



SENIOR OLYMPICS

Patient Advocacy for Older Adults

Presented by Tara Ata, SPT



Background¹

- 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.”

Background¹

- 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.

Background¹

- 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

Sport	Events
Archery	Compound Fingers/Compound Release/Recurve/ Barebow Compound Fingers/Barebow Recurve
Badminton	Singles/Doubles/Mixed Doubles
Bowling	Singles/Doubles/Mixed Doubles
Cycling	5K/10K (Time Trials), 20K/40K (Road Races)
Golf	54-hole Scratch Play
Horseshoes	Singles
Pickleball	Singles/Doubles/Mixed Doubles
Race Walk	1500M/ 5K
Racquetball	Singles/Doubles
Road Race	5K/10K
Shuffleboard	Singles/Mixed Doubles
Swimming (short course yds.)	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
Table Tennis	Singles/Doubles/Mixed Doubles
Tennis	Singles/Doubles/Mixed Doubles
Track & Field	50, 100, 200, 400, 800, 1500M; Discus, Hammer, High Jump, Javelin, Long Jump, Pole Vault, Shot Put, Triple Jump
Triathlon	400M Swim, 20K Cycle, 5K Run

How does NSGA promote optimal aging?

Education¹

- 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](#)

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- 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 Tour¹

- 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

NVSO

Northern Virginia Senior Olympics

Eligibility²

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

Registration²

- 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

1. NSGA. National Senior Games. Web site <http://www.nsga.com/>. Accessed on April 14, 2013.
2. NVSO. Northern Virginia Senior Olympics. Web site <http://www.nvso.us/index1.htm>. Accessed on April 14, 2013.