

I C O P E

Integrated Care of Older People



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ICOPE supports SDGs and UHC

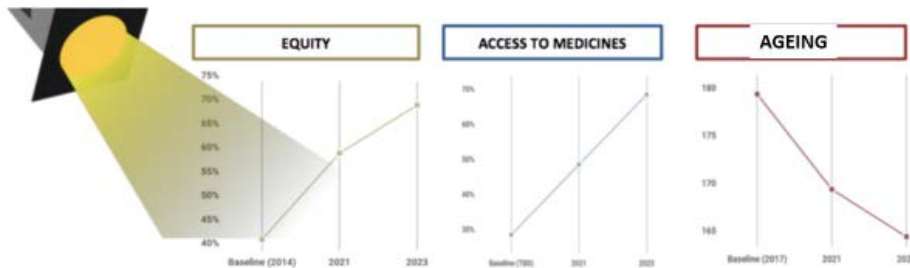
WHO's 13th general programme of work (GPW) 2019-2023

Mission: Promote health – keep the world safe – serve the vulnerable

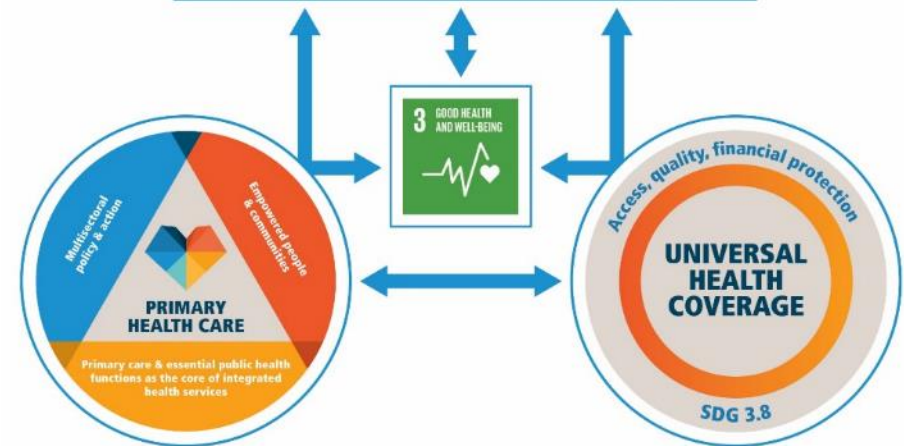


GLOBAL TARGET:
Reduce the number of older adults who are care dependent by 15 million by 2025

Spotlight indicators



WHO 13th General Programme of Work (GPW) Impact Framework



World Report on Ageing and Health

Healthy Ageing

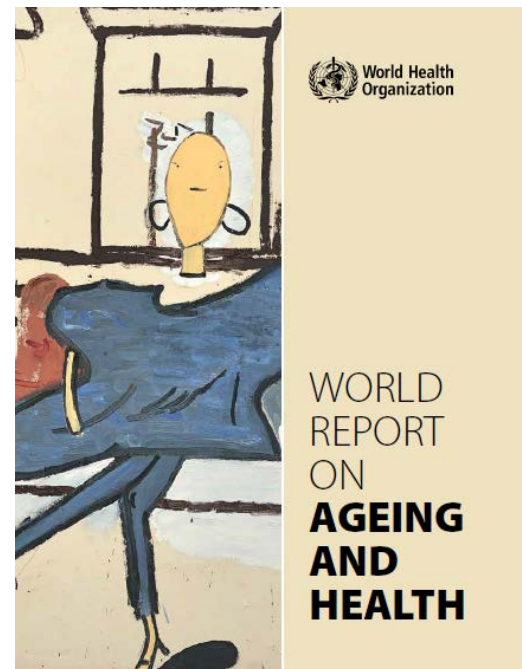
Process of developing and maintaining the functional ability that enables wellbeing in older age

Intrinsic Capacity (IC)

Composite of all the physical and mental capacities of an individual

Functional Ability (FA)

Combination and interaction of IC with the environment a person inhabits





SPECIALIZED
DOCTORS



HOSPITALS



PRIMARY
HEALTH CLINIC

Older people are
frequently faced
with...

1 Fragmented
services



2 Too far from
where they live



3 Ageist attitudes of
healthcare workers



4 Lack of interventions to optimize
Intrinsic Capacity and Functional Ability



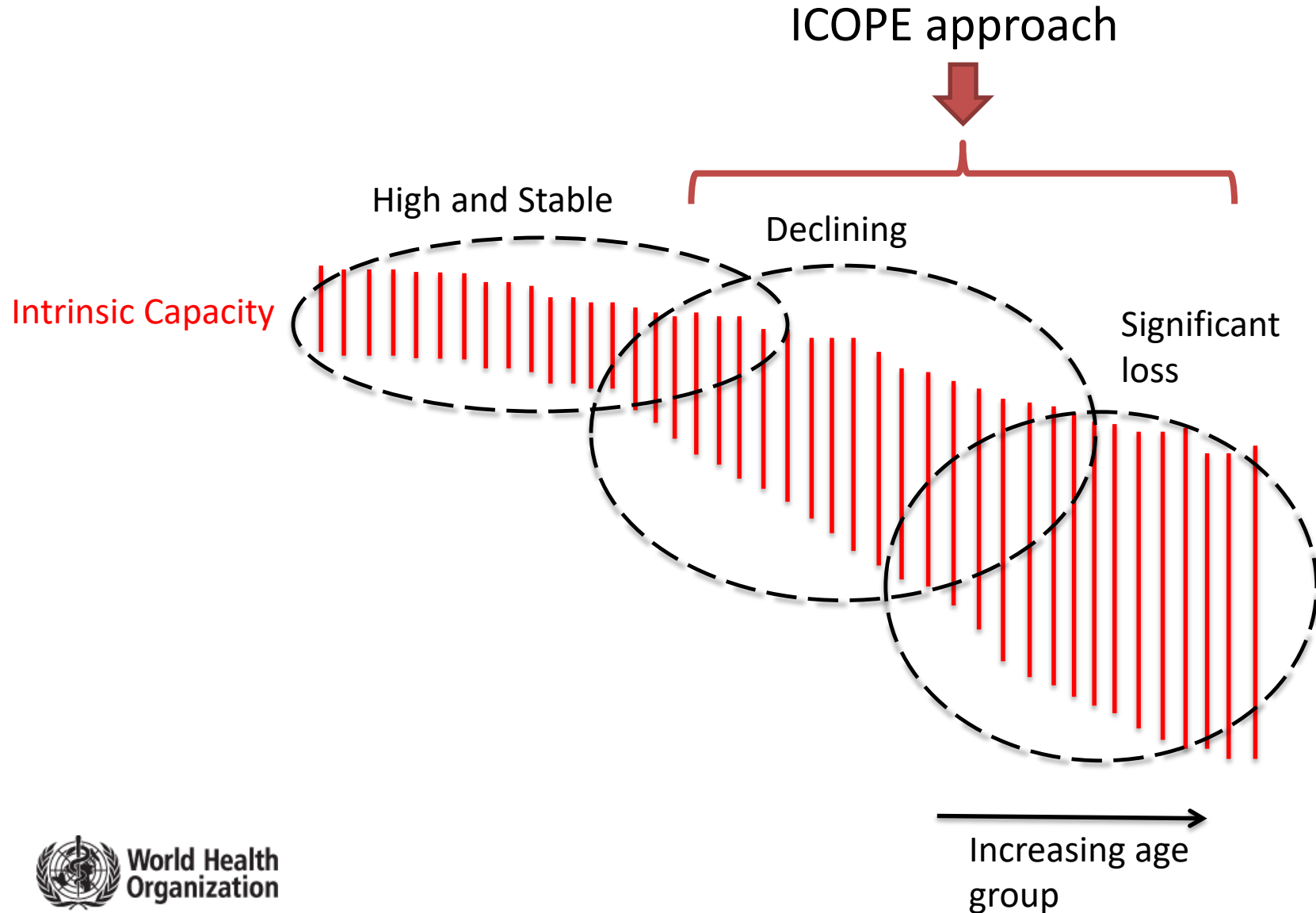
INTEGRATED CARE

is important to help
older adults maximize
their Intrinsic Capacity
and Functional Ability
in the community.



ICOPE reflects a community-based approach that will help to **reorient health and social services** towards a more **person-centred** and **coordinated model of care** that supports optimising functional ability for older people

Scope of ICOPE approach



Key concept of *Healthy Ageing* and IC

- ✓ Shifting from detecting diseases in one point in time and treating in fragmented ways, to assess function longitudinally across the life course
- ✓ Considers all phases of older age as part of continuous trajectory of intrinsic capacity and functional ability

6 Actions

to manage declines in the intrinsic capacity of older people

1. Improve musculoskeletal function, mobility and vitality
2. Maintain older adults' capacity to see and hear
3. Prevent cognitive impairment & promote psychological well-being
4. Manage age-related conditions such as urinary incontinence
5. Prevent falls
6. Support caregivers

Take action today.



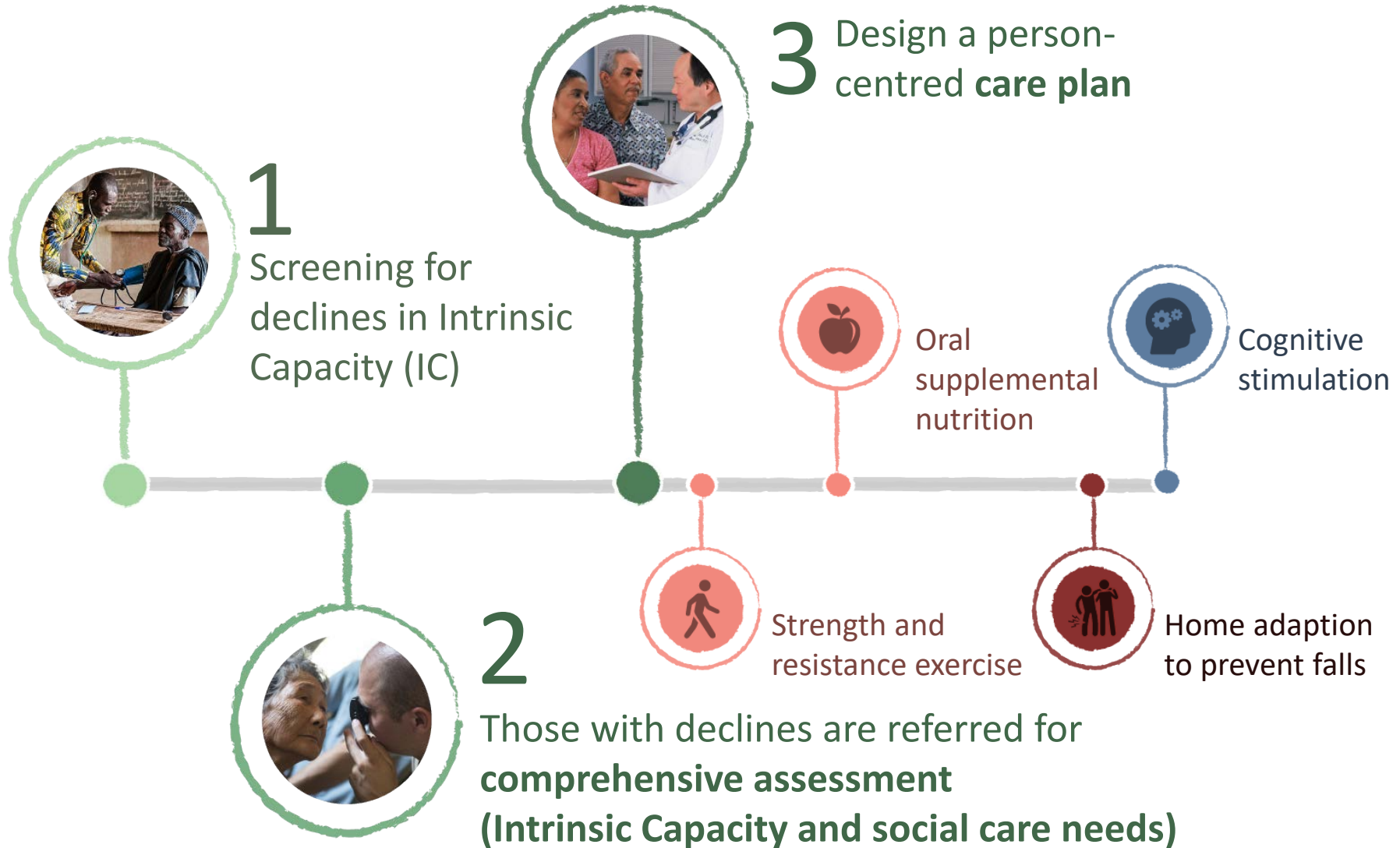


Photo credit:

1. National Cancer Institute/ Rhoda Baer
2. U.S. Air Force photo/Senior Airman Omari Bernard
3. Own work/ Ewien van Bergeijk - Kwant

ICOPE

Implementation

Guidance for systems
and services



ICOPE implementation
framework:

Guidance for systems
and services

19 actions for
implementing ICOPE in
community settings

ICOPE

Handbook

Guidance on person-centred assessment
and pathways in primary care



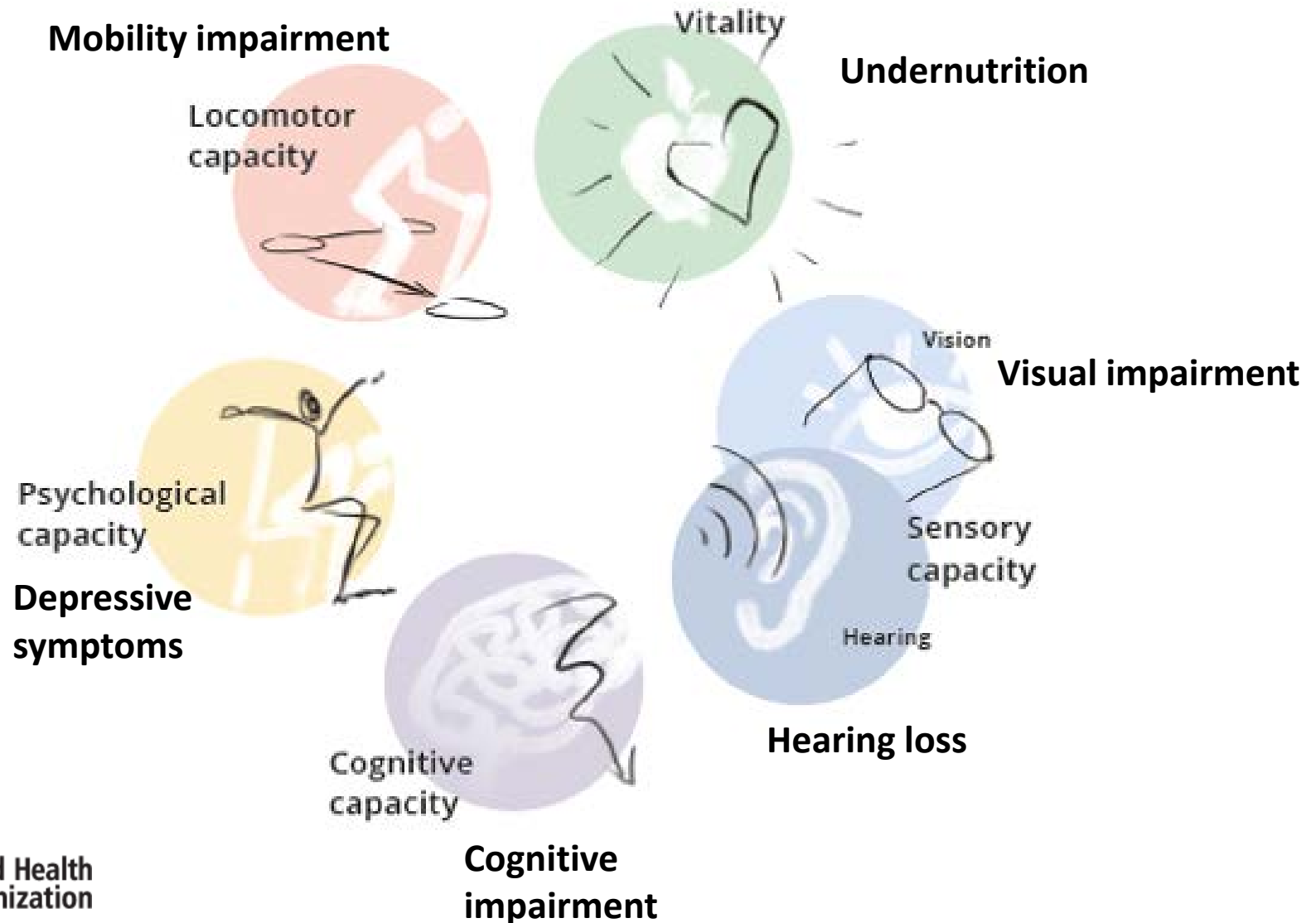
**World Health
Organization**



Principles of ICOPE Person-centred Care

- ✓ Person-centred goal setting
- ✓ Involve multi-disciplinary team
- ✓ Engage community and care-giver
- ✓ Include multi-component interventions in the care plan
- ✓ Support for self-care and self-management
- ✓ Care-giver support
- ✓ Referral (link to geriatric care) and follow up

Priority conditions associated with declines in IC



ICOPE screening tool

Priority conditions associated with declines in IC	Tests	If <u>any</u> checked in each condition, assess fully
Cognitive impairment	1. Remember 3 words: flower, door, rice	
	2. Orientation in time and space: What is the full date today? Where are you now?	Wrong to either question or does not know <input type="checkbox"/>
	3. Recalls the three-words? (flower, door, rice)	Cannot recall all 3 words <input type="checkbox"/>
Mobility impairment	Chair rise test: Rise from chair 5 times without using arms. Did the person complete 5 chair rises within 14 seconds?	No <input type="checkbox"/>
Malnutrition	1. Weight loss: Have you unintentionally lost more than 3 kg over the last 3 months?	Yes <input type="checkbox"/>
	2. Appetite loss: Have you experienced loss of appetite?	Yes <input type="checkbox"/>
Visual impairment	Do you have any problems with your eyes: difficulties in seeing far, reading, eye diseases or currently under medical treatment (e.g. diabetes, hypertension, use of steroids)?	Yes <input type="checkbox"/>
Hearing loss	Hears whispers (Whisper test) OR Screening audiometry result is 35 dB or less OR Pass automated app-based digits-in-noise test (hearWHO)	Fail <input type="checkbox"/>
Depressive symptoms	Over the past two weeks, have you been bothered by — Feeling down, depressed, or hopeless?	Yes <input type="checkbox"/>
	— Little interest or pleasure in doing things?	Yes <input type="checkbox"/>

Social care and support

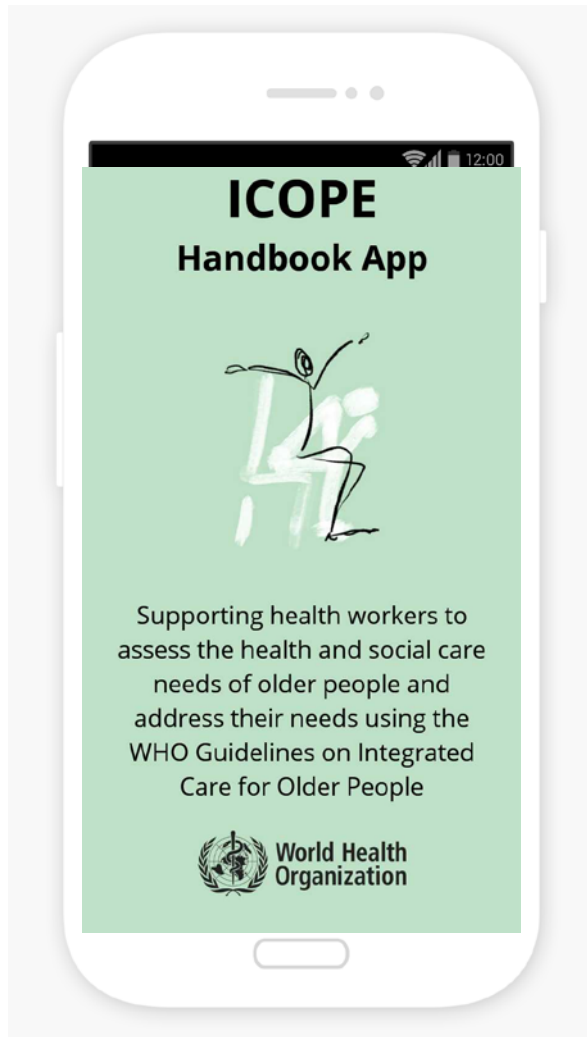
- Needs for social support

 - living condition, finance, loneliness,
elderly abuse, participation in society

- Needs for personal care

 - getting around indoors, using toilets, dressing,
using bath or shower, keeping up personal
appearance, feeding

ICOPE handbook app



ICOPE handbook
App



The way forward

- Launch of ICOPE guidance and app
- Systematic review for ICOPE assessment tool
- ICOPE pilots for screening tool (validation study)

Key Partners



WHO - Collaborating Centre for Frailty,
Clinical Research and Geriatric Training



Centre collaborateur de l'OMS
pour l'étude de la santé et
du vieillissement de l'appareil
musculo-squelettique



神奈川県



International Association of Gerontology and Geriatrics





See ICOPE Guidelines in full:

www.who.int/ageing/health-systems/icope

Clinical Consortium on *Healthy Ageing*

www.who.int/ageing/health-systems/clinical-consortium