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

WHO ICOPE and Age Friendly Cites

Dr Islene Araujo de Carvalho
Team Lead, Ageing and Health Unit
WHO Division of UHC and Life Course
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
"Healthy Ageing - the process of developing and maintaining the functional ability that enables wellbeing in older age."
WHO defines intrinsic capacity (IC) as the combination of the individual’s level attributes: physical and mental, including psychological, capacities;

Functional Ability (FA) as the combination and interaction of IC with the environment a person inhabits.
What older people value: Domains of Functional Ability

- be mobile
- learn, grow and make decisions
- meet basic needs
- build and maintain relationships
- contribute
Domains of Intrinsic Capacity

- Locomotor
- Vitality
- Psychological
- Cognition
- Vision
- Hearing
Public health framework

ICOPE approach

High and stable capacity

Declining capacity

Significant loss of capacity

Functional ability

Intrinsic capacity
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.
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
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
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
Country Implementation

Vietnam, September

China, October

PMAC, Thailand
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

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 Global Network for Age-friendly Cities and Communities

World Health Organization
Thank you!

araujodecarvalho@who.int

@islene123

#ICOPE

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