

ICOPE

INTEGRATED CARE FOR OLDER PEOPLE

Implementing care for healthy ageing



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Learning objectives

By the end of this module, you will be able to:

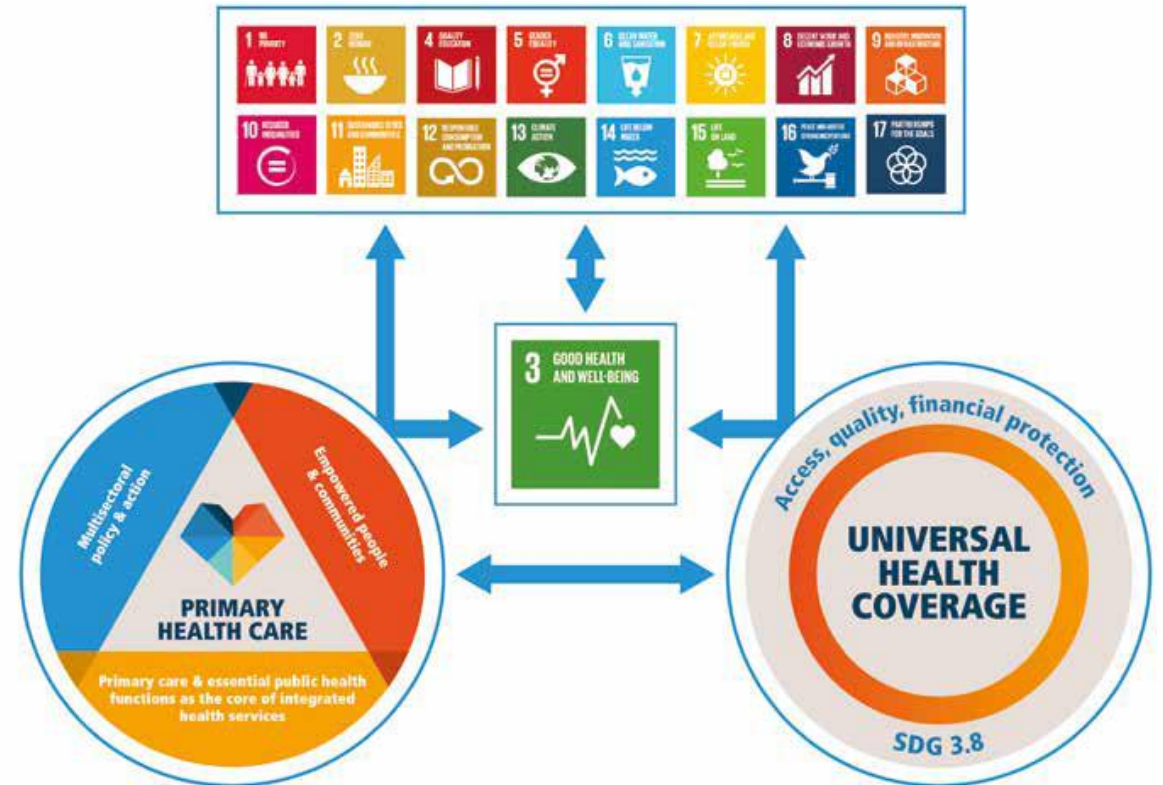
- Define the concept of Universal Health Coverage
- Explain the importance of integrated care for older people and outline its key principles.
- Explain the domains of functional ability and intrinsic capacity
- Describe the evidence-based recommendations to prevent and manage impairments in intrinsic capacity



Primary Health Care is critical for the achievement of Universal Health Coverage (UHC) and Sustainable Development Goals (SDGs)

UHC means that everyone has access to the full range of quality health services they need, when and where they need them, without financial hardship.

It includes the full continuum of essential health services, from health promotion to prevention, treatment, rehabilitation and palliative care.



Why is integrated care needed?

Older people are frequently faced with:

1 Fragmented services

1



Specialized care



Health and social care



Primary Care



Integrated care is important to help older people maximize their intrinsic capacity and functional ability in the community



Older people are frequently faced with: Geographical distance and other barriers that limit their access to care.

3

2

Lack of interventions to optimize intrinsic capacity and functional ability

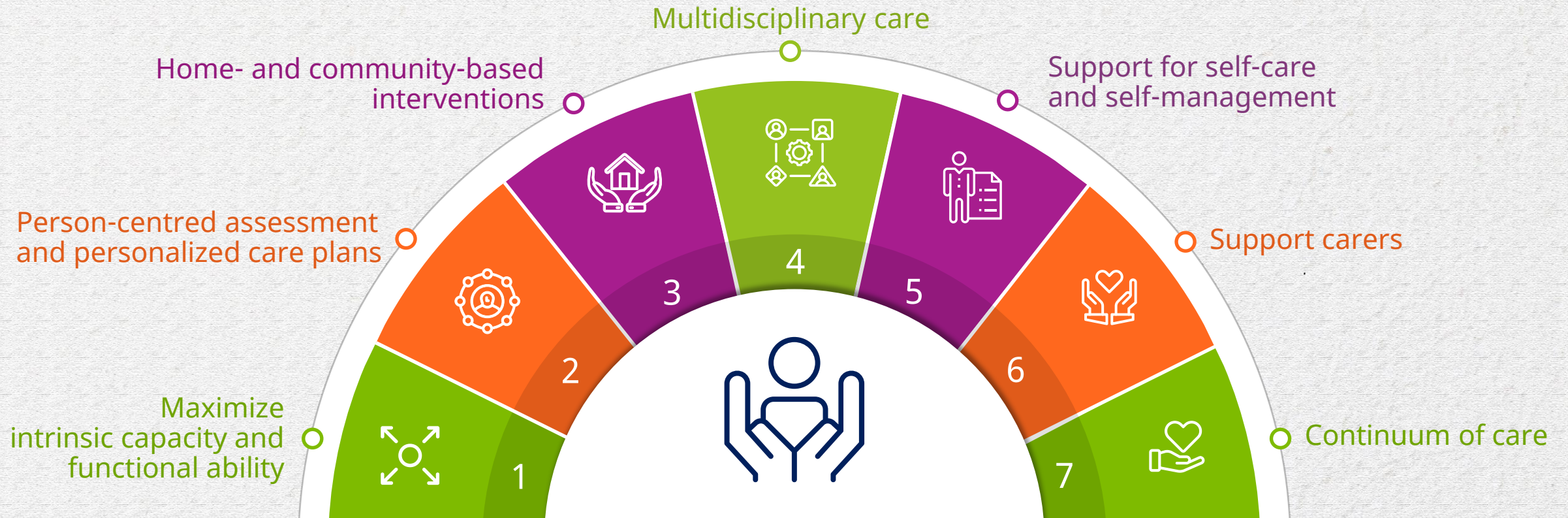


Ageist attitudes of health and care workers

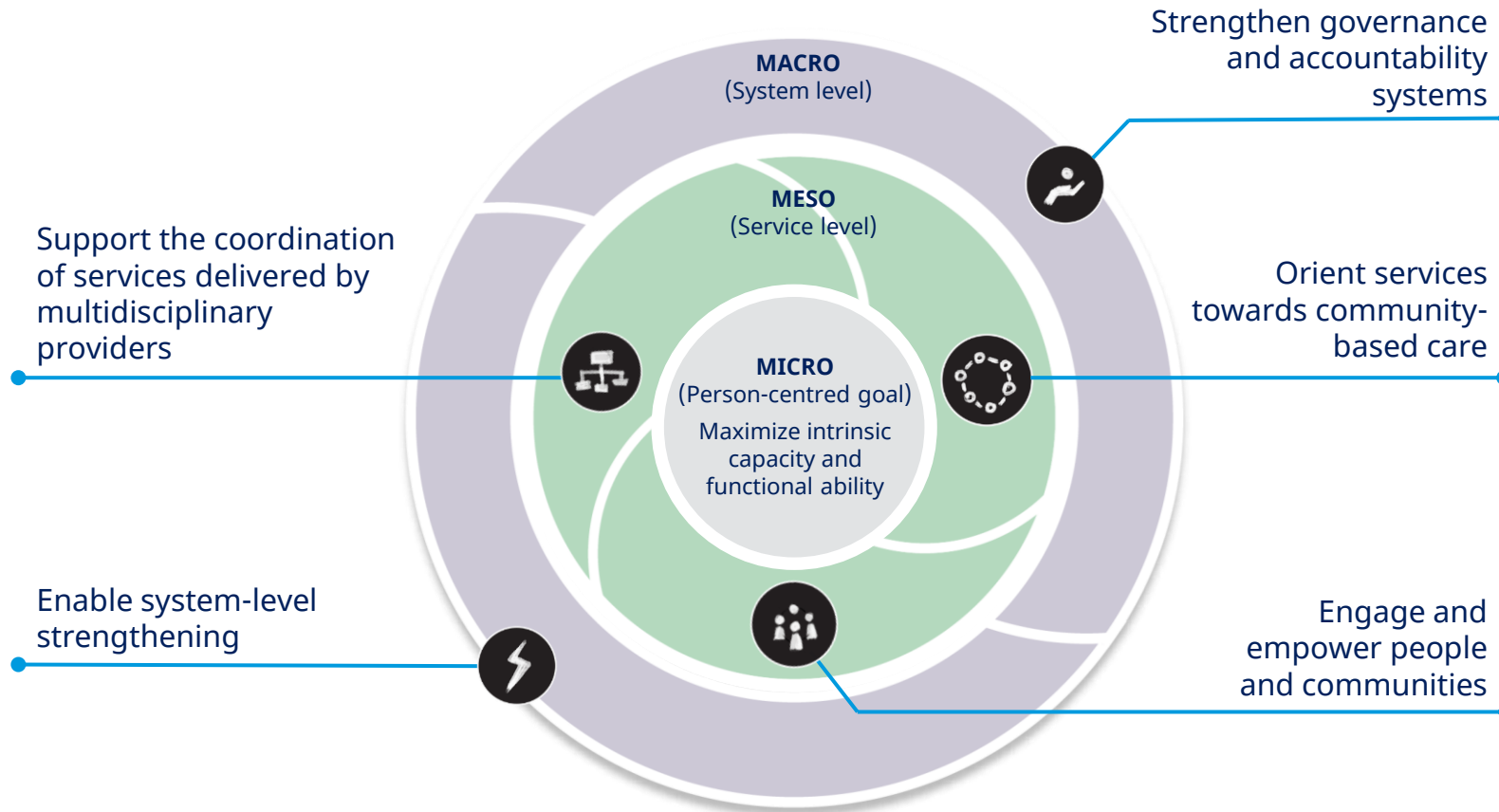
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Principles of integrated care for older people



Framework to implement integrated care

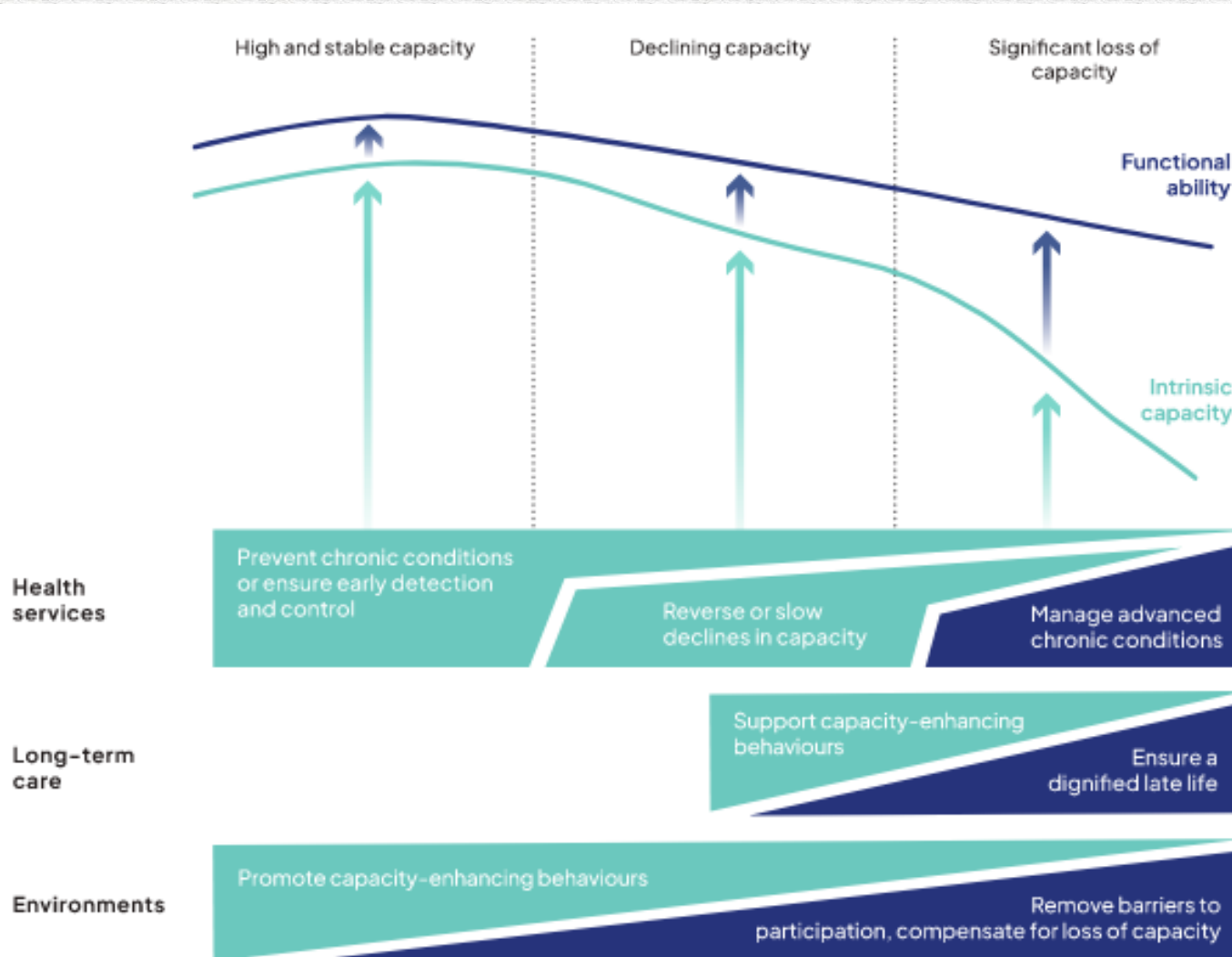


The older person is at the centre.

Work is needed at the micro, meso and macro levels.

Integration into the existing health and social care systems and service delivery is essential.

Healthy ageing framework



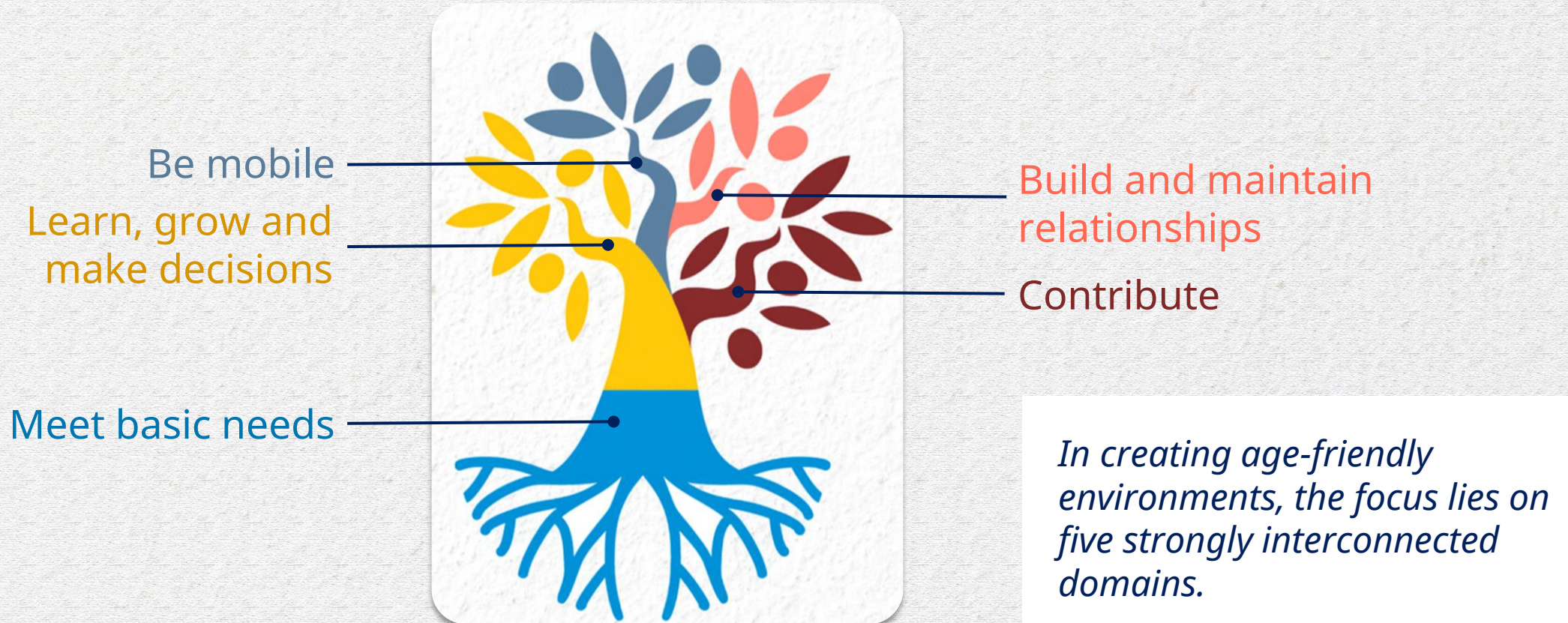
Intrinsic capacity and functional ability decline with increasing age, commonly defining three periods:

- High and stable capacity
- Declining capacity
- Significant loss of capacity

ICOPE primarily aims to address the needs of an older person with declining capacity or with a significant loss of capacity.

Opportunity to enhance intrinsic capacity and/or reduce environmental barriers to improve functional ability.

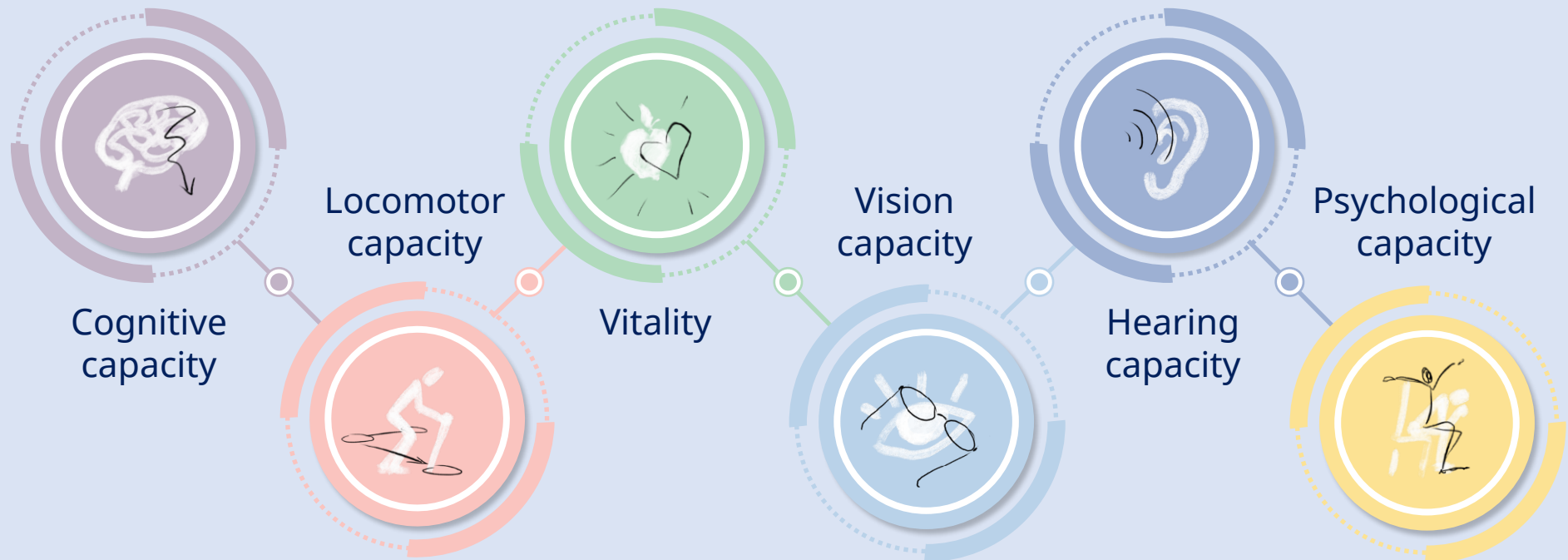
Domains of functional ability



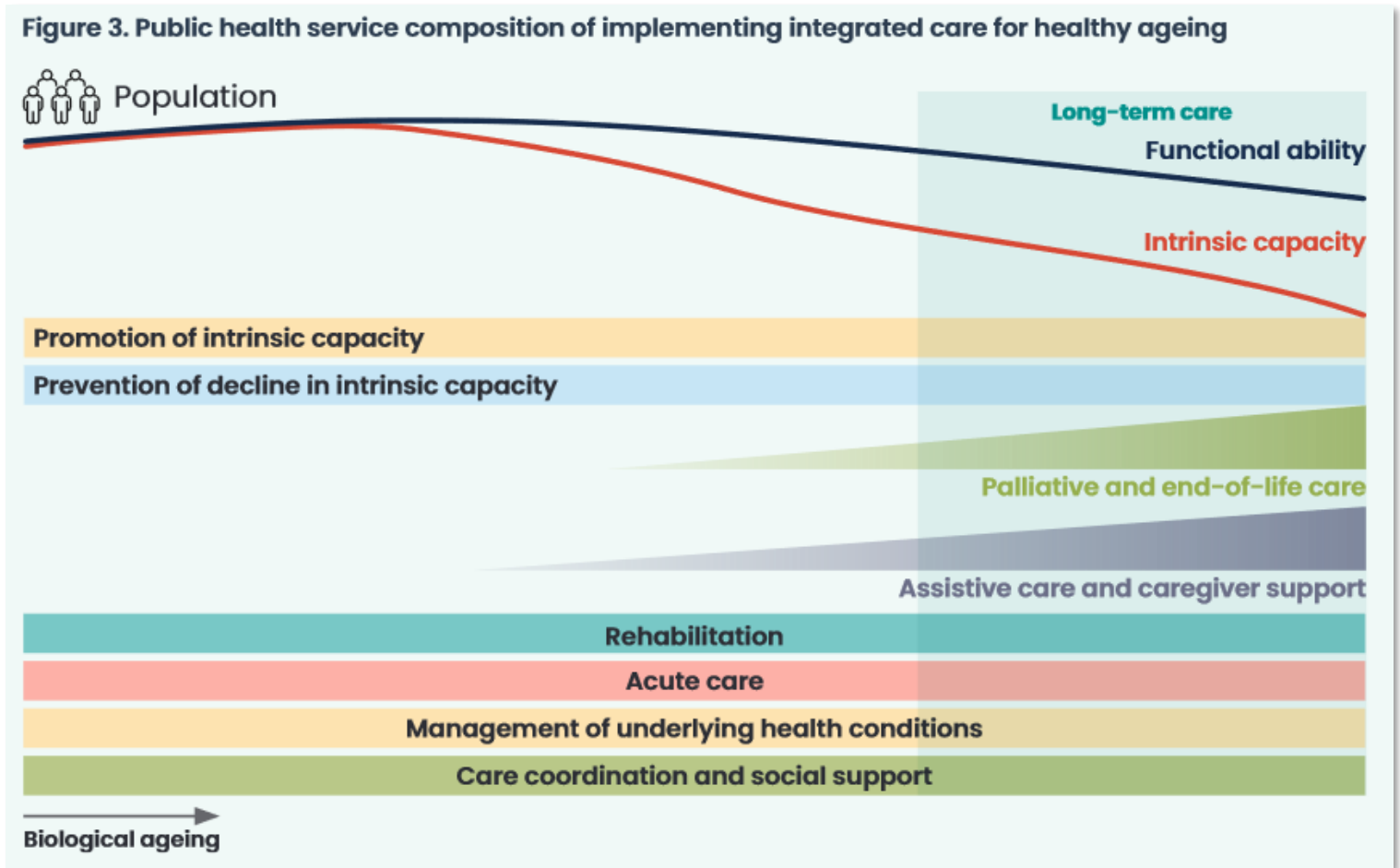
Together, these abilities allow older people to age safely in a place that is right for them, continue personal growth, contribute to their communities, and maintain their autonomy and health.

Domains of intrinsic capacity

Declines in intrinsic capacity are phenotypically expressed in older age, such as difficulties with:



Framework for the continuum of integrated care



Integrated Care for Older People (ICOPE) approach

A comprehensive, evidence-based approach to prevent and manage impairments of intrinsic capacity and functional ability among older persons in primary care and the community

Cognitive
impairment



Mobility
limitation



Undernutrition



Vision
impairment



Hearing
loss



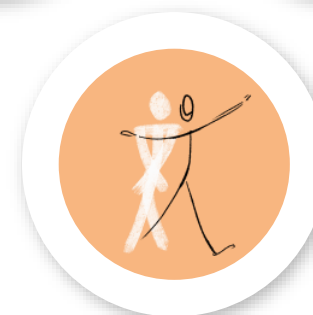
Depressive
symptoms



Need for social
care and
support



Carer's support
needs



Urinary
incontinence

The ICOPE evidence-based interventions



Cognitive impairment – Offer cognitive stimulation to all older people with cognitive impairment



Limited mobility – Encourage multimodal exercise, including strength, balance, flexibility and aerobic training



Undernutrition – Provide dietary advice and oral supplemental nutrition to those who are undernourished



Vision impairment – Provide routine screening for vision impairment and offer comprehensive eye care



Hearing loss – Screen hearing and offer hearing aids, as needed



Depressive symptoms – Provide brief, structured psychological interventions



Social care and support – Provide social care and support; assess for abuse of older people



Carer's support – Offer psychological interventions, training and support



Urinary incontinence – Pelvic floor muscle training; scheduled toileting reminders for individuals with cognitive impairment

Integrated care for older people (ICOPE)

Resource for Implementation



Guidelines



Implementation Framework



Implementation Pilot Programme
'Ready Phase' report



Handbook - Practical guidance on person-centred
assessment and pathways in primary care (2nd edition)



Training Material



Summary



- Universal Health Coverage means that everyone has access to the complete range of quality health services they need, at the right time and place, without facing financial difficulties.
- Integrated care for older people involves a continuous approach that aims to reorient health and social services towards more person-centred and coordinated care.
- This approach supports the optimization of intrinsic capacity and functional ability in older people.
- To implement integrated care for older people, it is necessary to act at the micro, meso and macro levels, bridging health and social care systems and services.

Summary



- Declines in intrinsic capacity are manifested by common impairments in older age.
- The promotion of healthy ageing should consider interventions on the environment to promote the full achievement of the five domains of functional ability.
- Evidence-based interventions can be provided in primary care settings and at the community level to promote healthy ageing.

References

1. Integrated care for older people (ICOPE) [website]. Geneva: World Health Organization; 2023 (<https://www.who.int/teams/maternal-newborn-child-adolescent-health-and-ageing/ageing-and-health/integrated-care-for-older-people-icope>). Licence: CC BY-NC-SA 3.0 IGO.
2. World Health Organization & United Nations Children's Fund (UNICEF) (2022). Primary health care measurement framework and indicators: monitoring health systems through a primary health care lens. World Health Organization. (<https://iris.who.int/handle/10665/352205>). Licence: CC BY-NC-SA 3.0 IGO.
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