

Empowering Primary Care for Aging Populations

THE PCOP TOOL

Episode 6 with Dr. Amy Freedman and
Lorna McDougall



Older Adults Tailored Preventative Care

- Traditional annual checkups have limited value for younger adults—but show clear benefits for older adults including increased independence and lower mortality.
- A simplified, evidence-based tool was needed to organize and streamline preventative care for older patients.

Preventative Care for Older People (PCOP) Tool

Created by Dr. Amy Freedman & Lorna McDougall with the Centre for Effective Practice.

Inspired by the Rourke Baby Record—adapted for older adults.

Combines evidence-based guidelines into one organized, user-friendly tool.

Designed to simplify care planning for complex, aging patients.



The Tool in Action

The PCOP tool includes 4 sections:

1 Health Behaviors

2 Evidence-Based Geriatric Review

3 Investigations

4 Immunizations

PCOP tool:

<https://cep.health/clinical-products/preventive-care-for-older-people/>

Expanding the Impact:

Spreading a Culture of Preventative Aging Care

The PCOP tool includes built-in decision support, screening prompts, and resource links.

The tool encourages culturally safe, respectful, and personalized patient-first conversations.

It is adaptable across team roles and multiple visits—reduces provider burnout.

Overall, it helps clinicians focus on what matters most to older adults.