</b> Aging Population Report Task Force at USBM.
Tim	Martin	Special Olympics Arizona	
Joe	Pichler	Special Olympics Alaska	
Jacqui	Putney-Bunt	Special Olympics Michigan	
Vicki	Tilley	ElderFit In Home Rehab, UNC Center for Aging and Health	
Lori	Ramsey	Special Olympics Arizona	
Bill	Shumard	Special Olympics Southern California	
Vicki	Tilley	ElderFit	
Sherry	Wheelock	Special Olympics Florida	

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## AGING IDD POPULATION TASK FORCE



- Collect demographic data
- Consider appropriate sports selection
- Identify and evaluate screenings
- Develop collaborations with potential partners
- Create opportunities for inclusive programs in the community

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## Aging and IDD



- 2002 An estimated **641,000 adults with IDD** in the United States were **older than age 60**
- 2030 The number of **adults with IDD age 60 and over** is projected to **nearly double to 1.2 million**

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Living longer and experiencing age related functional decline  
Participation in sports may become more difficult  
Athletes drop out of Special Olympics as they get older  
Exercise, diet, health can be very helpful in reducing age related conditions  
Assessments in Healthy Athletes can detect possible decline

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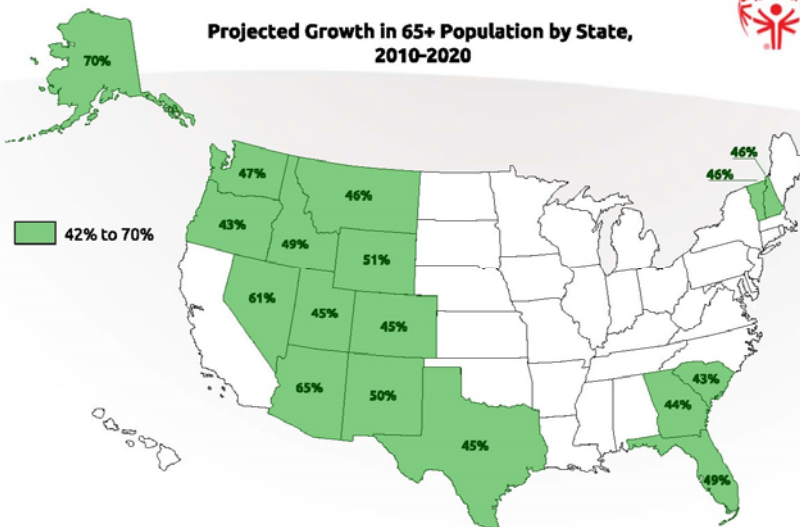
## The Aging Athlete and Health

Degree of health and functional capacity normally declines with age including vision, hearing, stamina, memory, dementia and strength.

Aging increases the risk of illness including osteoporosis, heart disease, hypertension, depression, cancer, stroke, lung disease, and spinal disease.

### FASTEST SENIOR GROWTH IN U.S. WILL OCCUR IN THE INTERMOUNTAIN WEST, SOUTHEAST, AND TEXAS

Projected Growth in 65+ Population by State, 2010-2020



Source: Brookings Analysis of Census Bureau Population Projections

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## 2015 State Competition



### **USA Traditional Sports**

35 years and older	34%
Under 35	66%

### **USA Unified Sports**

35 years and older	25%
Under 35	75%

### **CANADA - overall**

35 years and older	44%
Under 35	56%

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## Sports - 2015



### **TRADITIONAL**

<u>Sport</u>	<u>35+</u>	<u>Under 35</u>
Bocce	54%	46%
Floor Hockey	43%	57%
Bowling	42%	58%
XC Skiing	43%	58%
Volleyball	40%	60%

### **UNIFIED**

<u>Sport</u>	<u>35+</u>	<u>Under 35</u>
Unified Bocce	47%	53%
Unified Golf	38%	62%
Unified Bowling	35%	65%

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## Higher Level Competition



2017 World (North America) <i>Austria</i>	Total <u>over 40</u>	14%
	Total under 40	86%
2015 World (North America) <i>Los Angeles</i>	Total <u>over 40</u>	14%
	Total under 40	86%
2014 (USA Games) <i>New Jersey</i>	Total <u>over 40</u>	16%
	Total under 40	84%

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## Task Force Recommendations



### Determine/Identify

- Age of Senior Special Olympics Program
- Appropriate sports, most popular sports, best suited sports
- Obstacles to participation in current Special Olympics programming
- Fitness opportunities that include a competitive element
- Healthy Screening process for the senior athlete\*\*\*
- Potential partnerships with health/wellness/sport organizations in the community for seniors (Senior Games, AARP, ARA, university geriatric and nursing programs, etc)
- Senior division and a quota at Regional, State, USA and World Games
- Public Relations Campaign – recruitment, retention and development of partners to support the aging Special Olympics Athlete.
- Create education materials for athletes, coaches and families that are targeted for aging related issues

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## Alaska Senior Program



Developing partnerships, public awareness, and pilot programming  
Identifying challenges to participating in existing programming, and practical strategies to address them  
Integrating the topic into coaches education materials and training  
Initiating family communication and education  
Disability and Aging Summit, Family Forums  
Recruiting and training experts in the area of aging and fitness  
Developing playbook

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## NEXT STEPS

*Special Olympics*



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# Aging Population of People with IDD

***Special Olympics***

