WHO ICOPE IMPLEMENTATION WEBINAR SERIES · SESSION 1 OF 6

Implementing the WHO ICOPE Programme

National Scale-up, Rural Deployment and Age-Friendly Communities — a bilingual (FR/EN) session hosted by IHU HealthAge

ICOPE Program - Deployment within the Regional Professional Health Community (RPHC) of Alaric

CPTS Alaric

OCCITANIE
Équipe régionale vieillissement et prévention de la dépendance
ars Occitanie
CHU TOULOUSE | GÉRONTOPÔLE

icope monitor
L'INNOVATION AU SERVICE DU BIEN VIEILLIR

ars Agence Régionale de Santé Occitanie

Alaric RPHC territory

- 50 municipalities
- ≈ 48,846 residents (27.5% > 65 years)
- > 300 health care providers (HCPs)
- > 150 members
- Difficult ++ access to a general practioner (GP) (only 32 GPs for the entire territory)

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Why did the CPTS decide to implement ICOPE?

1

Access to healthcare

Facilitating Access to a GP
Organization of Unplanned Care

2

Organization of Coordinated Programs

Cancer Program
Diabetes Program
Aging Program

3

Prevention actions

Cancer Prevention
Pediatric Overweight / Obesity Prevention
Mental Health Prevention

4

Response to Serious Public Health Crises

5

Support for HCPs

Orientation for Residents (medicine students)
Support for Healthcare Providers

Start of the program : frailty screening - ICOPE

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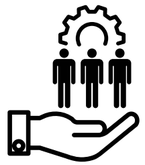
Strategy of deployment of program 2023 -2025

Territorial Facilitator Hiring

Funding from the Occitanie Regional Health Agency for the position of Territorial Facilitator — Hiring of Evelyne Garcia, a private practice nurse, in March 2023

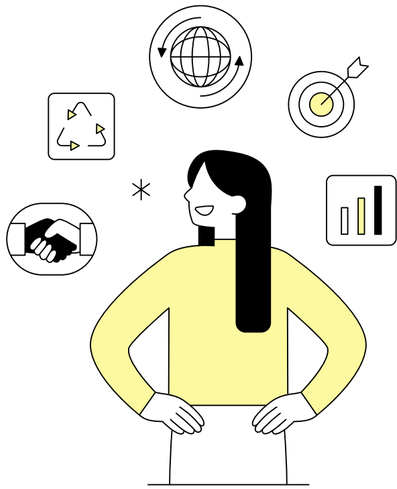


Presentation ICOPE

Presentation of the program to healthcare professionals (emails, letters, meetings, phone calls), followed by partners (municipalities, Municipal Social Action Center, Senior Center, etc.)

STEP Support 1

Support for the implementation of STEP1 in local areas, database management...



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Strategy of deployment of program 2023 -2025

Partnerships

Establishing partnerships in the territory to offer regular permanence with STEP 1 & 2 screenings by appointment .

Actions

In addition to the drop-in prevention and screening sessions for seniors (in Lézignan and Lagrasse), ICOPE days were held in the following municipalities : Peyriac Minervois , Rieux Minervois , Castelnau d'Aude , Cruscades , Luc-sur-Orbieu , Ferrals Coribières , Saint Couat d'Aude , Conilhac , Montbrun Corbières , Camplong d'Aude

To go further

Development of memory and mobility workshops, with speech-language pathologists, a psychologist, and a psychomotor therapist . Patient recruitment via ICOPE STEP 2.

A closer look at how the prevention days unfold

- A total of 4 days in this format since 2024.
- This is popular with HCPs and patients (especially at the hearing and vision booths).
- It allows for a comprehensive checkup without an appointment.
- A friendly, social experience shared among patients (waiting area with drinks and pastries).

The partnerships

ESPACE SENIORS

2023 : 8 drop-in prevention and screening sessions
2024 : 14 drop-in prevention and screening sessions
2025 : 10 drop-in prevention and screening sessions
=> By the end of 2025, a shift toward a "go towards" approach (visits to municipalities to connect town halls with senior centers)

MUNICIPAL SOCIAL ACTION CENTER (TRÈBES)

2023: 1 group session
2024: 21 drop-in prevention and screening sessions
2025: 18 drop-in prevention and screening sessions

Trèbes.

AGIRC ARRCO (PRIVATE PENSION FUND)

Participation to prevention days for seniors & approach to "go towards" with the *Agirc Arrco* bus in Trèbes

RETRAITE COMPLEMENTAIRE agirc-arrco

CARSAT (NATIONAL PENSION FUND) & AUDE HABITAT (AFFORDABLE HOUSING ORGANIZATION)

Group session in November 2025 at Pépieux (office hours will then be proposed).

Carsat Retraite & Santé au travail Languedoc-Roussillon

Habitat Audois

A few data figures

T0 - Depuis 1er janvier 2022								
Date (DD/MM/YYYY)	Number of HCP trained in Step 1	Number of HCP trained in Step 2	Number of HCP registered on ICOPE Monitor	Number of contracted HCP's	Number of seniors included	Number of step 1 completed by a HCP	Number of step 1 completed through self-assessment	Number of step 2
31/12/2022	0	0	12	2	4	1	4	0
31/03/2023	10	1	19	6	20	16	7	1
30/06/2023	13	1	26	12	100	94	8	3
30/09/2023	16	2	26	14	294	287	15	13
31/12/2023	18	3	33	15	362	371	27	66
31/03/2024	23	8	36	17	458	509	40	150
30/06/2024	34	12	47	24	544	613	51	218
30/09/2024	35	12	48	25	570	666	56	260
31/12/2024	35	12	48	25	620	721	65	292
30/06/2025	38	17	53	28	749	883	90	410
31/12/2025	43	21	59	28	842	974	116	459

Feedback from the HCPs & Seniors in the territory

- Good involvement of the HCP: notably GP, private practice nurses, registered dietitians, Speech-language pathologist (SLP)
- Positive feedback from GP, who would like access to the assessment reports so they can implement the personalized support program (PSP).
- Seniors are delighted to have dedicated time to discuss matters with HCPs (they prefer to complete Step 1 with HCPs rather than on their own, through a self-assessment).

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And what comes next after the ICOPE trial?

- Drop -in prevention and screening sessions will continue throughout 2026, along with outreach initiatives across the region to offer STEP 1 and 2 screening appointments.
- Two health prevention days for seniors are also being offered.
- A series of eight “memory and mobility” workshops is being organized for 12 seniors who have been identified as frail.

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Thank you for your attention

Contact: coordination@cpts -alaric.org