

## Senior Olympics

Sarah Wilson

### National Senior Games Association

- ▶ <http://www.nsga.com/> <sup>1</sup>
- ▶ National Games
- ▶ Health and Wellness
  - ▶ Education
  - ▶ Fitness
  - ▶ Nutrition
- ▶ News and Events
- ▶ State Games
  - ▶ Virginia Games
    - ▶ <http://www.vrps.com/EducationEvents/VirginiaSeniorGames.aspx> <sup>2</sup>
- ▶ Northern VA Senior Olympics (NVSO) <sup>3</sup>.....



## Optimal Aging

### ▶ Dimensions of Wellness<sup>4</sup>

- ▶ Physical
  - ▶ Safeguard and improve your health
- ▶ Social
  - ▶ Connect with people
- ▶ Emotional
  - ▶ Feel, express and respond to diverse feelings without harming anyone
- ▶ Purposeful
  - ▶ Engage in rewarding activities
- ▶ Spiritual
  - ▶ Develop a sense of self and sense of connectedness
- ▶ Intellectual
  - ▶ Learn, grow, think, create, communicate



▶ <http://www.optimalaging.com/dimensions-of-wellness.html>



### "Living Healthy Longer"



THEN



NOW

Marty LaVoi ©

▶ 1958- Bernie Stamm,

## NVSO Program<sup>3</sup>

### Mission Statement:

- ▶ The NVSO program promotes health, fitness and psychological well-being for senior adults by providing opportunities for participation, competition, self-improvement and fellowship through various athletic and recreational events.

## Sports<sup>3</sup>

*"It is our goal to promote healthy aging through both mental and physical activity, which is why NVSO offers such a wide range of events"*

- Badminton
- Basketball
- Bocce
- Bridge
- Bunco
- Cribbage
- Cycling
- Diving
- Eight Ball Pool
- Football Throw
- Frisbee Throw
- Horseshoes
- Line Dancing, Team Competition
- Mexican Train Dominos
- Miniature Golf
- Pickleball
- Racquetball
- Scrabble
- Softball Hit
- Softball Throw
- Table Tennis
- Tennis
- Ten Pin Bowling
- Track & Field
- Volleyball, Team Competition
- Wii Bowling
- Yo-Yo
- ERC Rowing
- Handball



### **When should a PT advocate access to these services?**

- ▶ Any adult (50+)
- ▶ Interest in sports
- ▶ Participated in sports at some point throughout their life
- ▶ Sedentary/unmotivated to exercise

### **How do you accomplish effective advocacy?**

- ▶ Raise awareness
  - ▶ NVSO resources
    - Distribute printed materials
- ▶ Educate
  - ▶ Benefits of exercise
  - ▶ Optimal aging



### **How should I contact the NVSO?**

- ▶ No office, run by a committee of volunteers plus one person from each jurisdiction.
- ▶ Registration forms are available at senior residences, community centers, seniors centers and online at [www.nvso.us](http://www.nvso.us) or by calling 703-228-4721.
- ▶ Or call the Senior Olympics committee Hotline, (703) 228-3300, ext. 9996.
  
- ▶ The Senior Olympics is sponsored by the Northern Virginia Senior Olympic Committee and co-sponsored by Northern Virginia Parks and Recreation Departments and other agencies.



## **What is their process for determining eligibility for participation?**

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- ▶ **Eligibility for participation:**
    - ▶ Participants are required to reside in one of the following jurisdictions: Cities of Alexandria, Falls Church or Fairfax and the Counties of Arlington, Fairfax, Fauquier, Loudoun or Prince William
    - ▶ 50 years of age or older as of December 31, 2012.
  - ▶ Events are broken down in 5, 10 or no age groups. Age groups for all doubles and team competitions will be determined by the age of the youngest participant. All substitutes must be within the same age group or older.
  - ▶ Registration fee is \$12 which covers multiple events
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## **Why would a PT refer the patient or family to the agency?**

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- ▶ Physical Activity
  - ▶ Motivation
  - ▶ Interest in competing
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- ▶ **How would you advocate for services provided by the agency (or assist the family in self-advocacy efforts)?**
    - ▶ Provide brochures in waiting room
    - ▶ Provide contact information
    - ▶ Registration forms
- 

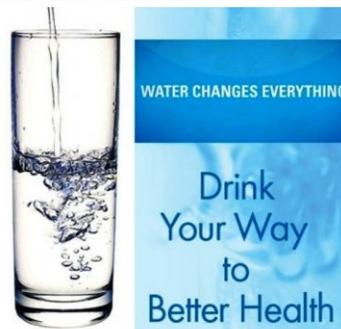


## Education

- ▶ NSGA<sup>1</sup>
  - ▶ Health and Wellness
  - ▶ [http://www.helpguide.org/life/senior\\_fitness\\_sports.htm](http://www.helpguide.org/life/senior_fitness_sports.htm)
- ▶ ACSM<sup>5</sup>
  - ▶ <http://www.acsm.org/docs/current-comments/exerciseandtheolderadult.pdf>
- ▶ National Institute on Aging<sup>6</sup>
  - ▶ <http://www.nia.nih.gov/>
- ▶ NVSO website<sup>3</sup>
- ▶ FB page

## that would enhance their ability to help their clients achieve optimal aging

- ▶ Importance of hydration
- ▶ Benefits of exercise
- ▶ Warm up and Cool down
- ▶ Exercise Program
  - ▶ Duration, intensity, time, type





## References

- ▶ 1. <http://www.nsga.com/>
- ▶ 2. <http://www.vrps.com/EducationEvents/VirginiaSeniorGames.aspx>
- ▶ 3. <http://www.nvso.us>
- ▶ 4. <http://www.optimalaging.com/dimensions-of-wellness.html>
- ▶ 5. <http://www.acsm.org/docs/current-comments/exerciseandtheolderadult.pdf>
- ▶ 6. <http://www.nia.nih.gov/>