



# I COPE

# PASSPORT



SURNAME



FIRST NAME

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**The ICOPE program, recommended by the WHO, invites us to measure and preserve our domains (cognition, mobility, vision, hearing, nutritional, psychological status, support carriers, social care and support, and urinary continence) 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**



**Nutrition**



**Vision**



**Hearing**



**Psychology**



**Support carers**



**Social care and support**



**Urinary continence**



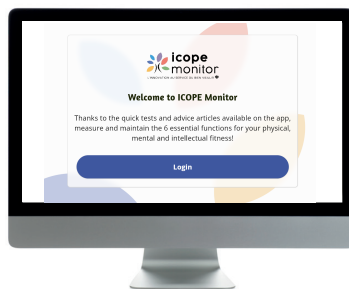
**Mobility**

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.

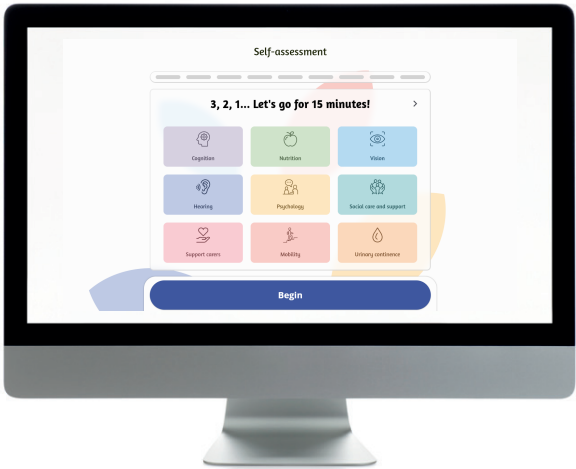
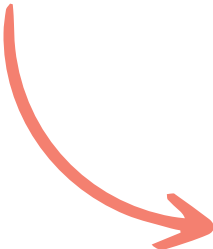
# How to perform the self-assessment?

## Digital tool for self-assessment



ICOPE web application  
[www.icopemonitor.com](http://www.icopemonitor.com)  
(with computer or pad)

# BEGIN ASSESSMENT



# ADVICE SHEETS ON HEALTHY LIVING



Cognition



Nutrition



Vision



Hearing



Psychology



Support carers



Social care and support



Mobility



Urinary continence

# 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

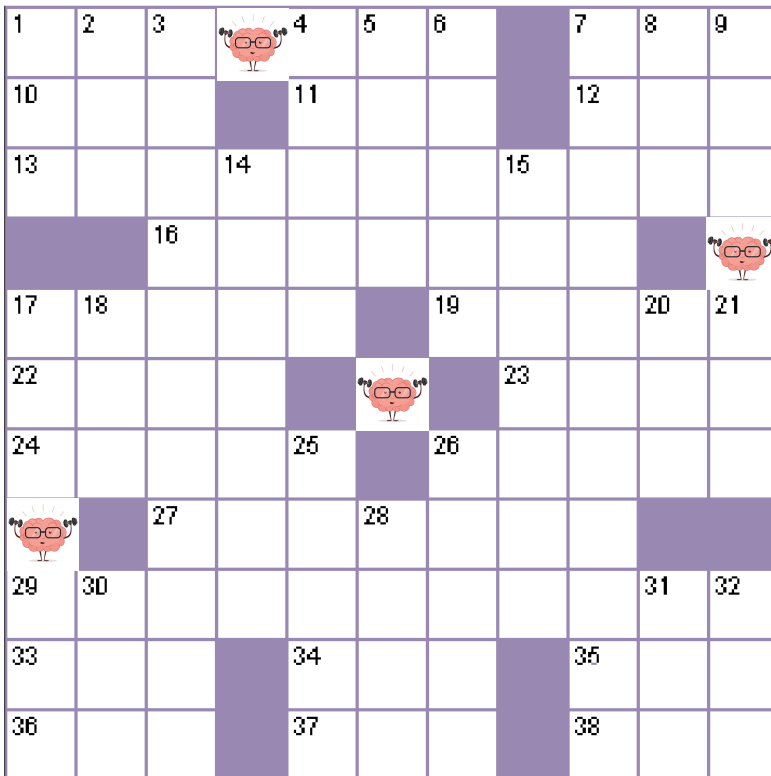


### Across

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.

# Social care and support



**Break isolation.** At all stages of life, maintaining social relationships is essential to prevent isolation, which is a factor in the loss of independence. Preserving a social life in retirement helps maintain health and social interactions, allowing people to age well and stay connected with others.

## What to do :

- Visit **friends**
- Go for walks
- **Take part** in group activities, cultural activities, or participatory workshops
- Use **digital tools**
- Get involved in **community or civic life**, discover volunteering
- Register at the municipal library
- Go on vacation

# Social care and support



**Adapt and maintain your home.** To feel comfortable in your home, it is essential to adapt and maintain it in order to ensure comfort, safety, and quality of life. A well-adapted and properly equipped home helps preserve independence!

## What to do :

- **Secure** the living environment :
  - **Adapt** the interior of the home: install grab bars, lighted pathways, review flooring materials, remove rugs, etc.
  - **Clear** passageways of clutter.
  - **Improve** electrical installations and lighting.
  - **Optimize** storage spaces.
  
- **Maintain** outdoor areas.
  
- **Air out** the home regularly.
  
- Change bed sheets **regularly**.
  
- Continue routine household maintenance **according to your abilities** (doing the dishes, sweeping, washing floors, taking out the trash, etc.).
  
- If you experience financial difficulties, contact the social services of your municipality.

# Support carrers



The role of caregivers is essential in supporting and maintaining independence at home. Caregivers themselves may also need help, to be listened to, informed, and advised.

## What to do :

- **Talk, share, and get informed** about the caregiver's role.
- Take time **for yourself**: allow yourself breaks, do activities on your own, rest, etc.
- **Assess and monitor** the nine essential domains to stay healthy: mobility, memory, nutrition, mood, hearing, vision, social care and support, support carrers and continence urinary.
- **Rely** on a network of professional support.
- **Rely** on caregiver support associations.
- Take a vacation.

# 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.

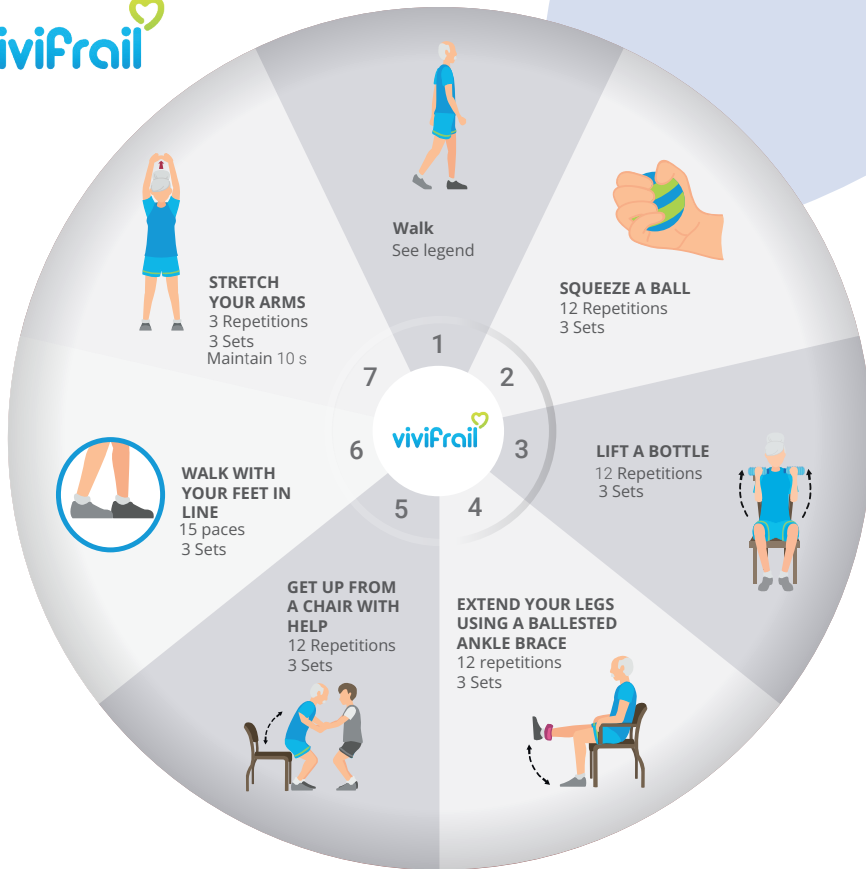
It is never too late to start exercising! Provided you find the right activity for you and build up gradually.

**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

# Urinary continence



People suffering from urinary incontinence often tend to reduce their fluid intake. However, drinking less is a mistake that should be avoided (as it increases the risk of urinary tract infections)

## What to do:

- Make sure to **drink enough** (between 1.5 and 2 liters, depending on the person) and spread your fluid intake throughout the day.
- To avoid getting up at night, it is best to **reduce drinks 2 hours before bedtime**. Be aware that soups and broths also provide a significant amount of fluids.
- Choose **regular physical activity**.
- **Fight constipation**: fruits and vegetables rich in fiber such as cabbage, leeks, figs, prunes, raspberries, and currants stimulate intestinal transit and increase stool volume.
- **Moderate** the consumption of coffee, tea, alcohol, and tobacco. Caffeine and theine increase the amount of urine produced and may promote urinary leakage in people at risk (bladder instability).



# Personal/ Information notes

## IDENTITY

Surname :

.....

First name:

.....

Birth date :

.....

Adress:

.....

Email :

.....

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/m<sup>2</sup>

## Medical history

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

## 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
<b>Cognition</b>	<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
<b>Nutrition</b>	<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
<b>Vision</b>	<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
<b>Hearing</b>	<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
<b>Psychology</b>	<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
<b>Mobility</b>	<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
<b>In depth assessment</b>	



# 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 Recommendation

Objective(s) :

.....  
.....

Follow-up :

.....  
.....

### 2 Recommendation

Objective(s) :

.....  
.....

Follow-up :

.....  
.....

### 3 Recommendation

Objective(s) :

.....  
.....

Follow-up :

.....  
.....

### 4 Recommendation

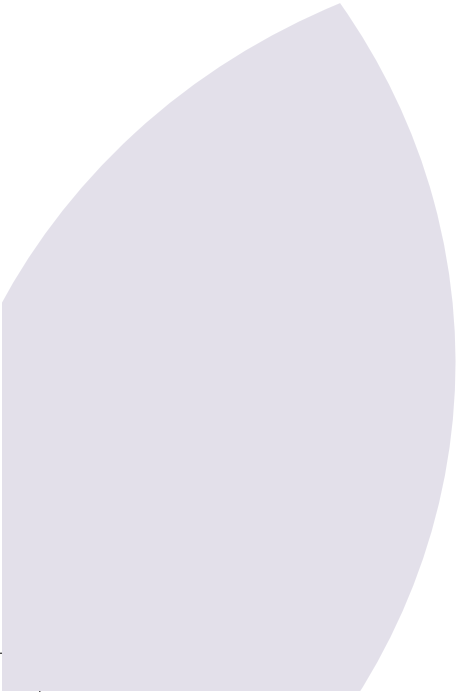
Objective(s) :

.....  
.....

Follow-up :

.....  
.....





**I C O P E**  
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