Suggested Trainings

Communicating With and About People with Disabilities [21]

Source: CDC

Type: PDF

Approx. Length: 5 min read

Recommended For: All staff (front desk staff, instructors, admin, etc.)

Learning Objectives: Understand respectful communication with people with disabilities by using people-first language and addressing stereotypes, offensive language, and negative portrayals.

Introduction to Intellectual Disabilities [22]

Source: Special Olympics through Special Olympics: Online Learning Portal

Type: Video Training

Approx. Length: 45 mins

Recommended For: All staff (front desk staff, instructors, admin, etc.)

Learning Objective: Explain intellectual disability (ID), including its definition, causes, associated health needs, reasons for unmet needs, and strategies for effective communication with individuals with ID.

How to Register Steps

ACE Special Olympics Inclusive Fitness [23]

Source: Special Olympics through SOLearn

Type: Video Training

Approx. Length: 35-40 mins

Recommended For: Fitness Instructors; Program Facilitators

Learning Objectives: Describe the cognitive, behavioral, social, and communicative characteristics associated with intellectual disability (ID), identify factors contributing to health disparities and barriers to physical activity, and apply effective communication and adaptive strategies to address these barriers through motivation, communication, and program design.

Guide for Inclusion of Youth with Physical & Intellectual Disabilities [24]

Source: CATCH Global Foundation

Type: Video Training

Approx. Length: 40-45 mins

Recommended For: Child-care Professionals

Learning Objectives: Build a foundational understanding of intellectual disabilities by defining ID, identifying common categories, exploring common behavior traits among children with ID, and learning effective behavior management strategies. Learners will also develop skills in adapting support using the CATCH B.A.S.I.C.S. framework.