

Community Aging in Place—Advancing Better Living for Elders or CAPABLE

ABOUT THE PROGRAM

Community Aging in Place—Advancing Better Living for Elders, or CAPABLE, involves home visits with a team comprised of a nurse, occupational therapist, and a handyman who work with qualified patients over the course of 10-12 visits to identify self-care goals such as walking to the mailbox, doing laundry, or safely showering. Together, the team works to address the goals making it more likely that patients can stay in their homes.

NEXT STEPS

Colorado Visiting Nurse Association (VNA) is the first community-based program to examine if CAPABLE produces similar health outcomes and cost-savings here in metro Denver as it has in other cities. Colorado VNA is currently recruiting qualified, older adults to participate in the first of three cohorts over the next 18 months. To qualify, patients must:

- be at least 65 years old;
- own their home/live in a family member's home;
- be proficient in English or have a family member available to translate;
- have difficulty performing at least one activity of daily living (e.g., dressing, bathing, toileting) or difficulty with two or more instrumental activities of daily living (e.g., housework, meal preparation, taking medicine as prescribed); and
- live at or below 200% Federal Poverty Level (equal to a monthly income up to \$2,010 for a 1-person household, up to \$2,707 for a 2-person household, up to \$3,403 for a 3-person household, and up to \$4,100 for a 4-person household.).

For program details, visit the Johns Hopkins University website: http://nursing.jhu.edu/faculty_research/research/projects/capable/



CAPABLE IMPROVES OUTCOMES FOR PATIENTS

In a population of low-income older adults on Medicaid and Medicare who participated in CAPABLE, 79 percent of CAPABLE participants improved their self-care over the course of five months.¹

- ◆ The average CAPABLE participant improved by cutting their disability in half (i.e., the number of self-care tasks that are difficult for the participant were halved).
- ◆ Participants experienced a decrease in depressive symptoms similar to that of an anti-depressant medicine.
- ◆ Preliminary results suggest that CAPABLE cuts inpatient costs by 34% compared to a comparison group.

¹Data from January 2015 paper in the *Journal of the American Geriatrics Society*.

For more information, including to enroll in the pilot, please contact:

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<http://vnacolorado.org/capable/> • http://nursing.jhu.edu/faculty_research/research/projects/capable/