

## **Medical care of adults with down syndrome: A clinical guideline**

A lack of healthcare education can often cause decreased care for those with learning disabilities (Tsou et al., 2020). Because of that, we chose to do the annual Special Olympics Family Festival (SOFF) for the legacy project. SOFF allowed us to learn about the care necessary for those with intellectual or chromosomal disabilities. SOFF is a significant event every year with hundreds of athletes who spend the day competing, playing games, and having fun together. During SOFF, my group served as restroom attendants who assisted the athletes in using the restroom throughout the day. We chose this event because it is significant for hundreds of people with disabilities who needed volunteers to help them throughout the day. SOFF was on September 17, 2022, at Lake Land Community college in Mattoon, IL. Overall, SOFF was a gratifying experience, and we spent the day with hundreds of happy people we could help.

## **An end to coercion: Rights and decision-making in mental health care**

Healthcare for people with disabilities has been lacking for hundreds of years (Sugiura et al., 2020). Historically, mental health systems have been far too reliant on coercion and have stripped those with mental disabilities of their health autonomy (Sugiura et al., 2020). The lack of autonomy leads to massive mistrust of healthcare systems and makes those with mental disabilities less likely to seek routine healthcare (Sugiura et al., 2020). Events like the Special Olympics Family Festival can make healthcare workers more familiar with caring for people with intellectual or physical disabilities, which would carry over to their healthcare practices.

## References

- Sugiura, K., Mahomed, F., Saxena, S., & Patel, V. (2020). An end to coercion: Rights and decision-making in mental health care. *Bulletin of the World Health Organization*, 98(1), 52. <https://doi.org/10.2471/BLT.19.234906>
- Tsou, A. Y., Bulova, P., Capone, G., Chicoine, B., Gelaro, B., Harville, T. O., & Whitten, M. S. (2020). Medical care of adults with down syndrome: A clinical guideline. *JAMA*, 324(15), 1543-1556. <https://doi.org/10.1001/jama.2020.17024>