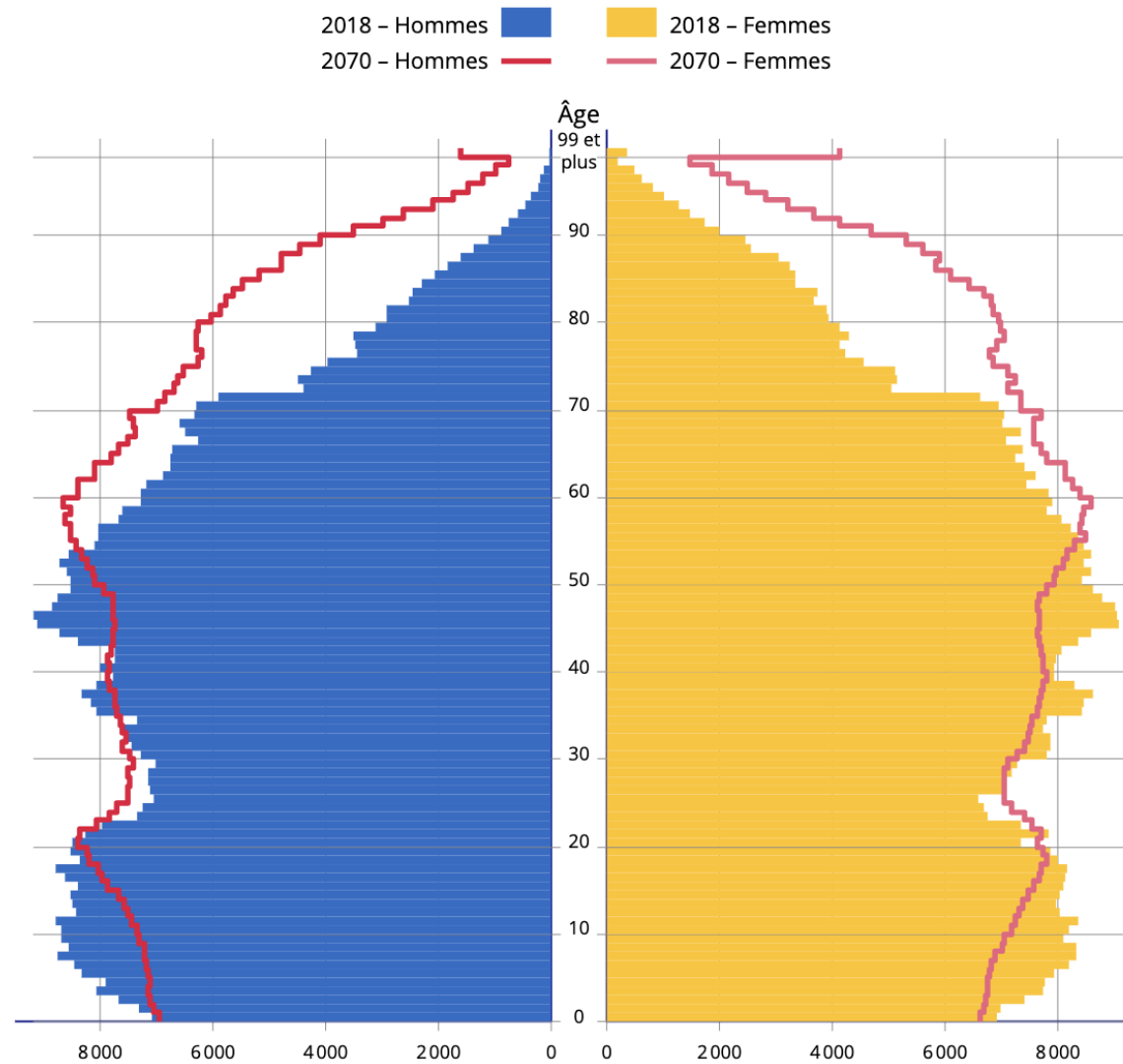


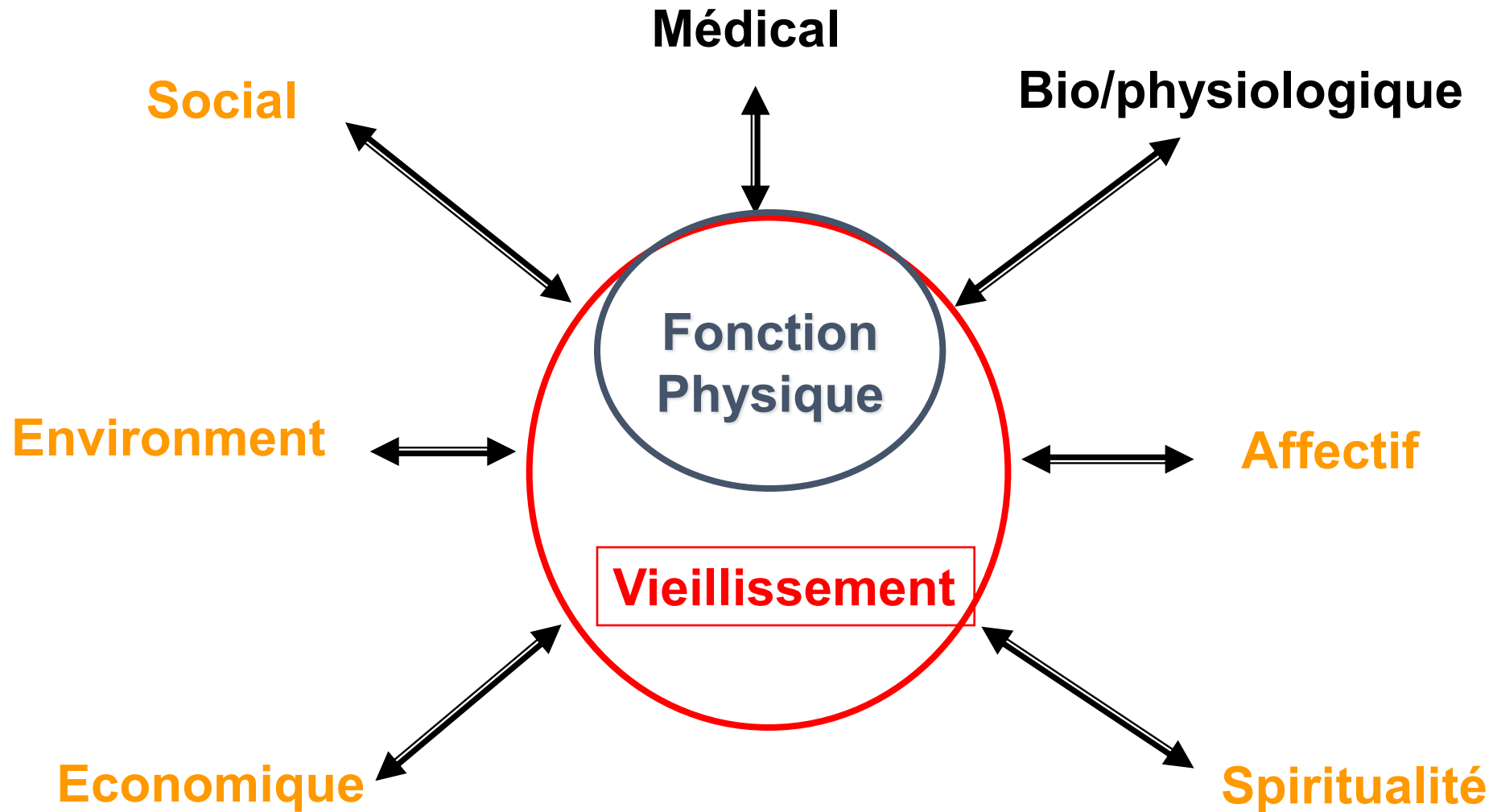
Figure 4 – Pyramide des âges de l'Isère en 2018 et 2070



Avertissement : la dernière tranche n'est pas d'un an contrairement aux autres âges, mais cumule les personnes de 99 ans et plus.

Lecture : l'Isère compterait 6 241 hommes et 6 838 femmes de 75 ans en 2070, contre 3 964 hommes et 4 554 femmes en 2018.

Vieillessement– Déterminants- Consequences



Le Vieillissement Physiologique ?

Tous les organes

Capacité maximale réduite

Homéostasie fragile

Adaptabilité diminuée

Lenteur et inadéquation des réactions

=

perte des performances fonctionnelles

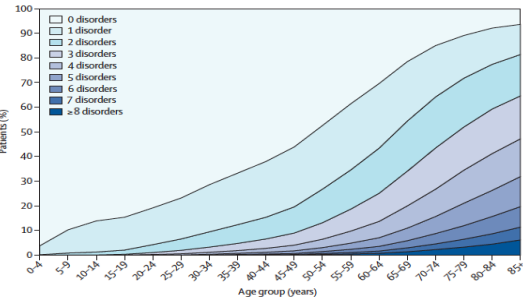
Innovations



Vieillessement ?

COMPRENDRE ET FAIRE
COMPRENDRE
NÉCESSITÉ

Intégration dans un
parcours en santé
Prévention laire ,llaire



Concept de Fragilité



1. Very fit
People who are robust, active, energetic and motivated. They commonly exercise regularly and are among the fittest for their age



2. Well
People who have no active disease symptoms but are less fit than category 1. Typically, they exercise or are very active occasionally, such as seasonally



3. Managing well
People whose medical problems are well controlled but are not regularly active beyond routine walking



6. Moderately frail
People need help with all outside activities, housework and cooking. They often need help with stairs and bathing, and might need minimal assistance with dressing



7. Severely frail
People completely dependent for personal care. However, they seem stable and not at high risk of dying (within ~6 months)



8. Very severely frail
People completely dependent and approaching the end of life. Typically, they could not recover even from a minor illness



9. Terminally ill
People approaching the end of life. This category applies to people with a life expectancy of <6 months, who are not otherwise evidently frail



5. Mildly frail
People often have more evident slowing and need help with high-order IADLs. Typically, mild frailty progressively impairs shopping and walking outside alone, meal preparation and housework

IADL = instrumental activity of daily living (such as finances, transport, heavy housework or medications)



IS-ICOPE

ICOPE en Isère et en AURA

Experimentation en France
Programme mondial Debut : Gérontopole de Toulouse

Début 2022 : en Isère et AURA

**Mettre en avant le Vieillir en santé
= Garder ses capacités fonctionnelles**



Step 1
Dépistage

Step 2
Consultation PS

Step 3
PPP

Nécessité d'un déploiement : territorial / Département / Social /

Gouvernance : Conseil départemental, CHU GA, La Poste , Gérontopole
1 chargée de projet (Isere et AURA)

Auto-dépistage et **Hétéro-dépistage** par les Facteurs (la poste à domicile) /
les acteurs sociaux

Partenaires : Tous les acteurs ecosystemes

