



## First-ever ICOPE training in Brunei

The WHO Collaborating Centre for Community Health Services has actively supported WHO in implementing its Integrated Care for Older People (ICOPE) Guidelines through evidence gathering and conceptual adaptation in the Western Pacific region. Invited by WHO and the Ministry of Health of Brunei Darussalam, the Director of the Centre, **Prof. Angela LEUNG** (Associate Head [Research] and Professor) and the Deputy Director, **Prof. Ivy ZHAO** (Assistant Professor) took a major step forward in the Western Pacific region to train health professionals, such as geriatricians, medical doctors, nurses, physical/occupational therapists, psychiatrists, dietitians, and medical social workers, employed by the Ministry of Health of Brunei.

From 3 to 7 August 2024, Prof. LEUNG and Prof. ZHAO trained participants on how to use the WHO ICOPE framework to assess the intrinsic capacity of older adults in the community and how to integrate the framework into their workplaces and communities to provide comprehensive care services and enhance the intrinsic capacity of older people in Brunei. The importance of understanding the intrinsic capacity of older adults to maintain their independence in the community was highlighted. Case studies were used in presentations and group discussions to guide participants in understanding the six domains of intrinsic capacity, namely cognitive capacity, vitality, locomotor, visual, hearing, and psychological capacities. Prof. LEUNG and Prof. ZHAO shared their experience in promoting the use of the WHO ICOPE framework in social service/healthcare centres in Hong Kong and encouraged participants to mobilise available services and resources to develop personalised care pathways for older adults.

Promoting the implementation of the WHO ICOPE framework locally and in the Western Pacific region is one of the key objectives of the Centre. The training in Brunei represents a major step forward in our 4-year efforts to achieve this objective, in response to the United Nations Decade of Healthy Ageing (2021–2030).



**Prof. Angela LEUNG**

Professor & Associate Head (Research)  
Director, WHO Collaborating Centre  
for Community Health Services, School of Nursing  
Tel: (852) 2766 5587  
Email: angela.ym.leung@polyu.edu.hk



**Prof. Ivy ZHAO**

Assistant Professor  
Deputy Director, WHO Collaborating Centre for  
Community Health Services School of Nursing,  
The Hong Kong Polytechnic University,  
Hong Kong SAR  
Tel: (852) 2766 4550  
Email: yan-ivy.zhao@polyu.edu.hk



Prof. Angela LEUNG (1st from right) exchanged souvenirs with the acting Deputy Permanent Secretary of the Ministry of Health, Brunei government.

### Contact Us:

Website: <http://sn.polyu.edu.hk/whocc>  
Email: [sn.whocc@polyu.edu.hk](mailto:sn.whocc@polyu.edu.hk)







Led by Prof. Angela LEUNG, the School's WHO CC for Community Health Services conducted the first-ever ICOPE training in Brunei, one of the Western Pacific countries.



Prof. Ivy ZHAO during ICOPE training in Brunei.



Prof. Angela LEUNG and Prof. Ivy ZHAO (left in the photo) and Ms. Mikiko KANDA (right in the photo), Technical Leader of the WHO Western Pacific Region Office, presented specific care pathways to health professionals.

## Implementing the WHO ICOPE Framework in Primary Healthcare Services and Long-term Care Facilities in Hong Kong

The Centre launched the first ever research collaborative projects with the Christian Family Service Centre and Sheung Kung Hui. This is the first time that the WHO ICOPE framework has been implemented in primary healthcare services and long-term care facilities in Hong Kong to assess the intrinsic capacity of middle-aged or older people, and develop and evaluate personalised care plans to maximise their functional abilities so that they can live independently in the community. The ICOPE training was held from 7 to 8 March 2024 for social workers from the Christian Family Service Centre and from 11 to 12 June 2024 for health professionals from Sheung Kung Hui.

The School's WHO CC for Community Health Services has developed a training package to facilitate local adoption of the WHO ICOPE framework. Training was organising at DHCs and NGOs to promote the use of the ICOPE tool in evaluating the intrinsic capacity of older people and early identification of declining capacity for referral for a full health assessment.



Group photo taken with social workers from the Christian Family Service Centre who joined the ICOPE training at PolyU.



The ICOPE training was held for healthcare professionals from Sheung Kung Hui from 11 to 12 June 2024.

## Keynote Speech in Beijing

Prof. Angela LEUNG, Director of the Centre (Associate Head [Research] and Professor), delivered a keynote speech at the Elderly Health Care Forum during the Conference on Technological Innovation for Promotion of Healthy Ageing cum Chinese Academy of Engineering Strategic Research Priority Project Launching Ceremony, organised by Capital Medical University and the Chinese Association of Geriatric Research in Beijing, from 13 to 14 July 2024. Prof. LEUNG spoke about the implementation of the WHO ICOPE framework in primary care in Hong Kong, and the challenges and opportunities of promoting healthy ageing through the use of this framework.



Prof. Angela LEUNG delivering a keynote speech.

The WHO Collaborating Centre for Community Health Services hosted a series of webinars under the theme 'Embracing Ageing in Western Pacific'. These webinars aim to connect people who are interested in healthy ageing and to enable them to acquire new knowledge and share ideas.

## Topic

## Speakers

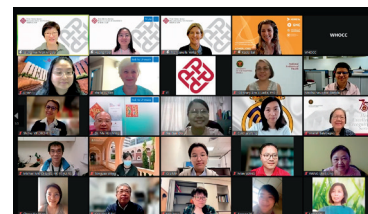
23 FEB 2024

**Implementation of e-PROMs into routine clinical care: experience from a UK comprehensive cancer centre**

**Prof. Janelle YORKE**  
Chair Professor of Nursing and Head,  
School of Nursing, PolyU

**Healthy ageing research: exploring dignity of risk and supported decision making**

**Dr Kasia BAIL**  
Professor of Gerontological Nursing  
University of Canberra and ACT Health, Australia



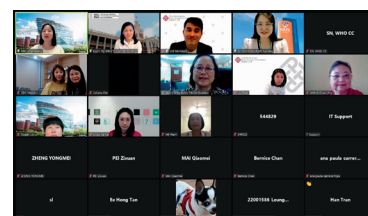
19 APR 2024

**An evidence-based care model based on WHO-ICOPE to increase the preparedness for healthy aging**

**Prof. Doris YU**  
School of Nursing,  
Li Ka Shing Faculty of Medicine,  
The University of Hong Kong

**Community-based e-health programme to empower older Adults on self-management of chronic conditions**

**Dr Vivien WU**  
Assistant Professor  
Alice Lee Centre for Nursing Studies,  
Yong Loo Lin School of Medicine,  
National University of Singapore



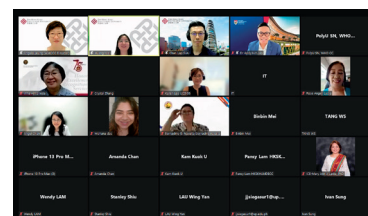
21 JUN 2024

**The Arts for Ageing Well**

**Dr Andy HO**  
Associate Professor; Head of Psychology;  
Provost's Chair in Psychology,  
School of Social Science,  
Nanyang Technological University, Singapore

**Preventing falls in older adults with dementia through exercise and rehabilitation**

**Prof. Wayne CHAN**  
Assistant Professor,  
Department of Rehabilitation Sciences, PolyU



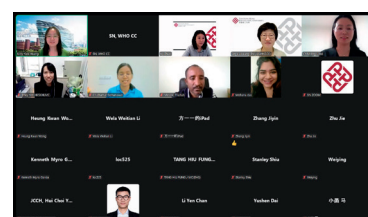
16 AUG 2024

**Analyzing Bowel and Bladder Disorders and Their Influencing Factors in Elderly Patients: Insights from the CHARLS Database**

**Prof. Liwei JING**  
Vice Dean, School of Nursing,  
Capital Medical University  
Deputy Director and Secretary-General,  
Chinese Institute of Healthy Aging, Beijing

**The Presence of Home-based Social Robot for Older People**

**Prof. Ivy Yan ZHAO**  
Assistant Professor,  
Deputy Director, WHO CC for Community Health Services,  
School of Nursing, PolyU



18 OCT 2024

**From the ground-up: Towards age-friendly community interventions in the Philippines**

**Dr Laurence Lloyd B. PARIAL**  
Assistant Professor  
College of Nursing, University of the  
Philippines Manila

**Emotional Effects of Virtual Gardens for Residential Care Homes for Elderlies (RCHes) in Hong Kong**

**Prof. Esther YUNG**  
Associate Professor,  
Department of Building and Real Estate, PolyU

