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| **Webinar on Wednesday 22nd July 2020 4pm - 5.30pm BST** |
| Dr. Thessa Hilgenkamp Assistant Professor, Physical Therapy Department, University of Nevada, Las Vegas, USA presents:**Physical activity and fitness for people with learning disabilities: From what we know to what we can do, with a focus on individuals with Down syndrome.** | cid:image002.jpg@01D65AFD.F11BE050 |
| Dr. Thessa Hilgenkamp. Assistant Professor, Physical Therapy Department, University of Nevada, Las Vegas, USA. Dr. Hilgenkamp’s PhD focused on physical activity and fitness in older adults with learning disabilities (LD). She has been involved in several interventions to promote physical activity for individuals with LD, including Down syndrome, and published over 60 scientific papers on this topic. Thessa has National Institute of Health (USA) funding to study exercise physiology in individuals with Down syndrome, focusing on the regulation of blood pressure and blood flow in response to different activities. |
| This is Microsoft Teams Live Event. Please follow this link to join by the Microsoft Teams desktop app, mobile app or internet browser. There is no need to register or have a password. There will be a presentation for about an hour followed by Q&A finishing by 5.30pm. It will be recorded and posted online. | **Join here**[Link to Webinar](https://eur02.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_ZDczMGIyYTUtYWE5ZS00NmQ5LWJmYjEtYTEzZWI3M2FlMGIy%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%25225546e75e-3be1-4813-b0ff-26651ea2fe19%2522%252c%2522Oid%2522%253a%2522e4afd550-c9df-4740-af6e-96a60ceefb51%2522%252c%2522IsBroadcastMeeting%2522%253atrue%257d&data=02%7C01%7CIngrid.Wilkinson%40wiltshire.gov.uk%7C6b28324e9e6e472dbf4208d8242fd362%7C5546e75e3be14813b0ff26651ea2fe19%7C0%7C0%7C637299135105793001&sdata=vJlZ7%2FClKycMrfLerRxbGaAKjybGvL3PRWcVDUZFryQ%3D&reserved=0) |
| Please pass this invitation to anyone you think may be interested in joining. Teams Live Events allow large numbers of people to join together to watch a presentation. Attendees will not be able to see or hear each other but can post questions in a Q&A section. Once checked by our moderators the post will be visible to the attendees and a selection will be asked during the Q&A session at the end of the presentation. A recording of the event will be posted online.Thank you to all the people behind the scenes who are making this event possible.  |
| **Webinar outline****Objectives:*** Provide a state-of-the-art overview of research on physical activity and fitness in individuals with LD, focused on specific considerations for people with Down syndrome.
* Share practical advice on encouraging physical activity/exercise for adults with LD.

**From what we know…*** The benefits of fitness on participation in work, social activities and daily function throughout the lifespan of individuals with LD.
* The facilitators and barriers to being physically active, including specific health issues that may impact the type and intensity of activities.
* Overview of exercise physiology in adults with Down syndrome.
* Considerations when prescribing exercise activity for adults with Down syndrome.
* What are the outcomes from exercise interventions/programmes?

**… to what we can do*** Successful ‘tips and tricks’ to start moving more today.
* Specific physical activity considerations for people with Down syndrome.
* Questions for future study.
* Promoting physical activity at home during Covid-19 restrictions.
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| This event is hosted by Dr Ingrid Wilkinson Hart and the Physiotherapy Team as part of their ‘Stay Active – Stay Well’ programme, Wiltshire Community Team for people with Learning Disabilities, Wiltshire Health and Care, UK with Wiltshire Council and the Association of Chartered Physiotherapists for People with LD (South West England and Wales).  | cid:image003.png@01D65AFD.F11BE050 |