



Special Olympics
Health

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DISCOVERING INCLUSION: The Special Olympics Inclusive Health Fundamentals Curriculum

OVERVIEW:

The Special Olympics Inclusive Health Fundamentals curriculum is an interprofessional and evidence-based program that introduces the concept of providing high quality, inclusive care to people with intellectual and developmental disabilities (IDD) for healthcare students and professionals. Delivered through five easily accessible, asynchronous learning activities, each requiring less than one hour to complete, this curriculum is a comprehensive introduction for busy healthcare students and professionals looking to deepen their understanding of neurodiversity. A team of subject matter experts from various fields and countries developed the curriculum, which is based on professional competencies and evidence-based practices identified in the literature.

PROGRAM OUTCOMES

Upon completion of the Special Olympics Inclusive Health Fundamentals curriculum, learners will be able to:



Apply the basic knowledge of neurodiversity in their professional and/or personal roles.



Identify gaps and barriers that prevent equity and inclusion for the IDD population.



Engage in ongoing self-evaluation of their attitudes, presuppositions, and implicit biases that create barriers to equity and inclusion for persons with IDD.



Recognize disability is just one aspect, and not the entirety, of an individual's life, which is more broadly influenced by social determinants of health.



Report understanding the impact of trauma on persons with IDD.



Identify simple actions that promote mental and physical health for the IDD population.



Describe common physical, mental, and behavioral health concerns for the IDD population.



Describe actions that promote effective communication with people with IDD.

#InclusiveHealth

For more information or to get involved, contact:

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LEARNING MODULES

1: INTRO TO INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

- Confronting implicit bias (providers' attitudes/discrimination).
- Defining disability as a functional limitation and identifying disability prevalence.
- Discussing the diversity and range of disabilities in terms of disability types (e.g., mobility, sensory, cognitive, and behavioral).
- Lifespan overview of common IDD syndromes (Down syndrome, Fragile X, FAS, CP, Williams).
- Recognizing risks for persons with IDD such as abuse, exploitation, and neglect.

2. MODELS OF DISABILITY

- An overview of the social model of disability.
- What does "inclusion" mean and how is it experienced?
- Disability rights – right to self-determination, capacity for decision making.
- The impact of social and cultural environments on equity, inclusion, and health.
- Gaps and barriers that prevent equity and inclusion for the IDD population.

3. HEALTH PROMOTION

- Promoting health and wellness for people with and without IDD.
- Contextual considerations for health promotion.
- The importance of health screenings in the IDD population.
- Social determinants of health/health promotion/inclusive health.

4. EFFECTIVE COMMUNICATION STRATEGIES

- Challenges in language comprehension, expression, or social interaction.
- Challenges recognizing pain and distress in patients with limited communication.
- Behavior as communication.
- Examples of effective communication strategies.

5. COMMON PHYSICAL AND MENTAL HEALTH CHALLENGES

- The importance of the interprofessional team.
- What does functional status mean?
- The impact of COVID-19.
- Physical and mental health.