SENIOR OLYMPICS

Patient Advocacy for Older Adults

Presented by Tara Ata, SPT

Background

- National Senior Olympics Organization (NSOO) was founded in 1985 in St. Louis, MO by a group of seven men and women
- Their vision...

“to promote healthy lifestyles for adults through education, fitness and sport.”
Background

• In the fall of 1985, NSOO went from hosting regional games for seniors to planning the first National Senior Olympic Games.

• The first National Senior Olympic Games were held in 1987 in St. Louis, MO, where there was a total of 2,500 competitors playing in 15 different sports, and over 100,000 spectators.

Background

• Over a name dispute between the NSOO and the U.S. Olympic Committee (USOC) in 1990, an agreement was reached that the organization was to change their name to the U.S. National Senior Games Association (NSGA)

• However, the NSGA continues to name its signature event “The Senior Olympics”

• Through a grandfather clause, states that were using the name “Senior Olympics” for their regional events at the time of the USOC agreement were allowed to continue calling it that
Senior Olympics today…

Cleveland, OH
July 19- August 1, 2013
- 19 sports events
- Estimated 13,000 participants

<table>
<thead>
<tr>
<th>Sport</th>
<th>Events</th>
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<tbody>
<tr>
<td>Archery</td>
<td>Compound Fingers/Compound Release/Recurve/Barebow Compound Fingers/Barebow Recurve</td>
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<tr>
<td>Badminton</td>
<td>Singles/Doubles/Mixed Doubles</td>
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<tr>
<td>Bowling</td>
<td>Singles/Doubles/Mixed Doubles</td>
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<tr>
<td>Cycling</td>
<td>5K/10K (Time Trials), 20K/40K (Road Races)</td>
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<td>Golf</td>
<td>54-hole Scratch Play</td>
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<td>Horseshoes</td>
<td>Singles</td>
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<tr>
<td>Pickleball</td>
<td>Singles/Doubles/Mixed Doubles</td>
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<tr>
<td>Race Walk</td>
<td>1500M/5K</td>
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<tr>
<td>Racquetball</td>
<td>Singles/Doubles</td>
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<tr>
<td>Road Race</td>
<td>5K/10K</td>
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<tr>
<td>Shuffleboard</td>
<td>Singles/Mixed Doubles</td>
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<tr>
<td>Swimming (short course yds.)</td>
<td>Backstroke: 50, 100, 200-Y; Breaststroke: 50, 100, 200-Y; Butterfly: 50, 100-Y; Freestyle: 50, 100, 200, 500-Y; Individual Medley: 100, 200-Y</td>
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<tr>
<td>Table Tennis</td>
<td>Singles/Doubles/Mixed Doubles</td>
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<tr>
<td>Tennis</td>
<td>Singles/Doubles/Mixed Doubles</td>
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<tr>
<td>Track &amp; Field</td>
<td>50, 100, 200, 400, 800, 1500M; Discus, Hammer, High Jump, Javelin, Long Jump, Pole Vault, Shot Put, Triple Jump</td>
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<tr>
<td>Triathlon</td>
<td>400M Swim, 20K Cycle, 5K Run</td>
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How does NSGA promote optimal aging?
Education

- Online Continuing Education courses through the United States Sports Academy on
  - Fitness
  - Nutrition
  - Personal training
  - Wellness
  - Recreation

- Provide online resources through
  - Administration on Aging
  - Centers for Medicare and Medicaid Services
  - National Council on Aging

- Fitness tips for seniors through helpguide.org

- Nutrition advice and healthy recipes through the NSGA

- NSGA Personal Best Tour
“There’s a new definition of “personal best” that anyone can achieve. It’s not about a peak time or distance in sports. It’s about overcoming obstacles, surviving challenges and staying motivated throughout your life. This results in a healthy and active lifestyle— and that is your Personal Best!”

- NSGA

The NSGA Personal Best Tour

- Way to promote health and wellness in the older adult population

- Raises awareness of the plethora of opportunity for older adults to participate in local, state, and national senior games

- Personal Best Award athletes inspire
Eligibility

- All participants must be 50 years of age or older as of December 31\textsuperscript{st}, and reside in one of the following cities:
  - Alexandria
  - Falls Church
  - Fairfax
  - Arlington
- OR the following counties
  - Fairfax
  - Fauquier
  - Loudoun
  - Prince William
Registration

- Seniors looking to participate in a particular event may register online at www.nvso.us

  OR complete a downloadable registration form, sign, and send payment to Northern Virginia Senior Olympics, P.O. Box 2089, Merrifield, VA 22116

- Fee for registration is $12

- For more information, call the Hotline, (703) 228-3300, ext 9996; e-mail: nvso1982@gmail.com

HOW TO BE AN ADVOCATE
Promoting Northern Virginia Senior Olympics within your clinic
Why advocate Senior Olympics?

- Promotes physical activity for older adults who no longer think it possible
- Good source of motivation to be healthy
- Social opportunity for older adults with similar interests

When should you advocate?

- During a PT session
- At discharge
- In the waiting room (video clips on a waiting room TV, pamphlets, bulletin board)
How would you advocate?

- Conversation
- Humana monthly e-newsletter and NSGA pamphlets in the waiting room
- Post information on the Senior Olympics and the NSGA website on the bulletin board
- Keep blank registration forms at reception
- Have an informational night at the clinic before registration begins
- Post exercise and nutrition tips on the bulletin board

How can we help NVSO?

- Supply them with more information on:
  - The importance of daily physical activity
  - Maintaining a healthy diet
  - Hydration
  - How physical therapy can help them

- Provide them with:
  - An aerobic exercise program
  - A resistance training program
  - Nutrition 101
References