

**The 17th ASEAN-Japan High Level Officials
Meeting on Caring Societies**

WHO ICOPE and Age Friendly Cities



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By the end of 2030

- **1 in 6 people** worldwide will be aged 60 or over (Today there are 1 in 8)
- The number of people aged 60 years and older will have **grown by 56%**, to reach 1.4 billion.
- Older people will **outnumber children under 10 years**
- **80%** of older people will be **living in low- and middle-income countries**

Many older people are being “**left behind**” without access to even the basic resources necessary for a life of meaning, dignity and equality.

All countries face major challenges to ensure that their health and social systems are ready to make the most of the demographic shift.

Because the pace of population ageing is much faster than in the past, **low- and middle-income countries must adapt more quickly** to ageing populations but from lower levels of income, infrastructure and capacities.

Global Commitments

Madrid International Plan of Action on Ageing

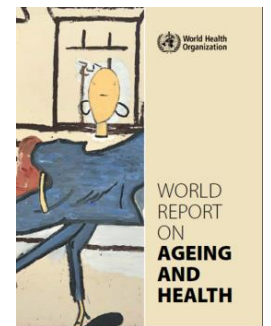
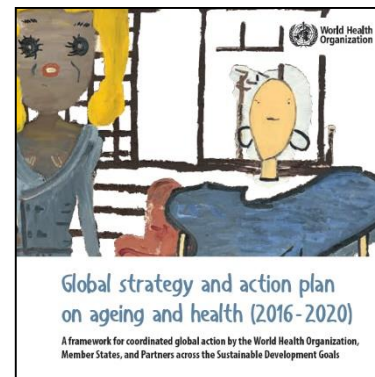


Global Strategy and Action Plan on Ageing and Health



UHC Agenda 2030 and the SDGs

WHO Global Target: reduce the number of older people who are care dependent by 15 million by 2025



World Report on Ageing and Health

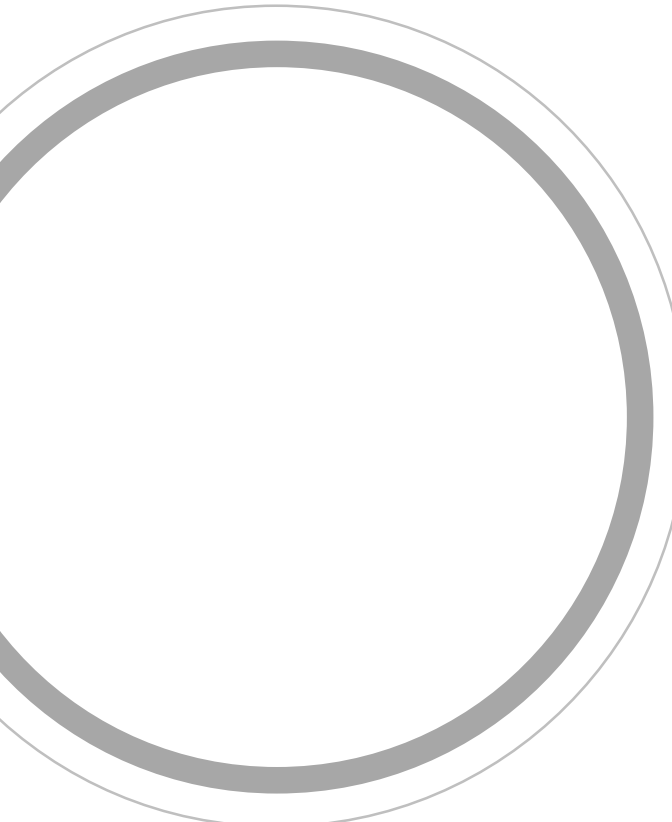
"Healthy Ageing - the process of developing and maintaining the functional ability that enables wellbeing in older age."



WORLD
REPORT
ON
**AGEING
AND
HEALTH**



Intrinsic Capacity and Functional Ability



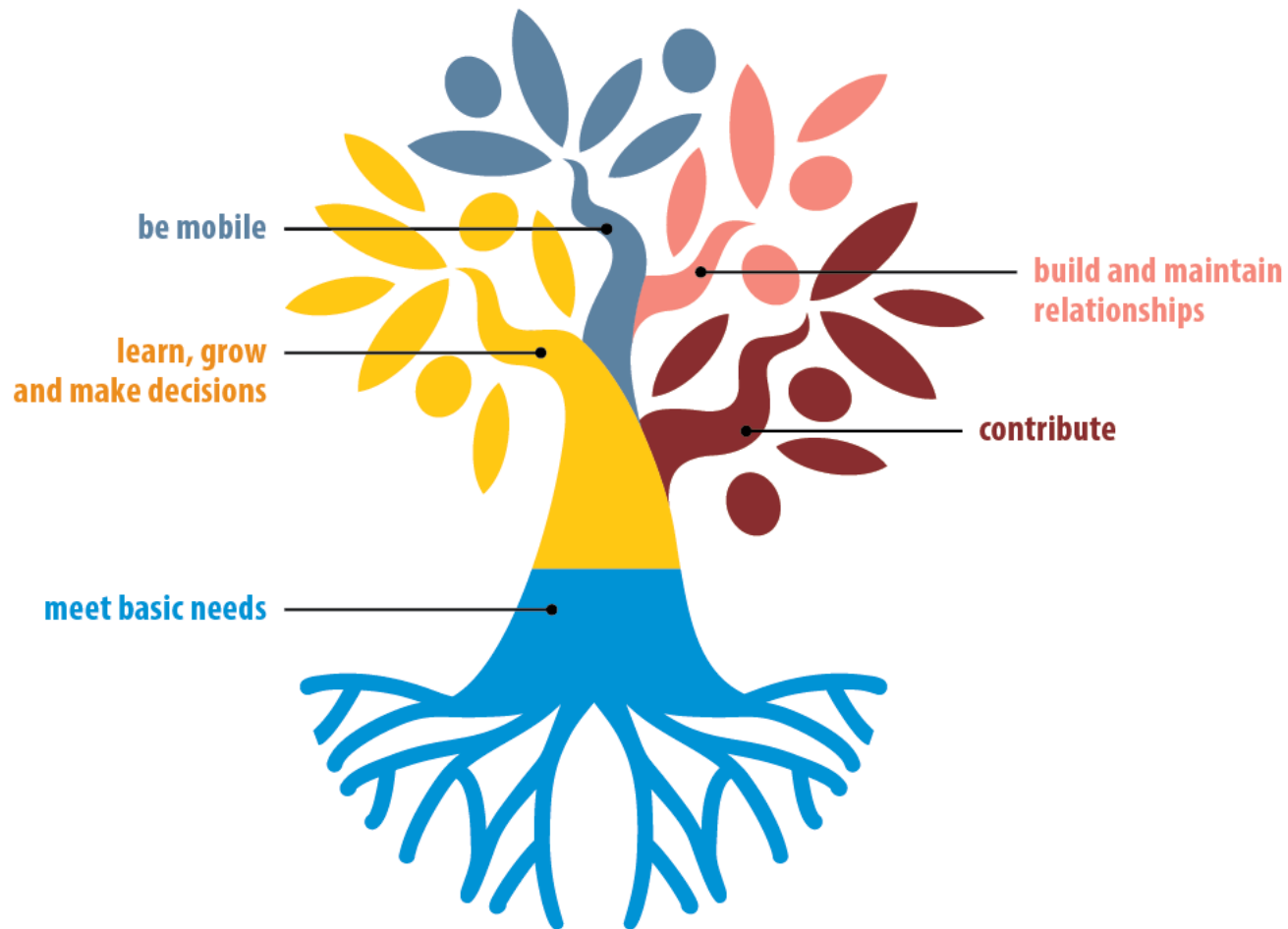
WHO defines intrinsic capacity (IC) as the combination of the individual's level attributes: physical and mental, including psychological, capacities;

3

Functional Ability (FA) as the combination and interaction of IC with the environment a person inhabits

4

What older people value: Domains of Functional Ability

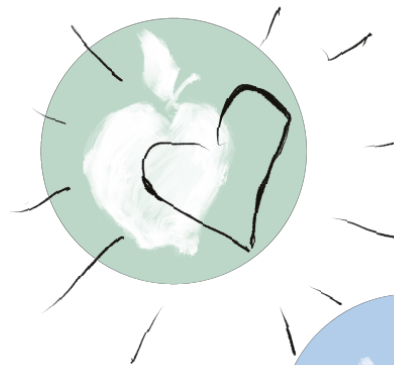


Domains of Intrinsic Capacity

Locomotor



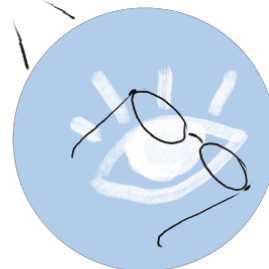
Vitality



Psychological



Vision



Cognition

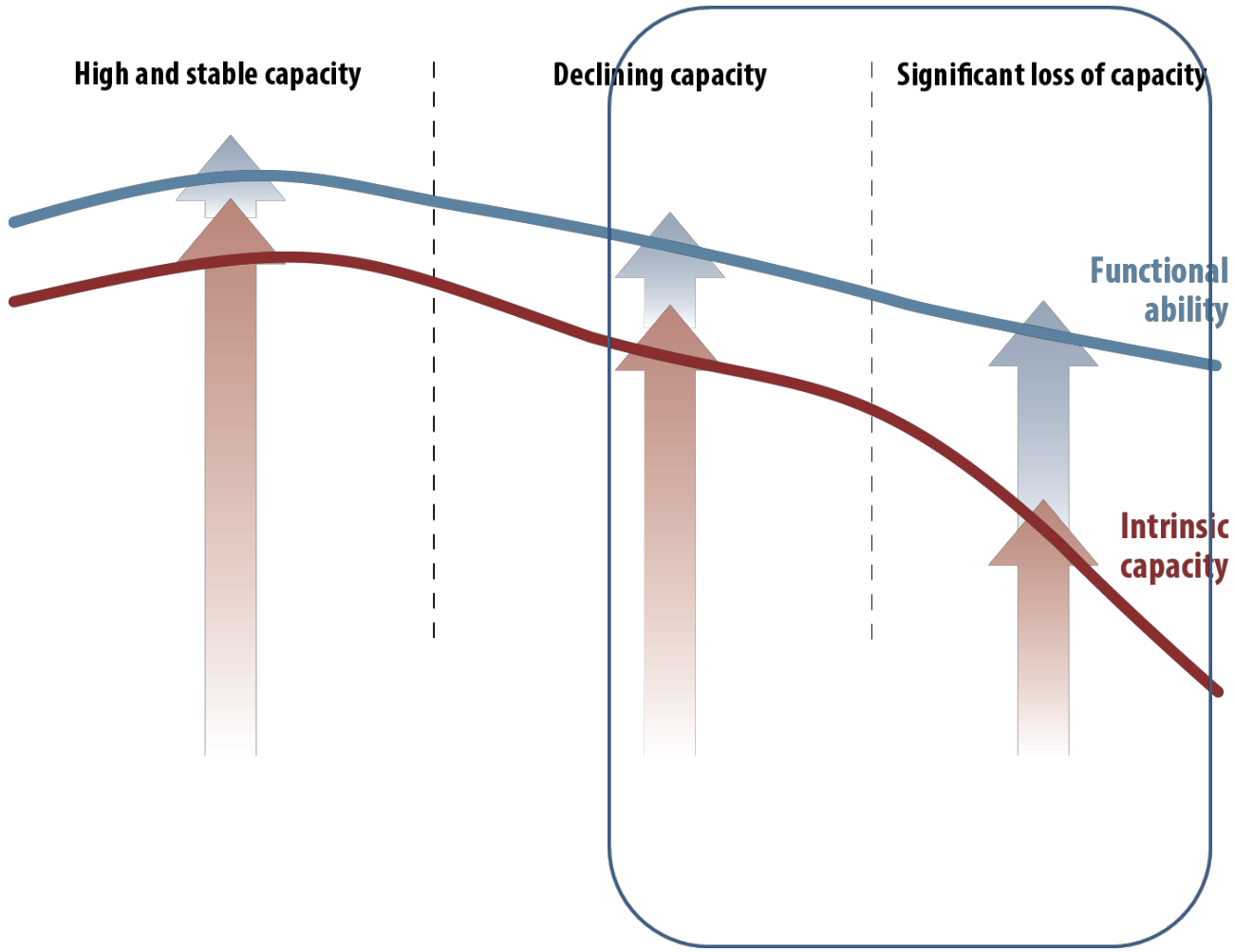


Hearing



Public health framework

↓ ICOPE approach



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/slow cognitive declines & promote psychological well-being
 4. Manage age-related conditions such as urinary incontinence
 5. Prevent falls
 6. Support caregivers
- Take action today.**





SPECIALIZED
DOCTORS



HOSPITALS



PRIMARY
HEALTH CLINIC

INTEGRATED CARE FOR OLDER PEOPLE

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.

HOW DOES
**INTEGRATED
CARE**
WORK?



1 Providing care at the communities,
close where people live



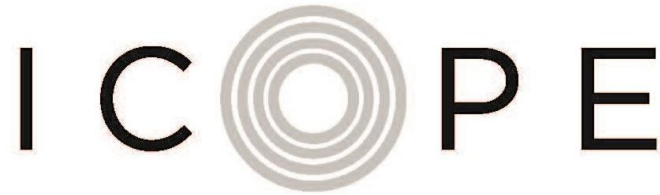
2 Person centered assessment and care
plan shared with everyone involved



3 All professionals work together
to maintain IC and FA



4 Engaging communities and
supporting family care givers



Integrated Care of Older People

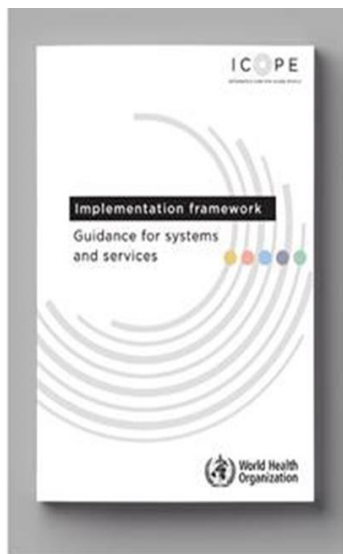
ICOPE reflects a community-based approach that will help to **reorient health and social services** towards a more **person-centred** and **coordinated model of care** that supports optimising functional ability for older people

Take action today.



Launch of the package of tools

1st October, 2019



I C O P E

Handbook App



The interactive app guides health and social care workers step-by-step through the process of screening older people at risk of care dependency in the community, undertaking a person-centred assessment of older people's health and social care needs, and designing a personalised care plan. The app can also be used by governments and organisations to train health and social care workers to deliver personalised care.

Available in many languages

ICOPE
INTEGRATED CARE FOR OLDER PEOPLE





Vietnam, September



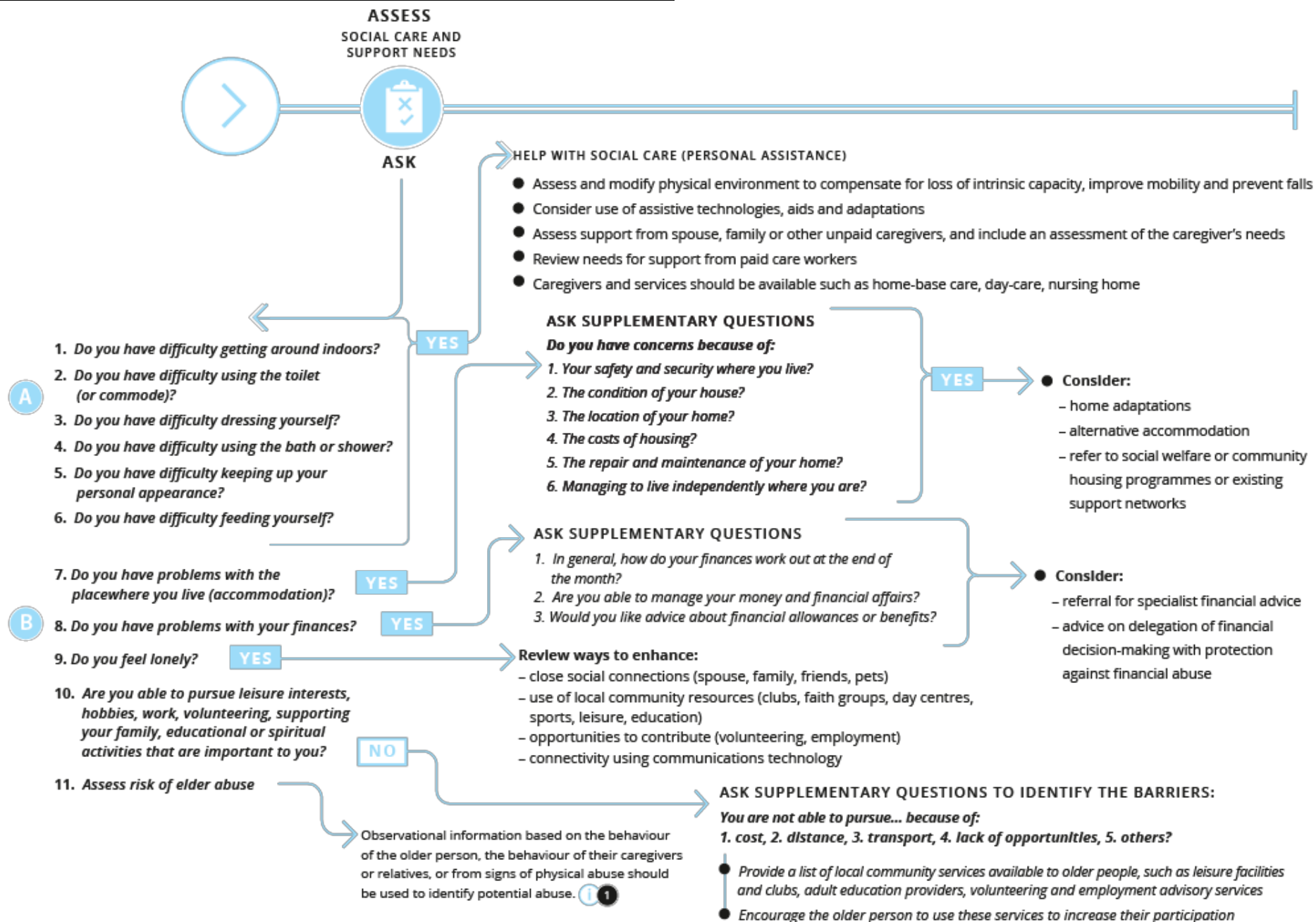
China, October



PMAC, Thailand

Country
Implementation

Care pathways for Social care and support

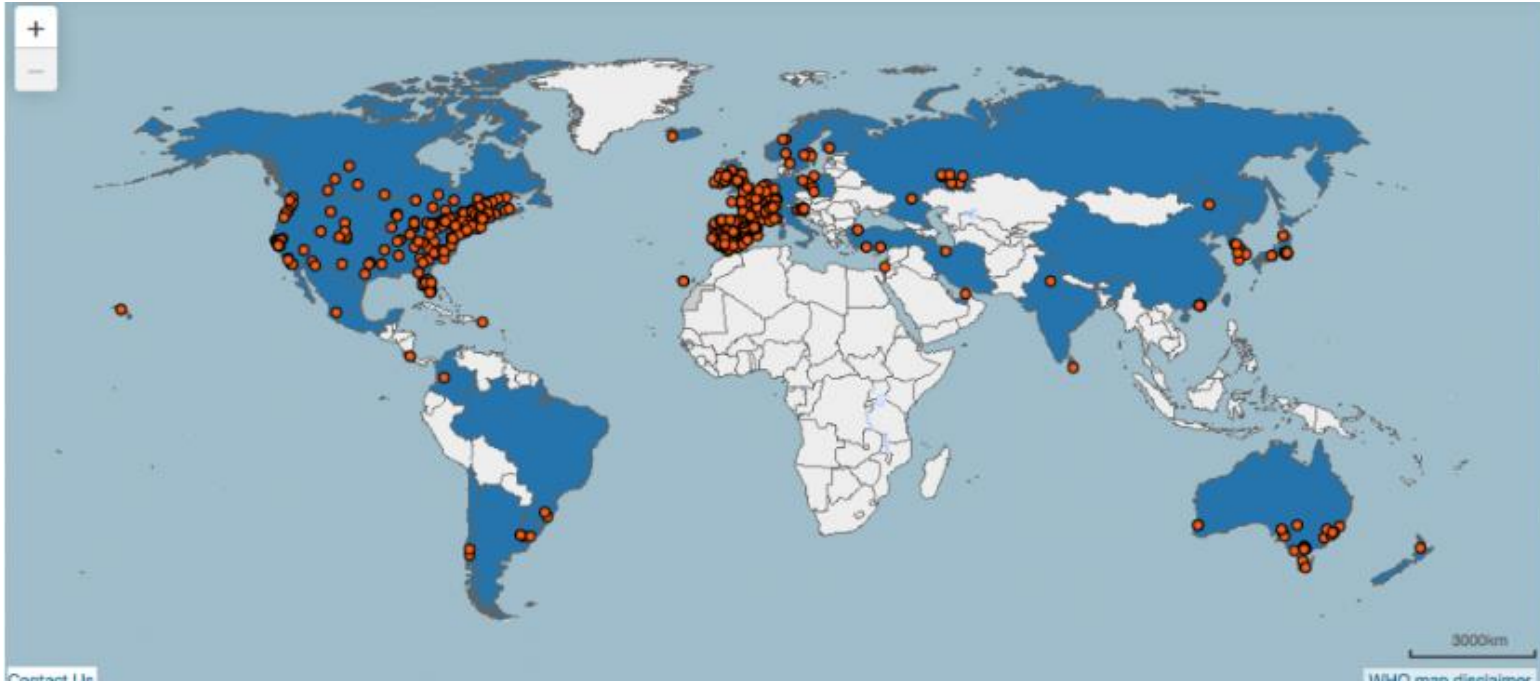


WHO Global Network for Age-friendly Cities & Communities

The **mission** of the GNAFCC is to enable cities and communities around the world to become more age-friendly by:

- **inspiring** change by showing what can be done and how it can be done
- **connecting** cities and communities worldwide to facilitate the exchange of information and experience
- **supporting** cities and communities to find appropriate **innovative and evidence-based solutions**

WHO Global Network for Age-friendly Cities & Communities



- **1000 cities in 42 countries covering 256 million people**

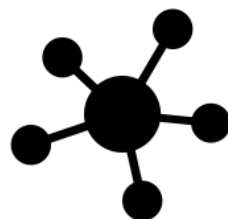
Network Affiliates



WHO Global Network
for Age-friendly Cities
and Communities



Inspire change



Connect cities &
communities



Support in
finding
solutions

Expectations / advantages of Affiliate:

- Concretely contribute to the mission and objectives of the network – 3 year work plan
- Visibility (cities & communities and the affiliate), sharing, exchange, opportunities for collaboration etc.

WHO Age-friendly City Ceremony

WHOエイジフレンドリーシティ
参加承認証明書授与セレモニー



WHO Global Network
for Age-friendly Cities
and Communities



World Health
Organization

ME-BYO Summit Kanagawa
2017 in Hakone
October 29th (Sat) - 31st (Sun)
Yamanote Fujis Hotel



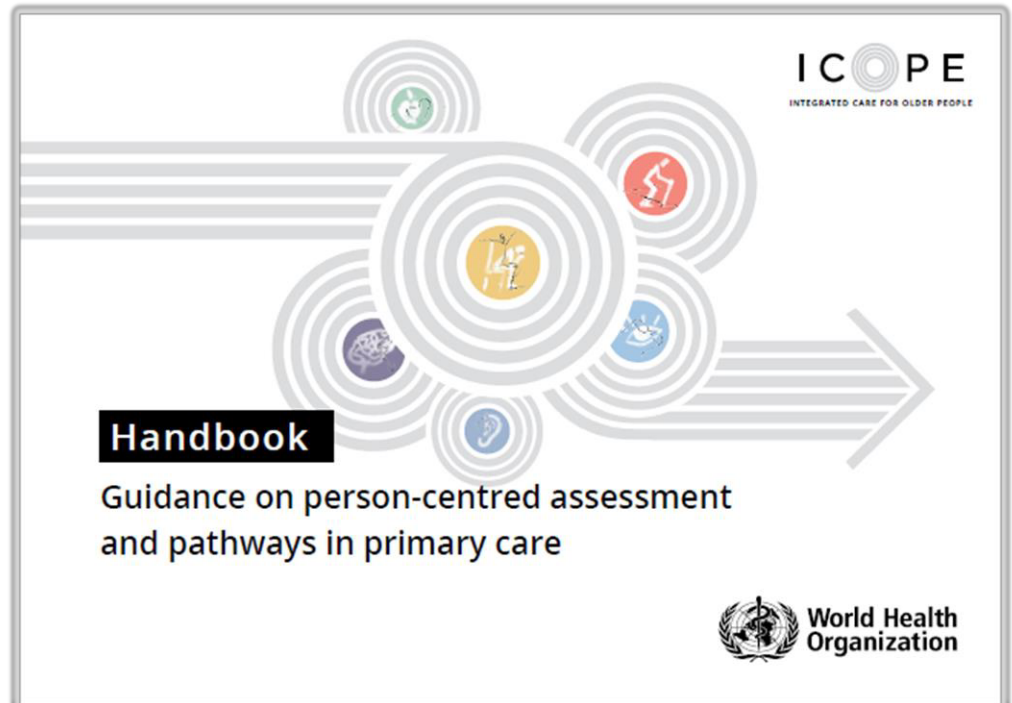
Thank you!

araujodecarvalho@who.int

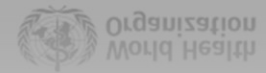


@islene123

#ICOPE



See Guidelines in full:
www.who.int/ageing/health-systems/icope



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