

WHO Collaborating Center for Frailty, Clinical Research and Geriatric Training Newsletter

N° 2020-03-A

Toulouse, July 2020

LATEST NEWS

WHO's Integrated Care for Older People: the ICOPE program

Introduction This novel initiative is an evidence-based approach developed by WHO that helps health systems support *Healthy Ageing* through the design and implementation of a person-centered and coordinated model of care. ICOPE emphasizes early intervention in priority health conditions associated with declines in older people's physical and mental capacities, which include: mobility limitations, malnutrition, visual impairment and hearing loss, cognitive decline and depressive symptoms.

Website <https://www.who.int/ageing/health-systems/icope/en/>



Latest article

Integrated care for older people and the implementation of the INSPIRE Care cohort. Takeda C, Guyonnet S, Sumi Y, Vellas B, Araujo de Carvalho I. *J Prev Alzheimers Dis.* 2020;7(2):70-74. doi: 10.14283/jpad.2020.8. <https://rdcu.be/b4rez>

ICOPE TOOLS

The ICOPE handbook App WHO develops the digital tool to support the uptake and implementation of the [ICOPE handbook](#) : guidance for person-centred assessment and pathways in primary care. The ICOPE handbook mobile applications will guide health and social care workers step-by-step through the process of screening older people at risk of care dependency in the community undertaking a person-centered assessment of older people's health and social care needs and designing a personalized care plan. The app can also be used by governments and organizations to train health and social care workers to deliver personalized care.

The WHO Collaborating Center for Frailty is a partner of the WHO MCA to disseminate and validate this new ICOPE handbook app. Our collaboration consists in validating the scientific data and care process based on WHO's ICOPE program.

The updated ICOPE handbook app is now available in English, French, Spanish and Portuguese, as a training tool in both in iOS and Android.

Related links:

- **Video** on the launch of ICOPE digital app to improve care for older people:

<https://www.youtube.com/watch?v=Arc2whZGpH0&feature=youtu.be>

- **The ICOPE Handbook digital app** is now available in both iOS and Android formats and in:

French: <https://play.google.com/store/apps/details?id=com.universaltools.icope&hl=fr>

English: <https://play.google.com/store/apps/details?id=com.universaltools.icope&hl=en>

Spanish: <https://play.google.com/store/apps/details?id=com.universaltools.icope&hl=es>

Portuguese: <https://play.google.com/store/apps/details?id=com.universaltools.icope&hl=pt>



The ICOPE Monitor for health professionals

During the Covid-19 pandemic and its confinement period, the risk for older people at home to lose their autonomy, increases. In collaboration with the WHO, the Toulouse Gérontopôle can provide the ICOPE MONITOR mobile application (available on Google Play and Apple Store) to assist health professionals. This tool aims to follow up on patients' functions within the scope of the INSPIRE ICOPE project (detail of the project below). In case of functional decline, a notification will be addressed to the Gerontopôle nurse. Once the functional decline is duly confirmed, the nurse will contact the health professional in order to connect with the patient by means of at-distance consultation, if necessary. All the data processed by the mobile application is directly stored in a secured database, and produces notifications that the health professional can use to follow his/her patients.

The ICOPE MONITOR application can only be downloaded on a smartphone or a digital tablet. To this effect, you will find the YouTube link to the guidelines below. Special attention should be paid to provide training to the patient or his/her family and caregivers, so that self-assessment can be done ultimately.

In this time of sanitary crisis, functional decline has become a major issue. The ICOPE MONITOR can be used for hospital or community-based patients. For the Occitania region, the number of dependent older adults would represent 15 000 persons.

YouTube tutorials

ICOPE MONITOR PRO: Procédure d'inscription du professionnel / Guidelines to register a health professional: <https://youtu.be/xYFJ1Ik0aJ8>

ICOPE MONITOR PRO: Procédure de création d'un nouveau participant / Guidelines to register a new participant: https://youtu.be/-aQKlc_7Ndk

INSPIRE ICOPE CARE: Notice d'information pour participants / Information booklet for participants: https://www.chu-toulouse.fr/IMG/pdf/notice_information_icope_care_a_remettre_au_participant.pdf

ICOPE MONITOR App: Consignes pour réaliser le test de lever de chaise / Guidelines for chair rise test self-assessment: <https://www.youtube.com/watch?v=pyd3w6KBIL0&feature=youtu.be>

Latest articles

Implementation of the Integrated Care of Older People (ICOPE) App in Primary Care: New technologies in geriatric care during quarantine of COVID-19 and beyond. D. Sanchez-Rodriguez; C. Annweiler; S. Gillain; B. Vellas. *J Frailty Aging* (2020) <https://doi.org/10.14283/jfa.2020.24>
<https://rdcu.be/b4gHU>

Framework implementation of the INSPIRE ICOPE-CARE program in collaboration with the World Health Organization (WHO) in the Occitania region. N. Tavassoli, A. Piau, C Berbon, J. de Kerimel, C. Lafont, P. de Souto Barreto, S. Guyonnet, C. Takeda, I. Carrie, D. Angioni, F. Paris, C. Mathieu, PJ. Ousset, L. Balardy, T. Voisin, S. Sourdet, J. Delrieu, V. Bezombes, V. Pons-Prêtre, S. Andrieu, F. Nourhashemi, Y. Rolland, ME. Soto, J. Beard, B Vellas. *J Frailty Aging* (2020) <http://dx.doi.org/10.14283/jfa.2020.26> <https://rdcu.be/b4gHR>

The COVID-19 pandemic

On March 11, 2020 WHO declares the outbreak of the Covid-19 pandemic. A hard time for health care professionals and social care workers, for the sanitary system and more specifically for our older population. We point out two publications concerning this worldwide health issue:

Maintaining essential health services: operational guidance for the COVID-19 context

This guidance has been updated and published, 1st June 2020. It is intended for decision-makers and managers at the national and subnational levels. It supports country implementation of targeted actions to reorganize and maintain access to safe and high-quality essential health services.

A new section has been published; Part2: « Life course and disease consideration », that includes older people. On behalf of its contributors, feel free to disseminate this guidance to relevant stakeholders.

Maintaining essential health services: operational guidance for the COVID-19 context. World Health Organization. <https://www.who.int/publications-detail/10665-332240>

Geriatric medicine in Italy in the time of COVID-19

In an interesting article published in the Journal of Nutrition, Health and Aging, the international expert, Matteo CESARI, MD, PhD, Professor of Geriatrics at the Granda Ospedale Maggiore Policlinico and at the Department of Clinical Sciences and Community Health, University of Milan, reports the consequences of this critical event in Italy and brings his vision of the outcomes for geriatric medicine.

Geriatric medicine in Italy in the time of COVID-19. M. Cesari, M. Proietti. J Nutr Health Aging 24, 459–460 (2020). <https://doi.org/10.1007/s12603-020-1354-z> <https://rdcu.be/b4gIX>

ICOPE RESOURCE CENTER

ICOPE package of tools was launched on 1st October 2019, during the celebration of the International Day for Older People (IDOP) in Geneva. As WHO Collaborating Center for Frailty, Clinical Research and Geriatric Training, we are happy to contribute to the dissemination of ICOPE tools, that can help establish and scale up the program in your country, in your health facilities, in your community, and in your research activities. Please help us spread the material below:

- Video on Integrated Care for Older People: https://www.youtube.com/watch?v=Wp_SaMtMSZM

- WHO ICOPE Website: <https://www.who.int/ageing/health-systems/icope/en/>

- WHO ICOPE Implementation framework: <https://www.who.int/ageing/publications/icope-framework/en/>

- WHO ICOPE Framework infographics: <https://www.who.int/ageing/health-systems/icope/icope-infographic2-full.pdf?ua=1>

- WHO ICOPE Guidelines: <https://apps.who.int/iris/bitstream/handle/10665/258981/9789241550109-eng.pdf;jsessionid=E46F089974E4F6DA1FC4CFE8A2C89166?sequence=1>

- WHO ICOPE Brochure <http://www.who.int/ageing/publications/guidelines-icope/en/>

- WHO ICOPE Handbook: <https://www.who.int/ageing/publications/icope-handbook/en/>

- WHO ICOPE Handbook infographics: <https://www.who.int/ageing/health-systems/icope/icope-infographic-full.pdf?ua=1>

- WHO ICOPE Evidence Resource Center. Includes the evidence profiles on mobility, malnutrition, visual impairment, hearing loss, cognitive impairment, depressive symptoms, urinary incontinence, risk of falls, and caregiver support (recommendations used to develop the ICOPE guidelines):

<http://www.who.int/ageing/health-systems/icope/evidence-centre/en/>

- Video on the launch of ICOPE digital app to improve care for older people:

<https://www.youtube.com/watch?v=Arc2whZGpH0>

- WHO ICOPE Handbook digital app:

<https://play.google.com/store/apps/details?id=com.universaltools.icope>

PROJECTS

The INSPIRE project

Introduction Launched in December 2018, the INSPIRE project aims to develop research to prevent care dependency and its goals are to discover, design, validate, for and implement innovative regenerative strategies for delaying the age-related functional decline (in particular, loss of mobility). It also targets to translate innovative procedures, tools and products developed into a completely new care model for ageing populations. Funded by the French Occitanie region for the next four years, the project team gets together 160 researchers and clinicians, led by Professor Bruno VELLAS and Professor Louis CASTEILLA of the Toulouse University Hospital. This initiative is based on the latest scientific research and innovative care, aiming to better understand the biological mechanisms of aging associated with functional decline (mobility, memory, vision, hearing etc) and to increase life expectancy without disability.



More information on

https://www.chu-toulouse.fr/IMG/pdf/20190722_cp_chu_toulouse_inspire_english_version.pdf

and on its Twitter account: <https://twitter.com/INSPIREPlatfor1>.

The 2nd INSPIRE scientific meeting took place on 14th January 2020 in Toulouse and presented INSPIRE's Care cohort in view of implementing WHO's ICOPE program in the Occitanie region, to promote Healthy Aging throughout southern France. In addition to the Care cohorts, other study groups were presented: biomarkers, human, animal, e-health. Partners such as the INSERM unit UMR 1027, the I2MC (Institut des Maladies Métaboliques et Cardiovasculaires), the CRCA (Centre de Recherche sur la Cognition Animale) and the IRSD (Institut de Recherche en Santé Digestive), and the CPTP (Centre de Physiopathologie Toulouse Purpan) also discussed their hypothesis and presented their current research on Gerosciences. It was a good opportunity to spread updated information on the INSPIRE program, and celebrate the first year of work with all team leaders and members

Latest articles:

The INSPIRE research initiative: a program for GeroScience and healthy aging research going from animal models to humans and the healthcare system. P. de Souto Barreto ; S. Guyonnet, ; I. Ader ; S. Andrieu ; L. Casteilla ; N. Davezac ; C. Dray ; N. Fazilleau ; P. Gourdy ; R. Liblau ; A. Parini ; P. Payoux ; L. Pénicaud ; C. Rampon ; Y. Rolland ; P. Valet ; N. Vergnolle ; B. Vellas ; for the INSPIRE Program Group. *J Frailty Aging* (2020). <https://doi.org/10.14283/jfa.2020.18> <https://rdcu.be/b4gHY>

The European APTITUDE project

Introduction The project aims to spread in the cross-border area of the Pyrénées, a program to prevent dependency among seniors, including care promotion, training, research and innovation in gerontology. A network of experts in ten territories and more than twenty hospitals (France-Spain-Andorra) will be working on the implementation of tools for measuring the Intrinsic Capacity of WHO and test the feasibility of this approach.



Aptitude workshops After Toulouse and the Principality of Andorra, the 3rd workshop was organized in July 2019 in Pamplona, Spain. In addition to working on local initiatives to develop medical care and follow up of frail older people, members of the cross-frontier network studied the implementation into clinical practice of WHO's Intrinsic Capacity assessment tools. The next edition will provide an update of the project, and of the ICOPE program. The ICOPE Mobile Apps and Chatbot will also be presented and roundtables will debate on the various domains of the ICOPE program.

Aptitude publication

How to Manage Frail Older Adults in the Community? Proposal of a Health Promotion Program Experienced in a City of 16,638 Inhabitants in France. de Kerimel J, Tavassoli N, Lafont C, Soto M, Pedra M, Nourhashemi F, Lagourdette C, Bouchon L, Chaléon A, Sourdete S, Rolland Y, Cesari M, Vellas B. *J Frailty Aging*. 2018;7(2):120-126. doi: 10.14283/jfa.2017.47

Website: <https://www.apptitude-net.com/>

Twitter: <https://twitter.com/apptitudenetwork>

EVENTS

ICFSR: International Conferences on Frailty & Sarcopenia Research

The ICFSR2020 Conference was organized on 11-13 March in Toulouse, France and brought together researchers from academics, agencies and industry to raise further awareness on new findings on Frailty and Sarcopenia, from research to clinical practice. In light of the evolving COVID-19 pandemic with its social distancing measures, the conference was scheduled as planned on site, but at-distance tools were set up to enable delegates from near and far to participate from their home, from their office or laboratory and from their health facilities. For those who have registered, all the ICFSR2020 presentations (18 hours video and resources including posters and slides) can be seen in replay at: https://frailty-sarcopenia.com/icfsr_stream.php



The ICFSR2020 Conference outcomes

Related materials

- **Publication: *Oral Communications (2020): 10th International Conference on Frailty, Sarcopenia Research & Geroscience (ICFSR), March 11-13, 2020, Toulouse, France.*** The *Journal of Frailty and Aging (JFA)*. <http://dx.doi.org/10.14283/jfa.2020.8>
- **Publication: *Highlights from the 2019 International Congress on Frailty and Sarcopenia Research.*** Maltais M, Aubertin-Leheudre M, Dray C, Fielding RA, Rolland Y, Cesari M, Vellas B. *J Frailty Aging*. 2019;8(3):117-119. doi: 10.14283/jfa.2019.13
- **Video films:** <https://frailty-sarcopenia.com/videos.php> (you will need to provide your e-mail address)

The next ICFSR 2021 Conference will be organized on April 21-23, 2021 at the Hotel Revere 200 Stuart St, Boston, MA 02116, USA.
Call for abstracts: Deadline November 17, 2020.



The ICFSR Taskforce on Biomarkers of Sarcopenia and Frailty meeting took place prior to the main conference on 10th March 2020 in Toulouse. Forty academic and industry scientists discussed the development of biomarkers for sarcopenia and frailty. An article will update us with the current treatment of these age-related conditions around the world. Look out for its publication in a future issue of the Journal of Frailty and Aging (JFA) <https://www.springer.com/journal/42415>

The IANA 2020 Award During the ICFSR conference, Prof John MORLEY was awarded the International Academy Nutrition and Aging's (IANA) 2020 Lifetime Achievement Award. The IANA contributes to developing scientific activities in the fields of geriatric nutritional science and their industrial applications as well as informative training programs in nutrition and aging. Prof Debra WATERS (Otago, New Zealand) presented this award on behalf of IANA members and partners in recognition of Prof MORLEY's scientific and educational contributions to aging and nutritional research.



The WHO CC for Frailty takes this opportunity to thank him for his outstanding research on nutrition throughout the years and for his constant support to promote the health of older populations around the world, thus fighting frailty and cognitive frailty.

Fragilité 2020: the French-speaking Frailty conference

Delegates were invited to attend the 8th edition of the conference on 9th & 10th March 2020 just before the ICFSR2020 congress in Toulouse.

A full morning session was dedicated to the implementation WHO's ICOPE program (see the conference agenda at: <https://fragilite.org/programme-oral.pdf>) and its Step 2 related to



sensory deficits, mobility decline, memory impairment, nutrition and weight loss, psychological and social disorders. Presentations also included the digital monitoring of ICOPE, the ICOPE CARE plan, ICOPE and nursing homes, and other compatible screening tools for frailty.

The next Fragilité conference is scheduled on 18 & 19 March 2021 in Toulouse, France.
Keep tuned on <https://fragilite.org/>

JOB OPPORTUNITIES

At the Institute on Aging of the Toulouse G erontop le

Since 2009, the research Institute, has recorded over 120 visits of researchers and invited professors from all over the world, who work on many topics related to the aging process. Today research is particularly realized within the framework of the WHO Collaborating Center for Frailty and the INSPIRE project. To this effect, additional scientists have been hired and the team now counts a total of 19 persons from Brazil, China, France, Italy, Mexico, Spain, Mexico, Taiwan, Lebanon. Examples of their research include: nutrition, depression, medication, health economics, biomarkers of aging, intrinsic capacity, epidemiology, ICOPE integrated care implementation, long-term care, palliative care, nephrology, markers of mobility, frailty, sarcopenia, predictors of intrinsic capacity trajectories, neuroimaging, E-health, adapted physical activity, cognitive function. Other collaborators will be invited to work at the Institute, so if you are interested see below and spread the word to other colleagues.

2nd call for candidates

The G erontop le of the Toulouse University Hospital (Toulouse, France) is an internationally-recognized institution for clinical research, particularly Alzheimer's disease, nursing home research, and sarcopenia and frailty (coordinating international scientific task forces on the topics).

As WHO Collaborating Center for Frailty, the G erontop le is recruiting PhD students and post-docs to be involved in the INSPIRE Project, an observational prospective project (starting date 2019), that aims to investigate the biomarkers of aging and functional trajectories from early to late ages (from 50yrs and over).

Candidates will work on data collected from associated studies such as the MAPT (Multi-Domain Alzheimer's Preventive Trial), SPRINTT (Sarcopenia and Physical Frailty in older people: multi-component Treatment strategies - <http://www.mysprintt.eu/en>), DO HEALTH (VitaminD3 - Omega3 - Home Exercise - HeALTHy Ageing and Longevity Trial - <http://do-health.eu/wordpress/>) and on other databases, when available. The INSPIRE program will also include a Gerosciences program on aging biomarkers, as well as an ICOPE (Integrated Care of Older People) research cohort.

In particular, candidates will be in charge of analyzing data, writing and publishing scientific articles in peer-reviewed journals. Post-docs with PhD in a relevant discipline (e.g., epidemiology, clinical geriatrics, biology of aging/aging biomarkers) is preferable (but not mandatory). Fluency in english writing and expertise in statistical softwares (e.g., SAS, Stata, R) are required. Various positions according to the candidate's experience are available. Posts are for full-time and fixed-term (period of one year, renewable every year up to three years) appointments and are expected to start as from October 2019 and onwards.

Applications should include the following documents in english:

- a brief cover letter explaining why you would like to join the G erontop le,
- a short curriculum vitae including your publications list,
- pdf files of one or two full-text articles of yours.

Applicants should send all these documents by e-mail to Constance de Seynes (constance.de-seynes@univ-tlse3.fr). Please use as object of your e-mail "Application for an INSPIRE post-doc position at the G erontop le". Shortlisted applicants will be contacted for a phone interview and a subsequent in-person interview in Toulouse.

SCIENTIFIC READING

The Journal of Frailty & Aging (JFA)



The JFA is a peer-reviewed international journal listed in Medline and Pubmed. It presents articles that are related to research in the area of aging and age-related (sub) clinical conditions. In particular, the journal publishes high-quality papers describing and discussing social, biological, and clinical features underlying the onset and development of frailty in older persons.

Website: <http://www.jfrailtyaging.com/about-the-journal.html>

Issue n°02-2020 is now published and includes the following papers:

SHOULD WE CARE MORE ABOUT FRAILITY WHEN WE TREAT DIABETES? *L. Orlandini, M. Cesari J Frailty Aging 2020;9(2)66-67*

MOBILITY IN COMMUNITY DWELLING OLDER ADULTS: PREDICTING SUCCESSFUL MOBILITY USING AN INSTRUMENTED BATTERY OF NOVEL MEASURES *L. McInnes, E. Jones, L. Rochester, S. Lord, S.F.M. Chastin, A.W. Watson, L. Little, P. Briggs J Frailty Aging 2020;9(2)68-73*

REPORTED WEIGHT CHANGE IN OLDER ADULTS AND PRESENCE OF FRAILITY *R.S. Crow, C.L. Petersen, S.B. Cook, C.J. Stevens, A.J. Titus, T.A. Mackenzie, J.A. Batsis J Frailty Aging 2020;9(2)74-81*

ASSOCIATION OF MUSCLE STRENGTH AND GAIT SPEED WITH CROSS-SECTIONAL MUSCLE AREA DETERMINED BY MID-THIGH COMPUTED TOMOGRAPHY - A COMPARISON WITH SKELETAL MUSCLE MASS MEASURED BY DUAL-ENERGY X-RAY ABSORPTIOMETRY *K. Tsukasaki, Y. Matsui, H. Arai, A. Harada, M. Tomida, M. Takemura, R. Otsuka, F. Ando, H. Shimokata J Frailty Aging 2020;9(2)82-89*

IMPACT OF FAT-FREE ADIPOSE TISSUE ON THE PREVALENCE OF LOW MUSCLE MASS ESTIMATED USING CALF CIRCUMFERENCE IN MIDDLE-AGED AND OLDER ADULTS *T. Abe, S.J. Dankel, Z.W. Bell, E. Fujita, Y. Yaginuma, T. Akamine, R.W. Spitz, V. Wong, R.B. Viana, J.P. Loenneke J Frailty Aging 2020;9(2)90-93*

THE ASSOCIATION OF FRAILITY WITH HOSPITALIZATIONS AND MORTALITY AMONG COMMUNITY DWELLING OLDER ADULTS WITH DIABETES *J. Ferri-Guerra, R. Aparicio-Ugarriza, D. Salguero, D. Baskaran, Y.N. Mohammed, H. Florez, J.G. Ruiz J Frailty Aging 2020;9(2)94-100*

A NOVEL TOOL FOR THE EARLY IDENTIFICATION OF FRAILITY IN ELDERLY PEOPLE: THE APPLICATION IN PRIMARY CARE SETTINGS *M. Maggio, M. Barbolini, Y. Longobucco, L. Barbieri, C. Benedetti, F. Bono, I. Cacciapuoti, A. Donatini, E. Lezzi, D. Papini, P.M. Rodelli, S. Tagliaferri, M.L. Moro J Frailty Aging 2020;9(2)101-106*

ASSOCIATION BETWEEN THE USE OF ANGIOTENSIN-BLOCKING MEDICATIONS WITH HIP FRACTURE AND DEATH IN OLDER PEOPLE *C. Shea, M.D. Witham J Frailty Aging 2020;9(2)107-110 **FREE ACCESS***

MULTI-COMPONENT EXERCISE WITH HIGH-INTENSITY, FREE-WEIGHT, FUNCTIONAL RESISTANCE TRAINING IN PRE-FRAIL FEMALES: A QUASI-EXPERIMENTAL, PILOT STUDY *N.W. Bray, G.J. Jones, K.L. Rush, C.A. Jones, J.M. Jakobi J Frailty Aging 2020;9(2)111-117 **FREE ACCESS***

PRACTICAL IMPLICATIONS FOR STRENGTH AND CONDITIONING OF OLDER PRE-FRAIL FEMALES *N.W. Bray, G.J. Jones, K.L. Rush, C.A. Jones, J.M. Jakobi J Frailty Aging 2020;9(2)118-121*

LETTER TO THE EDITOR: USE OF A HIGH-INTENSITY RESISTANCE EXERCISE PROGRAM TO IMPROVE LOWER EXTREMITY STRENGTH AND MOBILITY IN A 105-YEAR OLDER WOMAN: A CASE REPORT *M.D. Basco J Frailty Aging 2020;9(2)122-12*

OBITUARY

*From the WHO Collaborating Center for Frailty, Clinical Research and Geriatric Training
From the Gérontopôle of Toulouse*

Dear colleagues, partners and friends,



We in Toulouse are sad to announce Dr. Renato Maia Guimarães' passing on February 10th 2020. He was a dear friend, a recognized geriatrician, a convinced university professor, and a major contributor to geriatrics and gerontology in Brazil and worldwide.

As President of IAGG (2009-2013) I had the honor to present him the IAGG Presidential Award in Seoul, South Korea in recognition of his scientific and educational contributions to aging. As a friend, it was always a pleasure to discuss with passion about the importance of developing geriatric medicine and promoting care for older adults.

May these few lines be a testimony of our Toulouse Center's profound respect for Renato's lifetime achievements, whether they be professional, academic or personal. Our thoughts go to his family, friends, and colleagues.

Bruno VELLAS, MD, PhD, Director, WHO Collaborating Center for Frailty, Clinical Research and Geriatric Training, Toulouse, France

*The official announcement made by the Sociedade Brasileira de Geriatria e Gerontologia (SBGG):
<https://sbqq.org.br/nota-de-falecimento-renato-maia-guimaraes/>*

The Brazilian Society of Geriatrics and Gerontology regrets the death of Dr. Renato Maia Guimarães

The Brazilian Society of Geriatrics and Gerontology (*Sociedade Brasileira de Geriatria e Gerontologia* - SBGG) deeply regrets the loss of the geriatrician Renato Maia Guimarães in the dawn of Feb 10th 2020. As memory and deference are needed, Dr. Renato contributed significantly to the development of national and international practices on geriatrics. Graduated in Medicine, Dr. Renato specialized in Geriatric Medicine at the University of Birmingham, and obtained a master's degree in Health Sciences at the University of Brasília, this latter institution where he served as volunteer professor of Geriatrics from 1990 to 2010. Between 1997 and 2000, he acted as national president of the SBGG whereas, between 2002 and 2004, he served as president of the sectional branch of SBGG at the Brazilian Federal District. Between 2005 and 2009, he served as president of the International Association for Gerontology and Geriatrics - IAGG, figuring as the only South American geriatrician so far to have held this position. Dr. Renato also stood out for having chaired the Academy of Medicine of Brasília (Brazil) from 2016 to 2018. With such vigor and enthusiasm, Dr. Renato elegantly and efficiently co-opted successive generations of medical and non-medical professionals to pursue geriatric and gerontological practices with excellence and humanism. His personal example inspired and motivated everyone who lived with him. Since the beginning of the 2000s, Dr. Renato has been in charge of structuring and practicing medicine at the Multidisciplinary Center for the Older Adult at the University Hospital of Brasília, having acted on this service until 2010.

In our memories, Dr. Renato will remain a unique man, example of unmatched nobility, generosity, elegance and wisdom.

WHERE TO FIND UPDATED INFORMATION?

Three communication tools have been developed by the WHO Collaborating Center for Frailty (WHO CC):



our Twitter account: <https://twitter.com/WHOCenterFrailt>. Created in November 2018, we are happy to report that 453 tweets were addressed to our community of 1208 followers.



our website: <http://www.chu-toulouse.fr/-centre-collaborateur-oms-sur-la-fragilite-la->
You can visit it at any time.



our Newsletter: This paper document is addressed to our database of worldwide professionals specialized in frailty and sarcopenia issues. For further distribution to your networks, please feel free to contact us.

You can upload it at <https://www.chu-toulouse.fr/-centre-collaborateur-oms-sur-la-fragilite-la->

We hope that you will support our activities and initiatives in designing future healthcare to meet the needs of older people and in disseminating our news, either : by joining us on Twitter, by following us on our website or by reading our Newsletter.