

Intrinsic Capacity (IC) domains shaping the trajectory of functional decline in older caregivers: a longitudinal study

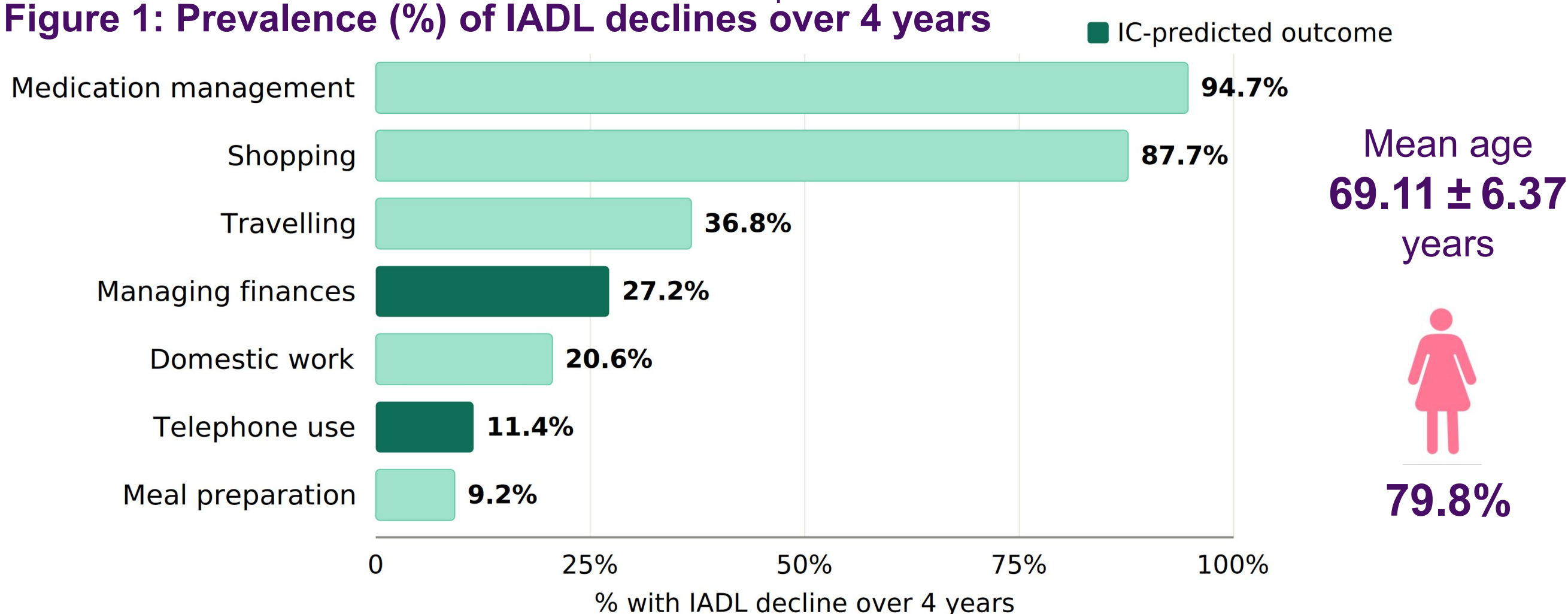
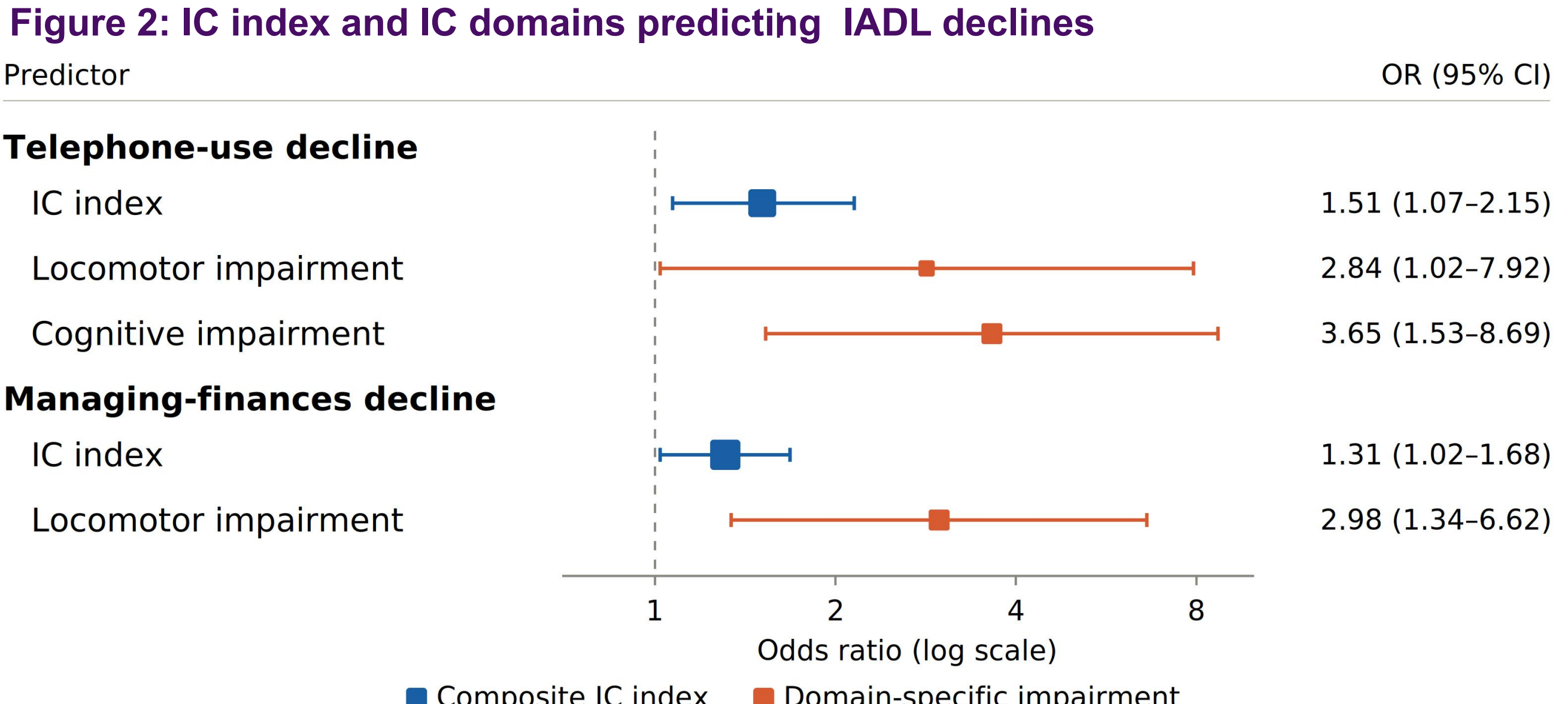


#4294

Allan Bregola¹, Maria Alejandra Hernandez¹, Thais Bento Lima-Silva², Julieta Camino de La Llosa³, Bruna Moretti Luchesi⁴, Sofia Cristina Iost Pavarini⁵.

¹Research and Development, Central London Community Healthcare NHS Trust, London, United Kingdom, ²Univeristy of Sao Paulo, Sao Paulo, Brazil, ³University of East Anglia, Norwich, United Kingdom, ⁴Federal University of Mato Grosso do Sul, Campo Grande, Brazil, ⁵Federal University of Sao Carlos, Sao Carlos, Brazil.

A simple triage of intrinsic capacity - such as cognition and locomotion - can identify those at risk of losing the ability to perform key daily tasks, such as managing finances and using the telephone, and, by preserving the carer's own function, protect the care recipient as well. For health systems facing population ageing and rising caregiver burden, this dyadic benefit from a single point of screening is uncommon clinical efficiency.

INTRODUCTION	METHODS	RESULTS & CONCLUSIONS	REFERENCES
The World Health Organisation (WHO) frames intrinsic capacity, the composite of physical and mental capacities, as central to healthy ageing. Older adults who provide unpaid care to other older people face a dual vulnerability: sustaining their own function while supporting another's. Yet whether a decline in intrinsic capacity predicts functional loss in this group remains unclear. This longitudinal study examined whether baseline intrinsic capacity forecasts a four-year decline in instrumental activities among older caregivers.	Baseline 2014 351 family caregivers community-dwelling, age ≥60 ↓ Intrinsic capacity (WHO) composite of 5 domains CognitiveMMSE PsychologicalPSS > 17 Locomotorgait speed Vitalitygrip strength Sensoryvision and hearing IC index 1-5 ↓ higher = low capacity 4 years Follow-up 2018 IADL decline reassessed Lawton-Brody scale Analysis Logistic regression adjusted age + sex, by domain	Figure 1: Prevalence (%) of IADL declines over 4 years  Mean age 69.11 ± 6.37 years 79.8% Figure 2: IC index and IC domains predicting IADL declines  PredictorOR (95% CI) Telephone-use decline IC index1.51 (1.07-2.15) Locomotor impairment2.84 (1.02-7.92) Cognitive impairment3.65 (1.53-8.69) Managing-finances decline IC index1.31 (1.02-1.68) Locomotor impairment2.98 (1.34-6.62)	campbell CL, Cadar D, McMunn et al. Operationalisation of Intrinsic Capacity in older people and its association with subsequent disability, hospital admission and mortality: results from The English Longitudinal Study of Ageing. J Gerontol A Biol Sci Med Sci. (2023). Beard, J.R., Hanewald, K., Si, Y. et al.. Cohort trends in intrinsic capacity in England and China. Nature Aging 5, 87–98 (2025).
			CONTACT ME  Dr Allan Bregola allanbrig@gmail.com  ALZHEIMER'S ASSOCIATION AAIC>26