As people grow older, their health needs are likely to become more complex and chronic.

Intervening at an early stage of declining capacity is essential because the process of becoming care dependent can be prevented or delayed.

ICOPE addresses priority conditions associated with declines in capacities:

1. MOBILITY LIMITATIONS
2. DEPRESSIVE SYMPTOMS
3. MALNUTRITION
4. VISION LOSS
5. HEARING LOSS
6. COGNITIVE DECLINE

ICOPE is a community-based approach towards person-centred health and social care to optimize the functional ability of older people.

The ICOPE App and handbook assist health and social care workers to:

- Screen older people at risk of care dependency in the community
- Undertake a person-centred assessment of older people's health and social care needs in primary care
- Design a personalized care plan

For more information: https://www.who.int/ageing/health-systems/icope/en/