Implementation of the ICOPE Program in France

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GEROSCIENCE & PREVENTION

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Implementation of the ICOPE program in France

- **2019: Implementation of ICOPE started in Occitanie region**
  - Led by IHU HealthAge (WHO Collaborating Centre) with the support of Occitanie Regional Health Agency
- **2022-2025: Implementation of ICOPE at the national level**
  - Led by the Ministry of Health in the framework of an ICOPE National Experimentation
  - More than 300 teams in France have developed ICOPE program in their territory
- **2026: Official nationwide rollout of the ICOPE program in France by the government**

  → **Reach two million people screened by 2027**

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Implementation strategy of the ICOPE program in France: 4 Pilars

1. ICOPE Monitor digital tools
2. Training of professionals
3. Communication
4. Partnerships

1 ICOPE Monitor digital tools

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Step1 digital tools

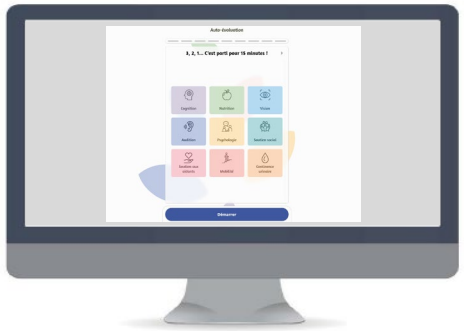
ICOPE Monitor App.

Télécharger dans l'App Store

DISPONIBLE SUR Google Play

Automatic and secure data transmission

ICOPE Monitor web page



https://www.icopemonitor.fr/

ICOPE Monitor Digital Record System

Accessible only to healthcare professionals

https://icope.chu-toulouse.fr/

ICOPE Monitor digital tools are widely used in France and recommended by the French Ministry of Health

1 ICOPE Remote Monitoring Teams

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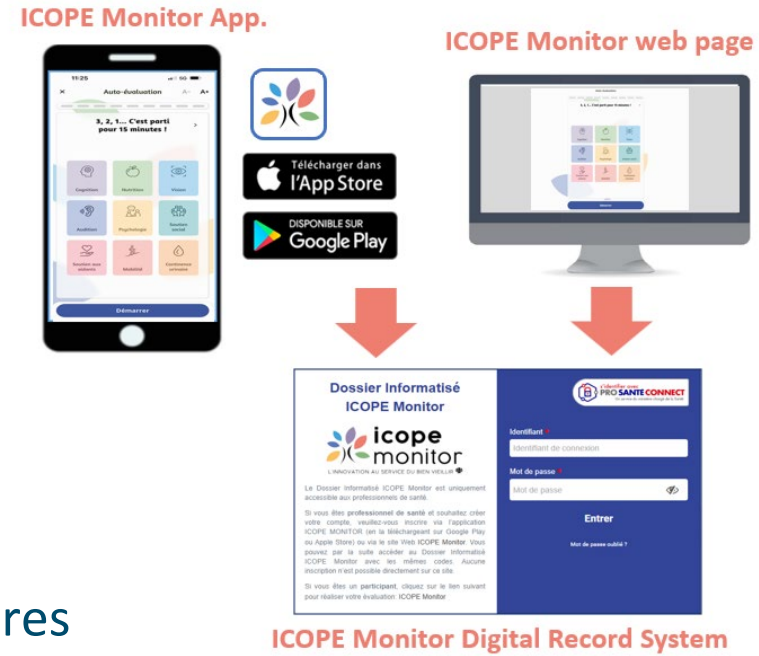
ICOPE Remote Monitoring Teams

- **ICOPE Remote Monitoring Teams to complement the ICOPE Model**
  - Composition: nurses, geriatrician, secretary
  - Target: participants who complete Step 1 through self-assessment
  - Mission: guide participants towards the appropriate healthcare professionals or services based on their results
- **The first ICOPE Remote Monitoring Team for entire Occitanie region was established in 2020 within IHU HealthAge**
- **Since 2020, 44 additional teams have been established in different regions across France**
  - AURA, PACA, Nouvelle-Aquitaine, Pays de la Loire, Bretagne, Normandy, Île-de-France, Grand Est
  - Geographical area: local territory or department

1 ICOPE Monitor Digital Record System: features

- General Data Protection Regulation (GDPR) compliance
- Data on the 6 essential functions of intrinsic capacity and 3 key factors
- Data from all steps of the ICOPE pathway, from step 1 to step 4
- Coordination of the ICOPE care pathway
- Measuring the impact of communication campaigns or interventions
- Interoperability between ICOPE Monitor and other professional softwares
- Additional self-assessment questions for seniors to facilitate the work of professionals
- Research



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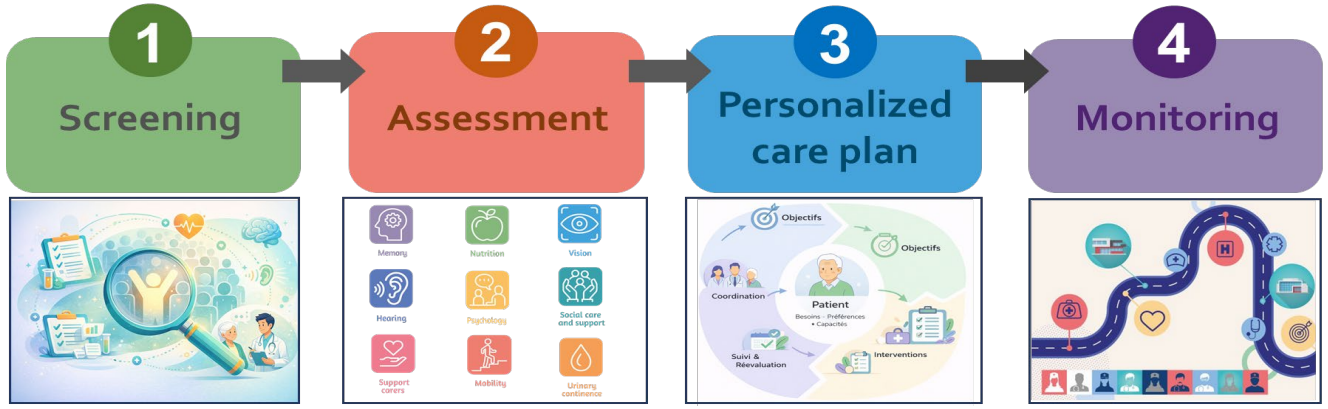
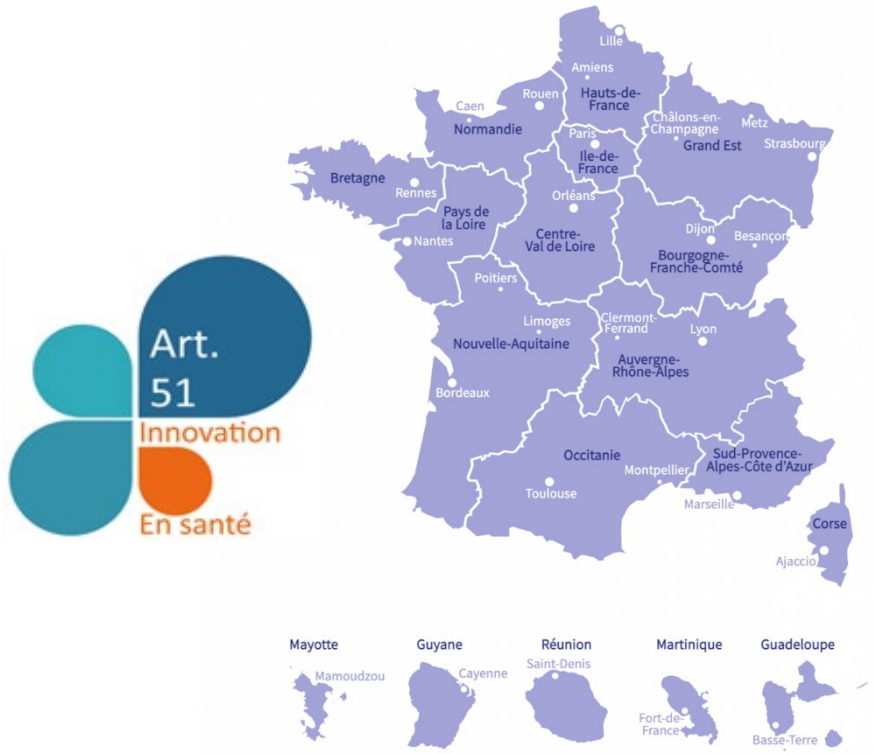


2 Training in the ICOPE program for professionals

E-learning platform: https://icope-formation.com/

10 001 professionals trained in Step1 of ICOPE in France as of 06/30/2026



- 4 460 nurses
- 1 666 Physiotherapists
- 714 pharmacists/pharmacy technicians
- 625 doctors
- 256 Occupational therapists
- 208 dieticians

Découvrez comment permettre aux seniors de préserver leur santé et leur autonomie à travers le programme Icope

L'aspects innovants de ce dispositif est **triple** :

Rendre les seniors acteurs de leur santé en les incitant à l'auto-surveillance de leurs fonctions.

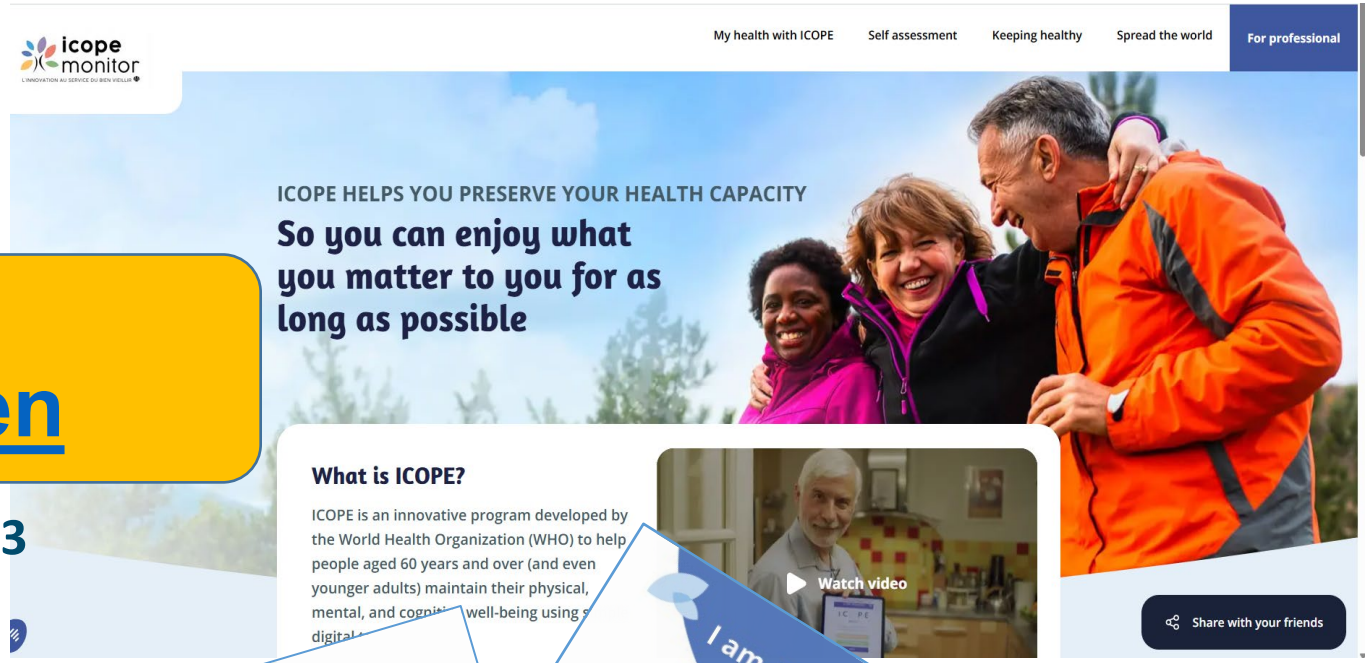
Utiliser les nouvelles technologies pour l'évaluation et le suivi de leurs fonctions.

Changer les habitudes en proposant une prise de soin basée sur le statut fonctionnel et non sur la pathologie d'organe.

3 Communication

ICOPE Website :
https://www.icope.fr/en

- **ICOPE website: 699 000 views since 12/12/2023**
  - ICOPE Flyer, poster et passeport
  - Senior testimony for ICOPE MONITOR app : here
  - ICOPE Advertising spot https://youtu.be/qY1pd7LMSE8
  - Tutorial for ICOPE Monitor tools : here
- **Facebook page "My health with ICOPE": 201 posts since January 2024**
- **ICOPE webinars for seniors**
- **LinkedIn page (3500 followers) for professionals**



4 Partnerships

- CNAV (National Old Age Insurance Fund)
- French Mutuality
- Departmental Councils
- Health Examination Centers of public Health Insurance
- Civic services
- Information and Prevention Center (CEDIP) – Agirc-Arrco
- Municipalities
- Sport Health Homes

- Occitanie Health Regional Agency
- Retirement and occupational health insurance fund (CARSAT)
- Agricultural social mutuality (MSA)
- Federation of Health Homes in Occitanie (FECOP)
- Occitanie Territorial Professional Health Communities Counter
- Regional Orders and Unions of Health Professionals(URPS)
- Social landlords
- The post office: Health Autonomy Service

Close work with 49 Territorial Professional Health Communities (CPTS) and 11 multi-professional health homes (MSP) in the Occitanie region with monitoring of indicators

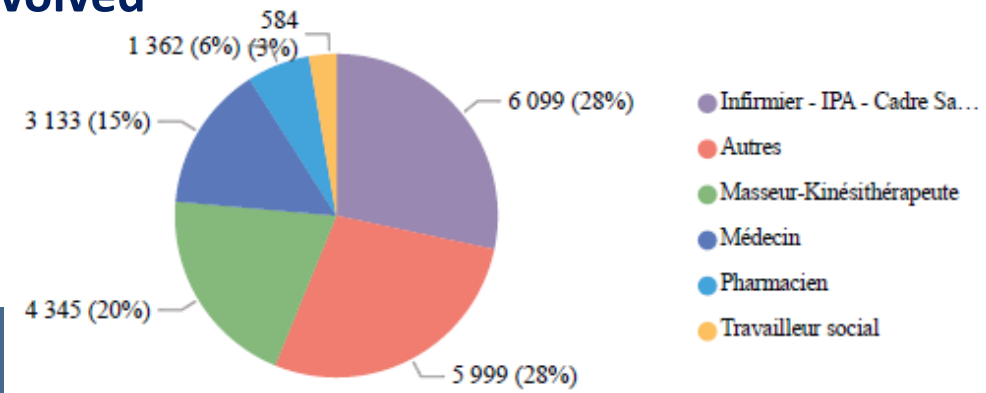
Implementation of the ICOPE program in France: Some results

Data extracted from the ICOPE MONITOR Database

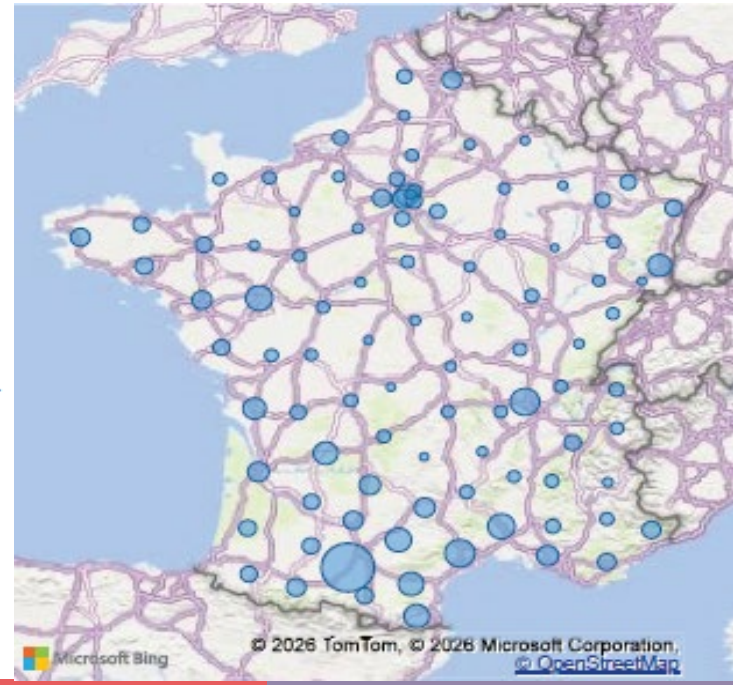
ICOPE implementation in France as of September 2, 2026 (ICOPE Monitor data)

- **153,408 participants enrolled in the ICOPE program**
- **235,419 Step 1 assessments, including 101,995 (43%) via self-assessment**
- **17,793 Step 2 assessments and 5,534 Step 3 assessments**
- Mean age: 71.6 years ± 10.3; 61.5% female
- 84.2% had at least one alert at Step 1
- Most affected domains: hearing (41.6%), cognition (40.5%)

- **21,978 professionals involved**



Region_Part	Nb participants	% participants
Occitanie	72 703	37,9 %
Nouvelle-Aquitaine	22 015	11,5 %
Auvergne-Rhône-Alpes	15 995	8,3 %
Ile-de-France	15 812	8,2 %
Grand-Est	11 303	5,9 %
Pays-de-la-Loire	11 187	5,8 %
Provence-Alpes-Côte-d'Azur	10 249	5,3 %
Bretagne	8 073	4,2 %
Hauts-de-France	5 550	2,9 %
Inconnu	5 494	2,9 %
Bourgogne-Franche-Comté	4 423	2,3 %
Normandie	3 761	2,0 %
Centre-Val-de-Loire	3 007	1,6 %
DOM-TOM	1 825	1,0 %
Corse	373	0,2 %
Etranger	74	0,0 %
	1	0,0 %
Total	**191 845**	**100,0 %**



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Scientific publications on ICOPE

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- Berbon C, Rolland Y, Takeda C, et al. WHO ICOPE Programme Adherence of 8672 Older Age People Over 2-Years of Follow-Up. Journal of Advanced Nursing. n/a(n/a). doi:10.1111/jan.16740
- Berbon C, Takeda C, Balardy L, et al. Implementing the WHO ICOPE program in clinical practice: three years of lessons from monitoring 27,082 participants using the ICOPE Monitor digital tool. The Journals of Gerontology: Series A. Published online November 16, 2024:glae278. doi:10.1093/gerona/glae278
- Giudici KV, de Souto Barreto P, Guyonnet S, et al. Predictive Capacity of the Integrated Care for Older People Screening Tool for Intrinsic Capacity Impairments: Results From the INSPIRE-T Cohort. J Gerontol A Biol Sci Med Sci. 2024;79(7):glae112. doi:10.1093/gerona/glae112
- de Souto Barreto P, Gonzalez-Bautista E, Bischoff-Ferrari HA, et al. Real-life intrinsic capacity screening data from the ICOPE-Care program. Nat Aging. 2024;4(9):1279-1289. doi:10.1038/s43587-024-00684-2
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- Takeda C, Guyonnet S, Sumi Y, Vellas B, Araujo de Carvalho I. Integrated Care for Older People and the Implementation in the INSPIRE Care Cohort. J Prev Alzheimers Dis. 2020;7(2):70-74. doi:10.14283/jpad.2020.8

Thank you

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