

Integrated Care for Older People (ICOPE)

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**World Health
Organization**

I C O P E

INTEGRATED CARE FOR OLDER PEOPLE

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

Why Integrated Care is needed

Older people are frequently faced with...

1 Fragmented services



SPECIALIZED DOCTORS



HOSPITALS



PRIMARY HEALTH CLINIC



4 Lack of interventions to optimize Intrinsic Capacity and Functional Ability



3 Ageist attitudes of healthcare workers

2 Too far from where they live



INTEGRATED CARE

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



World Health Organization

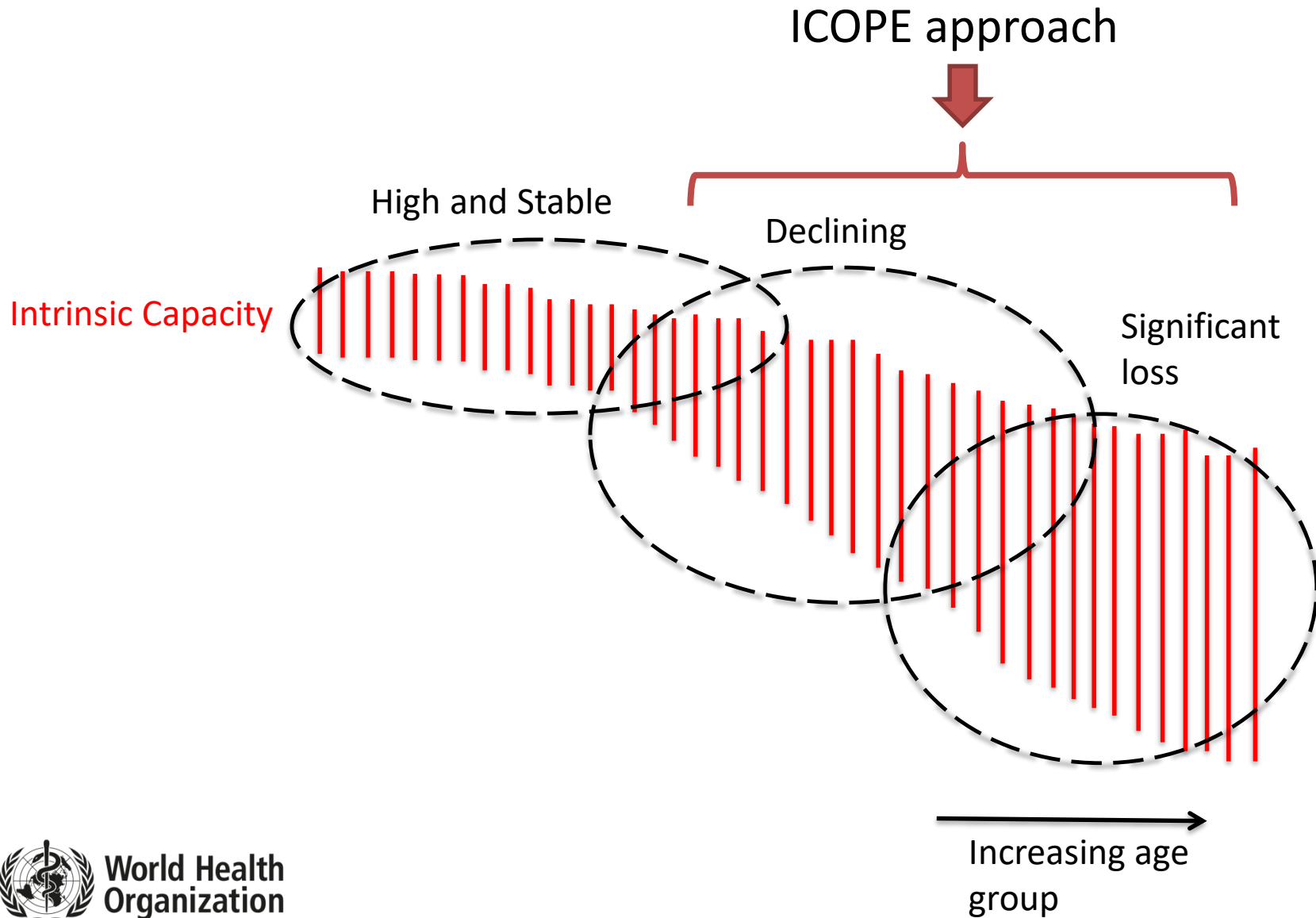
ICOPE approach

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



Who ICOPE for

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

Limited mobility



Malnutrition



Visual impairment



Depressive symptoms



Hearing loss



Cognitive decline

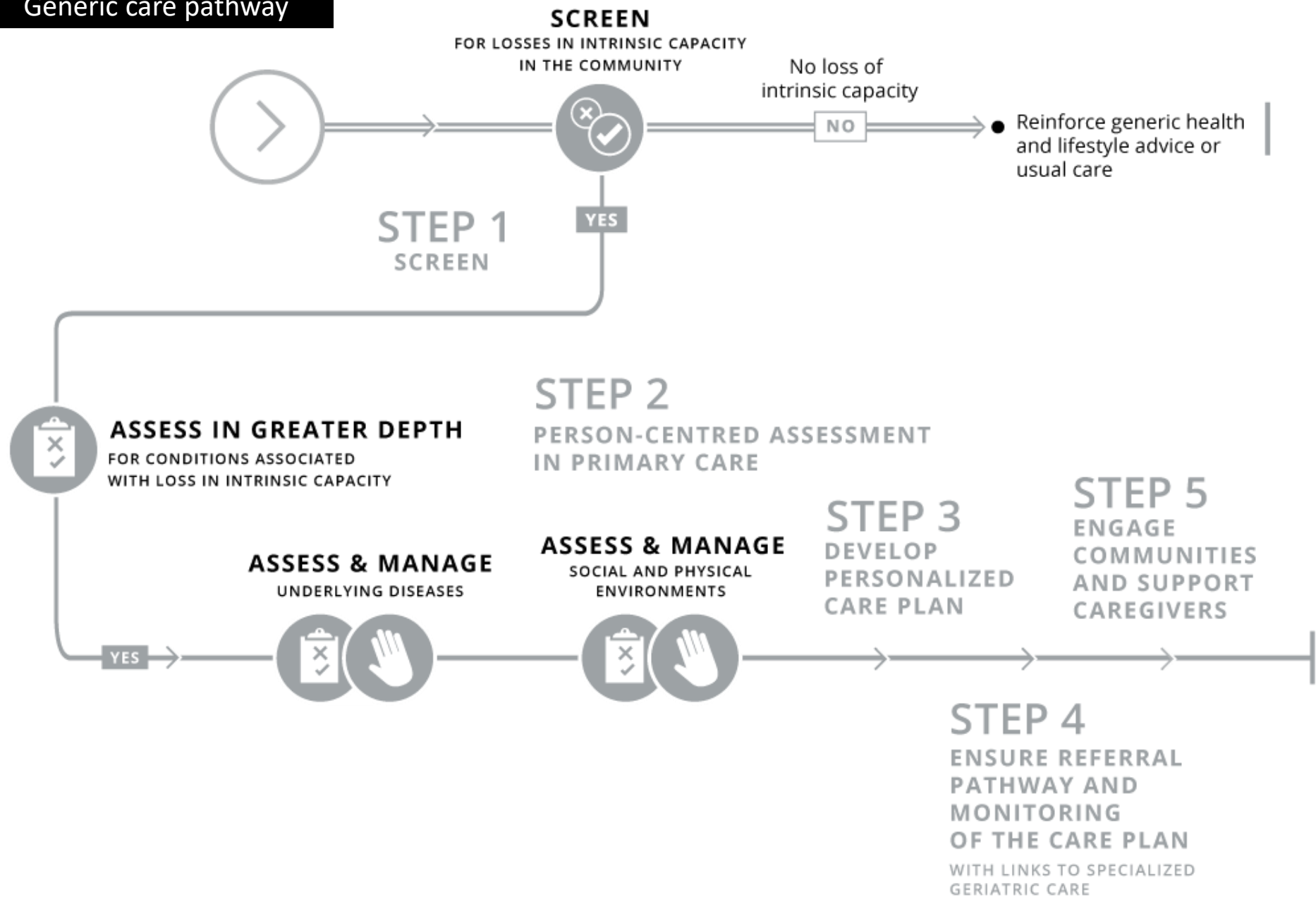


ICOPE TOOLS

- 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



ICOPE Implementation Pilot Program

Global Goods 2 (2020-2021): Guidelines on comprehensive assessment of older people
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 **READY**
2020-2021

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

2 **SET**
2021-2022

- What are the process and outcome indicators of ICOPE interventions?
- How to manage data collection and analysis (ICOPE dashboard)?

3 **GO**
2022-2024

- What is the effectiveness of ICOPE package of interventions compared to standard care for older people?

Adoption and implementation of ICOPE (translation, training, capacity building, modification of ICOPE tools, system and service transformation)

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!