Integrated Care for Older People (ICOPE)

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Healthy Ageing

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

Intrinsic Capacity (IC)
Combination of all the physical and mental capacities of an individual

Functional Ability (FA)
Combination and interaction of IC with the environment a person inhabits
Key operational concept of Healthy Ageing

✓ Shifting from detecting diseases in one point in time and treating in fragmented ways, to assess and manage intrinsic capacity and functional ability across the life course as a continuous trajectory
INTEGRATED CARE is important to help older adults maximize their Intrinsic Capacity and Functional Ability in the community.

Why Integrated Care is needed

Older people are frequently faced with...

1. Fragmented services
   - SPECIALIZED DOCTORS
   - HOSPITALS
   - PRIMARY HEALTH CLINIC

2. Too far from where they live

3. Ageist attitudes of healthcare workers

4. Lack of interventions to optimize Intrinsic Capacity and Functional Ability
ICOPE approach

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.
What is ICOPE person-centred care

- Maximize intrinsic capacity and functional ability
- Person-centred assessment & personalized care plans
- Community-level and home-based interventions
- Multidisciplinary care teams
- Support for self management
- Support caregivers
- Ensure Referral and follow up
Scope of ICOPE approach

ICOPE approach

High and Stable

Intrinsic Capacity

Declining

Significant loss

Increasing age group

World Health Organization
Who ICOPE for

The main target group is older people with declines in intrinsic capacity and functional ability.

- Limited mobility
- Malnutrition
- Depressive symptoms
- Cognitive decline
- Visual impairment
- Hearing loss
ICOPE TOOLS

• Evidence based interventions: ICOPE Guidelines

• Implementation

1. ICOPE Implementation Framework: Guidance for systems and services and Scorecard for self-assessment on implementation readiness

2. ICOPE Handbook: Practical guidance on person-centered assessment and pathways in primary care (all UN languages, Vietnamese)

3. ICOPE Handbook App: Mobile application (iOS, Google play) for ICOPE handbook (English, French, Russian, Portuguese, Spanish, Chinese)
Generic care pathway

SCREEN
FOR LOSSES IN INTRINSIC CAPACITY
IN THE COMMUNITY

NO

STEP 1
SCREEN

YES

STEP 2
PERSON-CENTRED ASSESSMENT
IN PRIMARY CARE

ASSESS & MANAGE
UNDERLYING DISEASES

ASSESS & MANAGE
SOCIAL AND PHYSICAL
ENVIRONMENTS

STEP 3
DEVELOP PERSONALIZED
CARE PLAN

STEP 4
ENSURE REFERRAL
PATHWAY AND
MONITORING
OF THE CARE PLAN
WITH LINKS TO SPECIALIZED
GERIATRIC CARE

STEP 5
ENGAGE
COMMUNITIES
AND SUPPORT
CAREGIVERS

Reinforce generic health
and lifestyle advice or
usual care

NO

ASSESS IN GREATER DEPTH
FOR CONDITIONS ASSOCIATED
WITH LOSS IN INTRINSIC CAPACITY

YES
ICOPE Implementation Pilot Program

CSPS-ICOPE Assessment: ICOPE Pilots and dissemination in countries

End goals
• ICOPE approach is adopted and implemented worldwide and helps to protect and promote intrinsic capacity, functional ability and minimize care dependency
• Platform to collect individual-level data to inform better health practice, policy & systems
Outline of ICOPE Implementation Pilot Program: Research questions to be addressed

1. What is the usability of ICOPE handbook (care pathways) in the field?
2. What is the maturity of health system and service delivery?

Ready phase: Mexico, Italy, Andorra, France, China, Vietnam, Kenya, India, Qatar
VISION: World in which all people can live longer and healthier lives

ACTION AREAS:
1. changing how we think, feel and act towards age and ageing;
2. developing communities in ways that foster the abilities of older people;
3. delivering person-centred integrated care and primary health services responsive to older people;
4. providing older people who need it with access to long-term care.

Sustainable, appropriately trained health workforce with competence in ageing is critical!

https://www.who.int/ageing/decade-of-healthy-ageing