

# Recommendations Booklet


I C  P E  
Q u é b e c



CENTRE D'EXCELLENCE POUR LA SANTÉ DURABLE DES AÎNÉS  
SIMONE & EDOUARD SCHOUELA  
CENTRE OF EXCELLENCE FOR SUSTAINABLE HEALTH OF SENIORS



Centre intégré  
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du Centre-Ouest-  
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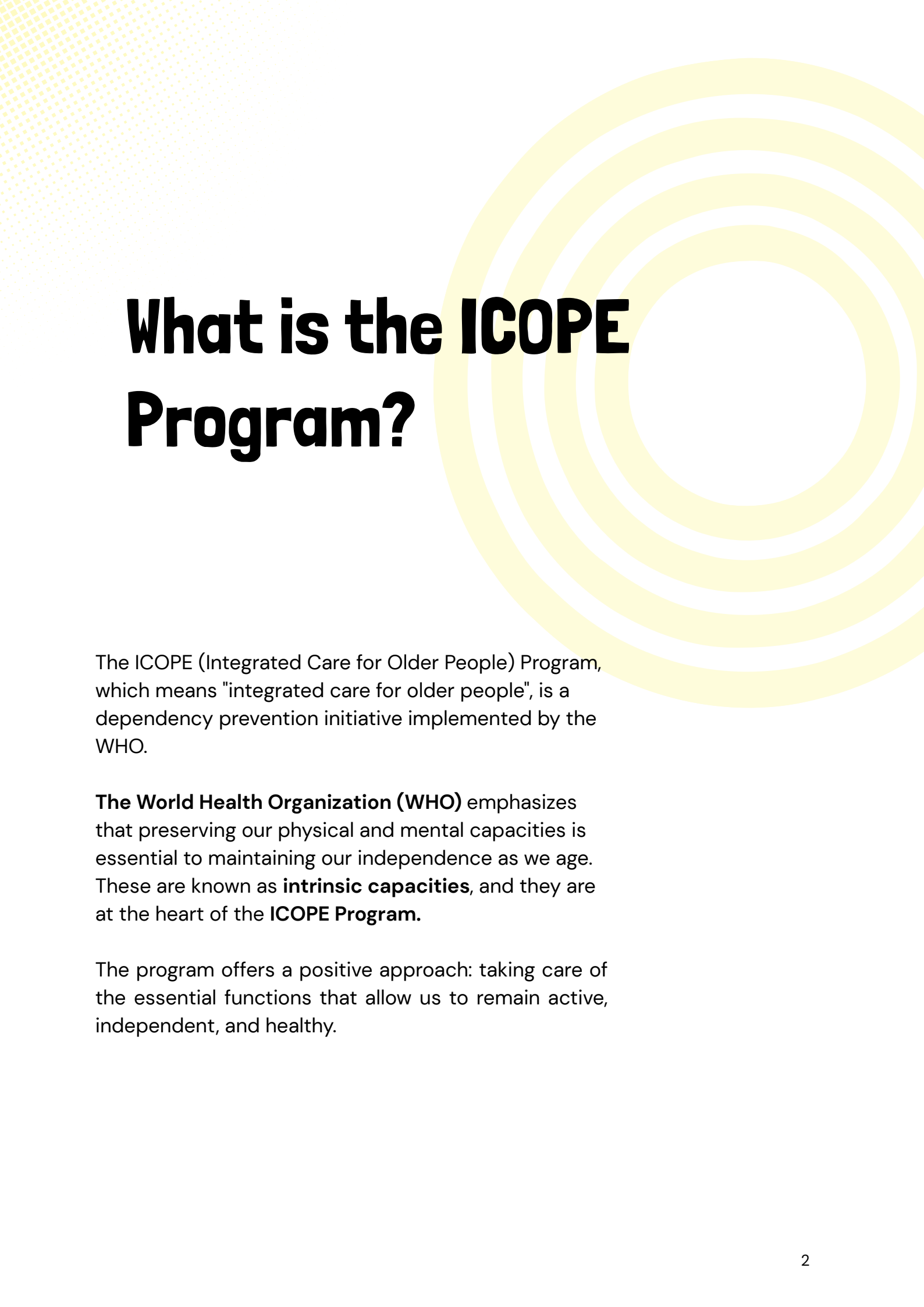
Québec 

# Summary



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# What is the **ICOPE** Program?

The ICOPE (Integrated Care for Older People) Program, which means "integrated care for older people", is a dependency prevention initiative implemented by the WHO.

**The World Health Organization (WHO)** emphasizes that preserving our physical and mental capacities is essential to maintaining our independence as we age. These are known as **intrinsic capacities**, and they are at the heart of the **ICOPE Program**.

The program offers a positive approach: taking care of the essential functions that allow us to remain active, independent, and healthy.

# The 6 Intrinsic Capacities



## MOBILITY

Ability to move (locomotion, balance...).



## COGNITION

This includes memory, concentration, and decision-making.



## PSYCHOLOGY

This includes mood, the desire to do activities, and the absence of signs of depression or anxiety.



## VISION

Seeing clearly is essential for safety and independence.



## AUDITION

Good hearing allows you to stay connected to others and participate in social life.



## NUTRITION

Eat well, have energy, maintain a healthy weight.

# Cognitive Capacity



## Preventive Advice

- Engage in solitary cognitive stimulation activities: reading, puzzles or Sudoku, learning new skills, music, etc.
- Maintain an active social life: family interactions, leisure activities, current events discussions, community activities.
- Be physically active every day by engaging in all types of physical activities (walking, gardening, yoga, swimming, dancing, cycling, etc.).
- Protect your heart by closely monitoring your blood pressure, cholesterol, and diabetes to preserve brain function.
- Reduce or completely stop your consumption of alcohol and tobacco.
- Get your hearing tested if you suspect hearing loss.
- Consult a healthcare professional if you are feeling depressed.
- Get 6 to 8 hours of sleep each night to preserve your brain health.
- Adopt a brain-boosting diet (rich in oily fish, berries, leafy greens and nuts) and ensure optimal hydration throughout the day.

# Cognitive Capacity



## Additional Resources

Alzheimer Society of Canada: <https://alzheimer.ca/en>

LuciLab : <https://luciapp.ca/en/public/dashboard/home/detail>

## Sources

MoCA Cognition Portal. *How can I stimulate my brain?* [en ligne]. Available at: <https://portal.mocacognition.com/questions-and-answers/how-can-i-stimulate-my-brain>

World Health Organization. *Integrated care for older people (ICOPE) : guidance for person-centred assessment and pathways in primary care*, 2<sup>e</sup> éd. Genève : OMS ; 2024. Available at: <https://iris.who.int/bitstream/handle/10665/380175/9789240103726-eng.pdf?sequence=1>

Alzheimer Society of Canada. *110 ways to reduce your risk of dementia*. Toronto: Alzheimer Society of Canada; 2025. Available at: <https://alzheimer.ca/en/about-dementia/how-can-i-reduce-risk-dementia/10-ways-reduce-your-risk-dementia>

# Psychological Capacity



## Preventive Advice

- Be physically active every day by engaging in all types of physical activities (walking, gardening, yoga, swimming, dancing, cycling, etc.).
- Maintain a regular sleep schedule of 6 to 8 hours of good quality sleep.
- Adopt a healthy and balanced diet.
- Maintain an active social life: family interactions, leisure activities, community activities.
- Learn stress management techniques (relaxation, meditation).
- Recognize that depressive symptoms are not inevitable and that they can be treated. Please ask for help.
- Reduce or completely stop your consumption of alcohol, drugs and tobacco.

# Psychological Capacity



## Additional Resources

Friendly visit program by volunteers: <https://littlebrothers.ca/end-my-isolation-form/>

Suicide Prevention Line: <https://suicide.ca/en> or 1-866-APPELLE (277-3553)

## Sources

Gouvernement du Québec. Maintaining good mental health. Québec: Gouvernement du Québec ; 2025. Available at: <https://www.quebec.ca/en/health/mental-health/learn-about-mental-health-and-mental-illnesses/promote-good-mental-health/maintaining-good-mental-health>

World Health Organization. Integrated care for older people (ICOPE) : *guidance for person-centred assessment and pathways in primary care*, 2<sup>e</sup> éd. Genève : OMS ; 2024. Available at: <https://iris.who.int/bitstream/handle/10665/380175/9789240103726-eng.pdf?sequence=1>

# Nutritional Capacity



## Preventive Advice

- Follow the recommendations of Canada's Food Guide: <https://food-guide.canada.ca/>
- Eat smaller portions more often (5–6 times a day) if larger meals are difficult to consume.
- Engage in physical activity to optimize protein utilization and stimulate appetite. Maintain a healthy and balanced diet.
- Expose yourself to the sun safely to promote vitamin D synthesis.
- Make sure you brush your teeth twice a day for two minutes with fluoride toothpaste.
- Share your meals in good company.
- Drink 1.6 to 2 liters of fluids per day, even if you feel less thirsty. Water, milk, juice, coffee, herbal teas, and soups can all contribute to good hydration.
- Eat a variety of vegetables, fruits, whole grain foods (oats, whole wheat pasta) and protein foods (eggs, nuts, fish, beans, meats, soy products) that you like; limit free fats and added sugars.

# Nutritional Capacity



## Additional Resources

« Popote roulante » / Meals on Wheels

211: Community Resources: transportation services to get to the grocery store and delivery services, food and meal delivery services, group dinner and meal programs, cooking classes and community kitchens, volunteer service centers to help you with your shopping

LuciLab: <https://luciapp.ca/en/public/dashboard/home/detail>

## Sources

World Health Organization. Integrated care for older people (ICOPE): guidance for person-centred assessment and pathways in primary care, 2nd ed. Geneva: WHO; 2024. Available at: <https://iris.who.int/bitstream/handle/10665/380175/9789240103726-eng.pdf?sequence=1>

Government of Canada. Healthy Eating for Seniors. Ottawa: Government of Canada; 2022. Available at: <https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/>

# Hearing Ability



## Preventive Advice

- Do not insert anything into your ear canals and do not share your headphones.
- Clean only the outer part of your ear flaps with a soft cloth.
- Avoid exposure to loud noises; use earplugs in noisy environments.
- Consult a professional if you experience pain, discharge, or hearing loss.
- Reduce or completely stop your tobacco consumption.
- Aim for at least 150 minutes of moderate aerobic physical activity per week or 75 minutes of vigorous physical activity, or a combination of both (dancing, brisk walking, swimming, cycling, etc.).
- Adopt a healthy diet by following the recommendations of Canada's Food Guide: <https://food-guide.canada.ca/en/>
- Ensure good management of your diabetes, if applicable, by adopting healthy lifestyle habits and following the advice of your healthcare professional.

### NOTE

Hearing aids may be covered by RAMQ, according to certain criteria, when recommended by an audiologist.

# Hearing Ability



## Additional Resources

Audition Québec: <https://auditionquebec.org/>

Ordre des orthophonistes et audiologistes du Québec : <https://www.ooaq.qc.ca>

## Resources for follow-up after ear cleaning

HHIE-S Form (insert link to form)

[Application hearWHO](#)

## Sources

World Health Organization. Integrated care for older people (ICOPE): guidance for person-centred assessment and pathways in primary care, 2nd ed. Geneva: WHO; 2024. Available at:

<https://iris.who.int/bitstream/handle/10665/380175/9789240103726-eng.pdf?sequence=1>

# Visual Capacity



## Preventive Advice

- Limit close-up viewing time (screens, cell phones, tablets and reading) by taking regular breaks.
- Alternate between looking at distant and near objects and practice eye exercises by scanning your field of vision.
- Do not rub your eyes and clean your eyelids with mild soap or an eye wipe.
- Use a micellar water makeup remover and apply preservative-free artificial tears if necessary.
- Protect your eyes from UV rays by wearing sunglasses and a hat.
- Control your risk factors (diabetes, hypertension, corticosteroid treatment).
- Stop smoking to reduce the risk of cataracts and macular degeneration.
- Please consult your optometrist every 12 months or as recommended.

### NOTE

The annual eye exam is covered by RAMQ for those  $\geq 65$  years old, the screening exam for diabetic patients and eye emergencies.

# Visual capacity



## Additional resources

Ordre des Optométristes du Québec : <https://www.ooq.org/fr>

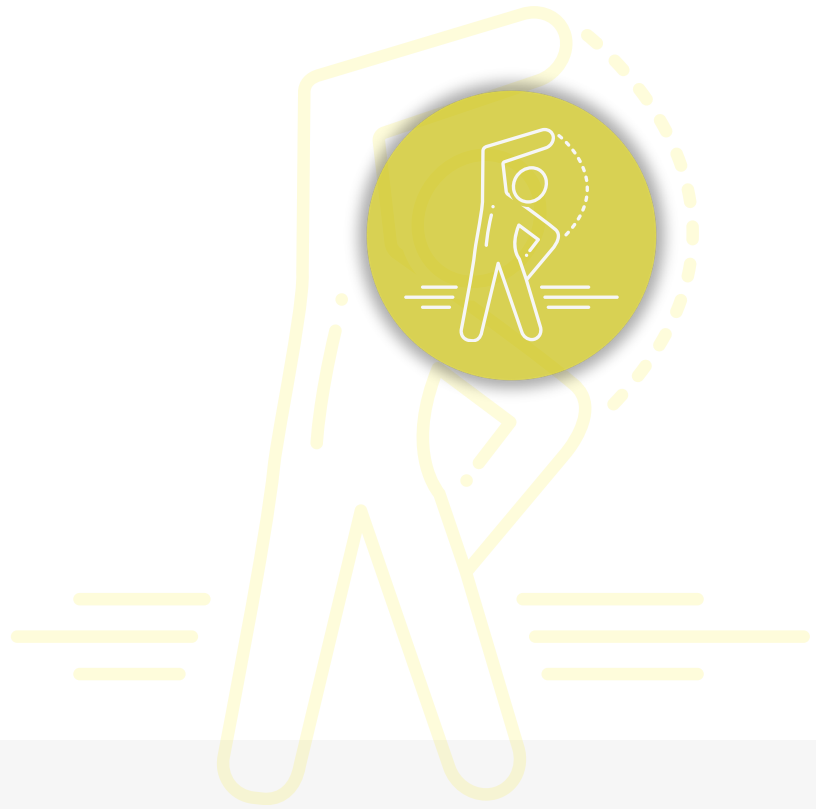
Association des Optométristes du Québec : <https://www.aognet.qc.ca/>

## Sources

World Health Organization. Integrated care for older people (ICOPE): guidance for person-centred assessment and pathways in primary care, 2nd ed. Geneva: WHO; 2024. Available at: <https://iris.who.int/bitstream/handle/10665/380175/9789240103726-eng.pdf?sequence=1>

Régie de l'assurance maladie du Québec. Optometric Services. Quebec: RAMQ; 2025. Available at: <https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/optometric-services>

# Motor Capacity



## Preventive Advice

- Aim for at least 150 minutes of moderate aerobic physical activity per week or 75 minutes of vigorous physical activity, or a combination of both (dancing, brisk walking, swimming, cycling, etc.).
- Perform muscle strengthening exercises at least twice a week.
- Engage in mobility and balance activities (yoga, tai chi) at least 3 times a week.
- Break up long periods of sitting frequently; every movement counts.
- Sleep 6–8 hours per night by maintaining a regular schedule.
- Adapt the activity to your abilities and progress gradually.
- Adopt a healthy diet.

# Motor Capacity



## Additional Resources

The Go to Move: <https://move50plus.ca/en/the-go-to-move/>

DuraGyms

Programme Pied dans votre CIUSSS :

<https://santepubliquemontreal.ca/conseils-et-prevention/programmes-et-services-de-prevention/prevention-des-chutes-pied>

SAFE : <https://safe-seniors.com/>

ViviFrail: <https://vivifrail.com>

LuciLab: <https://luciapp.ca/fr/public/dashboard/home/detail>

## Sources

Canadian Society for Exercise Physiology. Canadian 24-Hour Movement Guidelines for Adults Aged 65 and Over: An Integrated Approach to Physical Activity, Sedentary Behaviour, and Sleep. Ottawa: CSEP; 2025. Available at: <https://csepguidelines.ca/>

World Health Organization. Integrated care for older people (ICOPE): guidance for person-centred assessment and pathways in primary care, 2nd ed. Geneva: WHO; 2024. Available at: <https://iris.who.int/bitstream/handle/10665/380175/9789240103726-eng.pdf?sequence=1>

# General Resources



**Your CLSC** (home support services and referrals according to your needs)

**Info-Santé** (free and confidential telephone consultation service with a nurse for non-urgent health problems, 24 hours a day): Dial 8-1-1 extension 1

**Info-Social** (free and confidential telephone consultation service with a social worker for difficult situations such as distress, anxiety, bereavement, loss of independence of a loved one, mental health, family crisis, victim of abuse/violence, concerns for a loved one, addiction, other, 24 hours a day): Dial 8-1-1 extension 2

**Service 211** (free referral service to social and community resources in your area): Dial 2-1-1 or visit <https://www.211qc.ca/en/>



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