

# **Aligning Occupational Therapy and Special Olympics: Maximizing Global Participation for Individuals with Intellectual Disabilities**

**Patricia Schaber PhD, OTR/L  
University of Minnesota**

**Camilo Mejia  
Down syndrome Board of Directors  
Ambassador Special Olympics**

# The Forces...

## ***Occupational Therapy***

***“Helps people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations).”***

***American OT Association***

**Outcomes: Participation  
Performance  
Occupational Justice**

## ***Special Olympics***

***“Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills, and success...find joy, confidence, and fulfillment, on the playing field and in life.”***

***Special Olympics USA***

**Outcomes: Inclusion, Health, Justice-  
morally right, equitable, & fair**

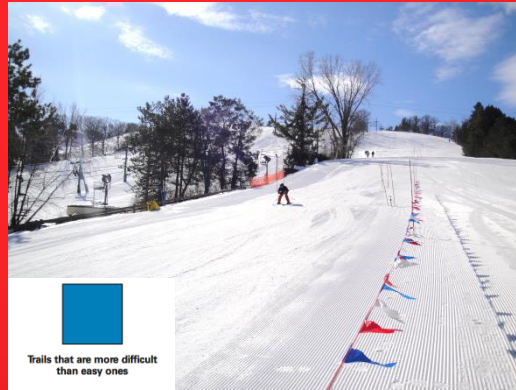
# The Team



Patricia Schaber  
Occupational Therapist  
Alpine Ski Coach



Camilo Mejia  
Special Olympics Athlete  
Alpine Skier since 2000



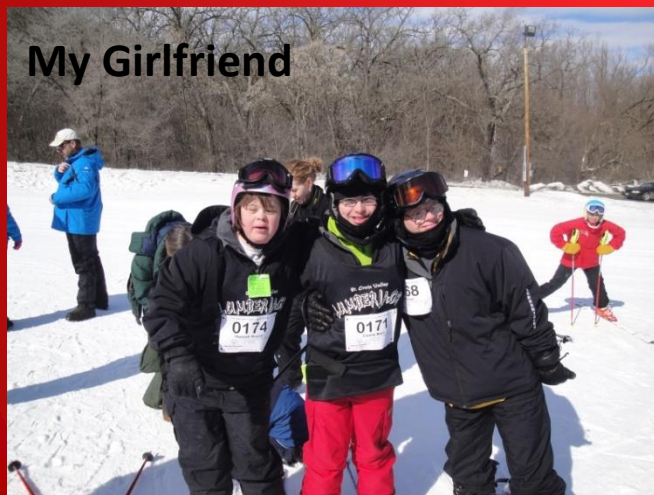
# OT Adapted and Graded Activity for the “Just Right Challenge”



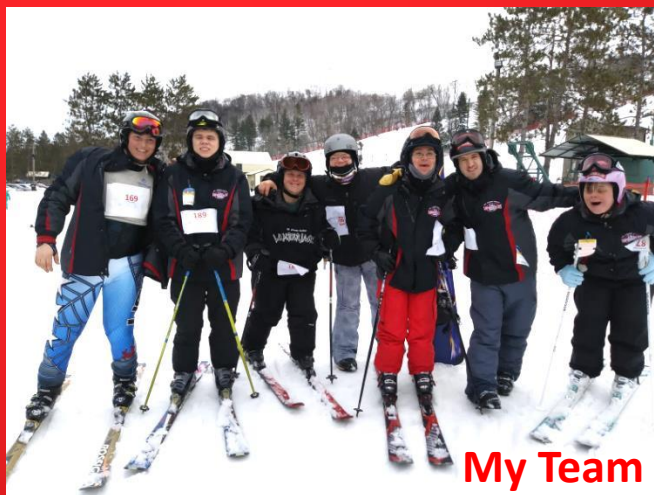
**My Best Friend Beau**



**My Family**



**My Girlfriend**



**My Team**

**OT Motivates....  
Builds Social &  
Therapeutic  
Relationships**



**OT...  
Goal  
Directed  
Activity**

# My Goal: Special Olympics Austria 2017



Camilo's Competing on Team USA  
in the World Games



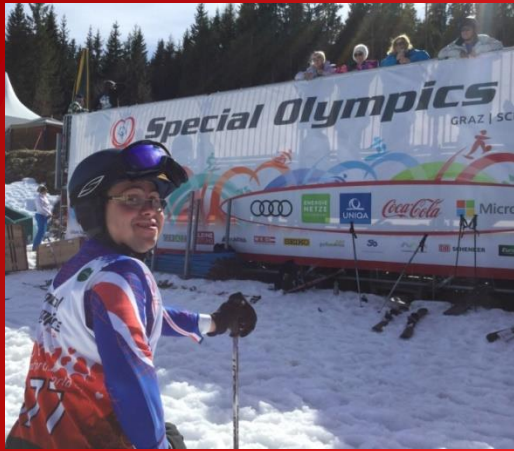
## **Opening Ceremonies Schladming Austria**

**It was amazing- 10,000 fans cheering as we entered.**

**Behind the stage is a black diamond ski hill. To light the Olympic flame, 50 skiers came down the hill with torches.**

**Jason Mraz sang.**





**OT...  
Life  
Changing**





**So Happy!!!**  
My video  
went viral!

**Occupational Therapy**

**101 countries**

**550,000 members**

**World Federation of Occupational Therapy**

**Special Olympics**

**172 countries**

**4.9 million athletes**

**Special Olympics International**

**Together We Can  
Change the World!**

