

# Handbook

Guidance on person-centred assessment  
and pathways in primary care



World Health  
Organization



# Handbook

Guidance on person-centred assessment  
and pathways in primary care



World Health  
Organization

Integrated care for older people (ICOPE): Guidance for person-centred assessment and pathways in primary care

WHO/FWC/ALC/19.1

© World Health Organization 2019

Some rights reserved. This work is available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>).

Under the terms of this licence, you may copy, redistribute and adapt the work for non-commercial purposes, provided the work is appropriately cited, as indicated below. In any use of this work, there should be no suggestion that WHO endorses any specific organization, products or services. The use of the WHO logo is not permitted. If you adapt the work, then you must license your work under the same or equivalent Creative Commons licence. If you create a translation of this work, you should add the following disclaimer along with the suggested citation: “This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition”.

Any mediation relating to disputes arising under the licence shall be conducted in accordance with the mediation rules of the World Intellectual Property Organization.

**Suggested citation.** Integrated care for older people (ICOPE): Guidance for person-centred assessment and pathways in primary care. Geneva: World Health Organization; 2019 (WHO/FWC/ALC/19.1). Licence: CC BY-NC-SA 3.0 IGO.

**Cataloguing-in-Publication (CIP) data.** CIP data are available at <http://apps.who.int/iris>.

**Sales, rights and licensing.** To purchase WHO publications, see <http://apps.who.int/bookorders>. To submit requests for commercial use and queries on rights and licensing, see <https://www.who.int/publishing/copyright>

**Third-party materials.** If you wish to reuse material from this work that is attributed to a third party, such as tables, figures or images, it is your responsibility to determine whether permission is needed for that reuse and to obtain permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

**General disclaimers.** The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by WHO in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by WHO to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall WHO be liable for damages arising from its use.

Design and layout by Erica Lefstad.

Printed in Switzerland.

## CONTENTS

Acknowledgements	iv
Abbreviations	v
1. Integrated care for older people (ICOPE)	1
2. Optimizing capacities and abilities: towards healthy ageing for all	5
3. Assessing older people's needs and developing a personalized care plan	9
4. Care pathways to manage <b>COGNITIVE DECLINE</b>	19
5. Care pathways to improve <b>MOBILITY</b>	25
6. Care pathways to manage <b>MALNUTRITION</b>	33
7. Care pathways to manage <b>VISUAL IMPAIRMENT</b>	41
8. Care pathways to manage <b>HEARING LOSS</b>	51
9. Care pathways to manage <b>DEPRESSIVE SYMPTOMS</b>	59
10. Care pathways for <b>SOCIAL CARE AND SUPPORT</b>	67
11. Care pathways to <b>SUPPORT THE CAREGIVER</b>	75
12. Develop a personalized care plan	78
13. How health and long-term care systems can support implementation of the WHO ICOPE approach	81
References	86

## ACKNOWLEDGEMENTS

This handbook draws on the work of the many people around the world dedicated to the care and support of older people. Islene Araujo de Carvalho and Yuka Sumi in the World Health Organization (WHO) Department of Ageing and Life Course led the preparation of this handbook. A core group responsible for writing the handbook and developing the pathways included Islene Araujo de Carvalho, John Beard, Yuka Sumi, Andrew Briggs (Curtin University, Australia) and Finbarr Martin (King's College London, United Kingdom). Sarah Johnson and Ward Rinehart of Jura Editorial Services were responsible for writing the final text.

Many other WHO staff from the regional offices and a range of departments contributed both to specific sections relevant to their areas of work and to the development of the care pathways: Shelly Chadha (WHO Department of Management of Noncommunicable Diseases, Disability, Violence and Injury Prevention), Neerja Chowdhary (WHO Department of Mental Health and Substance Abuse), Tarun Dua (WHO Department of Mental Health and Substance Abuse), Maria De Las Nieves Garcia Casal (WHO Department of Nutrition for Health and Development), Zee A Han (WHO Department of Management of Noncommunicable Diseases, Disability, Violence and Injury Prevention), Dena Javadi (WHO Department of Alliance for Health Policy and Systems Research), Silvio Paolo Mariotti (WHO Department of Management of Noncommunicable Diseases, Disability, Violence and Injury Prevention), Alarcos Cieza (WHO Department of Management of Noncommunicable

Diseases, Disability, Violence and Injury Prevention), Alana Margaret Officer (WHO Department of Ageing and Life Course), Juan Pablo Peña-Rosas (WHO Department of Nutrition for Health and Development), Taiwo Adedamola Oyelade (Family and Reproductive Health Unit, WHO Regional Office for Africa), Ramez Mahaini (Reproductive and Maternal Health, WHO Regional Office for the Eastern Mediterranean), Karen Reyes Castro (WHO Department of Management of Noncommunicable Diseases, Disability, Violence and Injury Prevention), Enrique Vega Garcia (Healthy Life Course, Pan American Health Organization/WHO).

The handbook benefited from the rich inputs of a number of experts and academics who also contributed to the writing of specific chapters: Matteo Cesari (Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico, Italy), Jill Keffe (WHO Collaborating Centre for Prevention of Blindness, India), Elsa Dent (The University of Queensland, Australia), Naoki Kondo (University of Tokyo, Japan), Arunee Laiteerapong (Chulalongkorn University, Thailand), Mikel Izquierdo (Universidad Pública de Navarra, Spain), Peter Lloyd-Sherlock (University of East Anglia, United Kingdom), Luis Miguel Gutierrez Robledo (Institutos Nacionales de Salud de México, Mexico), Catherine McMahon (Macquarie University, Australia), Serah Ndegwa (University of Nairobi, Kenya), Hiroshi Ogawa (Niigata University, Japan), Hélène Payette (Université de Sherbrooke, Canada), Ian Philp (University of Stirling, United Kingdom), Leocadio Rodriguez-Mañas (University Hospital of Getafe, Spain), John Starr

(University of Edinburgh, United Kingdom), Kelly Tremblay (University of Washington, United States of America), Michael Valenzuela (University of Sydney, Australia), Bruno Vellas (WHO Collaborating Centre for Frailty, Clinical Research and Geriatric Training, Gérontopôle, Toulouse University Hospital, France), Marjolein Visser (Vrije Universiteit Amsterdam, the Netherlands), Kristina Zdanys (University of Connecticut, United States of America), and the WHO Collaborating Centres for Frailty, Clinical Research and Geriatric Training (Gérontopôle, Toulouse University Hospital, France) and for Public Health Aspects of Musculoskeletal Health and Aging (University of Liège, Belgium).

Australian National Health and Medical Research Council, Global Alliance for Musculoskeletal Health and Chulalongkorn University, Thailand, supported the development of this guidance by providing staff to develop its contents and by organizing the experts' meetings.

We also benefited from the inputs of participants at the annual meeting of WHO Clinical Consortium on Healthy Ageing, December 2018.

The WHO Department Ageing and Life Course acknowledges the financial support of the Government of Japan, the Government of Germany and the Kanagawa Prefectural Government in Japan.

Editing by Green Ink.

## ABBREVIATIONS

ADLs	activities of daily living
BMI	body mass index
CBT	cognitive behavioural therapy
ICOPE	integrated care for older people
MNA	mini nutritional assessment
OSN	oral supplemental nutrition
PTA	pure tone audiometry
SPPB	short physical performance battery
WHO	World Health Organization
★	Denotes that specialized knowledge and skills are needed to provide the care

I C O P E

预览已结束，完整报告链接和二维码如下：

[https://www.yunbaogao.cn/report/index/report?reportId=5\\_25425](https://www.yunbaogao.cn/report/index/report?reportId=5_25425)

