

A study of the intrinsic capacity for the elderly – Example the Changhua County, Taiwan

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Background/Problem/Objective



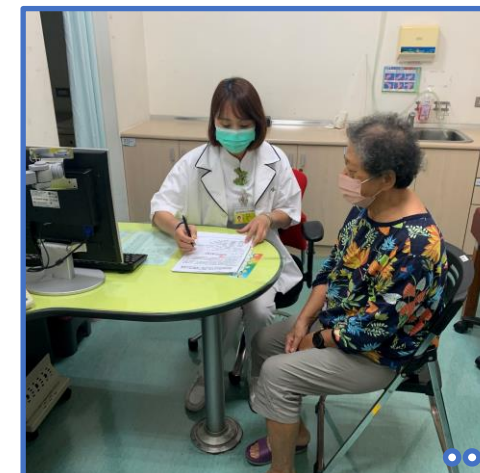
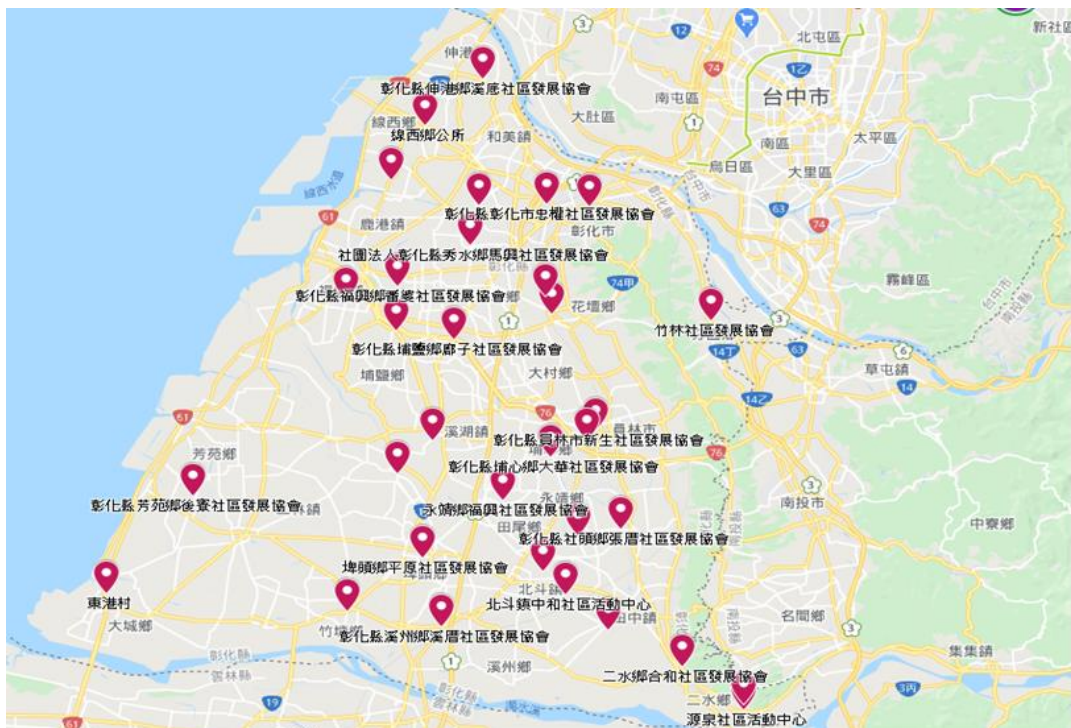
Taiwan is shifting towards an aging society at a rapid pace. Over time, the relevant problems with an aging population have emerged. In 2021, Taiwan's population over the age of 65 accounts for more than 16.65% of the total population. According to a study from the Health Promotion Administration, nearly 80% of Taiwanese aged 54 or older have at least one chronic disease, while almost 70% of people 65 or older have at least two chronic diseases.

Thus, improving the living quality of the aging population through early assessment, health education, and improvement plans can be the wealth of the family and the society overall.



Methods/Intervention

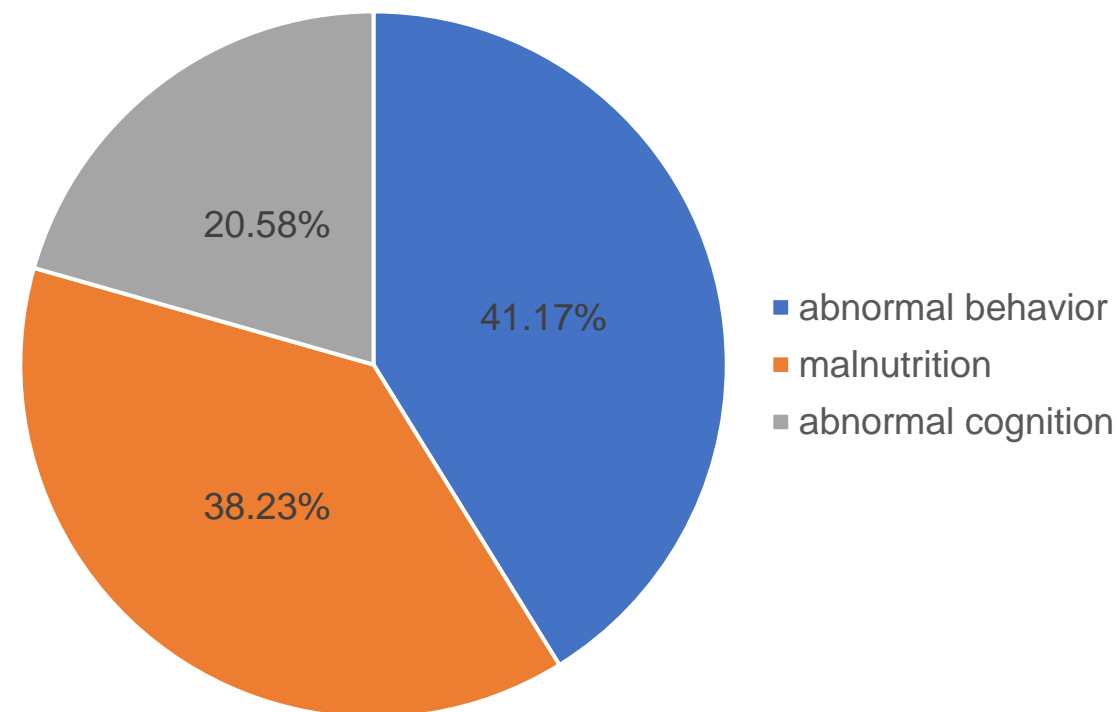
In this prospective study, we evaluated 120 older adults from the community as research participants. Individuals aged over 65 years and older and lived in a community were eligible for inclusion in our study. Individuals aged ≥ 65 years were screened by health-care providers using the ICOPE.





Results

Between August 1 and November 15, 2022, 120 older people (mean age 75.04 years; 84 [70%] of whom were women) had a baseline step 1 screening done. 87 (72%) participants had a positive intrinsic capacity result during screening at baseline. 33(28%) participants were evaluated with step 2 (in-depth assessments) which were **abnormal behavior (41.17%), malnutrition (38.23%), and abnormal cognition (20.58%).**





Conclusions

Our research affirms that the ICOPE screening tool is useful to identify adults with poor physical and mental function. This tool assists in early identification of patient decline and helps to slow down the functional decline in mobility, nutrition, sensory functions, cognition, and mood. This in turn is important to prevent and delay the onset of care dependence. Therefore, the follow-up of abnormal mobility requires the intervention of rehabilitation treatment. Rehabilitation combined with nutritional supplements to reduce the problem of sarcopenia and prevent falls is the primary health management method.