

Rehabilitation as an Interprofessional and Transdisciplinary Health Strategy for Healthy Aging

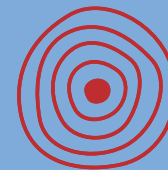


Patricia Morsch
Regional Advisor, Healthy
Aging
PAHO/OMS
morschpat@paho.org



Disclosure

I have no actual or potential conflicts of interest to declare

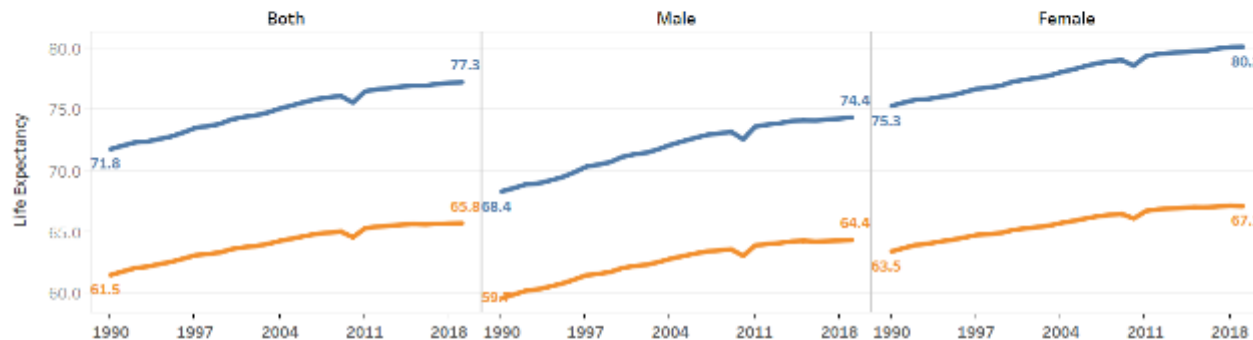


The gap between life expectancy and healthy life expectancy

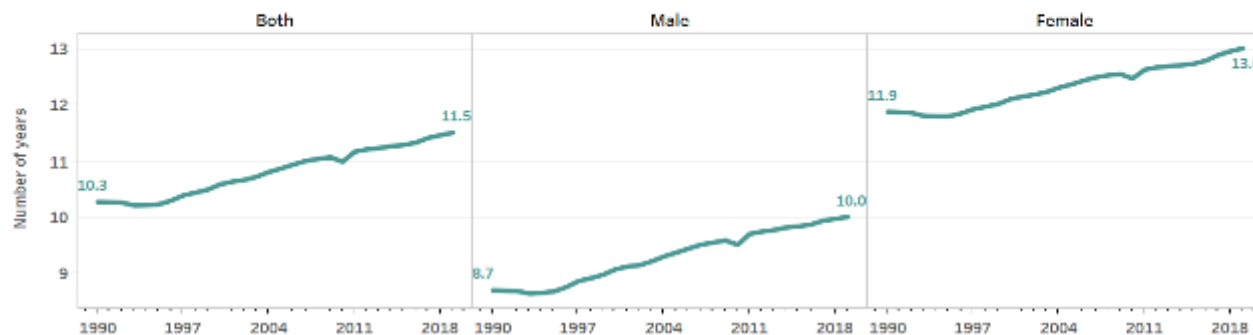
Are the Life Expectancy and Healthy Life Expectancy Gaps Increasing over time?

Sex: All
Age group: <1 year
Locations: Region of the Americas
Legend: Life Expectancy (blue), HALE (orange)

Trends in Life Expectancy and Healthy Life Expectancy (HALE) at <1 year in Region of the Americas from 1990 to 2017

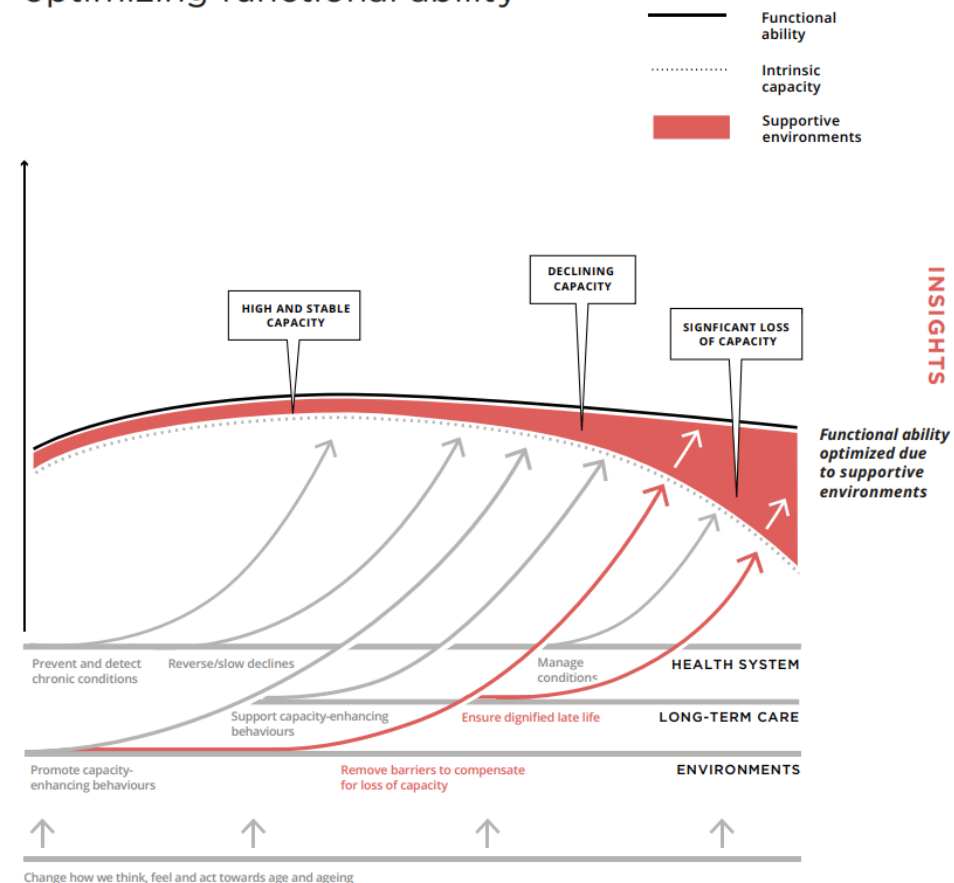


Trends of the difference between Healthy Life Expectancy and Life Expectancy



PAHO. Observatory on Health and Aging for the Americas. <https://www.paho.org/en/observatory-health-and-aging-americas>

Trajectories of healthy ageing optimizing functional ability

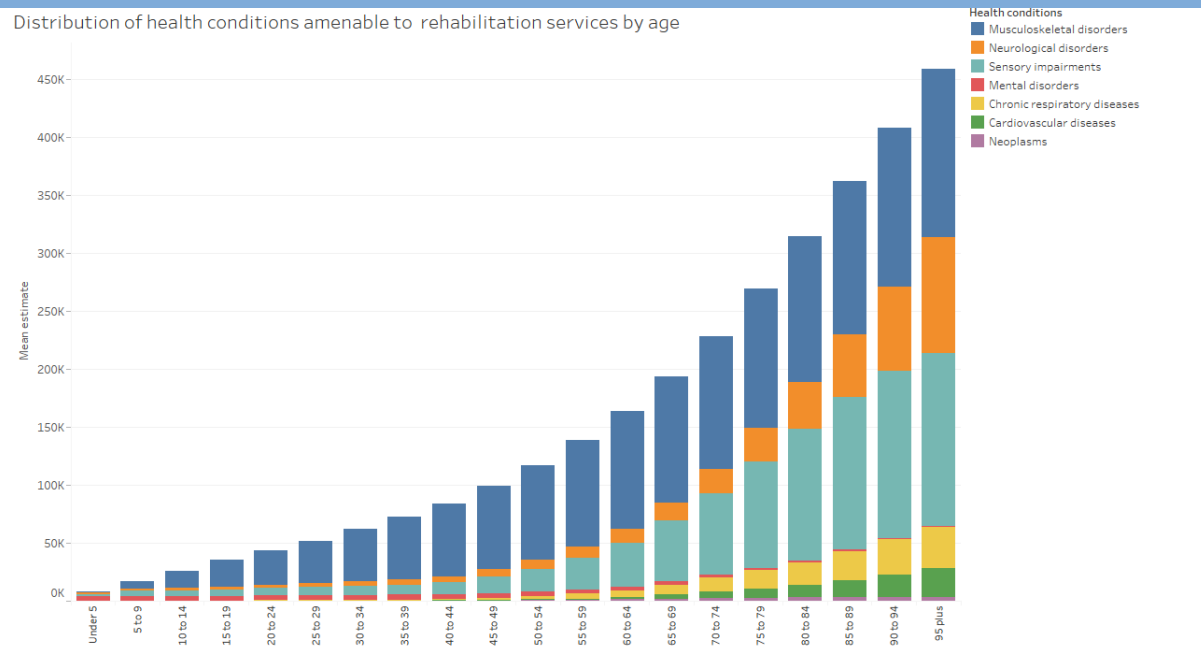


WHO. Decade of Healthy Aging Baseline Report. [Decade of healthy ageing: baseline report \(who.int\)](https://www.who.int/publications/m/item/decade-of-healthy-ageing-baseline-report)

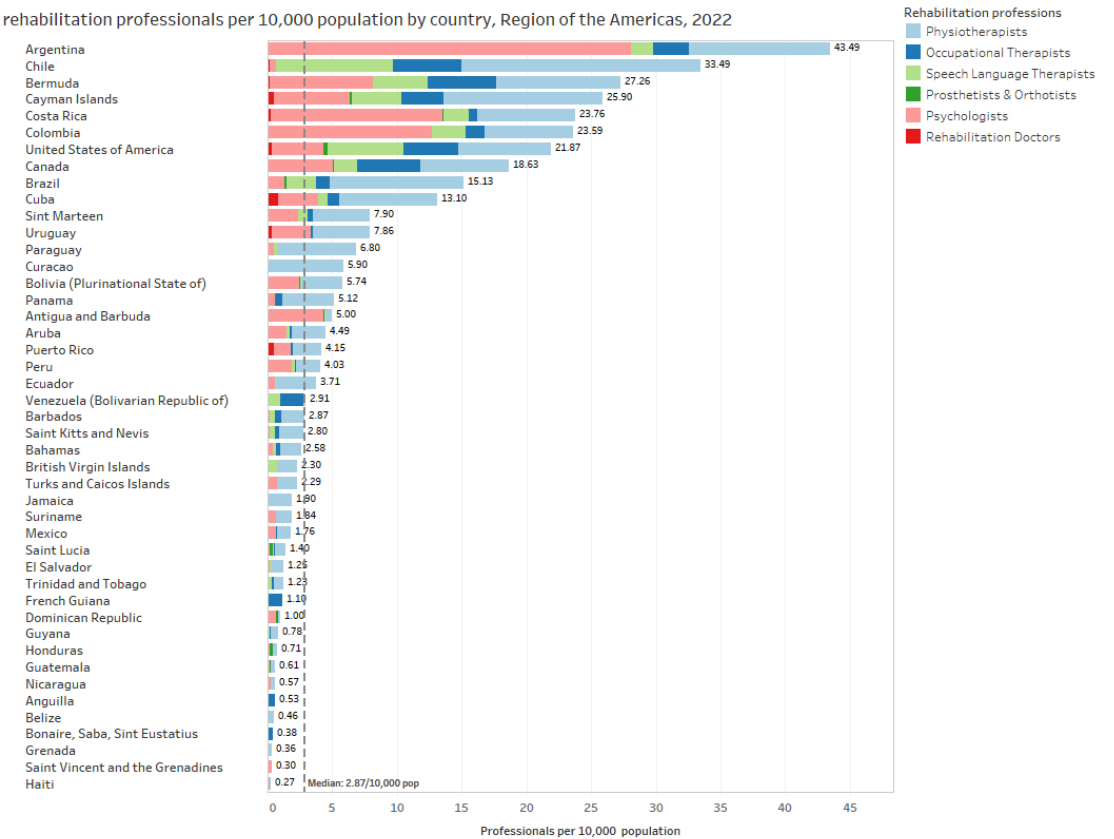


Rehabilitation needs in the Americas

Distribution of health conditions amenable to rehabilitation services by age



Density of rehabilitation professionals per 10,000 population by country, Region of the Americas, 2022



Source: Data collected by the Disability and Rehabilitation regional program, Mental Health Unit, Department of Noncommunicable Diseases and Mental Health, Pan American Health Organization

PAHO. Rehabilitation workforce in the Region of the Americas <https://www.paho.org/en/enlace/rehabilitation-workforce>

ICOPE: Integrated Care for Older People

HOW DOES
INTEGRATED
CARE
WORK?



1 Providing care at the communities, close where people live



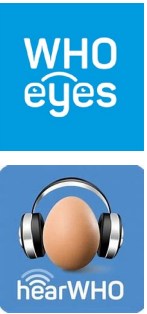
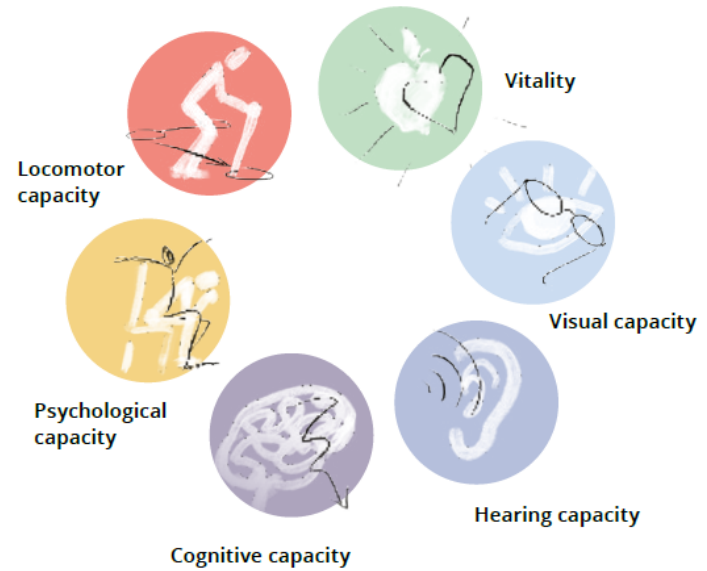
2 Person centered assessment and care plan shared with everyone involved



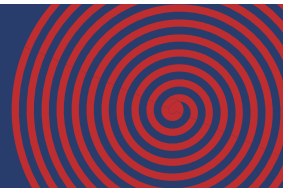
3 All professionals work together to maintain IC and FA



4 Engaging communities and supporting family care givers



WHO, ICOPE: <https://www.who.int/teams/maternal-newborn-child-adolescent-health-and-ageing/ageing-and-health/integrated-care-for-older-people-icope>



ICOPE along with Primary Care

Current usual health care in **blue** proposed adaptations and innovations are shown in **orange**.

Community interventions to Intrinsic capacity

- Physical education
- Cognitive stimulation
- Deprescribing
- Dietary protein optimisation
- Optometrist
- Technical service for hearing aids

The number of IC impairments can be a good proxy of the clinical complexity of the case (e.g., number of comorbidities, functional level, type of care required and risk of care dependency)

ICOPE PASSPORT

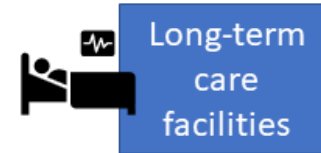
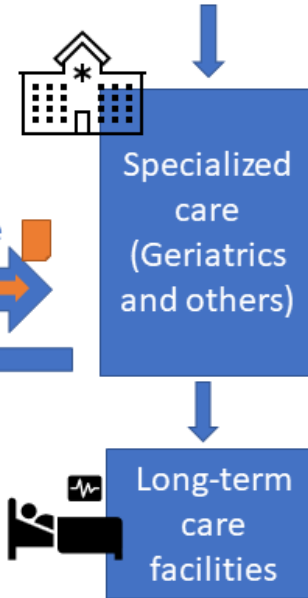
Organize the integrative care plan



Case manager

Psychologist	Nutritionist
Physical Therapy	Audiologist
Ophthalmologist	Ophthalmologist

ICOPE STEP 1 Risk-stratification



Reference

Counter-reference

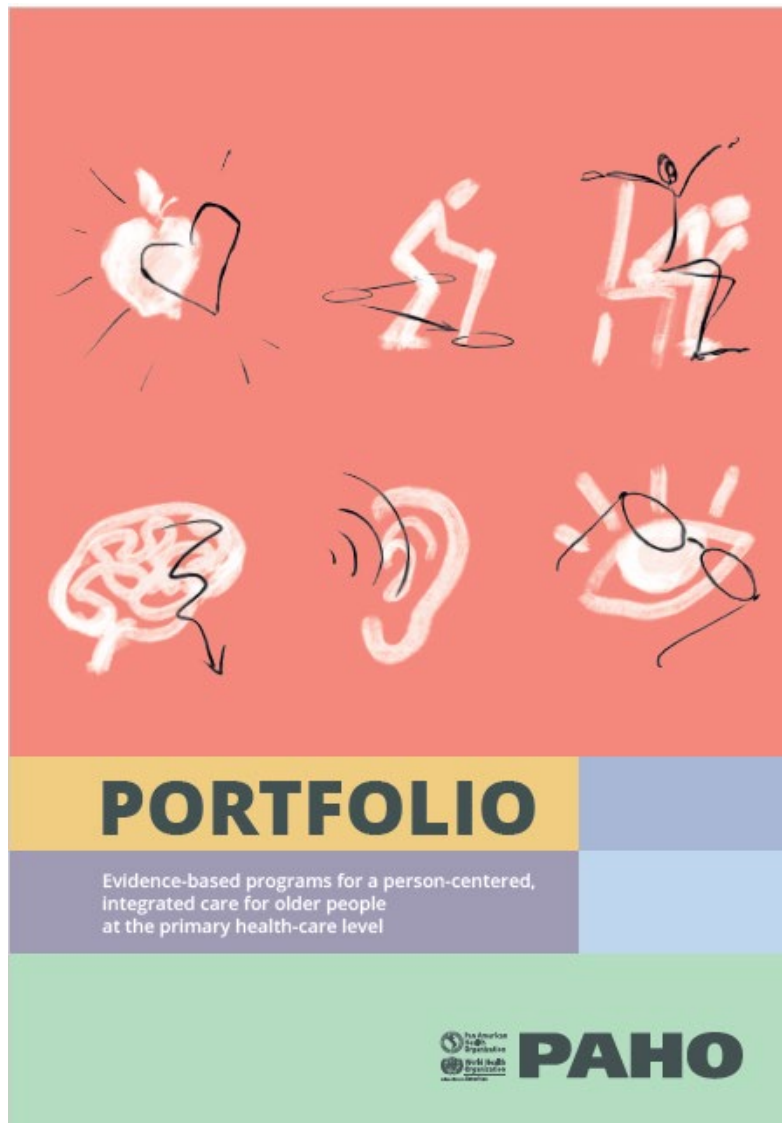
Expected outcomes of ICOPE

- Re-organize the health care services
- More joined-up care and less fragmentation
- Optimize the care provision to older adults
- Lower the demand for highly-specialized care and long-term care




PAHO, 2024. Work in progress.



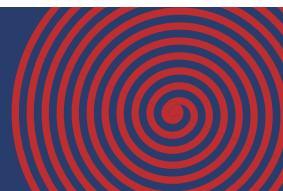


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PAHO, 2022. <https://iris.paho.org/handle/10665.2/56526>



Capable: Community Aging in Place – Advancing Better Living for Elders

4 to 5-month
duration

Handy worker;
nurse;
occupational
therapists

ADLs / IADLs

6 visits OT; 4
visits nurse;
handymen
specific budget

John Hopkins School of Nursing. CAPABLE. <https://nursing.jhu.edu/faculty-research/research/projects/capable/>



Capable: Community Aging in Place – Advancing Better Living for Elders

AGING & HEALTH

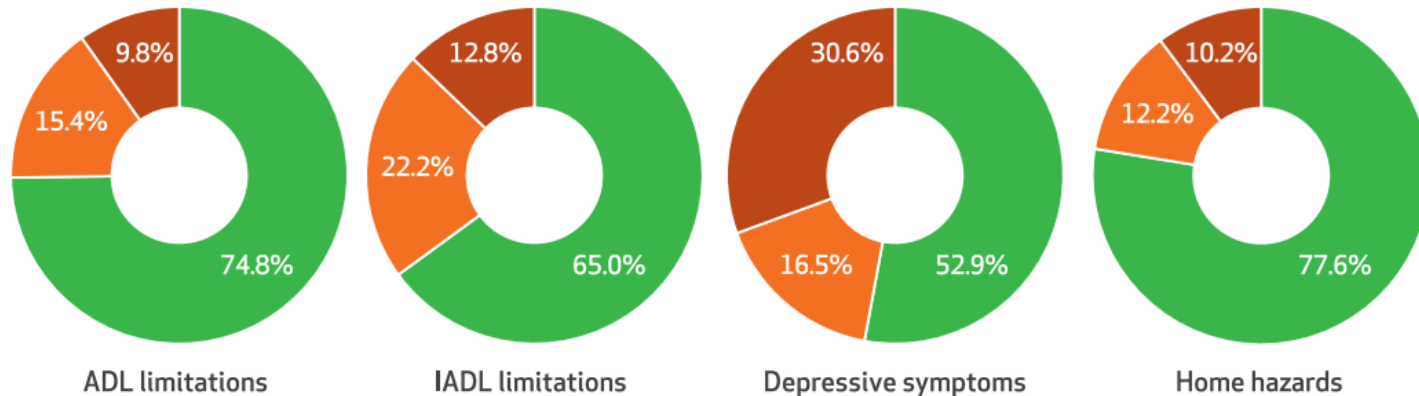
By Sarah L. Szanton, Bruce Leff, Jennifer L. Wolff, Laken Roberts, and Laura N. Gitlin

AGING & HEALTH

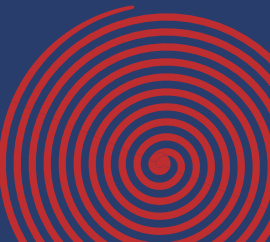
Home-Based Care Program Reduces Disability And Promotes Aging In Place

Changes in limitations in activities of daily living (ADLs) and instrumental activities of daily living (IADLs), depressive symptoms, and home hazards among participants in the CAPABLE study

■ Improved ■ Stayed the same ■ Worsened



SOURCE Authors' analysis. **NOTES** The percentages show the shares of participants who improved, stayed the same, or did worse in any category from a baseline level to five-month follow-up. CAPABLE is Community Aging in Place, Advancing Better Living for Elders.



Vivifrail: Promotion of Physical Exercise for the prevention of frailty and falls in older adults

12 week-
duration

Functional
capacity test
(SPPB; risk of
falls)

Passport of
exercises A,B,C,
D, E (+)

Home-based;
return for new
evaluation

Vivifrail: <https://vivifrail.com/>





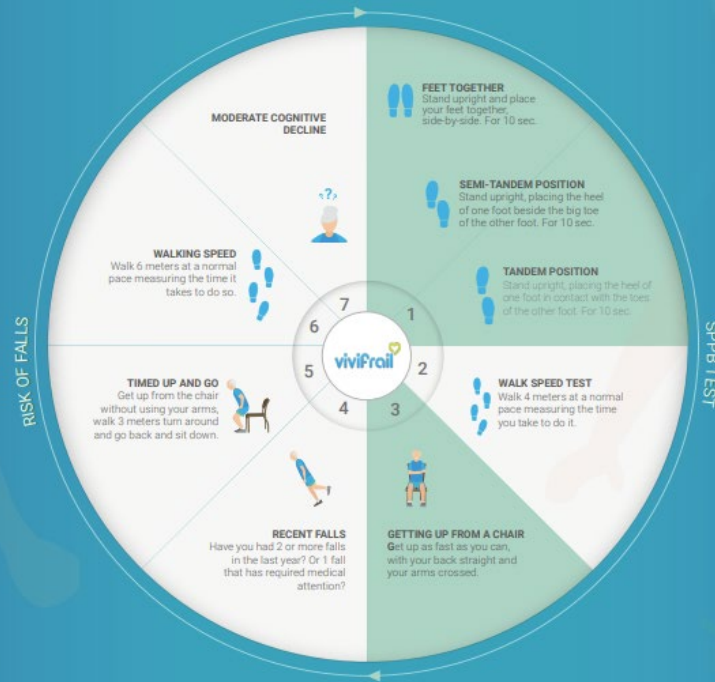
VIVIFRAIL MULTI-COMPONENT PHYSICAL TRAINING PRESCRIPTION GUIDE



Multicomponent physical exercise program to prevent frailty and the risk of falls.

Vivifrail: <https://vivifrail.com/>

COMPONENTS OF THE VIVIFRAIL TEST AND RECOMMENDED PHYSICAL EXERCISE PROGRAMS



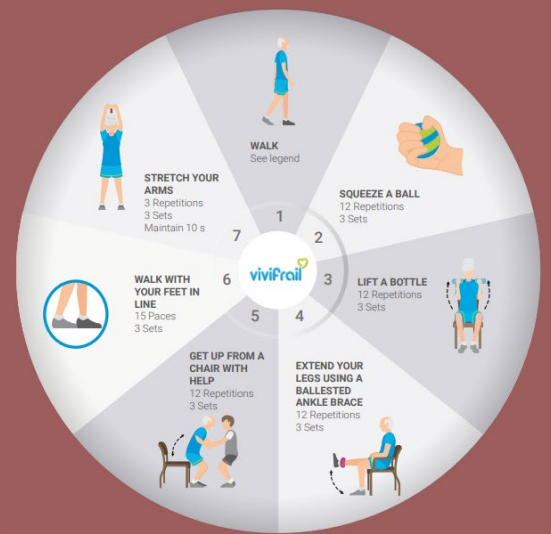
EXERCISE WHEEL

WALK
BEGIN THIS EXERCISE ONLY WHEN YOU HAVE IMPROVED YOUR MUSCLE STRENGTH.
5-10 SECONDS 5 SETS.
INCREASE THE TIME UNTIL YOU CAN WALK 1-2 MINUTES WITHOUT STOPPING.

REST
REMEMBER TO REST BETWEEN SETS.

BREATHE CORRECTLY
BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

EXERCISES
IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES PLEASE CONSULT THE PASSPORT.



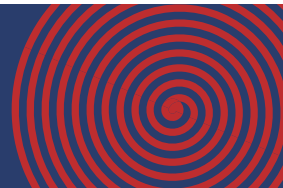
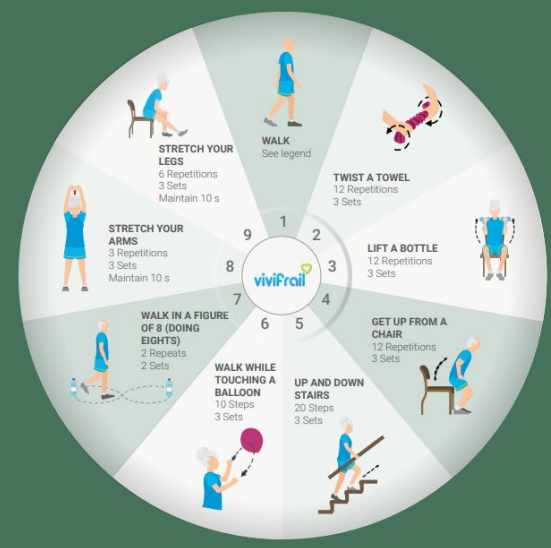
EXERCISE WHEEL

WALK
20 MINUTES 2 SETS.
WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.
FROM WEEK 7, WALK CONTINUOUSLY BETWEEN 30 & 45 MINUTES.

REST
REMEMBER TO REST FOR 2 MINUTES BETWEEN SETS.

BREATHE CORRECTLY
BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

EXERCISES
IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.



Thank you!



PAHO



**Decade
of healthy
aging**
in the Americas