

Le politiche dell'OMS tra invecchiamento attivo e *brain health*: quali ricadute per i disturbi cognitivi

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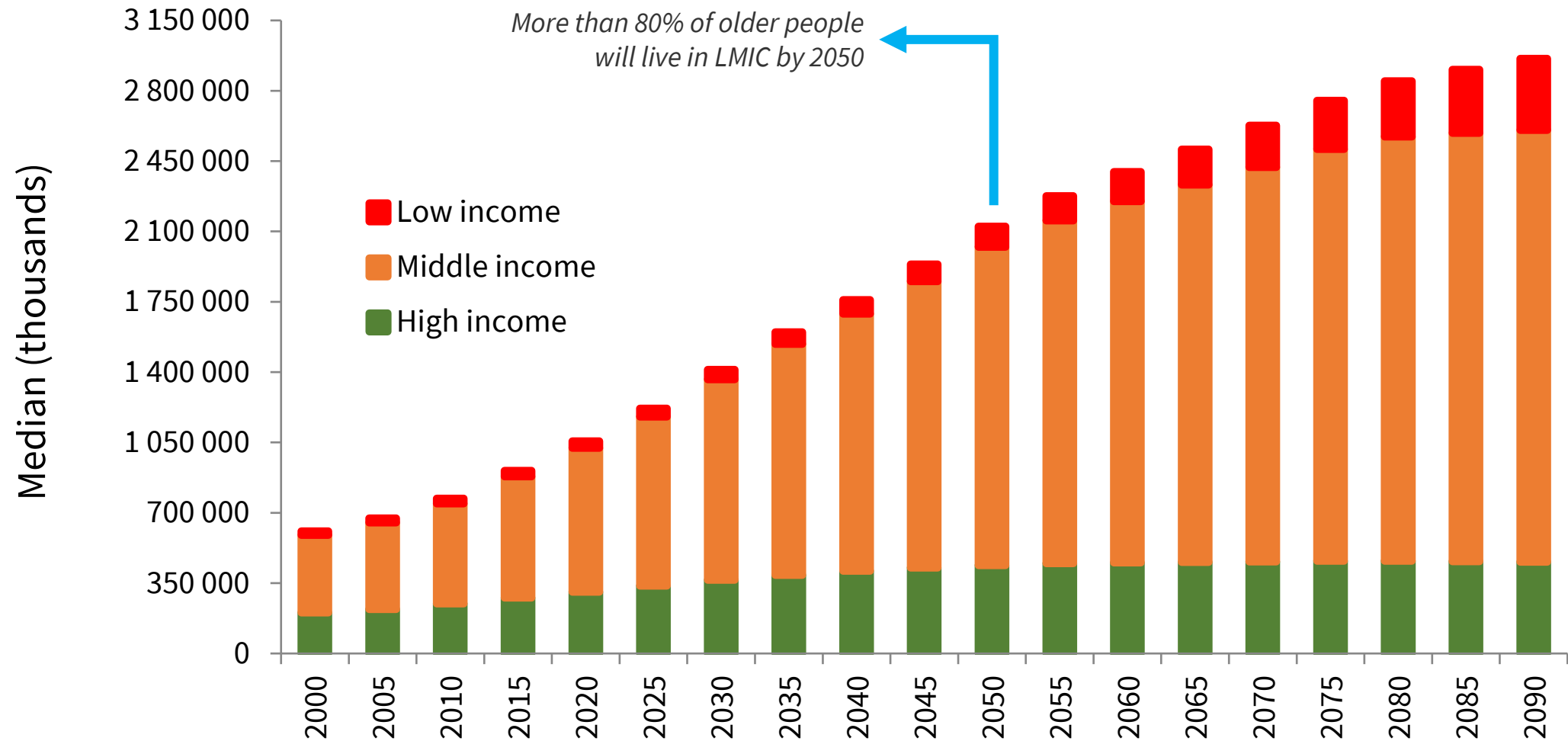
Conflicts of interest



Nothing to declare

World population

Number of persons aged 60 years and above





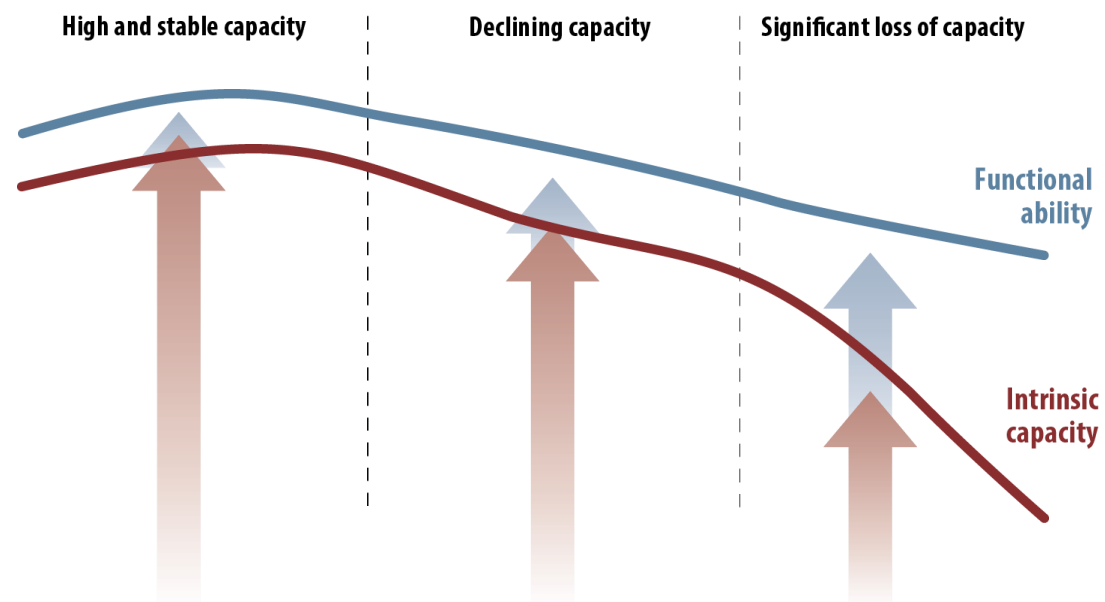
WORLD REPORT ON **AGEING AND HEALTH**

Healthy Ageing: the process of developing and maintaining the functional ability that enables well-being in older age.

Intrinsic capacity: the composite of all the physical and mental capacities of an individual.

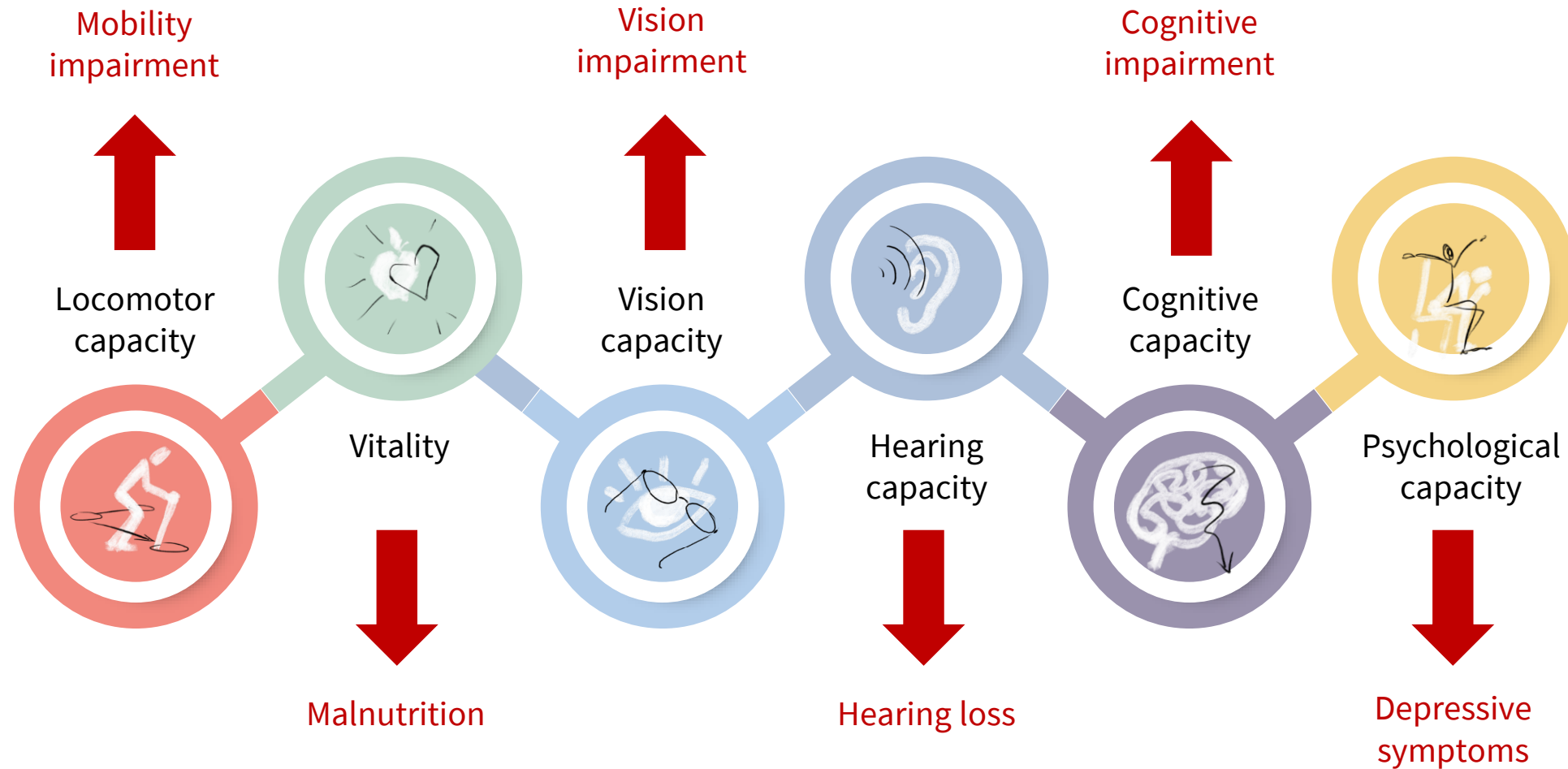
Environments: all the factors in the extrinsic world that form the context of an individual's life.

Functional ability: the health-related attributes that enable people to be and to do what they have reason to value.



Domains of Intrinsic Capacity

Composite of all physical and mental capacities





Decade of healthy ageing

2021–2030:

*A unique opportunity to work together to transform
the world to be a better place to grow older*

Global collaboration that will bring together **diverse sectors and stakeholders**, including governments, civil society, international organizations, professionals, academic institutions, the media and the private sector.



Action Area 1. Combatting Ageism
Change how we think, feel, and act towards age and ageing



Action Area 2. Age-friendly Environments
Ensure that communities foster the abilities of older people



Action Area 3. Integrated Care
Deliver person-centred integrated care and primary health services responsive to older people



Action Area 4. Long-term Care
Provide access to long-term care for older people who need it

Why Integrated Care is Needed

Older people are frequently faced with:

1 Social care and support



Specialised doctors



Hospitals



Primary Health Clinic



3

Too far from
where they live



2

Lack of interventions
to optimise
Intrinsic Capacity and
Functional Ability



Integrated care
is important to help
older adults maximise
their intrinsic capacity
and functional ability
in the community

4

Ageist attitudes of health
and care workers

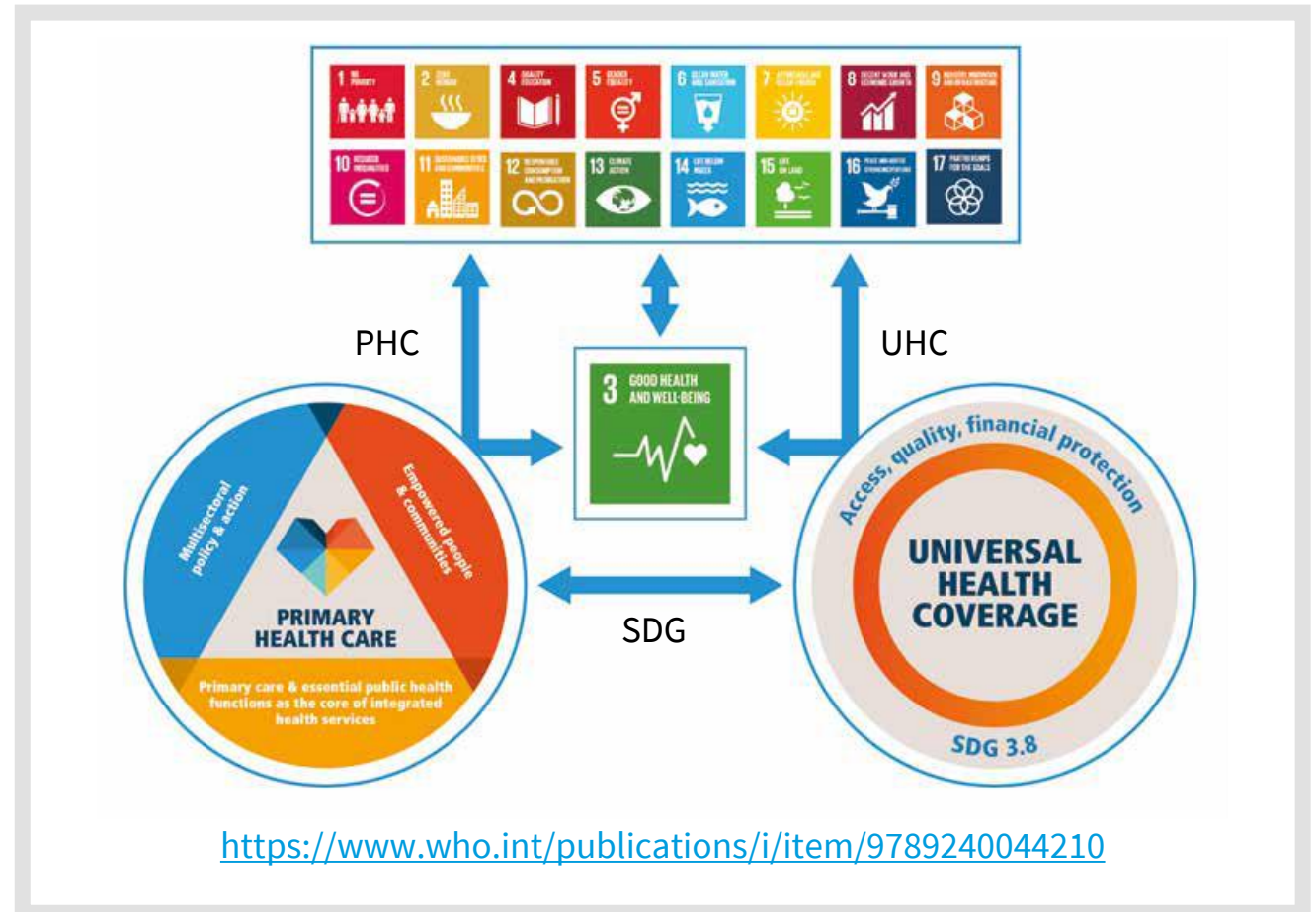


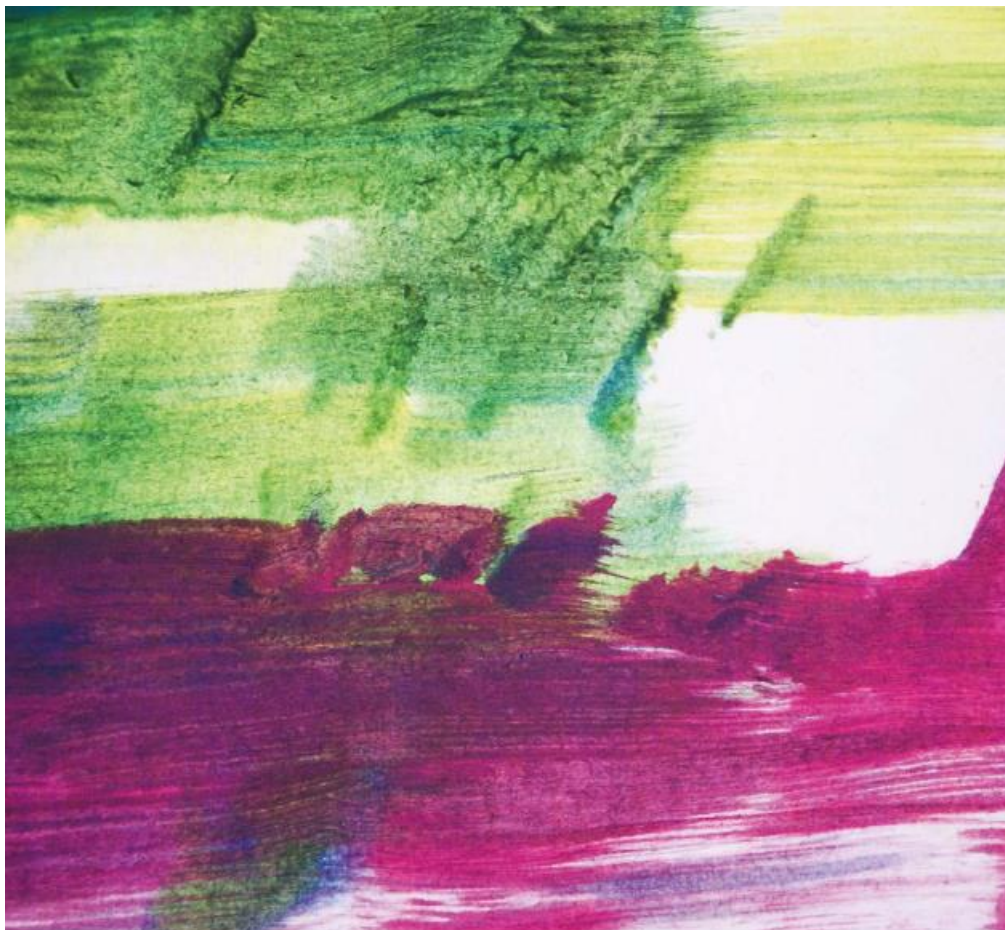
Primary Health Care: A cornerstone of sustainable health systems for the achievement of Universal Health Coverage and Sustainable Development Goals



Universal Health Coverage means that all people have access to the full range of quality health services they need, when and where they need them, without financial hardship

It includes the full continuum of essential health services, from health promotion to prevention, treatment, rehabilitation and palliative care



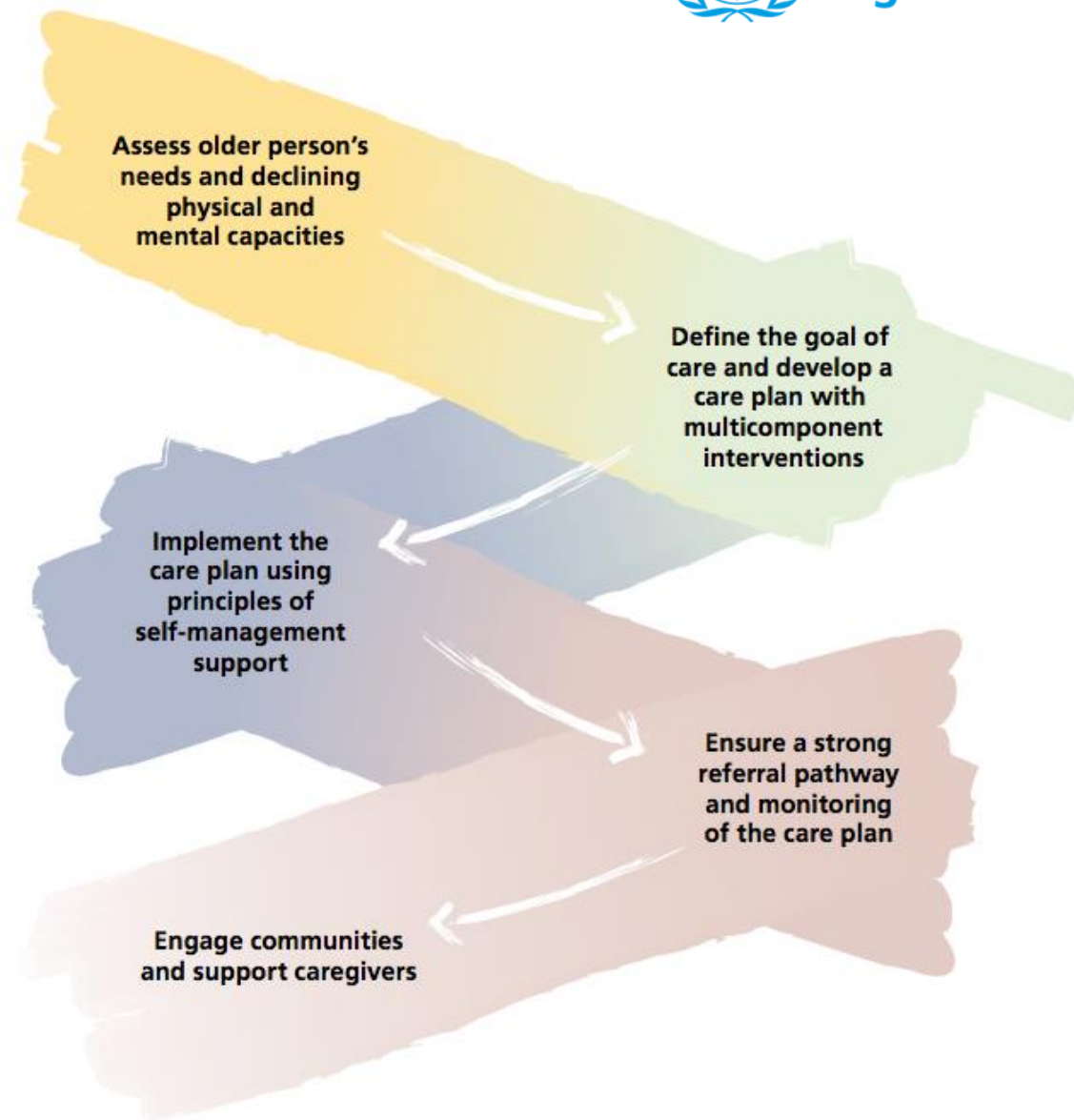


Integrated care for older people

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



World Health Organization



Evidence-based Interventions to Manage Declines In Intrinsic Capacity



Limited mobility

Encourage multimodal exercise, including strength, balance, flexibility and aerobic training.



Malnutrition

Provide dietary advice and oral supplemental nutrition to those who are undernourished.



Vision impairment

Provide routine screening for visual impairment and offer comprehensive eye care.



Hearing impairment

Screen hearing and offer hearing aids, as needed.



Cognitive impairment

Offer cognitive stimulation to all older people with cognitive impairment.



Depressive symptoms

Provide brief, structured psychological interventions to older adults experiencing depressive symptoms following WHO mhGAP guide.

Additional Evidence-based Interventions

Other interventions can be delivered at the community level to enhance intrinsic capacity and promote healthy ageing.



Urinary Incontinence

- Remind people with cognitive impairment to urinate at specified times.
- Encourage pelvic floor muscle training for older women with urinary incontinence.



Prevent Falls

- Review and withdraw any unnecessary or harmful medication.
- Encourage multimodal exercise (strength, balance, flexibility and aerobic training).
- Promote home-hazard assessments and adaptations.
- Recommend comprehensive interventions that address the multiple contributors to falls.

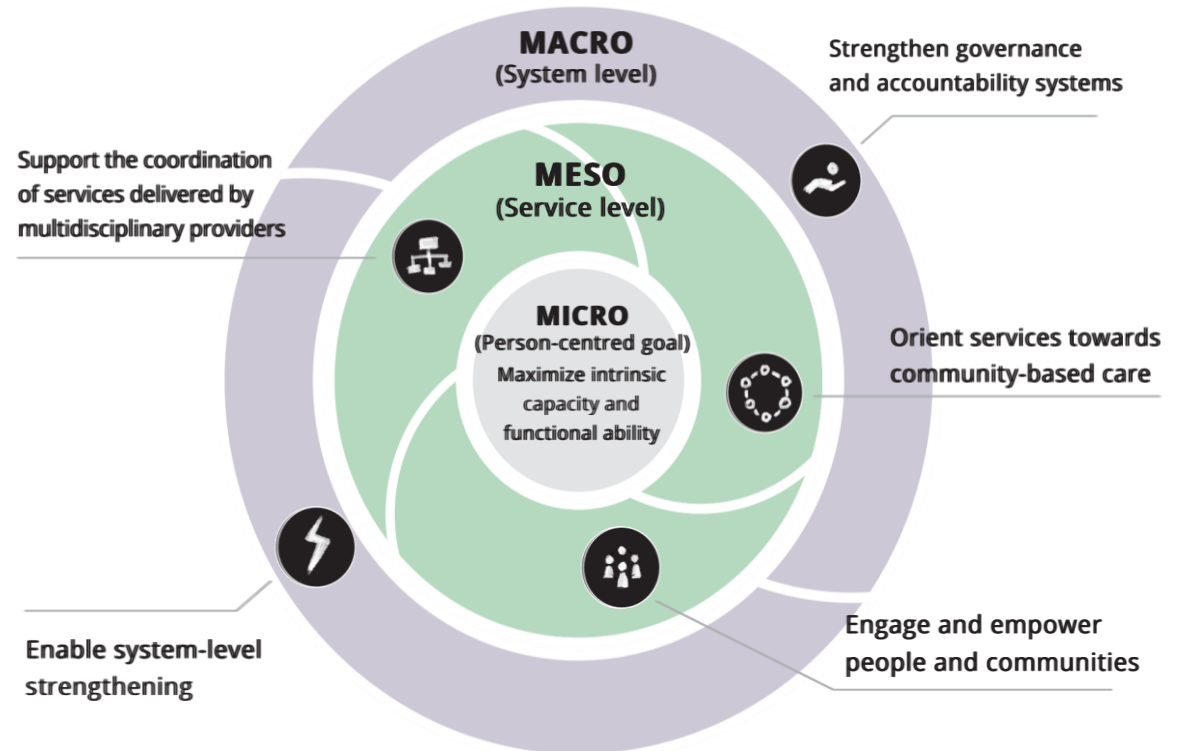


Care Givers

- Offer psychological interventions, training and support to family members and other informal caregivers of care-dependent older people.

Implementation framework

Guidance for systems
and services



Handbook

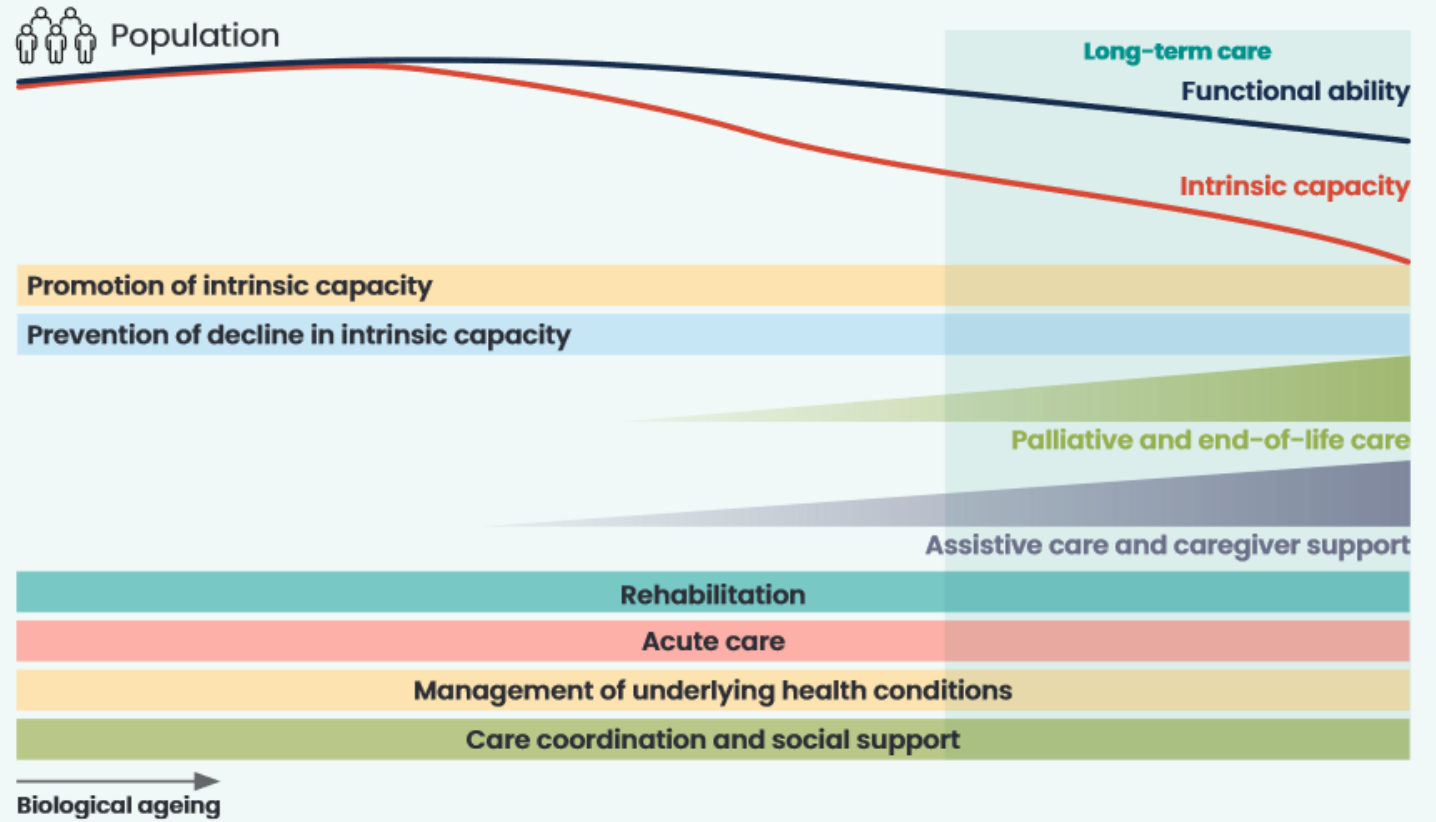
Guidance on person-centred assessment and pathways in primary care



Framework for countries to achieve an integrated continuum of long-term care



Figure 3. Public health service composition of implementing integrated care for healthy ageing



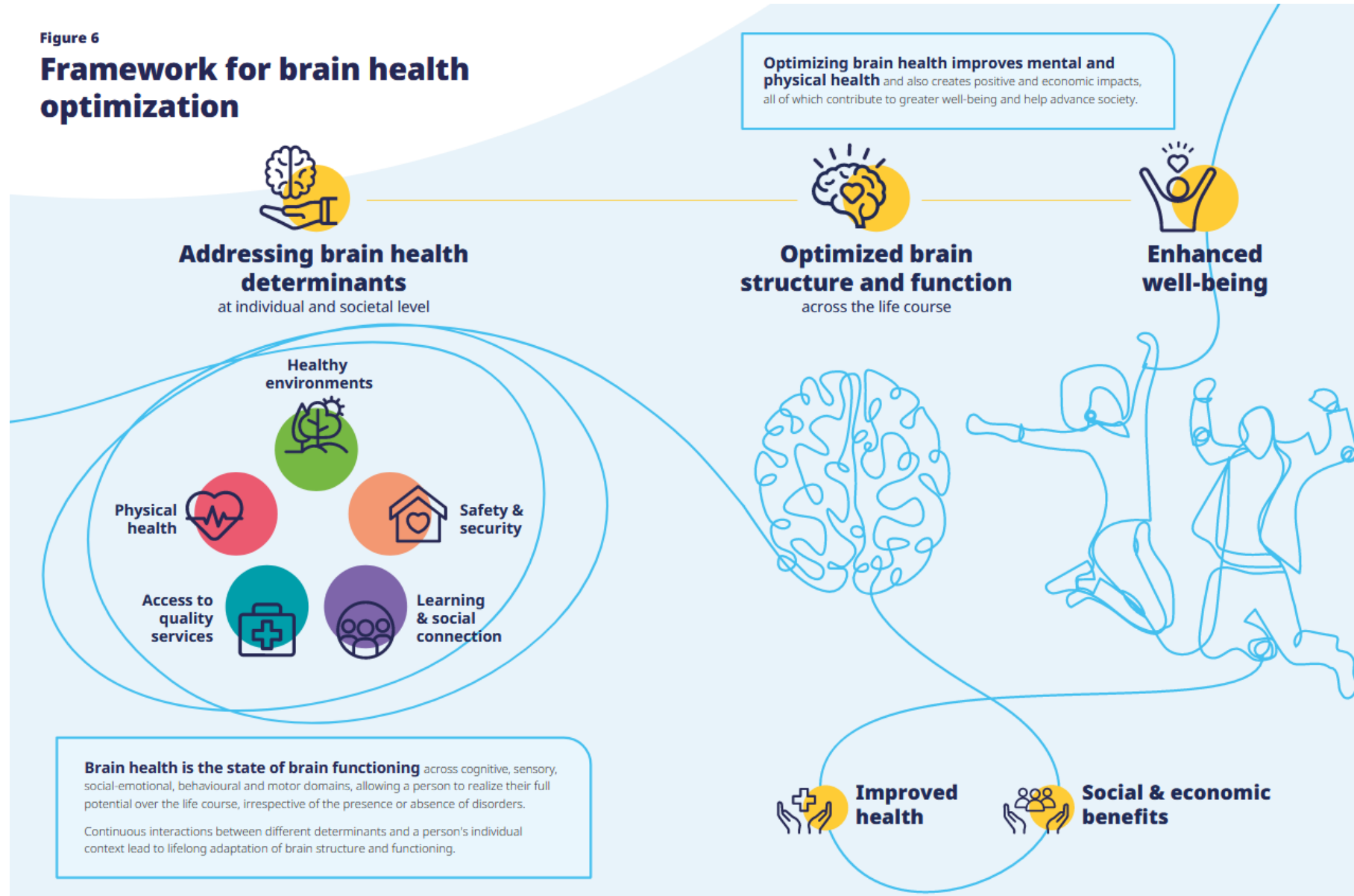
Optimizing brain health across the life course:

WHO position paper



Figure 6

Framework for brain health optimization



Decade Enablers

1. Listen to diverse voices and enable meaningful engagement of stakeholders – especially older people's
2. Build capacity and nurture leadership to take appropriate action integrated across sectors
3. Connect stakeholders around the world to share and learn from the experiences of others
4. Strengthen data, research, and innovation to accelerate implementation



MEMORANDUM OF UNDERSTANDING

between

the World Health Organization (“WHO”)

and

Osservatorio Demenze, Centro Nazionale per la Prevenzione delle Malattie e la Promozione della Salute, Istituto Superiore di Sanità (National Center for Disease Prevention and Health Promotion, Italian National Institute of Health) (“OssDem-ISS”)

WHEREAS the World Health Organization (hereinafter referred to as “WHO”), having its headquarters in Geneva, Switzerland, is the directing and coordinating authority on international health, and provides leadership on global health matters, shapes the health research agenda, sets health norms and standards, articulates evidence-based policy options, provides technical support to countries, and monitors and assesses health trends;

WHEREAS WHO, through its Department of Maternal, Newborn, Child and Adolescent Health and Ageing, works with Member States, United Nations (UN) agencies and diverse stakeholders from various sectors to foster healthy ageing in every country, in line with the Global Strategy and Action Plan on Ageing and Health and the related UN Decade of Healthy Ageing (2021–2030);

WHEREAS OssDem-ISS, having its registered seat in Rome, Italy, aims to coordinate and support the national and international public health response to dementia and the corresponding efforts for prevention and health promotion, through an integrated, evidence-based approach and a life-course perspective;

WHEREAS WHO and OssDem-ISS (hereinafter referred to individually as a “Party” and collectively as the “Parties”), have recognized the need to collaborate towards the shared goals of promoting the health, well-being and healthcare of older people, and specifically the action areas determined by the WHO for the UN Decade of Healthy Ageing; and

WHEREAS the Parties furthermore believe that agreement in advance on certain overarching aspects of such collaboration (as the Parties may identify on a case-by-case basis) may facilitate the early implementation of projects, in particular by facilitating the conclusion of the agreements to which such projects would be subject.

NOW, therefore, the Parties hereby agree as follows:

The objective of this Memorandum of Understanding is to provide a framework of cooperation and understanding, and to facilitate collaboration between the Parties to further advance in their shared goals and objectives for promoting the health, well-being

1



National Centre for Disease Prevention and Health Promotion National Institute of Health of Italy

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Areas of collaboration

Development of **long-term care standards** to improve the design and organisation of the continuum of care for older persons, with special attention to those living with cognitive disturbances.

Exploring and summarising available scientific literature on **emerging issues related to healthy ageing**, which includes brain health and cognitive issues of the ageing populations

Development of materials to address **cultural diversities** in the care approach to older persons through activities for adapting the approach to multicultural populations, migrants, minorities, and humanitarian crises, which increasingly involve older people with cognitive deficits.

Thank you!

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Our vision
is a world in which
all people
can live long
and **healthy lives.**

