



World Health  
Organization

# GLOBAL TARGET: Reduce the number of older adults who are care dependent by 15 million by 2025

## 6 actions



Improve musculoskeletal  
function, mobility and vitality



Maintain older adults' capacity  
to see and hear



Prevent severe cognitive impairment  
and promote psychological well-being



Manage age-related conditions  
such as urinary incontinence



Prevent falls



Support caregivers

## Integrated care for older people

Guidelines on community-level interventions to manage declines in intrinsic capacity

See the ICOPE guidelines in full: [www.who.int/ageing/health-systems/icope](http://www.who.int/ageing/health-systems/icope)