

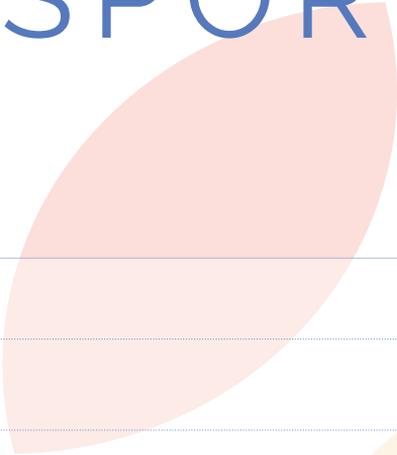


I COPE

PASSPORT



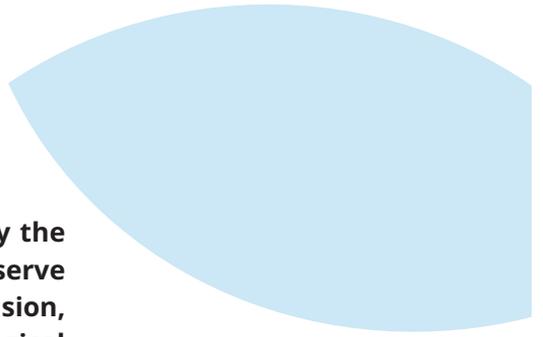
SURNAME



FIRST NAME

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The ICOPE program, recommended by the WHO, invites us to measure and preserve our functions (cognition, mobility, vision, hearing, nutritional and psychological status) so that we can continue doing what matters to us for as long as possible.





What is **ICOPE** ?

ICOPE is a public health program designed to support the well-being of people from **the age of 60**.

The principle is simple:
monitor your main functions every 6 months or every year:



Cognition



Mobility



Nutrition



Hearing



Vision



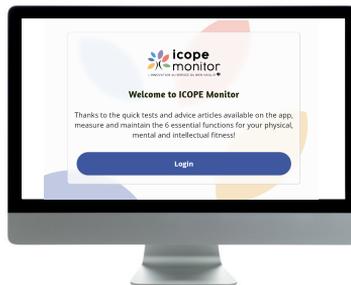
Psychology

The benefit of this program is that it allows **early** intervention, as soon as a decline in a function is observed. This is the stage at which prevention is most effective.

If an abnormality is detected, you should seek advice from your GP, who will decide with you what steps to take next.

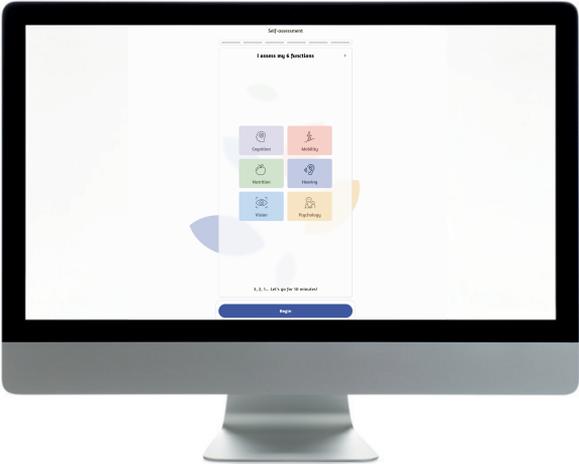
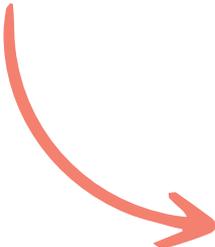
How to perform the self-assessment?

Digital tool for self-assessment



ICOPE web application
www.icopemonitor.com
(with computer or pad)

BEGIN ASSESSMENT



ADVICE SHEETS ON HEALTHY LIVING



Cognition



Mobility



Nutrition



Hearing



Vision



Psychology

Cognition



With age, more and more people complain of memory problems.

Memory problems are often linked to natural ageing of the brain. However, to maintain satisfactory performance, the brain must be regularly stimulated, just like a muscle.

What to do :

- Encourage social contact and activities (reading, board games, crossword puzzles, Sudoku, artistic activities, surfing the internet, etc.) that stimulate the brain
- Encourage the person to stay active, get involved in associations, volunteer, etc
- Exercise
- Sleep well
- Eat a balanced diet

The more you stimulate your brain and challenge it regularly, the better you will maintain your memory!

If your forgetfulness is interfering with your daily life, talk to your doctor.

Cognition

Brain gym

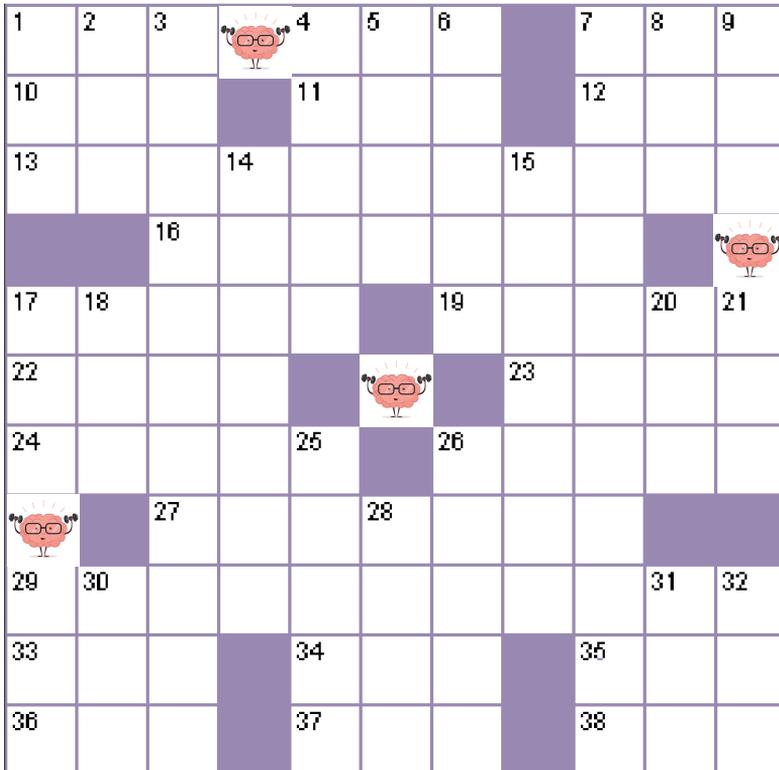


Across

1. Law enforcement agency
4. Geographic illustration
7. Frozen water
10. A male cat
11. Sick
12. Also
13. A cry of grief
16. Evasion
17. Hell
19. Songs for two
22. Relating to the ear
23. Poop
24. The end of life
26. Cautious
27. Sturdier
29. Filling to excess
33. Feel unwell
34. Indian hemp
35. 7th letter in the Greek alphabet
36. Slightly insane
37. South-southeast
38. Timid

Down

1. Faster Than Light
2. Constrictor snake
3. Right away
4. Not plus
5. Anagram of "Salt"
6. Tartan
7. Trip schedules
8. Murmur lovingly
9. Long period of time
14. Voter
15. Made physical contact
17. A box for bricks
18. Consumed food
20. Asphalt
21. Secret agent
25. Heavyweights
26. Rub
28. Departs
29. Buffoon
30. Contend
31. The utmost degree
32. Slang for homosexual



Nutrition



Appetite tends to decrease with age. Contrary to common belief, nutritional needs remain the same, and protein requirements are even higher.

Insufficient protein intake can lead to muscle wasting and, in the long term, malnutrition. The body weakens, leading to a decrease in physical capacity and a decline in immune defences. However, at any age, diet is key to staying healthy and maintaining independence. Maintaining appetite also requires good oral health and regular physical activity.

To maintain good nutrition:

- Eat complete and balanced meals. Vary your diet as much as possible, eating everything in reasonable quantities.
- **3 to 4 meals** a day are recommended to meet your nutritional needs: breakfast, lunch, dinner and, if necessary, a snack.
- **Monitor your weight once a month:** it is not normal to lose weight as you get older. Has your weight fluctuated by more than 2 to 3 kg? Tell your doctor and check your weight more often.
- Drink! It is recommended that you drink **1 to 1.5 litres of water** per day. Drink throughout the day without waiting until you are thirsty.
- Visit the dentist **once a year**

A sufficient protein intake and regular physical activity help maintain muscle mass, combat fatigue and preserve a good quality of life.

Nutrition



How many times per day?

Guess the recommended quantities for each food group.



FRUITS AND VEGETABLES

Raw and cooked vegetables, fresh or canned, in soup or frozen...



NUTS

Walnuts, hazelnuts, almonds, pistachios... unsalted



STARCHY FOODS

Bread, pasta, rice, couscous...**choose whole foods when possible**



LEGUMES (PULSES)

Dried beans, lentils, chickpeas, split peas, ...



MEAT, FISH AND EGGS

Alternate the sources : white meat, red meat, fish, seafood, and eggs.



MILK AND DAIRY PRODUCTS

Milk, yogurts, cottage cheese, "petits suisses," and cheeses.

ANSWERS (IN ORDER)

- 1 At least **5 servings per day**
- 2 **A small handful per day**
- 3 **At each meal**

- 4 At least **twice a week**
- 5 At least **once a day**
- 6 **2 to 3 servings** per day

Vision

Regular monitoring of vision and eyes is essential

after the age of 65.

- To correct vision.
- To detect and treat age-related vision disorders (cataracts, AMD, glaucoma) and eyelid disorders as early as possible.
- To detect and treat eye complications associated with diseases (diabetes, high blood pressure, etc.) and complications related to certain medications.

Good vision means being able to continue reading, driving, admiring things and being independent.

Make an appointment to see an ophthalmologist every year.



Hearing



Hearing naturally declines throughout life: this is termed medically as presbycusis, comparable to presbyopia in vision.

Some people experience hearing loss earlier and more rapidly than others.

Presbycusis develops slowly and gradually, so the decline in your ability to hear may go unnoticed.

→ **You can consult your GP and/or an ENT specialist to have a hearing test as soon as you experience hearing difficulties:**

- Difficulty hearing during group conversations, meetings, at restaurants, or in noisy environments.
- Poor understanding of conversations on TV, need to increase the volume on your audio devices.

→ **There is a proven link between hearing and cognitive decline: taking care of your hearing also means taking care of your brain! Hearing properly means being able to communicate and maintain social connections.**

→ **You can download the WHO HEAR for free on your smartphone or tablet to regularly test your hearing.**

Psychology



With time and age come life's trials: the loss of loved ones, a pet, a gradual loss of independence, a change of living environment, a disruption of habits...These events can contribute to the onset of signs of depression

However, sadness is no more normal in an elderly person than in anyone else!

What to do :

- A healthy lifestyle is essential.
 - Engage in physical activity.
 - Maintaining social and/or family ties.
 - Eat a sufficient and balanced diet.
 - Maintain good sleep habits.
 - Participate in group activities.
- If you are feeling **sad, depressed or hopeless**, do not hesitate to talk about it. Ask your loved ones or your doctor for help.

Mobility



Staying active is essential for maintaining good health. It is widely recognised that regular physical exercise helps prevent many diseases and improves well-being.

What to do :

- Walk for **30 minutes** every day.
- **Move as much as possible** every day; all physical activity counts: take the stairs, do gardening, complete household and daily tasks, ride a bike...
- With age, muscle mass decreases and so does strength, which increases the risk of falls.
- Physical activity helps prevent falls.

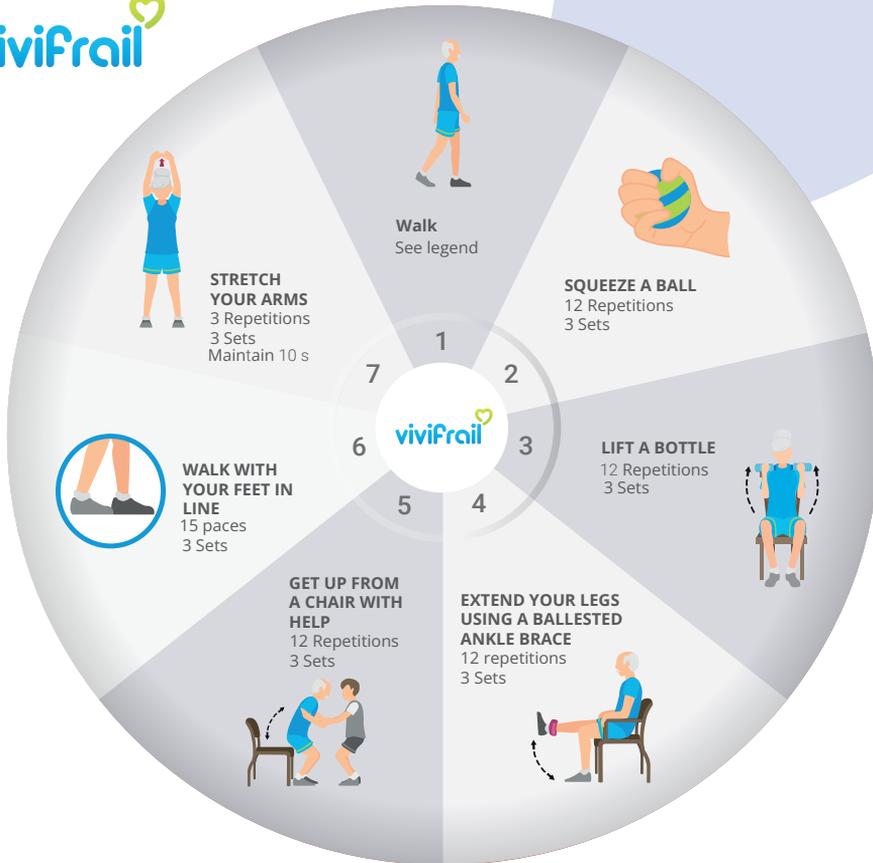
It is never too late to start exercising! Provided you find the right activity for you and build up gradually.

Please feel free to enquire at your pension fund, senior citizens' clubs, associations and town halls, which often offer themed workshops.

Which Adapted Physical Activity?



Vivifrail tools available
 (<https://vivifrail.com/resources/>)



Endurance



Strength



Flexibility



Balance



Personal/ Information notes

IDENTITY

Surname :

.....

First name:

.....

Birth date :

.....

Adress:

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Email :

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Phone :

.....

Mobile phone :

.....

Mutuelle :

.....

Personal notes

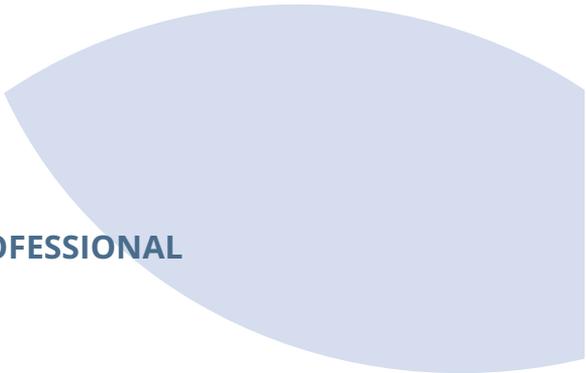
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Contacts



REFERENT HEALTH CARE PROFESSIONAL

Name of GP:

Phone : _____

Email : _____

Name of health care professional :

Profession : _____

Phone : _____

Email : _____

Name of health care professional :

Profession : _____

Phone : _____

Email : _____

EMERGENCY CONTACT

Name : _____

Relationship : _____

Phone : _____

Name : _____

Relationship : _____

Phone : _____



Medical history, treatments and vaccinations

Hight : cm

Weight : kg

BMI : kg/m²

Medical history

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.....
.....

Allergies

.....
.....
.....

Surgery history

.....
.....
.....

Medical treatments

.....
.....
.....

VACCINATIONS

Tetanus vaccine date :

Flu vaccine date :

Pneumococcal vaccine date :

Date of booster: / /

COVID

Date of booster: / /

Autres vaccins :

Date du rappel : / /

MY APPOINTMENTS

Date	Spécialist	Name	Location	Phone

**But also don't forget: once a year
(e.g., Cardiologist, Ophthalmologist, ENT specialist)..**

Date	Spécialist	Name	Location	Phone



Results initial step 1 and follow-up

Results

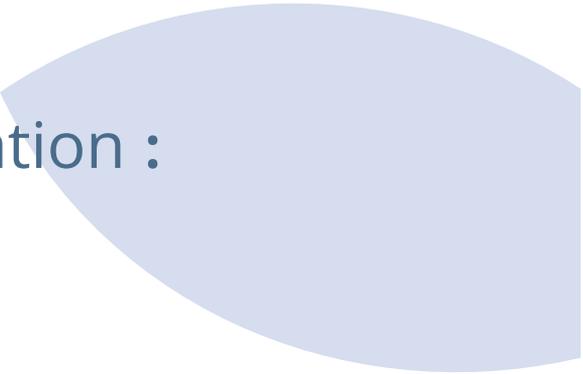
	Date	Date	Date
Cognition	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment
Nutrition	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment
Vision	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment
Hearing	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment
Psychology	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment
Mobility	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment	<input type="checkbox"/> Normal <input type="checkbox"/> Recommended in-depth assessment

Propositions

	Date
In depth assessment	



In depth evaluation : Care plan



Proposed care plan

Cognition

- Lifestyle advice
- Cognitive stimulation
- Specialist consultations (Memory, Neurology, Vascular risk factors, Geriatrics...)
- Support for caregivers (Therapeutic education,)
- Other

Nutrition

- General advice and weight monitoring: :
- Simple follow-up (enriched and/or divided meals, meal delivery....)
- Specialized follow-up (oral nutritional supplements, dentist...)
- Physical activity
- Other

Vision

- General advice and monitoring
- Specialized follow-up (Ophthalmologist, Orthoptist, Optician...)
- Home adjustments
- Other

Hearing

- General advice and monitoring
- Specialized follow-up (ENT, Hearing aid specialist...)
- Informing family/friends about communication strategies
- Social recommendations (breaking isolation)
- Other



In depth evaluation : Care plan

Proposed care plan

Psychology

- General advice: strengthen social connections, ...
- Alternatives to medication (psychotherapy, sophrology, mindfulness, relaxation, physical activity...)
- Specialized follow-up (psychiatrist...)
- Other

Mobility

- Advice, recommendations.....
- Multimodal exercises independently
- Multimodal exercises with supervision
- Physiotherapy (exercises and guidance on assistive devices)
- Occupational therapy (home modifications, ...)
- Specialist consultations (rheumatology, neurology...)
- Other

Social

- General advice
- Suggestions for sports, leisure, or volunteer activities
- Information on available support services
- Offer of home assistance
- Offer of technological aids
- Referral to a social worker
- Referral to support associations
- Proposals for protective measures
- Housing alternatives
- Other

Motivational interviewing:

1

Recommandation

Objective(s) :

.....
.....

Follow-up :

.....
.....

2

Recommandation

Objective(s) :

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Follow-up :

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3

Recommandation

Objective(s) :

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Follow-up :

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.....

4

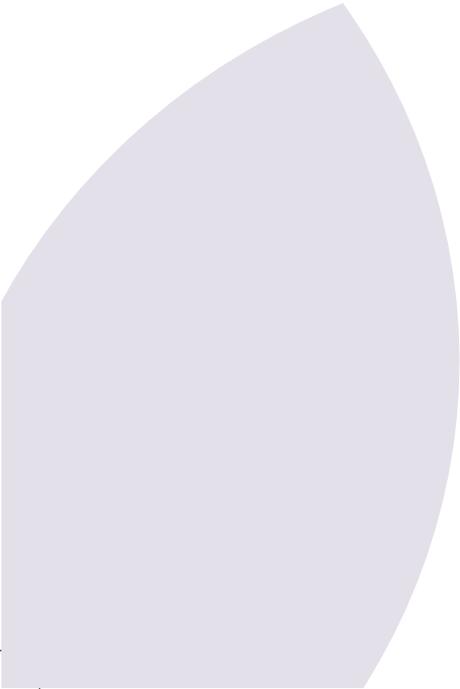
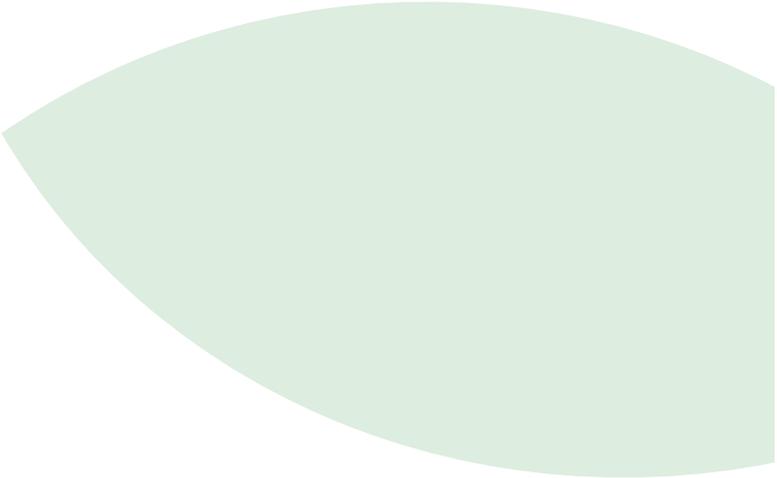
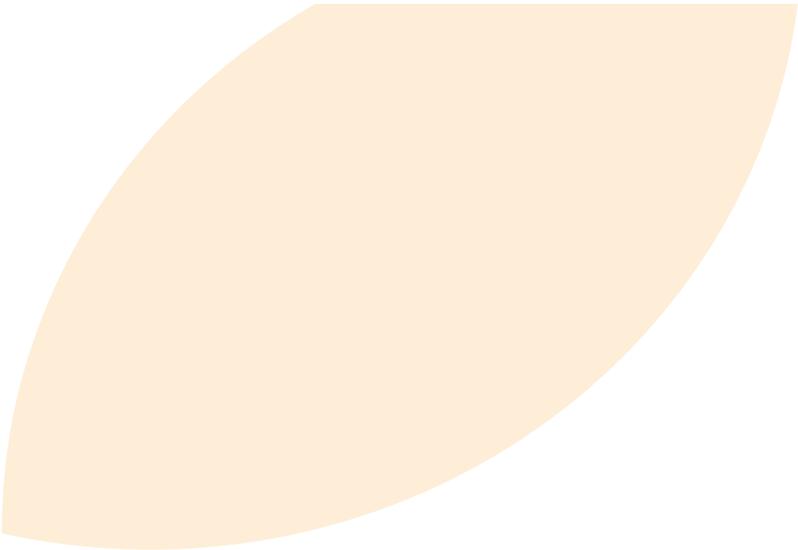
Recommandation

Objective(s) :

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Follow-up :

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I C O P E
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