ADOPT an integrated care approach to older people within the COUNTRY’S NATIONAL HEALTH POLICY

EVALUATE the country’s CAPACITY to deliver integrated care

- identify gaps
- develop a plan
- monitor progress

TRAIN HEALTH and SOCIAL CARE WORKERS about the integrated care approach and interventions to prevent declines in intrinsic capacity and functional abilities

To achieve universal health coverage that is inclusive of older people, a transformation is needed in the way health and social services are designed and provided.

Make NEEDED CHANGES within LOCAL HEALTH SYSTEMS (e.g. essential medicines, health information system and infrastructure)

Develop SUPPORT MECHANISMS WITHIN COMMUNITIES for self-management and caregiver support

ENGAGE COMMUNITIES, FAMILIES AND CARE GIVERS

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

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